Racewalking Challenge Continues With Five Races At Two Sites; Platzer Scores Second Win

Following the races in Mexico reported last month, the 2009 IAAF Racewalking Challenge moved to Rio Maior in Portugal on April 4 and then to Wuxi, China two weeks later. Rio Maior hosted 20 Km races for both men and women.

In China, a men's 50 Km was added. In Portugal, Norway's Kjersti Platzer, the women's winner in Mexico, made it two in a row as she broke up a tight race in the final 5K, finishing in 1:30:35, 3 minutes faster than in Mexico. She was joined in victory by China's Hao Wang, who walked a swift 1:19:27 in the men's race.

In China, Russians Valeriy Borchin (1:19:31) and Olga Kaniskina (1:28:00) prevailed in the 20 Km races and China's Chengliang Zhou took a 50 that was nearly devoid of non-Chinese athletes.

It was a very powerful performance by Olympic silver medalist Platzer as she walked from the front throughout and then dropped all the pretenders in the second half of the race. Platzer led a lead pack of seven through the first 10Km with splits of 22:50 and 45:53. When she attacked at the 12Km mark only the two Portuguese walkers Vera Santos and Ines Henriques were able to stay with her.

Platzer went through 15Km in 1:08:16, with the Portuguese 2 seconds back and fourth place Kristina Saltanovic of Lithuania another 17 seconds behind. A final move at the 17Km mark took Platzer to a 14 second margin at the finish, with Santos second and Henriques, who was second in Mexico, 16 seconds behind Santos. Saltanovic was fourth, just ahead of Claudia Stef and Taryana Sibileva.

"I wasn't comfortable during the race", said Platzer. "The other competitors proved to be very strong. And I was afraid of the Portuguese also. In the last kilometer, the cold made me be most afraid of all. But it was good winning." There were strong winds and cool temperatures during the race.

In the Rio Maior men's race, Norway's Erik Tysse, Platzer's brother who won last year's Challenge race here, was among the leaders, but Hao Wang of China, who was fourth in the Beijing Olympics, proved the strongest on the day. The race turned into a battle between Wang and Italy's Giorgio Rubino, with Wang finally prevailing by 10 seconds in a personal best 1:19:27. Tysse was another seven seconds back in third.

A leisurely first 5Km in 20:14 saw a pack of nine walkers together. That was down to four at 10Km, as the pace quickened, with China's Yafei Chu leading in 40:04, a second ahead of the three eventual medallists. When that trio continued the quick pace to pass 15 in 59:57, Chu dropped back by five seconds and then quickly dropped away, as the others spread out over the final 5K.
The first five all had seasonal bests and Mexico’s Jesus Sanchez, third in the Mexico Challenge 50, finishing fifth to drop his personal best from 1:23:02 to 1:21:14. In China, Russia’s two Olympic Champions prevailed, Kaniskina more easily than Borchin. Borchin faced some good competition, including Olympic double medalist Jared Tallent and his Australian teammate Luke Adams, as well as Mexico’s Eder Sanchez, who won the initial 2009 Challenge race in Mexico. Not to mention a horde of fast Chinese walkers, including Wang and Chu, who finished first and fourth in Rio Maior. It was Borchin, Sanchez, and Jianbo Li who took control of the race early and finished in that order, Borchin beating Sanchez by just 5 seconds.

In the women’s race, only China’s Jiang JIng was able to stay with Kaniskina, but the Russian easily pulled away over the final two laps for a 56 second victory. Only six walkers made the trip from outside of China. There were only 12 non-Chinese in the men’s 20.

There was an even greater absence of walkers from outside of China in the 50—just four. And they were all survivors from the 20-Luke Adams, Hatem Ghoula, Eder Sanchez, and Juan Manuel Molina—all probably seeking workouts since none finished. Adams did lead the race early but dropped out halfway.

Chengliang Zhou had no trouble, winning by nearly 10 minutes in 3:45:16, well off his personal best of 3:36:13 from his second place in the 2005 National Games. He finished fifth in the World Championships that year. Only two others finished under 4 hours with Faguang Xu second in 3:55:04.

Results of the five races:

**Rio Maior, Portugal, April 4:**


**Stroupe, Michta Win Qualifying Races:**

Pharr, Texas, March 29 (From National Chair Vince Peters) The U.S. completed its
selection today of the national team that will participate in the first ever America Racewalk Championships. This IAFF successor competition to the Pan American Racewalk Cup will take place May 1-2 in San Salvador, El Salvador.

