



Seventeen Years Later Sharp Repeats

Kingsport, Tenn., Oct. 9—Back in 1980, 20-year-old Ray Sharp won the national 5 Km race, his second national title (his first had come earlier in the year at 30 Km). He repeated the next year and then waited until 1988 to take his third national at the distance. Today, 17 years later, at age 45, he made it four national championships at 5 Km as he sped to a 22:34 victory, 48 seconds ahead of walker-up Matt DeWitt. Joining atop the victory stand was youngster (age 39) Jolene Moore, who scored a decisive win in the women's race. It was Ray's 14th national title overall.

Sharp explained the hot pink shorts he was wearing. "I'm sponsored by Varsano's Chocolates of New York City and their colors are pink and brown," Sharp said. "My teammate Ian Whatley (third today) have been working on a clothing design for our team. I think we found it." Sharp now lives in the northern Michigan town of Atlantic Mine. Another Michigander, Leon Jasionowski, age 61, created a stir with his fourth place finish in 25:19, bettering Dave Romansky's national age group mark by 9 seconds. Dave had set the mark in 1999.

Moore was also unchallenged in winning the women's title. Her 24:00 was just 2 seconds off the course record set by Bobbi Jo Chapman last year. "I'm just beginning my season so I basically just wanted to win. This was a great way to start," she said. "I was by myself for the first 3 Km, which is unusual, because I'm usually around a number of elite athletes. It was lonely out there."

Both winners were impressed with the race site and organization. "It was a lot of fun," Sharp said. "I had heard how great it was and how much fun everyone had down here. They were right." Moore agreed, "It was incredible. It's a beautiful place with great people. What more can you ask for?"

Second-place Matt DeWitt, 25, a graduate of the U. of Wisconsin-Parkside, where he was coached by his father Mike, is now assistant track and cross country coach at Virginia Intermont College, where he also coaches racewalkers. He brought three of his athletes to the race. Amanda Gorst, from New Zealand, and Alex Lo, from Hong Kong, were not eligible for the title but were allowed to walk exhibition. They both finished ahead of second-plaacer Lynn Tracy. The third Intermont athlete, Raven Pilgrim, was seventh in the women's race.

Just for comparison, when Sharp won his first title at the distance as a young whippersnapper, he was a bit faster—20:27.8. His time today would have placed him seventh in that race. The next year, he won in 20:47.52 and would have finished fifth with today's time. By 1988, he had slowed to 20:56.50. He would have been sixth with his 22:34, just ahead of young Curt Clausen. (Actually, he would have been one place higher in all of those earlier races, since we probably couldn't have two Ray Sharp's in the same race.) But, as the results show, these were essentially master's races.

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The results:

Men: 1. Ray Sharp (45) 22:34 2. Matt DeWitt 23:22 3. Ian Whatley (46) 25:15 4. Leon Jasionowski (61) 25:19 5. Bill Vayo (44) 25:48 6. Norm Frable (60) 25:59 7. Max Walker (59) 26:31 8. Jeff McClung (50) 27:12 9. James Carmines (62) 27:14 10. Damon Clements (48) 27:31 11. Bob Head (50) 27:51 12. Paul Johnson (68) 28:00 13. Larry Windes (47) 28:08 15. Peter Armstrong (60) 29:30 16. Barton Kale (49) 29:52 17. Allen Albert (62) 30:27 18. John Backlund (65) 30:38 19. Larry Seymour (64) 32:16 20. Jack Starr (77) 32:27 21. Philip Rogosheske (61) 32:51 22. Ray Everson (70) 32:57 23. Jim Horton (64) 33:19 24. Bernie Finch (65) 34:35 25. Barry Brunson (58) 42:03

Women: 1. Jolene Moore 24:00 (Guests: Amanda Gorst, Ndw Zealand 24:49 and Alex Lo, Hong Kong 26:31) 2. Lynn Tracy (53) 27:21 3. Teresa Aragon (44) 27:27 4. Dorit Attias (43) 28:03 5. Heidi Hauch (45) 28:39 6. Susan Randall 29:02 (the 31-year-old from Beaver Creek, Ohio was in just her second race) 7. Rave Pilgrim (18) 29:24 8. Judy Myers (49) 29:44 9. Panseluta Geer (58) 29:50 10. Barb Amador (56) 30:10 11. Sherrie Gossert (53) 30:23 12. Theresa Amerman 30:40 13. Grace Mutz (46) 30:42 14. Elton Richardson (66) 31:06 15. Jolene Steigerwalt (61) 31:18 16. Donna Cope (48) 31:39 17. Kathy Frable (60) 31:50 18. Cathy Mayfield (54) 32:39 19. Rosemary Sexton (54) 33:25 20. Janet Higbie (64) 34:03 21. Devin Philson (15) 34:10 22. Darlene Backlund (60) 34:55 23. Keara Lenard (10) 36:22 24. Aquin Debacker (57) 36:56 25. Joyce Curtis (67) 37:06 26. Barbara Taylor (58) 38:00 27. Jan Hallez (51) 38:38 28. Millie Prihoda (73) 38:47 29. Ruth Ketron (75) 40:06

Other Results

East Regional 1 Hour, Waltham, Mass., Oct. 16—1. Adam Staier 10,651 meters 2. Bob Keating (58) 10,527 3. Matthew Forgues (13) 10,076 4. Dan Pdenegast 9878 5. Aaron Carol 9450 6. Tyler Campbell (14) 9317 7. Jack Cassidy (56) 9002 8. Tom Knatt (65) 8826 9. Charlie Mansbach (61) 8695 10. Sara Adams (15) 8677 11. Charles Wilkinson (64) 8563 12. Bill McCann (76) 8106 1 DQ **10 Mile, Coney Island, Oct. 9**—1. Lisa Marie Vellucci 1:39:10 2. Joan Murry 1:52:15 (5 finishers) Men—1. Leo Romero 1:24:12 2. David Wolf 1:31:24 3. Vlado Haluska 1:36:09 4. Alex Dvison 1:39:24 5. Jim McGrath 1:49:42 (8 finishers) (Where have all the walkers gone? This race, which has been held annually for something in the area of 90, or maybe even 100 years, used to draw a huge number of walkers.) **5 Mile, same place**—1. Annie Day 53:18 2. Maria Ferraro 53:25 (10 finishers) Men—1. Sherwin Wilk 56:06 2. Jim Farrelly 58:45 (5 finishers) **1 Hour, Planation, Fla., Swpt. 25**—1. Juan Yanes (55+) 10,272 meters 2. Gary Null (60+) 9723 3. Gerry Gomes (70+) 8636 4. Peter Bayer (65+) 8598 5. Bob Fine (70+) 8422 6. Tom Cunningham (70+) 8329 7. Jeanne Emeric (40+) 8176... 9. Miriam Gordon (80+) 7819 (10 finishers) **1 Hour, Columbus, Ohio, Sept. 28**—1. Matt Boyles 10,820 meters 2. Ed Fitch (40+) 10,328 3. Tina Petes (17) 9880 4. Susan Randall 9857 5. Margaret Blackburn (45+) 9164 6. Diane Kopscick (50+) 8791 7. Tom Keller (65+) 8769 8. Robert Crouse (45+) 8764 9. Barbara Gordin (65+) 7836 (12 finishers, 1 DQ) **1 Hour, Royal Oak, Mich., Sept. 29**—1. Leon Jasionowski (60+) 11,603 meters 2. Bill Reed (50+) 10,070 3. Lynn Phillips (55+) 9710 4. Don Knight (55+) 9433 5. John Elwarner (65+)

