Two National Titles Races Held

National titles at 40 and 5 km were decided in a 6-day period in September. In the 40 km race, held in Ocean Township, N.J. on Sept. 14, Curt Clausen scored a decisive win in the men's race and Cheryl Rellinger survived to annex the women's title. On the following Saturday, racewalkers reassembled in Kingsport, Tenn. for the 5 km race. There, Tim Seaman, fresh off two national road records in Europe, left Clausen more than a minute back and Bobbi Chapman was completely challenged in winning the women's race.

In New Jersey, there were 60 starters (men and women), but only 23 survived in very sultry conditions. The race started with the thermometer only at 70 F, but the relative humidity in the 95 percent range. Less than 2 hours into the race, the temperature was up several degrees and rising and the sun was beginning to poke through to bake the sweat-drenched athletes.

Ignoring the conditions, Al Heppner started out at a planned sub-3:12 pace (that would be a sub-4 hour pace for 50) with Clausen in tow. The pace held through 12 km (57:26), where Clausen decided it was a bit fast for the day. Heppner pressed on but was given his third red card at about 18 km, leaving Clausen on his own. Sticking to a comfortable pace (if anything could be comfortable in such sticky conditions) Clausen strode to victory in 3:25:28, nearly 16 minutes ahead of runnerup John Soucheck. The only other under 4 hours were masters winner Nick Bdera and newcomer to the sport, Ed Parrot, in an impressive first try at one of the longer distances.

Dave McGovern led Soucheck by 4 minutes at 20 km (1:45:23), but had to make several pit stops allowing Soucheck to catch him at around 25 km. Dave called it a day at 28 km. Bdera was challenged by Steve Pecinovsky for 20 km, but Steve dropped out at 24. Rod Craig and Ed Fitch were also with these two in the early stages, but had to back well off the early pace, finally finishing in fifth and seventh, with old-man Leon Jasienowski motoring along between them.

In the women's race, Rellinger thought she was on her way to an easy win as she built a lead of 10:38 over Erin Taylor by 26 km (2:35:47). But, the going was tough from there and Taylor out that to just 2:04 by the finish as Cheryl needed nearly 2 hours for that final 14 km. The results:


Seaman With Back-to-Back Records

At Kingsport, Clausen, concentrating on more distances, was no match for Tim Seaman's speed. Compared to an American record the previous weekend, it was a stroll in the park for Tim, but he was still well clear of Clausen at the finish—20:32 to 21:44. Dave McGovern was third. Bobbi Jo Chapman's victory was even easier as she cruised to a 24:28, more than 2:12 minutes ahead of runner-up Heidi Hauch. Further back in the field, Jack Ray was magnificent, racking up a 70-74 age group record with his 28:05. The results:


Other results

Have bloody go at good old heel and toe

Sat. Oct. 4  Illinois 1 Hour, Chicago area (L)
Ozark 1 Hour, St. Louis (I)
New Hampshire Marathon and 5 Km, Bristol, 9 am (N)

Sun. Oct. 5  1 Hour, McLean, Vir. (O)
Half-Marathon, Sandy Hook, NJ, 9 am (A)
Half-Marathon, Sacramento, Cal. (E)
Detroit Marathon (W)
Indiana 1 Hour, Franklin (S)
West Region 1 Hour, Aurora, Col. (H)

Sat. Oct. 11 Ohio 1 Hour, Yellow Springs (M)
2.8 Miles, Seattle, 9 am (C)
5 and 10 Km, Rio Rancho, N.M., 9 am (BB)
1/2 Marathon, Hartford, Conn., 8 am (D)

Sun. Oct. 12  1 Hour, Banks, Ore. (C)
1 Hour, Denver, 9 am (H)
1/2 Marathon, Long Beach, Cal. (Y)
30 Km, New York City (O)

Sat. Oct. 18 Ontario 20 Km Championship, Welland, 11 am (B)

Sun. Oct. 19 Columbus Marathon, Columbus, Ohio (U)

USA Track National 50 Km, Hauppauge, NY (Z)

Wed. Oct. 22  15 Km, Coconut Creek, Fla. (Q)