Leading the U.S. team in the 20 Km will be Patrick Stroupe. Stroupe broke away from Tim Seaman with just a few kilometers to go to win in a personal record 1:27:34. Superb weather conditions definitely contributed to the success of the competition as Stroupe’s win earned him $800. Seaman finished in 1:28:04, good for $700. Ageless Ian Whately (49) was third.

In the women’s 20, Maria Michta of Walk USA USA caught the fast starting Philadelphia Solomiya Log in with 5 Km to go. The first year grad student then held on to win in 1:46:02.9. Log in was a very close second in 1:46:10. Miami Valley Track Club’s Susan Randall was third in 1:51:37 with Erin Taylor fourth in 1:53:23.

In the junior men’s 10 Km race, the U.S. will send a sure medal contender to the face the top walkers from Central and South America in the tallow, slender frame of 16-year-old Trevor Barron. Barron won in a superb time of 44:26.4. Joining him on the team will be high school junior Matthew Forges from Menan and Lindsey Wilson U. Freshman Ricardo Vergara. All top five finishers broke 50 minutes.

The junior woman’s race was led from start to finish by Miami Valley TC’s Allison Chin. Chin’s winning time of 54:28.4 was a three minute personal best. Earning their qualifying times for this summer’s USAF Junior Nationals in Eugene, Oregon were Claudia Ortiz and Molly Josephs. Ortiz walked 57:11 with the young Josephs having a very respectable 58:28 outing.

A.C. Jaime and South Texas Walking Club, the city of Pharr, its Parks and Recreation Department, and the PSA school district hosted and sponsored the races and did a tremendous job. All the elementary kids (and it was a huge group) that cheered on their home team and adopted favorites were fantastic.

(Ed. The only downside is, once again, the paucity of elite walkers that chose to participate, particularly considering that an attractive trip and a few dollars besides were on the line. Only the junior men’s race had anything approaching a field representative of the country’s talent.

The results:


31-1. Ciuaceanu Fedosei 41:38:2 2. Tatarcucu Iuri 42:21 Women's 10 Km, Rieti, Italy.
(28 finishers) 20 Km, same place-1. Matteo Giupponi 1:24:44 2. Fortunato D'Onorio
Daniele Masi d 1:31:00 10. Andrea Ramp 1:31:15. finishers, 2 DQ) Junior 10 Km,
same place-1. Riccardo Macchi 43:58 2. Vincenzo Talianito 43:34 3. Alessio
Wrus 45:11 (11 finishers) 50 Km, Durdice, Slovakia, March 29-1. Yoano Dzint 3:38:45.
(New National record for the 2006 European 50 Km Champion.) 2. Matej Toth, Slovakia
Hungary 4:10:35 (21 finishers, 27 DNF) 20 Km, same place-1. Jakub Jelenko,
Kami Fiorek, Poland 1:30:33 (13 finishers, 7 DNF) Women's 20 Kg, same place-1.
Zozulya, Ukraine 1:35:24 4. Zuzana Malikova, Slovakia 1:37:40 5. Zuzana Schindlerova,
Czech Republic 1:38:00 (23 finishers, 67 DNF) Under 23 35 Km, same place-1.
Vladimir Savanovic, Serbia 2:46:14 Under 10 Kang,
same place-1. Dawid Tomala, Poland 42:12 Women's Under 20 10 Km-1.
Berta Krivan, Hungary 49:55 Chinese Championship, Bauij, March 19-21: 20 Km-
Yawei Yang 1:32:45 Junior Women's 20 Kg-1. Mingxia Yang 1:31:40 Junior Men's 10 Km-
Lingrui Geng 42:07 20 Km- Lingrui Geng (Yes, the same guy) 2:12:14 Under 10 Km,
same place-1. Dawid Tomala, Poland 42:12 Women's Under 20 10 Km-1.
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Lingrui Geng 42:07 20 Kg- Lingrui Geng (Yes, the same guy) 2:12:14 Under 10 Kg,
like they will the day of the race, when it’s going to be a cool 90 in the shade. Pretty damn silly isn’t it? To put a trial on 4th of July for a race in October. Oh well, it’s par for the course for the so-called walking committee.” For those who knew Chris and wish to express their thoughts to Betty, her e-mail address is bettymc@ameritech.net address 976 W. 19th Street, Chicago IL 60608, phone 312-829-8578.

For those who knew Chris and those who are only now haring about him, we want to tell you more. Eighteen years ago, in the January, February, and March 1991 issues of the Ohio Racewalker, we published a memoir by Ron Laird, entitled “Chris McCarthy—Our Forgotten Olympian and Inspiration for the Ohio Racewalker”. We are drawing from that for the following article about Chris. This will probably overflow into our next installment—there were 10 to 11 pages in the original, but some of that was autobiographical on Ron’s part.