9088 6. Marshall Sanders (60+) 9040 7. Gary Terwellen (50+) 8573 8. Carl Angevine (65+) 8010 (10 finishers) Women—1. Debbie Topham (50+) 9984 2. Susan Mora-Fassett (40+) 9844 3. Walda Ticy (65+) 9027 4. Julia Puzdrowski 8249 5. Gwendolyn Lewis (55+) 7978

Weinacker Cup (Michigan vs. Ontario), Dearborn, Mich., Oct. 16—Women's 10 Km—1. Rachel Lavalee, Ont. 50:30 2. Chelsea Rodriguez, Ont. 56:53 3. Joann Markle, Ont. 57:47 4. Lauren Van Leeuwen, Ont. 57:57 5. Debbie Topham, Mich. 58:36 6. Susan Mora-Fassett, Mich. 59:34 7. Rachel Van Der Zwet, Ont. 60:58 8. Lily Whalen, Ont. 62:48 9. Margaret Blackburn, Ohio 64:59 10. Walda Tichy, Mich. 66:45 (13 finishers. Men's 10 Km—1. Nil Lavalee, Ont. 48:20 2. Leon Jasionowski, Mich. 51:52 3. Hans Dinger, Ont. 59:06 4. Don Knight, Mich. 63:04 5. Marshall Sanders, Mich. 65:27 (7 finishers Teams: Ontario 27 Michigan 16 (Morgan, O'Brien, Craig, and Reed would certainly have helped the Michigan cause. Of course, if I had the attitude of many in the home of the Buckeyes that all things Michigan are evil, I would rejoice in their demise.) **Wisconsin Senior Olympics,**

Milwaukee, Sept. 10: Women's 1500 meters—1. Lynn Tracy (50+) 7:56.9 2. Judy Myers (50+) 8:19.5 3. Alice Winlker (55+) 10:49.9 (11 finishers) Men's 1500—1. Ron Winkler (55+) 9:02.5 2. Harley Grant (55+) 9:11.4 3. Al DuBois (70+) 9:32.9 4. Bill Baxter (70+) 10:34.9 (7 finishers) **10 Km, Kenosha, Wis., Oct. 16**—1. Ben Shorey 41:30 (first 5 at 20:04 after opening 1 km splits of 3:50 and 3:58. Obviously slowed the second half, but accelerated back to 4:10 for his final km.) 2. Steve Quirke 45:06 (22:18 on second 5) 3. Mike Tarantino 46:16 4. Ron Winkler 71:41 Women—1. Sam Cohen 49:01 2. Lynn Tracy 55:27 3. Judy Myers 60:39 **Texas Senior Games 5 Km**—1. John Knifton (65+) 34:26.02 2. Robert Walker (70+) 35:34 1500 meters—1. Knifton 9:21.41 2. Bud Morrill (55+) 9:55.3 Walker 9:57.5 **7 Km,**

Evergreen, Col., Aug. 7—1. Sally Richards (52) 29:15 2. Christine Chase (49) 32:04 3. Rita Sinkovec (65) 32:17 4. Ruben Garcia (54) 33:33 **5 Km, Aurora, Col., Sept. 11**—1. Daryl Meyers (62) 30:46 **5 Km, Denver, Sept. 11**—1. Jerry Davis (42) 30:49 5 Km, Denver, Sept. 18—1. Mike Blanchard (44) 27:00 2. Daryl Meyers 30:34 3. Nancy Hardesty (54) 30:56 **5 Km, Pasadena, Cal., Sept. 24**—1. Donna Cunningham 30:51 2. Carol Bertino 32:15 3. Carl Acosta 32:22 4. Bill Moremen 33:51 (22 finishers) **29 Km, Oakland, Cal., Sept. 18**—1. Kevin Killingsworth (49) 1:50:52 2. Mike Bounts (53) 1:59:21 3. Joe Berendt (50) 2:05:04 Women—1. Nicolle Goldman (46) 2:07:58 2. Leslie Sokol (47) 2:16:01 3. Hansi Rigney (63) 2:18:21 **5 Km, same place**—1. Art Klein (53) 31:27 2. Stu Kinney (65) 31:27 **5 Km, DeAnza, Cal., Oct. 8**—1. Kelly Wong 29:43 **1 Hour, Kentfield, Cal., Sept. 25**—1. Jack Bray 9889 meters 2. James Beckett 9752 3. Peter Corona 8989 4. Doris Cassels 8846 5. Marge Garnero 8513 6. Stewart Canning 8476 7. Phyllis Abbate 8050 (11 finishers) **1 Mile, Fair Oaks, Cal., Sept. 11**—1. Ted Moore (66) 8:13 2. Joe Berendt (50) 8:24 3. Bill Penner (59) 8:31 4. Leslie Sokol (47) 8:33 5. Nicolle Goldman (46) 8:40 6. Kelly Wong (29) 8:47 7. M.J. Baglin (58) 9:32 8. Dick Petrucci (72) 9:37 9. Louise Walters (65) 9:39 (11 finishers) **Sacramento Half-Marathon, Oct. 2**—1. Kevin Killingsworth (49) 1:58:24 2. Nicolle Goldman (46) 2:10:08 3. Joe Berendt (50) 2:10:25 (11 finishers) **2.8 Miles, Seattle, Sept. 10**—1. Bob Novak (56) 26:18 2. Stan Chraminski (57) 26:18 3. Simon Locke (40+) 27:15 4. Ann Tuberg (45) 27:40 5. Gordon Hartwig (61) 28:48 (8 finishers)

20 Km, Welland, Ontario, Oct. 1—1. Rachel Lavallee 1:47:00 (51:30) Men—1. Pierre Luc Menard (19) 1:37:40 2. Jocelyn Ruest 1:39:37 3. Nil Lavallee (49) 1:43:49 **5 Km, same place**—1. Nanci Sweazey (50) 26:04 2. Rachel Von Leeuwen (16) 27:44 3. Sarah VanDerZwet (17) 29:16 4. Sarah Raeston 31:16 5. Laura Houston 31:56 (7 finishers) **10 Km, same place**—1. Kitty Cahsman (45) 57:52 2. Joanne Markle 58:15 (5 finishers)