Sat. Oct. 25  5 Km, Denver, 9 am (H)
10 Km, Seacliff, Cal. (CC)
East Regional 5 Km, Saratoga Spa State Park, N.Y., 2 pm (F)

Sun. Oct. 26  10 Km, Atlanta (J)
1 Hour, McLean, Vir., 9 am (O)
5 Mile, Freehold, N.J. (A)
5 Km, Albuquerque (BB)

Fri. Oct. 31  5 Km, Denver, 6:30 pm (H)
IAAF Council agreed that, although the marks cannot be recognized as official IAAF World Championship records, they were significant. However, on August 28, the IAAF Council awarded $100,000 in additional prize money to the winners of the 20 and 50 km Chamisaions. Both gold medallists had world bests in their events.

Jefferson Perez and Robert Korzeniowski were among the recipients of the additional prize money. Perez, who set a world record in the 20 km, was advised by Jack and Doc Brundage of the University of Ohio to approach pioneering racewalking. Peters suggested I might consider taking up the event. It was three years later, while finishing up graduate studies, that I approached a racewalker after the race and, in a generous manner, said something like, "Nice running, buddy." (Actually, there seemed to be a touch of sarcasm in his voice. Took a bit of the sting out of the comment.)

Bruce MacDonald started doing some ultramarathons in the 1980s, presented a clinic in Toronto recently that was very well received. He encourages racewalking clinics, enjoys it and would like to hear from anyone who might be interested. If you want to take him up on this, you can reach Jonathan at mjohnam@carroll.edu or contact him by writing Jonathan Matthews, Ph.D., Associate Professor of Education, Carroll College, Helena, Montana. Related report. Perhaps a year ago, Ohio's former walking postman, now walking minister, Chuck Newell journeyed to England for an attempt at one-mile race. Chuck walked with us back in the 60s (that's the 1960s) and after a long-layoff came back a few years ago and started doing some ultra-distance races. He promised a report on his English experience. Well, it came a couple of weeks ago. He writes: I must say that I have enjoyed the last five years of ultra-distance running. The experience has been fulfilling.

Records, as a gesture of fair play, two athletes would be awarded the money for their "World Bests." Racewalking Challenge. At the start of last year, the IAAF set up a series of races comprising the 2003 Racewalking Challenge. I have yet to see the final standings of the 2003 Challenge, but we now have an announcement of the 2004 schedule. And here it is: April 3--Rio Major, Portugal, Men's and Women's 20 Km; April 20-21--Tijuana, Mexico, Men's 20 and 50; Women's 20; May 1-2, IAAF Racewalking Cup, Naumburg, Germany, Men's 20 and 50; Women's 20; Date to be announced, Sesto Don Giovanni, Italy, Men's and Women's 20, Date tba, Shanghai, China, Men's and Women's 20, June 5, Coruna, Spain, Men's and Women's 20; August, Olympic Games, Athens, Men's 20 and 50, Women's 20. Points will be awarded according to place--10 for the winner, 9 for 2nd, 8 for 3rd, and so on. Ranking will be on the addition of the three best results achieved by one athlete in these championships.

The decathlon was the prelude to the coming of the all-around to the Olympic program at the Stockholm Games of 1912. The all-around was the first multi-event competition staged in the Olympic Games. The all-around continued as a full-fledged National AAU Championship event in the USA and was still being held well into the 1980s. The most famous competitor in the early days of the all-around was Avery Brundage of Chicago, a three-time National AAU Champion in the event who went on to head the AAU Olympic Committee and the International Olympic Committee. It was Brundage who, after an 800 walk, reportedly said that "walking is the closest a man will ever come to experiencing the pangs of childbirth" (or something close to that). (Ed: A gross, and unfortunate exaggeration, in my humble opinion, particularly after a mere half-mile, but there are probably many other points on which I would disagree with Mr. Brundage.)

And, so it was the all-around that got Bruce MacDonald into racewalking. Training for the all-around, with the encouragement of N.Y. Pioneer Club teammate Bob Gifford, and preparing for the 880 walk, with the coaching advice of Pioneer Club walk star Capt. Wisdom Stewart, he got to like what he was doing and soon became a "real" racewalker.