As a preface to that first installment of the article, we said: The following is the first installment of a memoir by Ron Laird. For those not familiar with Ron, he is a four-time Olympian (1960, 1964, 1968, and 1976), 65-time National Champion at all distances from 1 Mile to 50 Km, a member of two Pan-Am teams with one gold medal, member of 16 other U.S. national teams from 1958 to 1976, holder of 81 U.S. records at one time or another, and National Coach at the U.S. Olympic Training Center from 1981 to 1984...And although he put Ohio Racewalker in the title of his memoir, it was into the third installment before this publication was mentioned. Ron began:

In the summer of 1961, Chris McCarthy was a 31-year-old, part-time racewalker who lived on the south side of Chicago and competed for the University of Chicago Track Club. He was also a part-time political science student at that prestigious school, working for a Ph.D. This led me to feel he had quite an intellectual mind because you needed one to get into the place. We had met at a few championship races between Chicago and the East Coast over the years. Our friendship and that large city’s active and growing racewalking program gave me the best reasons for moving there in the summer of 1962. I had been living about 70 miles north of New York City at the time, but needed a change of environment. McCarthy was the kind of guy whose feet you would want to sit down once you got to know him. After hitch-hiking out, I found a small, inexpensive room in a fraternity house a few blocks from his apartment.

The McCarthy mystique

Chris was a slow walker, even though he had done an excellent job of mastering the correct racing style. Going all-out, he couldn’t break the 2-minute barrier for a quarter mile. (Ed. Eventually he could, since he walked a 10-mile race here in just about 80 minutes.) This bothered me. How could a guy who looked so good and so fast be going so slow? Maybe it was his semi-pot belly. I felt a serious, competitive walker shouldn’t have this sort of body structure. Perhaps it was simply part of a large and powerful trunk with hung breathing capabilities. When he racewalked, he reminded me of a watermelon tilted slightly forward with rapidly moving arms and legs attached to it. Because his technique was so efficient and legal, he moved faster than he appeared. This is one of the qualities of a champion athlete. If he’d had a slender body, I’m sure he could have easily developed a bit of a lift-off with each step. This would have caused him to go faster by increasing his stride length an inch or two, or even more, with each step.

Chris had lots of desire and wisdom, but little of the natural speed needed to become a serious 20 Kilometer contender. Once I realize this, I told him that if he really trained for the longer 50 kilometer event the way one should, he would have an excellent chance at making the 1964 Olympic Team to Tokyo. McCarthy probably knew this and was already planning such a program, but I like to think I played a part in his future commitment to the toughest of all Olympic events.

Preparing for the long haul

Back then, walkers did a couple of 20-mile workouts on occasional weekend afternoons, but psyched up and hoped for the best when it came to getting through a 50 kilometer race. All racewalkers know it is the most demanding event in the Games.

Chris soon trained his way up to the full 50 km distance and even went a little beyond it now and then. In addition to normal 10 to 15 mile daily workouts, he did his long 50 to 55 km session every weekend, no matter how bad the weather. And Chicago does have a lot of miserable weather, both in winter and summer. During really bad days, we’d seek the shelter of the huge University of Chicago Fieldhouse. Within those warm, dry walls, we’d walk lots of laps on the 220-yard dirt track. I’d do speed work and Christopher would grind out steady 2- to 3-hour sessions.

He felt that correct hip movement was the most important thing to master and continuously perform over the entire 50 km distance. As long as the hips kept rolling along, the legs would follow an accurate rate of speed would be maintained. He knew that if, because of fatigue, he had to slow to a hiking style during his 50 km tryout race, he probably wouldn’t make the team.

We often had interesting conversations during our longer workouts together. It must have been all the extra oxygen getting into our brains that stimulated our thinking and loosened our tongues. (Ed. Neither individual was ever particularly noted for a tight tongue.) Our pace was fairly strong and we always practiced good racewalking technique. To keep from losing too much concentration on what we were doing, we occasionally took off on accelerations of a few hundred yards. These quickly brought our minds and bodies out of the mental rut we were grinding ourselves into along the way and kept us from slowing down by talking too much. A small loss of speed always accompanies a loss of concentration. Slow training is the best way for the endurance athlete to pay exclusive attention to what he or she hopes to become a champion at. Most of us end up training by ourselves, so it is best to use the solitude to develop the strong mental discipline needed for success. It will surely come in handy when trying to race at efforts beyond what we’ve done in training.