20 Km, Piacenza, Italy, Oct. 2—1. Elisa Rigauo 1:33:46 2. Despina Zapounidou, Greece 1:36:50 3. Gisella Orsini 1:37:58 4. Lidia Mongelli 1:38:29 5. Emanuela Perilli 1:39:54

Men-1. Yuki Yamazaki, Japan 1:23:57 2. Giorgio Rubino 1:24:01 3. Tochi Morioka, Japan 1:24:29 4. Diego Cafagna 1:24:42 5. Patrick Ennemoser 1:25:03 **Chinese National Games, Nanjing: Men's 20 Km, Oct. 19-1.** Gaobo Li (16) 1:18:22 (The teen phenom was fourth in the April IAAF Challenge race in China with 1:18:07 and this performance puts him very close to a World Ranking) 2. Hongjun Zhu 1:19:00 3. Chaohong Yu 1:19:08 4. Yucheng Han 1:19:36 5. Zhide Cui 1:20:13 6. Chingliang Zhao 1:20:20 7. Chao Sun 1:20:59 8. Jianbo Li 1:21:55 9. Pengfei Fang 1:22:58 10. Tianping Zhang 1:23:20 11. Liansheng Bai 1:23:31 12. Guoqiang Zeng 1:26:51 (18 finishers, 3 DNF, 5 DQ) **Women's 20 Km, Oct. 20-1.** Yanmin Bai 1:27:37 (Another teenage phenom. Bai is just 18 and this was just the sixth race of her career.) 2. Jing Jiang 1:28:14 3. Na Shi:28:24 4. Quiyan Jiang 1:29:02 5. Dan He 1:29:26 7. Mingming Ha 1:30:14 8. Hong Liy 1:30:22 9. Lijun Zhai 1:30:44 10. Xue Chai 1:31:37 11. Kiping Wang 1:32:59 12. Aihui Xu 1:32:47 13. Ying Zou 1:33:16 14. Yinghua Tang 1:33:53 15. Lihua Sun 1:34:00 16. Ailing Xue 1:34:06 (21 finishers, 2 DNF, 3 DQ) **Men's 50**

Km-1. Chaohong Yu 3:36:06 2. Chengliang Zhao 3:36:13 (Strong double for these two, who you will note were third and sixth in the 20 three days earlier.) 3. Alatan Gadasu 3:40:23 4. Liang Ni 3:41:30 5. Tianfeng Si 3:42:55 6. Jianguo Zhao 3:47:02 7. Yongjian Zhao 3:47:02 8. Defu Zhang 3:54:59 9. Zhenggan 4:01:40 10. Chunhu Chang 4:06:08 (12 finishers, 6 DQ, 6 DNF) **Ukraine Championships, Oct. 1:** Men's 20 Km-1. Andrei Korenko 1:22:26. Aleksey Kazanin 1:24:00 3. Alexander Kuzmin 1:25:20 (6 finishers, 4 DNF) 50 Km-1. Aleksey Skelest 3:56:23 2. Sergei Budza 3:59:31 3. Donates Shkarkulis 4:01:04 4. Yyuriy Burban 4:12:45 5. Alexander Andrushevskiy 4:14:03 **Women's 20 Km-1.** Vera Zozulya 1:32:26 2. Ludmila Yegorova 1:34:17 3. Nadia Prokopov 1:35:14 (11 finishers) **Men's Jr. 10 Km-1.** Vadim Tivonchuk 42:50 2. Ruslon Dimtrenko 43:46 3. Sergei Tchan 44:01 4. Vitaliy Boyarchenko 44:09 (19 finishers) **Youth 10 Km-Yaroslav Borodinov 43:38 2.** Alexander Chulikov 43:59 (21 finishers) **Jr. Women's 10 Km-1.** Anna Drobyenya 47:02 2. Svetlana Vavilova 47:15 3. Natalia Odnorsh 47:31 4. Anastasia Makatrova 47:45 5. Olena Chuyeva 47:51 (16 finishers) **Brazil Jr. National 10 Km, Sept. 14-1.** Herbert Alvacir Moreira 45:16 2. Jonathan Rieggmann 45:31 3. Daniel Tomasi 47:13 4. Thiago Luiz Bremer 48:50 **South American Junior 10 Km Championship, Rosario, Argentina, Oct. 1- Robinson Vivar, Ecuador 43:01.55 2.** Alex Tapia, Peru 43:03 3. Juan Manuel Cano, Argentina 43:04 **Women-1.** Ingrid Hernandez, Col. 49:49.64 2. Fariluz Morales, Peru 49:58 3. Magaly Andrade, Ecuador 50:42

Northern Countries Championships, Copenhagen, Denmark, Oct. 8: 50 Km-1. Trond Nymark, Norway 3:49:36 3. Fredrik Svensson, Sweden 4:08:23 3. Jarkko Kinnunen, Finland 4:10:52 4. Bengt Bengtsson, Sweden 4:27:21 (8 finishers) **Women's 20 Km-1.** Monica Svensson, Sweden 1:39:10 2. Kathrin Schulze, Germany (guest) 1:41:17 3. Anna Karrila, Fin. 1:49:38 (17, first 20) (7 finishers)

Attias just misses Centurion status: 24 Hours, Malaysia, Sept. 18-1. Simon Zdenek, Czech Rep. 190.9 Km (117.84 miles) 2. Jose Mora Bernardo, Spain 189.15 3. Alexander Vandenhoeck, Belgium 185.64 4. Bernhard Giequel, France 179.51 5. Paul Gilg, France 176.88 6. Thomas Betz, Germany 174.26 (9 finished more than 100 miles, 148 starters, 48 finished 50 or more miles) **Women-1.** Irina Zagryazhskaya, Russia 176.88 (109.188 miles) 2. M.S. Vander Meer, Netherlands 173.38 3. Marina Tarasevich, Belarus 163.74 4. **Dorit Attias, US 160.24 (98.914 miles) in 23:51.05, which, unless she could have managed a 9 minute mile would have left her short of 100 at 24 hours, the criteria for becoming a Centurion. To date, just five U.S. women have achieved that status-Elsie McGarvey in 1978, Bev LaVeck in 1982, Liz Kemp in 1982, Chris Custer in 1983, and Veda Robideaux in 1989.) 5.** Fu:ng Yuk-ling, Hong Kong 145.35 (20 finished 100 Km or more)

World Masters Championships, San Sebastian, Spain, Aug. 22-Sept. 3: Women's 5 Km:

