Russian Teams Sweep World Cup Walks

Turin, Italy, October 12-13—The World Cup of Racewalking came to Turin for its 20th edition and it was a Russian holiday. The strong Russian team stormed to victories in all three races—20 Km for men and women, 50 Km for men. While they won only one of the individual titles, they packed their three scorers near the front in all three events and were walk-away team winners in all but the men's 20, where a tight team race with Mexico deteriorated with key DQs in the last 5 Km.

Individually, Ecuador's Jefferson Perez returned to the top with a strong performance in the men's 20, Erica Alfridi excited the home fans with her stretch drive to win the women's 20, and Russia's Aleksey Voyevodin completely dominated the 50 in the absence of Robert Korzeniowski.

The World Cup was first held in 1961 in Lugano, Switzerland and has been held at 2-year intervals since, with three exceptions. The last edition was in 1999 and with an adjustment in the International schedule, this edition was moved from 2001 to 2002. There were also 3-year intervals from 1967 to 1970 and 1970 to 1973. The women were added to this competition in 1979, but prior to that there had been separate Women's races annually since 1968. The idea has always been a team competition—originally teams qualified from earlier zone competitions. In 1999, team scoring changed from a system we won't attempt to describe here, to a cross-country system—low score wins based on the finish of the top three walkers from each team. Individual entries were allowed for the first time this year, but the emphasis is still on the team outcome.

The men's 20 Km competition went off first on Saturday morning in very hot, sunny conditions, following 3 days of rain. The heat resulted in a rather conservative start with the lead pack, headed by Tunisia's Hatem Ghoula, going through the first 5 Km in 20:21. There were 21 walkers within 5 seconds of each other at that point, including all five Russians and all five Mexicans, the teams that would apparently fight it out for the team title.

The pace slowed slightly over the next 5, as five walkers, led by Italy's Alessandro Gandellini, went through in 40:57. But even at that, six walkers had dropped off the lead pack, including Mexico's Cristian Berdeja, who was an early DQ. Perez was in seventh, a second off the lead, and just ahead of Russia's Roman Rasskazov, ranked number one in the world in 2001. Russians were 2, 3, 6, and 8, and Mexicans 4, 5, 9, and 12 in the tight team battle.

By 15 Km, a group of six was beginning to break away, although the pace had remained about the same. The order as the six went by 15 in 1:01:28 was Vladimir Andreyev, Russia; Perez, Jose Cambil, Spain; Rasskazov; Alejandro Lopez, Mexico; and Claudio Vargas, Mexico. Noe Hernandez, Mexico was struggling to hang on at 1:01:34 and Gandellini in 1:01:41 was 5 seconds ahead of Russia's Andre Stadnichuk. The rest of the field was stringing out quickly.

Viktor Burayev, last year's World number two, had dropped out, but the Russians still had a slight edge on Mexico, with both having three walkers in the first nine.

The pace quickened, but there were still five within a meter as the final 2 Km lap began. At that point, Rasskazov moved ahead and tried to make a break. Perez went with him and Andreyev struggled to stay up. The other two were gone within 400 meters. Rasskazov built a 5 meter lead with a kilometer to go, but, his effort carried him off the ground and onto the sidelines, as he was given his third red card. With two of the Mexicans, Vargas and Omar Segura, also DQd...
Ivanova made the first move and slowly inched away with Fedoskina barely hanging on behind Alfridi. But Alfridi was not to be denied getting back in contact with Ivanova and finally managing to move clear over the final 50 meters. Her 1:28.55 put her two seconds ahead of Ivanova, who had another 2 seconds on Fedoskina. A fourth place finish by Nikolaeva gave the Russians an overwhelming team victory.