The racewalking challenge set by the IAAF Council was a success. The all-around event was the first multi-event competition staged in the Olympic Games. The all-around continued as a full-fledged National AAU Championship event in the USA and was still being held well into the 1980s. The most famous competitor in the early days of the all-around was Avery Brundage of Chicago, a three-time National AAU Champion in the event who went on to head the AAU Olympic Committee and the International Olympic Committee. It was Brundage who, after an 800 walk, reportedly said that "walking is the closest a man will ever come to experiencing the pangs of childbirth" (or something close to that). (Ed: A gross, and unfortunate exaggeration, in my humble opinion, particularly after a mere half-mile, but there are probably many other points on which I would disagree with Mr. Brundage.)

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Well, one thing led to another and another... and Bruce walked on and on, and one and on......

To add to Elliott's commentary, your editor was also introduced to racewalk competition through the all-around championship. I had witnessed racewalking events twice--at the 1951 Cleveland K of C Indoor meet (1 mile) and the 1953 National AAU meet in Dayton (2 miles), both events won by the venerable Henry Laskau. (Whose autograph I secured on his picture in the AAU meet program--I think I published that picture not too long ago in these pages.) And I had found it fairly easy to imitate the progression I had witnessed, or at least I thought I was doing so.

My chance to try out this skill came when I decided to travel to College Park, Maryland, in the summer of 1955 for the all-around, following my sophomore year at Bowling Green State University. I was a half-quarter and half-miler and an occasional high-jumper and low-hurdler (those were the days of 220 yard lows), as well as cross country runner. And, off of racewalking training that consisted of twice going for 660 yards, I was convinced I could hold up for the full-half-mile. In the race, I confidently followed the lead of the eventual winner of the all-around title through the first 220, which went by in about 50 seconds. When his pace quickened, I decided to pass him and press on. I couldn't hold that pace, but manged to hold on to just under 60s the rest of the way to finish in 3:48.8 and record my only first place of the day.

Mr. Brundage suggested I might consider taking up the event. It was three years later, while finishing up graduate studies, that I approached a racewalker after the race and, in a generous manner, said something like, "Nice running, buddy." (Actually, there seemed to be a touch of sarcasm in his voice. Took a bit of the sting out of the comment.)

Bruce MacDonald, who became a national champion and international walker after taking up the sport in his mid 30s, presented a clinic in Toronto recently that was very well received. Thanking the sponsors for their efforts and their appreciation of his, Jonathan noted: "It was very enjoyable to meet 19 racewalkers who were new to my experience, but very enthusiastic about our sport.