35-39-1. Eldiko Ilyes, Hungary 25:10.44 2. Gabriela Winkler, Austria 25:36 3. Hanne Liland, Norway 26:41 (9 finishers) 40-44-1. Paola Bettucci, Italy 25:32.41 2. Sylvi Chartier, France 25:38 3. Carmen Garcia-Frontons, Spain 25:54 45-49-1; Lynette Ventris, Australia 24:00.68 2. Marie Picard, France 26:24.08 3. Rosa Garcia, Mexico 26:41 (15 finishers, 1 DQ) 50-54-1. Maria Fernandes, Portugal 26:28.05 2. Natali Marcenco, Italy 27:45 3. Maryna Meintjes, South Africa 28:54. . .7. Donna Green, US 30:25. . .12. Susan Cottey, US 33:39. 13. Kathy Finch, US 34:35 (15 finishers, 4 DQ) 55-59-1. Heather Carr, Australia 27:45.97 2. Suzanne Loyer, France 28:31 3. Annelore Werner, Germany 29:01. . .5. Marianne Martino, US 29:49. . .8. Carol Bertino, US 30:58 (23 finishers, 2 DQ) 60-64-1. Heidi Maeder, Switz. 29:23.66 2. Waltraud Seiler, Germany 30:00 3. Pirjo Karetie, Finland 30:28 4. Jolene Steigerwalt, US 31:04 . . .7. Janet Gobinson, US 31:22. . .9. Kathleen Frable, US 32:16. . .13. Darlene Backlund, US 34:29. . .17. Roberta Hatfield, US 36:25 (26 finishers, 1 DQ) 65-69-1. Elton Richardson, US 31:18.30 2. Rita Sinkovec, US 31:46 3. Doris Cassels, US 31:48 (13 finishers, 2 DQ) 70-74-1. Maureen Spelman, Great Britain 32:40.85 2. Yinfeng Lu, China 32:53 3. Une-Marie Provost, Canada 33:37 4. Shirley Dockstader, US 35:05. . .Kaye Arroues, US 39:50 (11 finishers) 75-79-1. Elena Pagu, Romania 40:16.59 2. Clara Elkins, US 40:19 3. Nellija Lapina, Latvia 42:06 80-84-1. Miriam Gordon, US 37:10.27 2. Mavis Hutchison, South Africa 41:12 3. Jessie Coursu, South Africa 41:20 4. Athanasia Thomas, US 42:07 (6 finishers) 85-89-1. Fa Benno-Caris, US 47:59 **Women's 10 Km:** 35-39-1. Eldiko 50:52 2. Megli Milena, Italy 53:43 3. Winkler 55:24 (12 finishers) 40-44-1. Bettucci 54:39 2. Garcia-Frontons 55:48 3. Natali Terenteva, Russia 58:58 (6 finishers) 45-49-1. Ventris 49:45 2. Nadine Mazuir, France 52:55 3. Picard 56:10. . .8. Nicolle Goldman, US 61:30 (14 finishers) 50-54-1. Barbara Nell, South Africa 54:10 2. Brenda Nooy, South Africa 54:32 3. Nanci Sweazey, Canada 55:12. . .8. Luanne Pennesi, US 63:34. . .1. Green 65:01. . .15. Finch 70:30 55-59-1. Carr 59:14 2. Loyer 59:24 3. Werner 59:29. . .5. Martino 62:12. . .8. Bertino 65:50 (21 finishers) 60-64-1. Maeder 61:40 2. Seiler 61:51 3. Karetie 63:12 4. Steigerwalt 64:11. . .11. Frable 70:02. . .16. Hatfield 72:37 65-69-1. Richardson 65:51 2. Joan Christensen, Canada 67:27 3. Sinkovec 68:11 4. Cassels 69:11 70-74-1. Spelman 67:16 2. Provost 69:45 3. Iris Nunez, Chile 4. Moremen 85:01 (6 finishers) 75-79-1. Elkins 83:52 2. Pagu 87:53 3. Xenia Nicolaev, Molda=ova 88:01 (4 finishers, 1 DQ) 80-84-1. Gordon 78:01 2. Hutchinson 89:28 (1 DQ) 85-89-1. Maria Ramirez Bautista, Mex. 97:36 **Men's 5 Km:** 40-44-1. Sergio Gutierrez, Costa Rico 21:59.46 2. Juan Comesana, Spain 22:08 3. Izak Nel, South Africa 22:25 (9 finishers, 2 DQ) 45-49-1. Jean Fixon, France 22:52.36 2. Mark Donahoo, Australia 23:16 3. Sergey Sysgterov, Russia 23:40. . .9. Alberto Medina, US 26:30 . . .10. Tommy Aunan, US 26:33 (19 finishers, 3 DQ) 50-54-1. Fabio Russier, Slovakia 23:52.40 2. Gerald Dragomir, Canada 24:03 3. Fabian Monna, Columbia 24:20 4. David Cicone, US 24:17 (17 finishers, 2 DQ) 55-59-1. Jose Lopez, Mexico 23:06.02 2. Jean Pierre Saint Martin, France 24:21 3. Ludwin Niesselberkek, Austria 25:21 (26 finishers, 4 DQ) 60-64-1. Norm Frable, US 26:17.99 2. Thomas Kok, Malaysia 26:24 3. Anthony King, Ireland 26:32. . .15. Edoardo Sorrente, US 29:18 (29 finishers, 1 DQ) 65-69-1. Dieter Zschiesche, Germany 26:32.10 2. Zigurds Irbe, Latvia 26:32.17 3. Paul Johnson, US 26:32.58 . . .11, Ted Niirem, US 28:20. . .16. John Backlund, US 30:05. . .20. Ed Lane, US 32:46 21. Bernie Finch, US 32:56 (26 finishers, 3 DQ) 70-74-1. Gerhard Weidner, Germany 27:51.55 2. Jack Bray, US 28:06 3. Carlos Cambra, Spain 30:18. . .8. Carlos Acosta, US 32:40 9. Bob Fine, US 33:09. . .18. Cliff Elkins, US 36:06. . .22. Ralph Wheeler, US 38:57 (23 finishers) 75-79-1. Douglas Fotheringham, GB 30:47.25 2. William Moreman, US 32:55 3. Daniel Hildebrand, South Africa 32:57. . .8. Ryszard Nawrocki, US 37:12 (9 finishers, 2 DQ, 1 DNF) 80-84-1. Leo Creo, GB 34:10.17 2. Gerhard Herbst, Germany 34:11 3. Don Whyte, Australia 34:26 4. Bob Mimm, US 37:12 5. John Levinson, US 42:34 (8 finishers) 85-89-1. Armando Estanol,