My favorite long distance session while living in Chicago was a point-to-point one that went east to Lake Michigan, then north all the way up to the campus of Northwestern University. The walk was nearly 23 miles long, dead flat and through many scenic parks. Once we finally arrived, Chris would lecture me about how silly he felt many of the student’s life styles and customs were. I though them pretty normal when compared to those back where we lived. To get home, we used the city subway and bus systems.

When Chris trained on his own, he went out and back because he didn’t like to
spend the additional time and money it took to get home from a one-way session.

Clothing—used and otherwise

Chris would often check out the trash baskets during our various park and lakefront workouts. Sometimes, he'd make a quick stop to dig out something that caught his eye; there was always the possibility that it might be wearable. I would always complain, but he justified his affronting behavior by saying, "These people are throwing away better stuff than I'm wearing!!" There was a lot of truth in that statement.

I shouldn't have criticized him because I was doing the same thing, only on a little higher level. My specialty was, and sometimes still is, collecting left over items at track and field meets, especially indoor ones. Athletes tend to be more nervous at these meets and forget to go home with everything they came with. New York City's Madison Square Garden was a real gold mine. The more important the competition, the better chance one has of finding wearable items. I didn't do the best job of keeping the janitors from keeping or forgetting to go home with everything they came with. Both Chris and I felt it didn't matter how our training clothes looked. All that mattered was their comfort and ability to keep us warm. It's hard to find anything nowadays, because people aren't so careless with what they must spend so much of their hard-earned money to buy. Back then, I could outfit myself with new training shoes, socks, and sweats for under $12. The shoes were a low-cut, white canvas sneaker that sold for $4.95. I can't imagine McCarthy ever trading, giving away, or selling any of his Olympic clothing because it had to be the best stuff he had to wear. It also meant a lot to him because it came from the only national team he ever qualified for.

McCarthy's speed and stamina improved steadily over the month. Because of his wise and skillful training, he suffered no injuries. The 1964 Olympic Trials race was held in Seattle and Chris won it without too much trouble. All his long distance foundation work and lots of patience really paid off. Four years earlier, he'd placed eighth in the same tryout contest with a time about a half-hour slower (5:02:44). Earlier that summer, I'd won the 20 Km trial in Pittsburgh, so we ended up becoming Olympic teammates. Some months before our tryouts, I had left Chicago and moved out to Los Angeles area.

Chris thoroughly enjoyed his tour to Tokyo. Of our U.S. representatives in the long walk, he was our top finisher. His 4:35:42 effort on a cold, rainy and windy day turned out to be one of the best performances ever by an American at that time. After McCarthy returned to Chicago, he retired from serious training, but continued taking shorter walks for physical fitness and emotional stability. He still does. (Ed. To update that nearly 20 years later, at some time Chris turned primarily to bike riding for his exercise and in her emails since his diagnosis, Betty often referred to his bike riding friends.)

To be continued next month beginning with a section titled The McCarthy and U. Of C Influence. And speaking of that influence, while typing this I had a call from Tom Dooley, 1968 and 1972 Olympic 20 Km walker, telling me how much help Chris had been to him through correspondence and brief contacts on Tom's rare visits from California to Chicago races. Working without a coach (as most of us did in those days) Tom credits much of the knowledge he picked up about training to Chris. I welcome any comments from other readers about memories and Chris' influence on our sport.