I enjoyed helping them to improve their technique as well as helping them to design effective training, nutrition, strength, and flexibility programs for racewalking. Having had my best 20 Km race in the USATF Championships at nearly 43 years of age (1:24:50), I feel that my training ideas are particularly relevant to masters racewalkers. Though I don't often conduct racewalking clinics, I enjoy it and would like to hear from anyone who might be interested. If you want to take him up on this, you can reach Jonathan at mjohnam@carroll.edu or contact him by writing Jonathan Matthews, Ph.D., Associate Professor of Education, Carroll College, Helena, Montana. Related report. Perhaps a year ago, Ohio's former walking postman, now walking minister, Chuck Newell journeyed to England for an attempt at one-mile race. Chuck walked with us back in the 60s (that's the 1960s) and after a long-layoff came back a few years ago and started doing some ultra-distance races. He promised a report on his English experience. Well, it finally came a couple of weeks ago. He writes: I must say that I have enjoyed the last five years of walking after a 30-year layoff. It was surprising to see old friends from the past--Bruce MacDonald, Bobb Mimm, Ron Laird, and of course, you and Jack Blackburn. After a couple of years, I experimented with new shoes, new paint, my right knee and was told by my doctor that I had osteoarthritis. Whoop! With his admonition to walk as long as I could stand the pain and unable to straighten my knee, I decided to tackle the ultra distances. Without those cumbersome rules about knees, at least I could still walk. My last endeavor was the 100 mile race in Colchester, England. Yes, I know I was supposed to give you a full report. Sorry about that. But the trip to England was fantastic. Wife Peggy and son Seth joined us as we headed off to the sights of England, which I had dreamed about since subscribing to Athletics Weekly back in the '60s. After a day in London, we headed off into the countryside to visit Stonehenge, up into Scotland to see Eildon, and the statue of Grey Friars Bobby, and, of course, up to Loch Ness. Alas, no monster. The race proved to be most interesting to someone from abroad. A race 100 miles long presents opportunities for the strangest things to happen: There was controversy--two walkers from the Ukraine were DQd while the third retired with two warnings thinking he had three. When informed he was still in the race, he opted to quit. There was humor: While I was busy throwing up across the path, my son Seth saw a need to come and assist me. Our English friend, Roger LeMoine, put a hand on Seth's shoulder and said, "No, Seth. There are times when a man just wants to be alone." There was anger: Richard Brown, many-time Centurion from England,
was given a tongue lashing by a judge because his teenage daughter was walking beside him with a drink. The judge than saw fit to tell her a thing or two, but, to her credit, she stood her ground and gave it right back to him. There was mystory. Who was that man out in the dark recesses of the course under the weeping willow tree, visible only be the light of the moon? And, who was that man who appeared out of the dark night and massaged my legs and gave much needed encouragement? There was wierdness: Some guy yells at me, "Say, do you know Jack Blackburn and Jack Mortland?" Ah, your fame has spread. I think his name was Colin Young. There was disappointment: Friend Klaus Theidmann of Chicago was forced to drop out after suffering an injury when a car got in his way. And, of course, my own, retiring at the 60 mile mark. There was also the thrill of meeting some great walkers—Donald Thompson, gold medal winner in the 60 Olympics, Ron Wallwork, and many others. All in all, I would recommend a good English 100 miler to those who want to try something out of the bland and ordinary. The race was won by Bob Dobson of the Ifford AC, walking the 100 miles in 19:45 with Richard Brown 4 minutes behind in second place. (Ed. Also used to be a typical English 100 mile which would have several walkers under 20 hours.) My own future seems somewhat uncertain now. I enter the hospital in the morning in Dover, Ohio for total knee replacement. (Ed. All went well with the knee replacement and Chuck plans to be back walking again.) ... On man’s story. We haven’t seen a lot of comment or discussion on all of the DQs at the World Championships—31 walkers disqualified in the three stages—and not having been there, can’t make any comment ourselves. One thing that has been noted is that the course was very narrow leaving little room for the judges to view the walkers from the side at any distance. But, instinctively, I would think that fact would tend to lead to fewer rather than more DQs. In any case, lacking any discussion of why there were so many DQs, we can note that some of them were surprising based on past performance. One such is New Zealand’s Craig Barrett, and here is reaction to that, as published by a New Zealand source. "Disaster struck New Zealand’s Craig Barrett at the world athletics championships in Paris tonight when he was disqualified from the men’s 50 km walk. The Hamilton walker, no stranger to heartbreak at the elite level, was ruled to have used an incorrect technique three times (Ed. Rather, in the eyes of three judges) in the opening 6 km of the race. He was shown a red flag by on-course judges at the 5.5 km mark, forcing a shocked Barrett to pull out of the race. One of New Zealand’s highest ranked athletes, he was expected to perform well today, having recorded the eleventh fastest time this year in a world-class field. New Zealand manager Tony Rogers said Barrett was ‘utterly dejected’ at the decision, saying his technique had rarely been a problem in a career stretching more than 10 years. Rogers said the last time Barrett was disqualified from a race was at a World Cup event in the Czech Republic 6 years ago. "We can’t quite fathom what has happened here, I think there’s nothing we can do," Rogers said. "Everything seemed to be going okay, but then we turn around and he’s out of the race. Most walkers might get one warning in a typical 50 km race, but Craig often avoids even that. Quite what has happened today is hard to say. Craig is utterly dejected at the moment." Barrett was well placed at the time of the disqualification, in a group of eight just a small gap behind the leading group of seven. "As usual, Craig had prepared superbly before coming here. He felt good today and he made a good start," Rogers said. The silver medalist at last year’s Commonwealth Games in Manchester, Barrett is best known by many for his dramatic collapse with dehydration withing sight of a gold medal at the Kuala Lumpur Commonwealth Games 4 years earlier. The 31-year-old’s best effort this year was second placing at a Challenge meet in Mexico, where his time of 3:51:15 was excellent in testing conditions. He had described that performance as a step up from his seventh placing at the 1999 World Championships. It was notable that Barrett escaped the judges’ attention in Mexico even though a large proportion of that field was disqualified. The most devastating thing for Barrett was that today’s race an ideal opportunity to qualify for next year’s Olympic Games in Athens. His next chance may not come until a World Cup event in May. "That has probably not hit him yet. There was a lot at stake today," Rogers said. He was to return home and compete in a 10 Km event next week, but Rogers doubted whether Barrett’s heart would be in it." Of course, Curt Clausen’s very early DQ in the same race was equally surprising. A terrific season. In 1968 Larry Young won the first of his two Olympic 50 Km bronze medals. How did he prepare for this great effort. Well, he certainly didn’t shy from racing, or traveling. For one thing, because of the U.S. trials system that year, it was his third 50 in a 3-month period. But, in reviewing that season for a history project Elliot Dennam and I are engaged in, I was amazed at just how much he did race—and these were quality races. I guess I shouldn’t be surprised—most walkers tended to race at every good opportunity in those days. Anyway, here is what I uncovered on Larry’s racing schedule.