Alfridi just missed medals four times in the past with fourths at the 2001 World Championships, the 2000 Olympics, the 1997 World Cup, and the 1997 World Championships. She finally broke through earlier this year with a third in the European Championships, won by Ivanova. "I want to be in good shape for Athens (2004 Olympics) and will continue in a sport I'm passionate about," said Alfridi. "I never thought I had the race won even though I was in good form. I had to hold back all the time and was surprised it wasn't a faster race." Her pace was almost metronomic with 5 Km splits of 22:17, 22:16, 22:15, and 22:07.

Ivanova was the dominant walker in 2001 with a Euro Cup win, World Championship win, and world record and was certainly the favorite here off her commanding European championship performance. After the race, she said: "It's been a long season and Alfridi was always going to be a strong contender, but we knew we would be good enough to get gold for the team."

Teresa Vaill walked an intelligent race and was moving through the field, but displeased the judges enough that she was DQ'd somewhere during the final 5. At 5 Km, she was in 42nd place with a 23:11. A 46:38 at 10 moved her to 32nd and she advanced to 26th by 15 Km, which she passed in 1:10:28. Joanne Dow finished 50th in 1:41:00, four spots ahead of Susan Armenta, who had 1:42:14. Jill Cobb was going well for the first 5 Km, but was hobbling on a bad leg the rest of the way. She struggled through a final 5 in nearly 30 minutes, but insisted on finishing so the team would get a score. (Amber Antonia had to stop at about 8.5 km with an ailing knee.) The team wound up in 14th place.

On Sunday morning, the 50 Km walkers were on the starting line for what turned out to be a non-race as far as the individual gold went. Robert Korzeniowski had decided his season was over, not wanting to do another 50 after his world best in winning the European Championships. Thus, Euro runner-up, Alexey Voyovedin moved into the favorite's role and played the role brilliantly.

The only hint of a challenge came from Russia's German Skurygin who stayed within 4 seconds of his teammate over the first 5 Km, which Voyovedin covered in 22:35, a rather leisurely pace in today's world (it would yield a 3:45:50 for the full distance). But even at that, no one else was interested and Spain's great veteran Jesus Garcia and Poland's Tomasz Lipiec at 23:12 led a pursuing pack of 14 walkers.

Voyovedin increased the pace slightly to reach 10 Km in 44:38, but to all intents the race was already over. Skurygin followed in 45:10 and Lipiec led a pack of nine others in 45:35. Skurygin, who won the 1999 World Championship only to have his gold taken away two years later when a positive result on a doping test from that 1999 race was confirmed. He was given a two-year suspension as a result and some questioned how he could then be competing here. It turns out that he had not competed in the two years that the charge was pending and under the rules as written then, that served as his two-year suspension. That loophole in the rules has now been closed so similar cases will not occur in the future. Back to the race.

Voyovedin continued to accelerate slightly, walking the next 10 under 44:00 to reach 20 Km in 1:28:35 with a full minute lead on his teammate, Skurygin. Another Russian, Nikolay Matyukhin, now led the pack, down to seven walkers, as they went through in 1:30:00. Besides Lipiec and Garcia, this pack included Aigars Fadejevs, Latvia; Luis Garcia, Guatemala; Vladimir Potemkin, Russia; and Stepan Yudin, Russia. A Mexican trio of Miguel Rodriguez, Edgar Hernandez, and Omar Zepeda were together with Latvia's Modris Liepins another 11 seconds back.
Skurygin managed to pick up the pace slightly and was within 56 seconds as Voyovedin passed 30 Km in 2:12:30. Luis Garcia and Yudin had dropped off the following group, who were now 64 seconds behind Skurygin. Garcia followed them for 24 seconds, but had nearly a minute on Yudin with the rest now well strung out. Voyovedin continued to hold his pace at just under 44 minutes per 10 Km and Skurygin could not continue his surge. Reaching 40 in 2:56:28, Voyovedin had 70 seconds on Skurygin, with Lipiec another 1:24 back and Garcia 22 seconds back of him. Matukhin trailed Garcia by 37 seconds and led Fadjejeva by 26 seconds. So the only race seemed to be for third. Garcia settled that issue, picking up his third red card during the next 5 Km.