Mexico 38:39.60 2. Troy Grove, US 77:03 90=94-1. Manuel Gonzalez, Mexico 63:59 **Men's 20 Km:** 35-39-1. Bernardo Cartoni, Italy 1;41:58 2. Denis Franke, GB 1;43:24 3. Anatoli Pryhotski, Belgium 1:47:34 (5 finishers) 40-44-1. Juan Ramilo, Spain 1:35:55 2. Sergio Gutierrez, Costa Rica 1:36:34 3. Michael Schneider, Germany 1:39:44 918 finishers) 45-49-1. Mark Donahoo, Australia 1:42:37 2. Adan Mendez, Mex. 1:45:25 3. Rogerio Batista, Portugal 1:45:25 . . . 5. Albert Medina, US 1;51:46 . . . 11. Chris Rael, US 1:54:53 . . . 18. Tommy Anun, US 2;08:45 (20 finishers) 50-54-1. Fabio Ruzzier, Slovakia 1:41:19 2. Ignacio Melo, Spain 1;45:58 3. Alfons Schwarz, Germany 1;47:58 . . . 8. David Ciccone, US 1:53:32 (27 finishers) 55-59-1. Jean Pierre Saint Martin, France 1:49:17 2. Jose Ferreiro, FrAance 1:51:56 3. Roby Ponzio, Switz. 1:52:56 . . . 27. Richard Campbell, US 2;22:52 (32 finishers) 60-64-1. Norman Fable, US 2:01:07 2. Edoardo Sorrenti, US 2:02:03 3. Thomas Kok, Malaysia 2;02:06 . . . 6. Gary Null, US 2:06:47 . . . 9. Bob Weeks, US 2:08:33 (22 finishers, 4 DQ, 13 DNF) 65=59-1. Dieter Zschiesche, Germany 1:54:03 2. Dario Ramirez, Co. 1:56:48 3. Agyla Kuchanov, Russia 1:59:37 . . . 11. John Backlund, US 2;09:54 12. Ted Moore, US 2:13:54 . . . 21. Ed Lane, US 2:27:31 22. Bernie Finch, US 2:32:03 (24 finishers, 2 DQ, 9 DNF) 70-74-1. Gerhard Weidner, Germany 1:59:24 2. Jack Bray, US 2;)9:44 3. Matt Rutyna, Poland (and Chicago) 2:11:29 . . . 7. Carl Acosta, US 2:24:41 . . . 12. Cliff Eakins, US 2:32:46 . . . 17. Ralph Wheeler, US 2:46:11 (2 DQ, 6 DNF) 75-59-1. Douglas Fotheringham, GB 2:17:37 2. Daniel Hildebrand, South Africa 2:23:55 3. Otto Schwab, Germany 2:25:59 4. William Moreman, US 2:26:24 . . . 7. Ryszard Nawrocki, US 2:40:20 (8 finishers, 4 DNF) 80-84-1. Leo Creo, GB 2:34:11 2. Don Whyte, Australia 2:35:14 3. Bob Mimm, US 2:52:21 (2 DQ)

For those with a competitive bent, opportunities abound

Sun. Nov. 6 5 Km, Littleton, Col., 9 am (H)
5 Km, Fair Oaks, Cal. (P)
Sat. Nov. 12 2.8 Miles, Seattle, 9 am (C)
Sun. Nov. 13 5 Km, Boulder, Col., 9 am (H)
1 Hour, Kentfield, Cal. (P)
National Masters 20 Km, Clermont, Florida, 7:15 am (B)
Sat. Nov. 19 5 and 10 Km, Washington, DC(S)
Sun. Nov. 20 Colorado Masters 10 Km, , Chatfield State Park, 9 am (H)
Thur. Nov. 24 4 Mile, Denver, 10 am (H)
Sun. Nov. 27-5 Km, New York City, 8:30 am (G)
Sat. Nov. 26 5 Km, Aurora, Col., 10 am (H)
Sat. Dec. 3 **USATF National 1 Hour, Jacksonville, Fla. (T)**
Indoor 3 Km, St. Paul, Minn. (Z)
5 Km, Ft. Collins, Col., 9 am (H)
Sun. Dec. 4 5 Km, New York City, 8:30 am (G)
4.4 Miles, Denver, 9 am (H)
Sat. Dec. 9 1 Mile, Pharr, Texas, 5 pm (AA)
Sat. Dec. 10 South Region 5 Km, Pharr, Texas (AA)
Sun. Dec. 11 5 Km, Denver, 9 am (H)
5 Km, New York City, 8:30 am (G)
5 and 10 Km, Los Angeles, 8:30 am (Y)
Florida State 8 Km (N)
Sat. Dec. 17 5 and 10 Km, Washington, DC (S)
Sun. Dec. 18 5 Km, Denver, 9 am (H)
Sat. Dec. 31 42nd Annual Polar Bear 10 Mile, Asbury Park, NJ (A)

Sun. Jan. 1 5 Km, Aurora, Col., 10 am (H)

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D--www.nhmarathon.com
E--Sierra Race Walkers, P.O. Box 5221, Fair Oaks, CA 95628
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M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424
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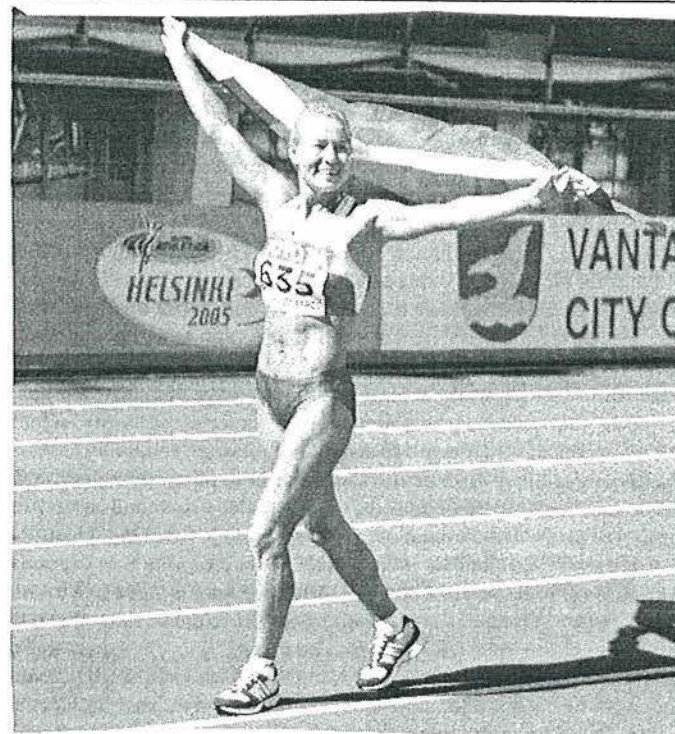
From Heel To Toe

Derek. As reported last month, our son Derek finally got into rehab after 33 days in the hospital, including two surgeries. Unfortunately, shortly after I wrote that note, he had further x-rays taken prior to an appointment with his surgeon. At that appointment, he was told that the screws attaching the rods to his spine were pulling out. That was on Tuesday, Oct 4., while we were on a few days of home leave. We went back to Morgantown on schedule two days later and were there for another 10 days. During that time, he had another scan taken and a another appointment with the surgeon. The news given us at that appointment was that, not only were the screws pulling out, but that the vertebra below his most recent spinal fusion (L4 to be specific) was deteriorating. A condition known as Charcot spine. The pictures show a hole in the vertebra and fragmentation of bone even into L5. A biopsy was taken two days later to determine if the infection, for which he had been on intravenous antibiotics since the original surgery in late August, was clear. We came home for the weekend (mid-October) and I returned on Tuesday (Oct. 18) to accompany Derek to another appointment with the surgeon. They took further x-rays. Dr. France told us that the biopsy results were clear and that the x-rays showed no further movement of the hardware or deterioration. At some time,

Scenes from the World Championships



Racewalking's gold medalists at the 2005 World Championships of Track and Field held in Helsinki in August. Top: Olimpiada Ivanova, Russia, winner of the women's 20 Km. Lower left: Jefferson Perez, Ecuador, winner of the men's 20 Km. Lower right: Sergey Kirdyapkin, Russia, the 50 Km winner. (IAAF photos.)