May 5 National 25 Km, Detroit, 2nd 1:57:10 (Don DeNoon 1:55:13)
May 25 National 35 Km, McKeesport, Pa., 1st 2:53:16
June 21 National 3 Km, Sacramento, 3rd, 12:49:4
July 9 National 50 Km, San Francisco, 4th 1:56:02
Aug. 12 20 Km, Lake Tahoe Olympic Training Camp, 1st 1:34:42
Aug. 16 30 Km, Lake Tahoe, 1st 2:27:47
Sept. 1 National 30 Km, Columbia, Mo., 1st 2:31:31
Sept. 10 20 Km Olympic Trial, Alamosa, Colo., 3rd, 1:38:40
Sept. 14 50 Km Olympic Trial, Alamosa, 1st 4:34:18
Oct. 17 Olympic 50 Km, Mexico City, 3rd 4:31:56

Note that of the last 6 races, all but the National 30 were at high altitude. On the other hand, Rudy Haluza, who finished fourth in the Olympic 20, concentrated on training rather than racing. Rudy was only ninth at the National 20 (1:36:19), but improved to second (1:38:14) at the Trials (which included the top 10 from the Nationals at both distances), and then his fourth in Mexico City (1:35:01). Those appear to be his only races during that period. Still, take your pick on how to peak for the big one. They both did what they knew was best for them. That’s my history lesson for now. I guess to follow up on it, I should take the same look at Larry’s schedule leading up to his repeat bronze in 1972. That will be for another time.

When Is Lifting An Advantage?

by Ron Daniel

(The following article appeared in the Fall 2003 Racewalking Bulletin, published by the North American Racewalking Foundation and is reprinted with the permission of Editor and NARF President, Elaine Ward. Actually, at her suggestion. Ron Daniel is a former US international walker and has been an IAAF Judge since 1984. He is now the only U.S. Level III Judge. He will be on the judging panel for the 2004 Olympics and the 2006 World Cup.)

I don’t know if anyone has “tested” whether loss of contact (when the knee is straight) increases the speed of a walker and gives him or her an advantage. However, I’ve taken some time to think about the physics and will use simple examples to show just when loss of contact can help with velocity and when it doesn’t. More difficult to analyze are the forces and energy issues associated with racewalking, and potential changes when walking with loss of contact.
Velocity. Consider a walker who is making double contact and whose stride rate is 200 steps per minute with a stride length of 40 inches. At 200 steps per minute, the walker's foot is in contact for 0.3 second each stride. This is a velocity of 11.11 feet per second.