Thus, with 5 Km to go, the top three needed only to maintain their form to cop the medals. Skurygin trailed by 74 seconds, but led Lipiec by 2:06, with Matukhin another 1:32 back. Voyovedin won in 3:40:59, doing 1:50:32 for the first half and 1:50:27 for the second, and never being seriously challenged. Skurygin managed to gain 5 seconds over the final 5.

Otherwise, the gaps continued to grow over that final stage. By the finish, Yudin in fifth was more than 10 minutes in back of the winner. Yudin had dropped back to 13th at 40 Km, but finished with a 46:06 to pass several walkers. Strong moves were also made by Denis Langlois of France, who moved from 12th to sixth over the final 10 Km, and Francisco Pinardo of Spain, who went from 14th to ninth in the same stretch. All these moves were aided by the DQ to Jesus Garcia, DNFs by Aggus Fadjejeva and Omar Zepeda, and the near collapse of Vladimir Potemkin, who needed more than 55 minutes to negotiate the final 10, dropping from seventh to 17th.

Russia controlled the team race throughout and finished 52 points ahead of France, occupying four of the first five spots at the finish. Only Poland's Lipiec in third prevented a sweep. The Pole, who has been ranked as high as fifth in the world, has walked in the shadow of Korzeniowski throughout his career, but proved himself here with a medal of his own.

Voyovedin reviewed his victory, "It was very hard to race 50 Km for the third time this year, but it's a very good finish for the season. In Munich, my second was a birthday present to myself. This time it's for my wife whose birthday will be in four days and the $30,000 for the individual win topped with a share of the team prize of $15,000 will be very gratefully received. I needed more than 10 minutes in back of the winner. Yudin had dropped back to 13th at 40 Km, but finished

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### Men's 50 Km

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Country</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Alexey Veyvodin</td>
<td>Russia</td>
<td>3:40:59</td>
</tr>
<tr>
<td>2</td>
<td>German Skurgygin</td>
<td>Russia</td>
<td>3:40:53</td>
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<tr>
<td>3</td>
<td>Tomasz Lipiec</td>
<td>Poland</td>
<td>3:45:37</td>
</tr>
<tr>
<td>4</td>
<td>Nikolay Matyuhkin</td>
<td>Russia</td>
<td>3:47:06</td>
</tr>
<tr>
<td>5</td>
<td>Yurid Stepan</td>
<td>Russia</td>
<td>3:45:30</td>
</tr>
<tr>
<td>6</td>
<td>Danis Langlois</td>
<td>France</td>
<td>3:51:32</td>
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<tr>
<td>7</td>
<td>Sergei Koropunov</td>
<td>Kazakhstan</td>
<td>3:52:50</td>
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<td>8</td>
<td>Peter Tichy</td>
<td>Russia</td>
<td>3:53:26</td>
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<tr>
<td>9</td>
<td>Francio Pinard</td>
<td>Portugal</td>
<td>3:52:31</td>
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<td>10</td>
<td>Modris Liepins</td>
<td>Latvia</td>
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<td>11</td>
<td>Miguel Rodriguez</td>
<td>Mexico</td>
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<tr>
<td>12</td>
<td>Roman Malgazycz</td>
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<td>Filip Dunn</td>
<td>USA</td>
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<td>14</td>
<td>Miles Holusa</td>
<td>Czech Republic</td>
<td>3:56:30</td>
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<tr>
<td>15</td>
<td>Liam Murphy</td>
<td>Australia</td>
<td>3:56:45</td>
</tr>
</tbody>
</table>

### Results

- **Women's 1 Hour**:
  - 1st Place: Susan Armenta (12,195 points)
  - 2nd Place: Cheryl Rellinger (11,767 points)
  - 3rd Place: Enn Taylor (10,611 points)