Top: Ivanova on her way. The Russian leads Jiang Jing, China, and Cristina Lopez, El Salvador, both disqualified before the race was finished.

Bottom: One-two at 50. Kirdyapkin and countryman Aleksey Voyvodin, the silver medalist, pull away from the field. (Harry Siitonen photos.)

however, further surgery to fuse the rest of his spine (L4 and L5—he was fused from T5 to T12 from his original surgery eight years ago and then down to L3 in August) is inevitable. However, he sees no immediate need and wants to monitor the situation. The regimen of antibiotics having been completed on Monday, Derek was released from rehab on Wednesday and I took him back to his house in Morgantown. Marty and I traded places on Thursday—she to Morgantown and me back to Columbus—and we will repeat that process on Monday so she can be back to her part-time night manager post at Olympic Indoor Tennis Club. Derek is not yet ready to live completely independently. His plan since early in this whole process has been to return to Columbus. He now has an appointment scheduled with a surgeon at the OSU Medical Center for Nov. 2. He wants a second opinion and also feels that when further surgery is necessary he would rather have it done here. Whether that appointment will be a visit back here or the start of his permanent return is not certain at this point. He has a home to sell in Morgantown and many matters to be settled, including whether he can, or even wants to, continue his consulting work, at least part-time, from Columbus. He has been working for a company that consults on architectural design for accessibility and on matters concerning ADA compliance, which involves seminars, trainings, in-facility assessments, and so on. A lot of travel, which may be more difficult for him as he is less mobile and flexible—not that anyone with no use of their legs is particularly mobile. His transfers are more difficult, and will probably be even more so if the spine is fused the rest of the way, but he can still get in and out of the chair for whatever purpose, including into our van. (But, let us remember, Derek is very independent and had made two lengthy trips to Australia on his own in the past three years.) He had started working for the firm last August and moved to Morgantown in January of this year. A plus is that he can still play his guitar and actually is a little more comfortable doing so, as he is sitting straighter in his chair. After his original surgery eight years ago, he needed about a year to learn to play comfortably and capably from a wheelchair. Well, that's a longer explanation of the situation than I intended when I started out, so back to racewalking matters. . . **Clinic.** A Dave McGovern World Class racewalk is scheduled in sunny South Florida for Dec. 9-11. As always, the clinic will include detailed technique analysis, training methods, and fun things to help you learn to racewalk or racewalk faster. Worthwhile for beginners or seasoned racewalkers. For further information send an e-mail to chopsone@earthlink.net.

Dow Moves On

(The following article appeared in the New Hampshire Union Leader, published in Manchester, on August 2 after Joanne Dow learned she would not be on the team for the World Championships. It was written by Carol Robidoux.)

Six-time national championship racewalker and Manchester native Joanne Dow is determined to go the distance—it's just hard to know which path she's going to have to take to get to the big finish line.

She's had bad luck every step of the way. First, she missed a shot at the Olympics last summer on a technicality. Then after qualifying in June for a spot to compete in the women's 20 Km racewalk during this weekend's International Association of Athletics Federations World Championships in Helsinki—Dow learned yesterday her ticket to fly was rescinded. Another technicality.

Turns out a judge during the qualifying race back in June had to recuse himself after the fact, leaving the USA T&F Championship event a few certified judges short of a valid

race. Despite efforts on Dow's behalf over the last few weeks to fight the ruling and secure her spot for the Helsinki race, the decision was made final yesterday. *(Ed. To clarify for those not familiar with the situation: In order to send more than one athlete to the Olympics or Worlds, each must have met the "A" standard. In this case, Joanne had an "A" standard going into the National Championships. When Teresa Vaill won that race with an "A" standard time, it appeared both were on the team. Then it was realized there were not enough IAAF certified judges at the race. Thus, Vaill's time was not recognized by the IAAF as valid. Winning the Trial race trumps an "A" standard every time, just as it did last year when Vaill made the Olympic team over Dow's "A" standard, provided the winning athlete has a "B" standard time, which Vaill did in both cases.)*

With that the Bedford athlete was forced to do the one thing she does so well: accept her fate gracefully and focus on the road ahead.

"One of the reasons I'd kept going after last year's disappointment was the opportunity to go to the World Championships in Finland. To put all that work in and then have this happen is what's so frustrating," Dow said.

She could have gone on the trip along with her husband, Tim, as planned. But she would've had to pick up most the tab—and become a spectator in a race she was primed for. Dow at 41 is at the top of her game.

A former championship swimmer for Trinity High School and lifelong athlete, Dow discovered the joy of racewalking a little more than a decade ago, when her two children, Hannah and Timmy, were still preschoolers.

Last year she made it through the Olympic Trials with a tumor on her ovary—since removed—and she's fought back hard for any ground she might have lost in the interim.

Leading up to last summer's Trials, Dow was feeling the pressure of her quest for Olympic gold. Not only had she just moved to a new home, but she was serving as coach for her daughter's cross-country team, rooting for her son's baseball team and cross-training hard to make her best time in the Olympic Trials.

She even dropped out of a race in Rhode Island, because of fatigue. For a moment she even considered giving up racing altogether, said her coach, University of New Hampshire's Rob Hoppler. He sensed Dow was feeling pulled in too many directions, but as all good coaches do, Hoppler managed to say all the right things to keep her focused.

"You see a lot world-class athletes and the only thing they're concerned about is their sport. Her main concern is her family. That's really special, and it's unique," Hoppler said of Dow last summer.

Although she went on to finish second in the 20 Km for the U.S. Olympic team—and should have been on her way to Athens—she was bumped by first-place finisher, Teresa Vaill, on a technicality. *(Ed. The writer goes on to describe what I have related above—not really a technicality, just the way qualifying had been set up and there were similar situations in other events.)*

Looking back, Dow said her 2004 season was a mixed blessing. "It was a little bittersweet. I had my fastest season ever. I had my best time in every distance I raced, so I can't look back and be totally disappointed," Dow said in January. "Certainly I would've loved to make the Olympic team, but it wasn't in the cards, I guess."