Now, suppose this walker has a loss of contact with a float time of 0.02 second. If the walker maintains the same ground time, 0.3 second and floats 0.02 second, the total stride time is now 0.32 second (which results in a stride rate of 187.5 steps per minute). If the float is 2 inches (5 percent gain in stride length, the velocity is only 10.94 feet per second. The walker is slowing down! On the other hand, if the float is 4 inches (10 percent gain in stride length), the velocity is 11.46 feet per second. The walker is going faster. The difference in float distance is governed by the push off angle. Because the ground time 0.3 second and the float time 0.02 second have not changed, the steps per minute remain 187.5.

Greater velocity is not guaranteed by loss of contact. If the walker has a longer float of say 0.03 second, he or she has to have a float distance of 4 inches to exactly match the non-loss of contact velocity of 11.11 feet per second. So, this increase in the amount of time in the air requires a greater float distance to equal the walker who is maintaining contact. In the context of human eye acuity, a 0.02 second float is basically invisible to the human eye, but a 0.03 second float is quite visible.

Energy. Now, let's consider the ground forces and energy issues associated with racewalking, and how they may change when shifting from full contact walking to loss of contact walking. Forward propulsion is provided by the push (force) against the ground. If there is little or no extra effort (energy) to achieve the float, then there is little to no energy penalty for the loss of contact. If the float is sufficient to produce a greater velocity, then by the end of a long race, there is a net energy savings because there are fewer steps, i.e., fewer push offs.

Once the walker has pushed forward, there is now momentum associated with the forward progress. Ideally, the walker wants to maintain the momentum, however, when the forward swinging leg makes contact (usually forward of the body's center of gravity), there is momentarily braking prior to the body rotating over the foot. Consequently, some of the walker's energy goes into overcoming the braking.

The amount of braking is related to the rise and fall of the body mass and the momentum (mass times velocity) of the upper and lower leg. Biomechanically, the braking is resolved into vertical and backward directions. The walker can minimize the backward braking by making the ground contact closer to the surface of the ground contact. However, if the walker's stride in front of the center of gravity stays the same from "full-contact" to loss-of-contact walking, then the only consideration is the per stride braking has increased. If the per stride braking has remained the same, then there is a net savings in the overcoming of the braking for the whole race.

For example, a walker in a 20 Km race who has a stride length of 1 meter is taking 20,000 strides. Let's say that the walker is able to float forward 0.1 meter. The walker has now saved 10 percent of the needed strides, or 2000 strides, which is a saving of 10 percent of the push-off energy and 10 percent of the braking energy.

In shorter races, floating may have a simple velocity value, but at the longer distances, it has a significant energy saving value as well. The energy saving is there for all distances, but depending on the overall condition of the athlete, susceptibility to fatigue may not come until after 10 km. Or, the walker may feel significantly tired after one mile.

Legality. Now, let's put the above information in a way specific to the original question. What is the value of a float for someone who walks with a straight leg and has a loss of contact within the nondetectable eye range? This walker is not progressing forward in a way that is totally within the original idea of the contact rule. True. But, because the rules state that judging is with the unaided eye, if the loss of contact is not detectable, it's not illegal.

Again, traditional physics says as soon as the walker is not on the ground pushing, he or she is starting to lose forward velocity. That is a reason why a hurdler, when clearing a hurdle, works very hard on getting the lead foot down on the ground as soon as possible rather than continuing a nice long float.

A racewalker who has a straight knee as required by the bent knee rule is subject to the same physics as the hurdler when pushing off the ground. Whether the walker gains or loses by floating two to four inches depends on what is going on. Does the float time in fact slow that walker down? Is the walker in the air for such a short period of time that there may not be noticeable slowing? Or, if the walker pushes off against the ground, does the amount of push and the amount of inches gained floating overcome the slowing down? Equations would prove these variables.