- **Men's 1 Hour**:
  - 1st Place: Steve Partington (1:31:41)
  - 2nd Place: Antonio Pereira (1:32:10)
  - 3rd Place: Loretta Schuellein (1:37:51)

- **Women's 50 Km**:
  - 1st Place: Lisa Dupont (3:40:59)
  - 2nd Place: Cheryl Rellinger (3:41:03)
  - 3rd Place: Enn Taylor (3:41:18)

- **Men's 50 Km**:
  - 1st Place: Roman Kyslansky (3:40:53)
  - 2nd Place: Serhiy Bondarenko (3:41:08)
  - 3rd Place: Vitaliy Shestakov (3:41:15)

### Other Results

- **East Region 30 Km, New York City**:
  - 1st Place: Joe Duce (2:39:50)
  - 2nd Place: John Soucek (2:40:53)

- **West Region 10 Km, Altamonte Springs, Fla.**:
  - 1st Place: Mike McGrath (28:24)
  - 2nd Place: Cheryl Rellinger (28:38)

### Dunn Captures 2 Hour Title

Long Island, Sept. 29—The U.S. World Cup team warmed up for that appearance at the USATF National 1 and 2 Hour race and Philip Dunn walked off with the title. Dunn finished first in 2:39:50, second place went to Curt Clausen (2:40:53).

Dunn was 45 years old and was running in his second race of the season. He attributed his success to a combination of training and nutrition. Dunn and Clausen were the only two runners to finish all five races in a row of great attrition.
One Hundred and Ten Meters


First a Heel, Then a Toe, and a Racing, You Will Go

Sun. Nov. 3 1 Hour, Alexandria, Vir., 9 am (A) 10 Mile, Denver, 9 am (H) 5 Km, Kentfield, Cal. (P) Sat. Nov. 9 100 Miles, El Cajon, Cal. (F) 2.8 Miles, Seattle, 9 am (C) Sun. Nov. 10 East Regional 50Km, Hauppauge, N.Y. (K) 1 Hour, Kentfield, Cal. (P) 20 Km, Mountain View, Cal. (B) 5 Km, Clarksburg, Cal (E) Sat. Nov. 16 20 Km, San Francisco area (B) 1 Hour, Red Bank, N.J., 10 am (A)
OCTOBER 2002

2002 Class along with pole vaulter Earl Bell, miler Steve Scott, and sprinter Gwen Torrance. Their induction brings to 192 the number of athletes and coaches enshrined in the Hall. Just as with Laird and Laskau it took a few years as a nominee before Larry was finally voted in, but, as it turns out, it's a good year for him to make it. The induction will be on Dec. 6 at the Hyatt Regency Crown Center in Kansas City, not too far across I-70 from his Columbia, Missouri home. Larry won bronze medals in the 50 Km walk at both the 1968 (Mexico City) and 1972 (Munich) Olympics. He won the National 50 eight times in eight tries and his total of 25 National titles is exceeded only by Laird and Laskau. At the Munich Olympics, he also took 10th in the 20 Km walk. He won the Pan American Games 50 in both 1967 and 1971 and was 13th in the World Cup 50 in 1977. Since retiring from racewalking after that race, he has been a full-time artist and has placed more than 50 monumental outdoor sculptures both in the U.S. and abroad. Larry Young Sculpture is a 6,000 square foot foundry in Columbia where he creates and produces most of his work. Identification. Last month, we ran a picture taken during the 1932 Olympic 50 Km walk and asked if anyone could identify any of the contestants. Roger Burrows, Canada's racewalking guru, has taken up the challenge and offers the following. No. 98 at the front is the eventual winner, Tommy Green of Great Britain. Green was 38 at the time. He had been a sickly child and was badly gassed in World War I. He took up racewalking later in life and wound up with the Olympic gold. No. 268, to his left, is Italy's Ugo Frigerio, the bronze medalist. Frigerio won Olympic gold at both 3 and 10 Km in 1920 and at 10 Km in 1924. No. 65 to Green's right, is Canada's Henry Ciemn, who didn't finish. Janis Dalins of Latvia, the silver medalist, is seen over Green's left shoulder. Green won in 4:50:10, Dalins had 4:57:20, and Frigerio 4:59:06. Ernie Crosbie finished eighth for the U.S. in 5:28:02. The bunched field suggests the picture was taken quite early in the race.