Yesterday, Dow expressed similar sentiments over her canceled trip to Finland, and the way her path has taken yet another unexpected turn—in the direction of the USA T&F 15 Km racewalking championship this Sunday in Watertown, Mass.

"I've done all this training and I'm prepared to race," Dow said. "I might as well try to win another national championship." *(Ed. And she did, as reported in the August 2005 ORW.)*

Training in the USSR

(OK, so there is no USSR anymore and this is training from 50 years ago. It's still interesting to see what was in vogue back then. This is from an article compiled by Soviet athletic trainer D.I. Kozlovskim, which appeared in a 1955 issue of a journal called "Race Walking.")

A year's training involves a gradual building up from strolling to fast walking. Winter training includes taking up the sport of skiing to its full capacity to exercise the legs while having a virtual break from walking. However, even in this period, morning strolls and runs are included to the individual's discretion. In the spring, a large amount of cross country running is included in the morning sessions while long strolling and easy pace road training is the basis of the main workouts. This is built up to medium paced walks on road and track, and fast interval training in the summer. The autumn sees a tapering off to include long hikes and hunting trips in the country. Typical year round training schedules for 20 and 50 kilometers are shown below.

Training for 20 Km

Preparation period:

Mon. Walk--exercises in gym play basketball, etc.

Tue. Track (or road) training (winter time run on flattened snow, or on track in a few inches of snow. 1 to 1 ½ hours to own satisfaction.

Wed. Continuous walk at easy limit.

Thur. Rest

Fri. Skiing on undulating country up to 4 hours medium pace with some fast bursts of 1 to 2 km.

Sat. Rest.

Sun. Skiing on hills and flat for 30 to km, including 8 to 10 km at high speed, until you feel the strain of your efforts.

Early Season:

Mon. Rest

Tue. Interval training on road or track building up from 5 or 6 X 1 km at 4:30 pace to 10 to 15 X 1 km at 4:35 pace, followed by fast spin of from 3 to 10 km at 4:45 to 4:50 pace.

Wed. Varied workout of walking, running, in woods, exercises, running, jumping, and javelin throwing.

Thur. Rest

Fri. First week--20 to 25 X 200 meters with 200 meters recovery and 20 to 25 X 100 meters with 200 meters recovery, followed by 3 to 4 km style training and finish up with 1 to 2 km run. Second week--15 X 200 meters with 200 meters recovery and 20 X 100 meters with 200 meters recovery. Third week--50 X 100 meters at about 21 seconds with 100 meters recovery. 2 to 3 km run. Fourth week--2 to 3 X 400 meters, 5 to 6 X 200 meters, 10 X 100 meters, 3 to 4 km run.

Sat. First week--20 to 25 km varying fast and slow walking and running. 5 to 7 km easy run.

Second week--15 to 16 km on road at 4:50 to 5:10 pace with fast 1 km every third km. Third week--20 to 25 km easy run in woods. Fourth week--5 km at 4:45 pace.

Sun. 5 to 6 hour walk in woods.

Main Period:

Mon. Repetitions of 1 to 5 km. 8 to 18 km on road at easy pace.

Tue. Active rest, i.e., mixed running and walking in woods at discretion

Wed. Rest

Thur. 50 X 100 meters or 20 X 200 meters, or 10 to 30 X 400 meters.

Fri. Fast repetitions of 1,2,3, 4, or 5 km or 16 to 25 km on road with 1 km fast sections, or 20 to 25 km mixed running and walking.

Sun. Repetition 50, 100, 200, 400 meters at very fast pace

Transition period:

Long hikes and hunting trips in the country.

Training for 50 Km.

Preparation period: As for 20 Km

Main Period:

Mon. 30 km in June, July period extending to 45 km during August prior to a 50 km race.

There are three methods of training. A. Medium pace throughout. B. Slow beginning but increasing to medium pace with strong finish on the last 2 or 3 km. C. Medium pace but with fast kilometer at the end of each third kilometer.

Tue. Active rest including fartlek style in woods for 1 ½ hours.

Wed. Rest.

Thur. A. June and July--repetitions 100, 200, and 400 meters at speed. B. Mixing race style and strolling with lowered arms, including 200 to 400 meter sprints. C. Stripped spin with 20 to 25 sprints from 200 to 300 meters or 20 to 25 times 400 meters at 1:43 pace, plus 200 to 400 meters slow recovery. From July onwards include longer speed workouts. For example: 1 km fast with racing style, plus 2 km slow at either normal gait or racewalking style. Repeat 8 to 10 times.

Fri. Take note that emphasis is on speed this day using a variety of walk actions on a distance of 20 to 25 km. For example: 3 km warm-up run-like walk (ed. An interesting phrase), followed by 5 km fast racewalking style and 3 km slow run to recover. Then 2 km walking (big strides) with lowered arms. 5 km fast racewalking and 2 km slow recovery run, then 1 km slow walking. Complete workout with 2 km racewalking style as set speed finishing with 2 km very fast.

Sat. 4 to 6 hour stroll in woods or over hills and country.

Sun. Rest.

Diet: A substantial meal prior to any event over 1 ½ to 2 hours is recommended. A liquid refreshment used by most Soviet walkers in training and in competition consists of strong tea made with hot water (not boiling) adding 200 to 300 grams of sugar per liter and the juice of 4 to 5 lemons. After drinking, rinse the mouth out with plain water or swallow a mouthful of water.

(So there it is. Not exactly what today's coaches or athletes might recommend, but, assuming you are one of those cut out for racewalking, adherence to something along these lines will certainly put you in the top echelon of U.S. walkers at either 20 or 50, since that echelon isn't too crowded these days.)

LOOKING BACK

40 Years Ago (From the October 1965 ORW)--An easy winner of the Natioinal 15 Km in Atlantic City was Ron Laird, with the editor of the fledgling Ohio Racewalker edging Ron Daniel for second. . . The World record for 50 Km fell to Christoph Hohne. Walking on a track in Dresden, E.G., he finished in 4:10:52. . . In separate 1 Hour races, Henri Delarue of France went 8 miles 636 yards and Dieter Lindner of East Germany covered 8 miles 186 yards. . . And, the East Germans started a string of four straight wins in the World Cup as Lindner (20 Km) and Hohne (50 Km) won individual titles. It was many years before women would become part of the CUUp.