Without writing an equation, the way I look at it is this: We know as soon as a walker puts a foot down somewhere in front of the body, a little braking motion is created that slows progress. If the walker is keeping the leg straight, but pushing off the ground and taking 5 to 10 percent less strides, there is an energy savings. If the walker meets the criteria in the first part of the discussion, there then is a velocity advantage and an energy advantage on the walker's maintaining ground contact. This is as true of elite racewalkers as it is for masters.

LOOKING BACK

35 Years Ago (From the September 1968 ORW)—In the U.S. Olympic Trials in Alamosa, Colorado, Ron Laird prevailed at 20 Km in 1:37:45 with Rudy Haluza (1:38:14), Larry Young (1:38:40), and Tom Dooley (1:41:03), following. Young was an easy winner at 50 Km three days later in 3:34:10, followed by Goetz Klopfer (4:44:02), Dave Romansky (4:47:23); and Bob Kitchen (4:50:56). The races were at high altitude to simulate conditions in the upcoming Mexico City Olympics, thus the modest times. When Young opted to walk only the 50 in the Games, Dooley won a spot at 20 Km. Wea also reported the birth of Derek Douglas Mortland, an event that occurred early on the day of the 50 Km Trials, September 14. Your editor attended the birth, not the Trials... Dooley zipped a quick 5 miles (35:20) in California leaving Bill Ranney and Klopfer well back. A week before the Trials, Young scored a very easy win in the National 30 Km in Columbia, Missouri in 2:31:20. Jack Blackburn was second, some 24 minutes back, as few people showed up for the race... A few days after the Trials, a few of those competitors traveled to Atlantic City for the National 15 Km. Laird won in 1:08:03, with Romansky 29 seconds back. The next four spots went to Ron Kulik, Jack Blackburn, Ron Daniel, and Steve Hayden.

30 Years Ago (From the September 1973 ORW)—The U.S. women took the first four places to win an international dual match with Canada. Ellen Minow was the winner in 26:32 (5 Km), followed by Esther Marquez, Cindy Arbelhide, and Sue Brodock... The National 35 Km went to John Knifton in 3:00:31. Bill Ranney was more than 3 minutes back, with Jim Bean and Bob Bowman next in line... Hartwig Gauder won the European Junior 10 Km title in 44:14, the first of many internationals for the East German 50 Km great.

25 Years Ago (From the September 1978 ORW)—In the European Championships, East Germany's Roland Weiser won at 20 Km and Spain's Jorge Llop at 50. Weiser pulled away from three Soviet competitors on the final 5 Km to win in 1:22:12. He had a 20:30 on that last loop. Pyotr Potschenchuk and Anatoly Solomin finished in 1:23:43 and 1:24:12. Jose Marin was
Fenton was second in 3:31:10 and Alan Jacobson third. Gary Null, in sixth place, won the Masters (3:22:58). John Soucheck was third ahead of Yeager. Clausen also had a 20:37 to win an open Worwck Yeager (21:54). Debbi Lawrence (23:18) and Lyn Brubaker (23:59) were 2-3 in the Dow by 58 seconds and Susan Armenta was nearly 3 minutes further back in the women's race. 5 Years title in 46:06, 47 seconds ahead of Debbie Van Orden.

Maine ... Bernard Segura, Mexico, won the Alongi 20 km title in Dearborn, Michigan in 1:21:55. Masters title. Bob Keating, also in the 45-49 age group, followed him in 3:50:31. As a matter of 24:40. The men's 10 km went to Cruz of Mexico in 41:16.11, with Spain's Valentin Massana, 24:41. Liz Dufour was seventh at 10 in 52:39. The U.S. team finished third behind Norway. 20 Years ago--(From the September 1993 ORW)--Alan Price won his fourth U.S. title at 100 miles in Columbia, Missouri, covering the distance in 22:39, well off his best of 18:57:01 in 1978. The only other finisher in extremely hot conditions was Chris Cluster in 23:50, her first attempt at the distance. She became the 42nd U.S. centurion and the fourth female. Our analysis of the T&F News rankings for the previous year showed the USSR as the leading walking nation during that period, followed closely by East Germany (German Democratic Republic), and Mexico. Everyone else was far back, with the U.S. ninth.