Commentary

Way back in the March and April issues we ran a lengthy article by Gary Westerfield entitled "Biomechanics for the Racewalk Judge". (I was surprised it was that long ago when I searched back to find the article. Time does indeed fly for we oldsters.) There was little comment from readers at the time. Now, Bob Bowman writes that he is just getting around to responding to that article and does so now because he sees significant problems with the paper. It's only fair that we air those concerns. So, if you have a file of ORWs, you might want to look back to refresh you memory as you read Bob's critique, which follows:

In the Introduction, the author states that walkers must comply with three rules. Actually there is one definition of racewalking with two parts. The definition was not solely established by the IAAF Racewalking Committee but the IAAF itself. The author further states that judges need to know biomechanics because "without this knowledge, judges may only guess about the competitor's legality." This knowledge certainly could be helpful, but really not necessary to be a good judge. The author also lists the papers goals, which include to assist judges to apply the rules, increase consistency within judging panels, and assure fair competition for all. It is hard to imagine that this paper's goals have been met since the rules have been incorrectly explained and the biomechanical model incorrectly developed.

In the discussion on the Modern Racewalking Definition, the author makes a number of points. The author discusses the choice of the word "straightened" over the word "straight" in the definition. This discussion is unnecessary since the definition of the word "straightened" appears in the definition of racewalking. "Straightened" means "not bent at the knee". Under the heading of A Time Frame, the author states that "it is within the rules of racewalking to make contact with the leg not straightened, as long as the competitor has begun the process of straightening it at the
first moment of contact". This is not correct. The leg must not be bent at the knee from the moment of first contact.

Under the discussion of The Visible Loss of Contact Rule, the author incorrectly states that double contact is required of the racewalker. However, under the heading Double Contact or Not?, the author correctly reverses his earlier statement and notes that "double contact is no longer required if loss of contact can be seen". Under the heading, Electronic Devices?, the author incorrectly states that "many in the highest circles of sport are calling for radical changes in officiating to bring racewalkers back to constant contact". Few, if any, are proposing this. Under the heading, Chief Judge's New Power, the author asks the question "when is it obvious that a competitor has ceased to comply with the continuous contact provision of the definition of race walking?" Of course, there is no continuous contact provision.

Under the discussion of Forward Motion Without Loss of Contact, the author identifies and explains his understanding of the sources of forward motion. Under the heading Three Sources of Forward Motion, the author states that "there are three primary sources of forward motion" and that "in racewalking all three are used". The author identifies the three sources as a push forward, a pull forward, and a swing forward. This is not an accurate breakdown of the primary sources of forward motion. The push forward is correct, but the other two are not. The author fails to include the other primary source, the pull forward.

Under the heading The "Fall" into Gravity, the author incorrectly states that the walker can "maximize the pull of gravity" by using proper upright body alignment. Of course, gravity is a constant force always present. Obviously, for a walker to leave the ground, the walker must overcome the force of gravity, but gravity is not a primary source of forward motion. The author also states that "with momentum, the direction of that pull of gravity can be changed". This is somewhat misstated in that the pull of gravity is always perpendicular to the ground from the body's center of mass.

Under the heading Momentum, the "Progressive Force", the author states that the lift and forward swing of the advancing leg not only repositions the body, but generates momentum which can be seen as a "progressive force". The leg swinging forward only meets slight air resistance and hardly generates any significant forward motion.