35 Years Ago (From the October 1970 ORW)--East Germany won its third World Cup title. Hans-Georg Reimann was too strong for Vladimir Golubnichiy in the final 5 Km and won the 20 in 1:26:55. With five walkers still in the race at 15 Km, Reimann spread them out by simply maintaining the fast pace he had held from the start and watching the rest falter. Christoph Hohne also walked an even pace in the 50 and left Veniamin Soldatenko better than 5 minutes back with his 4:04:35. . . Larry Walker won his first national title, covering 7 miles 1161 yards in an hour at Walnut, Cl. Ron Laird was left well over a lap in arrears and Bill Ranney beat John Kelly for third. . . Laird came back a week later to beat Ranney by 3 minutes in the 30 Km in Atlantic City with a 2:37:18. They were followed by Ray Somers and Gerry Bocci. . . On Long Island, Steve Hayden turned in a 1:36:32 20 Km on the track. . . Larry O'Neil walked his third 100 miler in Columbia, Missouri in 20:42:42. For the first time, there was a second finisher, Canada's John Argo. . . Ted Allsop won the Australian 50 Km in 4:21:05 at age 43.

30 Years Ago (From the October 1975 ORW)--The GDR (East Germany) led the World Cup by seven points after the first day's 20 Km, but came unglued in the 50 and lost to the Soviet Union. Karl-Heinz Stadtmuller won the 20 in 1:26:12 from Bernd Kannenberg of West Germany. Yevgeniy Lyungin won the 50 for the Soviets in 4:03:42 with West Germany's Gerhard Weidner in second. The East Germans lost one man on a DQ about half way through the race and had another hit the wall at about 35 Km, seemingly handing the race to the Soviets, who had three competitors in the top five at that point. But suddenly, Yevgeniy Soldatenko was pulled by judges at 40 Km and the GDR was back in it, only to have Ralf Knutter pulled at 45 Km. West Germany was a close third in the team race. The U.S. had a bad time of it with two DQ's in the 20 and finished last of the nine teams. . . In an accompanying women's 5 Km (not an official World Cup event yet), Sweden's Margareta Simu won in 23:41, nearly a minute ahead of Siv Gustavsson. Brit Holmquist completed a Swedish sweep. Sue Brodock was fifth in 25:12 and the U.S. team finished sixth of eight. . . Mexicans Daniel Bautista and Domingo Colin took 1-2 in the Pan American Games 20 Km, with Larry Young third in 1:37:53. . . Chuck Hunter won the Columbia, Missouri 100 miler in 20:26:09, 55 minutes ahead of Rob Spier. Augie Hirt won the National 100 Km, held at the same venue, in 11:16:19. . . In England, Dave Boxall won a 100 miler in 17:56:06, as nine competitors finished under 20 hours. . . The National 30 Km went to Larry Young in 2:25:56, 13 minutes ahead of Paul Ide.

25 Years Ago (From the October 1978 ORW)--Ray Sharp walked 100 Km in 10:59 in Longmont, Colorado to win the National title over Alan Price. Alan's time was 11:15. . . That was two weeks after Price had won his third straight 100 miler in Columbia, this time in 19:28:16. Bob Chapin pulled clear of Len Busen in the final 10 miles to take second in

20:22:07. . . Norway's Erling Andersen blitzed a 1:20:57 for 20 Km to win the Marcel Jobin race in Canada by nearly a minute and a half over Felix Gomez of Mexico. Jobin himself was third in 1:24:17. Gomez covered 14,652 meters in a 1 Hour race four days earlier and did a 40:34.6 for 10 Km four days later in other races that made up a week-long festival. . . Carlo Mattioli came from Italy to win the Alongi Memorial 20 Km in Dearborn. He led countrymen Sandro Bellucci and Paolo Gregucci with a 1:28:27. Steve Pecinovsky, now of Varsano's Chocolates fame, took fourth in 1:32:49.

20 Years Ago (From the October 1985 ORW)--Alan Price won his sixth 100 mile title in 20:37:20. . . And Carl Schueler won his third consecutive National 40 Km in Monluuth, N.J., covering the distance in 3:15:04, just 1:07 off his own course record. Dan O'Connor was better than 11 minutes back. Eugene Kitts (3:29:26) and John Slavonic (3:30:18) finished third and fourth. . . The Alongi International Event went to Canada's Guillaume Leblanc in 1:25:22. Mexicans Mauricio Vellegas (1:26:26) and Marcellino Colin (1:26:33) followed

15 Years Ago (From the October 1990 ORW)--In a great Alongi International race, Poland's Zbigniew Sadlej won easily in 1:23:40, leaving Canada's Guillaume Leblanc 74 seconds back. Tim Lewis was third in 1:26:52 and five other U.S. walkers bettered 1:30. In the women's 10 Km, Debbi Lawrence won in 45:34, beating Lynn Weik (45:56), Canada's Janice McCaffrey (46:26), and Victoria Herazo (46:50). . . In a U.S.-Canada Junior Meet, Martin St. Pierre blitzed a 43:54 to beat Tim Seaman (44:25) and Philip Dunn (44:45). . . Tim Lewis covered the first 20 Km in 1:30:53 and then eased off to win the National 2 Hour by covering 25,676 meters. Mark Fenton was 1600 meters back in second. Victoria Herazo was also an easy winner, covering 12,346 meters to take the National 1 Hour ahead of Susan Liers.

10 Years Ago (From the October 1995 ORW)--Rob Cole was an impressive winner of the National 40 Km at Fort Monmouth, N.J., his 3:28:45 leaving Dr. Eugene Kitts 9 minutes back in second. John Soucheck was third. . . The National 1 Hour in Cambridge, Mass. went to Victoria Herazo, who covered 12,325 meters. Maryanne Torrellas (11,425) was second, and Gloria Rawls (11,002) third. The Men's 2 Hour went to Dave McGovern (23,606 meters), almost 3600 meters ahead of second Justin Kuo. . . Anya Ruoss (24:32 for 5 Km) and Justin Marujo (45:00 for 10) were U.S. winners in the US-Canada Junior meet. Davis Rose (47:01) was third and Brandon Perry (47:16) fourth for the U.S. And where are those promising juniors today when they should be nearing their prime? , Canada's Arturo Huerta won the Alongi International 20 Km in Dearborn in 1:27:58, with Curt Clausen second in 1:29:43 and Ioan Froman third in 1:29:59. Debbi Van Orden won the women's 10 in 47:57. . . Mexico's Daniel Garcia won the World University Games 20 Km in 1:24:11, 8 seconds ahead of Italy's Giovanni Perricelli. Curt Clausen was 13th in 1:30:39.

5 Years Ago (From the October 2000 ORW)--Victoria Herazo and Dave McGovern climbed the victory stand again in the National 1 and 2 hour races. Victoria won her sixth 1 Hour title, covering 11,728 meters, nearly 600 meters ahead of Caitlin Bonney. McGovern went 24,432 meters in the 2 Hour, more than 2 Km ahead of John Soucheck. . . Mexico's David Berdeja won the World Junior 10 Km in 40:56.47 with Russians Yevgeniy Demkov and Viktor Burayev only a few hundredths of a second behind. The women's race went to Russia's Lyudmila Yefimkina in 44:07.74, 17 seconds ahead of her countrywoman Tatyana Kozlava. 2004 Olympic gold medalist Athanasia Tsoumeleka of Greece was fourth