15 Years ago--(From the September 1998 ORW)--Curt Clausen won the National 40 km in Union, N.J. in 3:25:51, becoming the youngest man (age 20) ever to capture the title. Mark Fenton was second in 3:31:30 and Alan Jacobson third. Gary Null, in sixth place, won the Masters title in 3:48:08. The first woman was Doris Attias in 4:12:39. In the World Junior Games in Sudbury, Ontario, Spanish women Maria Diaz and Olga Sanchez finished one-two in the women's 5 km, with Diaz clocking 21:51:31. Dierdre Collier was the first U.S. finisher in 12th with 24:40.14. The men's 10 km went to Cruz of Mexico in 41:16:11, with Spain's Valent Masuana, destined to be the 1993 World Champion at 20 km, in second 17 seconds back. John Marter led the U.S. walkers with a 47:40 in 18th.

10 Years ago--(From the September 1993 ORW)--National 5 km titles went to Victoria Herazo (22:55) and Andrzei Chylinski (21:06). In the Denver races, Debbie Van Orden (23:15) and Curtis Fisher (21:40) were second. The National 40 in Fort Monmouth, N.J. went to Puerto Rico's Jose Ramirez in 3:40:10. Gary Null, second in 3:44:33, won both the National title and the National Masters title. Bob Keating, also in the 45-49 age group, followed him in 3:50:31. As a matter of fact, the first non-master was Herb Zebdek in 10th (4:11:55). National Junior 3 km and 5 km titles went to Debbie Iden in 15:18:38 and Al Hennep in 21:39:38. The races were in Orono, Maine. Bernardo Segura, Mexico, won the 20 km title in Dearborn, Michigan in 1:21:55 with Gary Morgan the first U.S. walker in sixth (1:29:31). Italy's Annarta Sidoti won the 10 km title in 46:46, 47 seconds ahead of Debbie Van Orden.

5 years ago--(From the September 1998 ORW)--In Pan-Am Cup Trials, Joanne Dow won the women's 20 km in 1:35:45 and Philip Dunn the men's 30 km in 2:26:30. Teresa Vaill traill Dow by 58 seconds and Susan Armenta was nearly 3 minutes further back in the women's race. Theron Kissing (2:27:13) and Steve Peccinovsky (2:35:36) followed Dunn. In National 5 km races, Curt Clausen and Teresa Vaill prevailed. Clausen (21:04) beat Al Hennep (21:49) and Warrick Yeager (21:54). Debbi Lawrence (23:18) and Lyn Brubaker (23:59) were 2-3 in the women's race. The National 40 went to Gary Morgan in 3:21:37, with Dunn close behind (3:22:58). John Soucheck was third ahead of Yeager. Clausen also had a 20:37 to win an open race at the National Masters 5 km two weeks later. The masters titles went to Victorio Herazo (23:31) and Jonathan Matthews (21:09). Don DeNon had a 23:32 in winning the 55-59 title. European titles were won by Russia's Ilya Markov (1:21:10), Italy's Annarta Sidoti (42:49), and Poland's Robert Korzeniowski (3:43:51). All were competitive races. In the 20, Latvia's Aigars Fedjevs (1:21:25) and Spain's Francisco Fernandez (1:21:39) were second and third. Italy's Eri Gunfri (42:54) and Portugal's Susan Feitor (42:55) followed Sidoti. Finland's Valentin Kononen (3:44:29) was second at 50.


20 km, Sacramento, Cal, June 29--1. Ron Laird, NYAC 1:33:00. 2. Larry Young, SC Striders 1:33:05. 3. Don DeNon, un 1:33:25. 4. Tom Dooley, Athens AC 1:33:40. 5. Dave Romansky,


2003 World Championship Action. Top: 50 Km gold medalist Robert Korzeniowski on the heels of bronze medalist Andreas Erm, Germany in mid-race. Bottom: Early in the women's 20 Km, gold medalist Yelena Nikolayeva trails Italy's Elisabetta Perrone (582), who was DQ'd and Russia's Oliampiada Ivanova (194), who did not finish. (Harry Sitonen photos.)