Under the discussion of Efficient RaceWalking, the author asks "which of the three sources of forward movement is most efficient and smooth; the push, the fall, or lift and swing?" This, of course, ignores the pulling force generated by the lead leg as it makes contact with the ground through the support position. The only other significant force is the pushing force generated by the trailing leg. The resultant force of the push acts in a direction that is forward and upward. The proper use of the arms, hips, stride length, etc., counteract this upward segment and help keep the body's center of mass closer to the ground. The pulling force generated by the lead leg creates a resultant force in the forward direction parallel to the ground. The combination of these two forces determine the forward motion of the walker.

(Ed. This, of course, why technical journals have peer review of articles before publication—so that differences can be ironed out beforehand, or the article rejected. We are not a technical journal—I bet most of you realized that—so we do it this way. Responses to Bob's critique are welcome.)

A Real Walk in the Park for Robert Korzeniowski

by Patrick Merle

(From the IAAF Magazine, Vol 17, No. 3, 2002)
10 year now. I believe that to be a champion, you need to have a system, you need to be backed up by your federation," he explains.

The Polish athlete's governing body therefore lets its protege decide what is best for him. Benefiting from such a privileged situation, Korzeniowski plans everything and has been using the same meticulous winning recipe for a few years now.

Accompanied by his own physiotherapist, he traditionally walks his first miles of the season on home soil—which also gives him an opportunity to visit the sport's shop called "Walker" he opened in Czarniecki—then he moves to the Baltic Sea near Gdańsk before spending over 6 weeks in Tourcoing, in Northern France, a region historically and culturally linked to Poland. There he competes for the local club US Tourcoing, and enjoys quiet walks along the Lys, the river that runs through France and Belgium. He eventually packs his bags and heads down to Puebla in Mexico to put his final touches to his preparation 2150 meters above sea level.

"I really feel like a citizen of the world. I enjoy the African clay, the forest in the evening when the heat dies down. But, I also like the asphalt you can find on the Scandinavian roads or even in Belgium," he admits.

By winning his second European title and setting a world best, Robert Korzeniowski proved in Munich that he is at ease in every city and on every soil despite the presence of those judges who disqualified him a few meters before the finish line of the 50 Km at the Barcelone Olympics.

Draped in the Polish flag, he explained that he had a dream, a premonitory thought, the night before his final. "I was in France, in a walking competition. I dreamt that one Russian walker was on his way to the world best and that I was catching up with him," At the end of the sunny morning, it wasn't a dream, but the sweet reality. The Polish fans had exulted and Robert Korzeniowski could start thinking of his new challenge: retain the Olympic title in Athens for what will be his last competition. Whatever the result be, nothing will alter the fact that he has already entered the sport's Pantheon. (For details on the European Championships and Korzeniowski's race, see the August issue of the ORW.)

LOOKING BACK
40 Years Ago (From the October 1972 ORW)—Larry Young, fresh from his bronze medal performance at the Munich Olympics, won the National 30 Km in Columbia, Missouri in 2:28:09 with Todd Scolly 4 1/2 minutes back. Floyd Godwin and Jerry Brown in third and fourth led the Colorado TC to a one point victory over the Motor City Striders in the team race... Ben Kneppo won the Columbia 100 miler in 22:15:05.

25 Years Ago (From the October 1977 ORW)—Canada's Marcel Jobin was an easy winner of the National 30 Km, again held in Columbia, with a 2:21:03. Augie Hirt was nearly 13 minutes back in second... Jeanne Bocci won the women's National 15 Km in 1:15:07, with Susan Liers second in 1:16:56... Liers later won the National 20 Km in 1:57:56 ahead of Eileen Smith's 2:01:26.

20 Years Ago (From the October 1982 ORW)—Ray Sharp survived a strong finish by Tom Edwards to win the National 40 Km in Monmouth, N.J. Ray's 3:27:31 left him 46 seconds ahead of Edwards, who gained nearly 5 minutes in the final 10 Km. Randy Mimm was another 3 1/2 minutes back in third, well ahead of Mike Morris... Ernesto Canto was an easy winner of the Alongi Memorial 20 Km in Detroit with a 1:24:59. His Mexican teammate, Felix Gomez, was second in 1:27:23. Tim Lewis edged Ray Sharp for third, with both given a 1:29:11... Alan Price won the Columbia 100 miler for the fifth consecutive time, covering the distance in 19:43:51. Bob Chapin was 40 minutes back in second, with four others finishing under the 24-hour limit... A 100 miler in England saw Mick Holmes winning in 17:21:52. In that one, there were 55 under 24 hours!

15 Years Ago (From the October 1987 ORW)—Dan O'Connor won the National 30, held in East Meadow, N.Y. Dan finished in 2:21:52, leaving another Dan—Pierce—5 minutes 25 seconds behind. Ed O'Rourke followed in third, just 6 seconds ahead of Cliff Mimm. Cliff's father, Bob, had a very impressive 2:55:48 and was the first over-60 competitor to finish... A week earlier, Nick Bleda had won the National 40 in Ft. Monmouth, N.J. (he was seventh in the 30). His 3:27:59 put him well clear of Dan Pierce, who finished in 3:29:53, nearly 10 minutes ahead of third place, Steve Vaitones... Carl Schueler scored an impressive win in the Alongi 20 Km, beating Italy's Sandro Bellucci, who had been sixth in the World Championship 50 km earlier in the year (Carl was 16th in that one with a 3:57:30. Schueler had a 1:26:30 to Bellucci's 1:27:10. Columbia's Amucirio Cortez (1:27:57) was third, ahead of Gary Morgan (1:28:03) and Steve Pecinovsky (1:28:31).

10 Years Ago (From the October 1992 ORW)—Italy's Giovanni Pericelli was an easy winner at the Alongi in 1:23:46. The field was spread out behind him—albeit Cruz, Mexico 1:24:42, Jonathan Matthews 1:25:40, Derek Firne, Canada 1:26:39, Andrez Chylinski 1:27:22, and Gary Morgan 1:29:42. The women's 10 went to Mexico's Francisca Martinez in 1:26:19, followed by Victoria Herzio (1:26:24) and Sara Standley (1:27:03)... Mexico were dominant in the Pan-Am Championships: Martinez (47:11) and teammate Maria de la Luis Colin (47:27) were two-one-two in the 10 ahead of Herzio (47:42). They finished one-two-three in the men's 20—Bernardo Segura 1:24:09, Daniel Garcia 1:25:34, and Alberto Cruz 1:28:32—with Jonathan Matthews (1:28:58) fifth for the U.S. And they also swept the first three spots at 50—German Siannez, Miguel Rodriguez, and Carlos Mercenario all in 4:06:21. Andrez Chylinski and Dave Marchese were seventh and eighth for the U.S... Nick Bleda scored another 40 Km win at Fort Monmouth, this time in 3:37:15.

5 Years Ago (From the October 1997 ORW)—Canada's Matthew Mowery won the National 20 Hour in Worcester, Mass, covering 24,616 meters to beat 59-year-old Dave Romansky by 2,002 meters. Gretchien-Easter Fishman won the women's 1 Hour with 11,804 meters, beating 58-year-old Elton Richardson who had 9443. The top three placers stayed away in droves... At the Alongi Memorial, Jonathan Matthews won a 10 Km race in 43:24, a U.S. masters record, with Gary Morgan second in 44:05. Jon Nunn won a Junior 10 in 44:55 and Emma Carter a women's 5 km in 24:38... The World University Games 20 km went to Russia's Ilya Markov in 1:25:36 with Mexico's Alejandro Lopez (1:26:00) in second and Italy's Arturo DiMecozza (1:26:12) third. William Van Axen (1:32:59) and Tim Seaman (1:34:41) were 11th and 12th for the U.S. The women's 10 went to Larissa Ramazanova, Belarus in 44:01.