From Heel To Toe

Polish national coach. The 1996 Olympic Games medalist and 1999 World Champion in racewalking, Russian Ilya Markov, will be appointed as senior coach for the Polish national team for racewalking. His assistant will be Polish Olympian Roman Madyarchik. Markov is familiar with Polish racewalking, as in recent years he represented Krakow Club AZS and frequently participated in competitions in Poland. . McGovern clinic. From Dave McGovern: "With Loretta due at the end of May, I've had to cut back on my travel in May and June. With that in mind, I'll be conducting one of my World Class Racewalking clinics on Long Island June 19-21. It will feature all the some one-on-one technique work, heart rate analysis, training theory, and training schedule design as my clinics all over the U.S., plus it'll give us a chance to get the baby out and walking (Loretta wants him/her to be racewalking legally at no slower than 7/min per km by 6 weeks.) Details available at www.racewalking.org/clinic.htm. Know your rules. Jim Hanley's book Track and Field Rule Book Differences, which we have mentioned in the past, is still available in an updated edition. The lightweight, paperback book that can easily be carried with you at track meets shows, in easy-to-read chart format high school, college, college (NCAA), open (USATF), and International (IAAF) rule differences. It covers all track and field events, including the racewalks. You can order the 2009 edition for $12 (10 cost plus $2 shipping) per book from Track & Field Rule Book Differences, Jim Hanley, editor, P.O. Box 6744, Thousand Oaks, CA 91359-6744. New web site. Phil Howell has opened a new racewalking web site. Phil's site at www.eRaceWalk.com supports racewalking, ultra-distance walking, and marathon walking worldwide. Some features are: An extensive discussion of racewalking technique at both the beginner and advanced levels—from a one-sentence starter to an overview of the physics and biomechanics of racewalking. Slow- and stop-motion studies of racewalkers. Slow- and stop-motion graphic studies of racewalkers featuring Isbod who has been teaching racewalking for over 10 years. The most extensive set of current links to fast/slow walking web sites worldwide, including clubs, athletics organizations, and other top sites. Four popular calculators: track, road course, age grading, and BMI. A newcomer introduction to racewalking and ultra-distance walking. An index and links to more than 300 of the best articles on racewalking and ultra-distance walking offered by 18 web sites worldwide. The new home for the North American Racewalking Foundation and the North American Racewalking Institute. The site brings together a lot of material that already exists on a site variety of web sites, presents that material in a variety of ways, and then helps viewers look back to the existing web sites that fit their own particular needs.

LOOKING BACK

45 Years Ago (From the Spring 1964 issue of the Midwest Race Walker, published by Chris McCarthy)—in an exciting 1 Hour Race (the first National 1 Hour Championship race), Ron Laird led three others beyond the national record, covering 8 miles 179 yards on Chicago's Rockne Stadium cinder track. Laird pulled away from Ron Zinn after 4 ½ miles, with Zinn missing the 8 mile mark by just 28 yards. Art Mark, with 7 miles 1649 yards finished just 9 yards ahead of your editor. In reality, the latter two probably missed Rudy Haluz's national record of 7 miles 1614 yards set in 1963 as the finishing gun mis-fired. McCarthy's article says is was finally fired an estimated 8 seconds late, which would be worth at least 30 yards. My recollection says it must have been a bit more than that. I recall passing 7 3/4 miles in just under 59 minutes. Finishing strongly after struggling mid-race, I had a 7:20 for my last mile and was still carrying that pace. So, I expected I would have 7 or 8 seconds left after another half-lap and perhaps get to 1570 yards—about the end of the backstretch. As I entered the turn, I knew something was amiss and actually backed off because Art Mark was at a crawl and I didn't want to take a place away from him in what I knew was "overtime". So, I figured we had perhaps an extra 12 seconds, which would still put Laird well past 8 miles. Whatever, it was an outstanding race for that era, with
nine walkers going beyond 7½ miles, despite some noticeable absences, including Halluz and Jack Blackburn. (I guess we'd be outstanding in this era, also, since we see to have trouble even getting as many as nine to a race.). McCarthy himself won the Ohio 50 Km a few weeks earlier in 4:43:44, 3 minutes ahead of Blackburn. Phil MacDonald was another 2 minutes back on a very windy March day. Mortland (that's me) called it a day at 24 miles while leading McCarthy by 5 minutes. Laird went on a record rampage in San Diego, doing a track 20 Km in 1:35:26, an American record at that time. He broke records at 8, 9, and 10 miles, and at 15 Km on the way. (Records were recognized at about any distance one cared to contest in those days. In another race, Laird knocked down records at 4 (17:51.2) and 5 (22:14.4) Km.

40 years Ago (from the April 1969 ORW)—Mr. Laird won his fifth consecutive National 15 Km title in the Columbus suburb of Worthington as he edged away from Dave Romansky in the final 5. Ron finished in 1:06:45 with Dave just 12 seconds back. Tom Dooley, Goetz Klopf, Ron Daniel, and Gary Westerfield rounded out the top six, with Westerfield at 1:12:09, leaving aging race director Jack Mortland one out of the top six. . In Point Pleasant, N.J., Bob Kitchen did a track 50 Km 4:19:41. Romansky beat Kitchen by 2 minutes in a New Jersey 10 mile, finishing in 1:13:31. On the West Coast, Laird set American records at 3 miles (20:51.8) and 5 Km (21:24.2). Dooley beat Klopf by about a half-minute in a quick (30:32) 7 mile. . The ORW postal 10 Mile Relay (alternate quarters) went to Dooley (1:36.7 average) and Klopf (1:37.72) in 64:49. Klopf also teamed with Bill Ranner (obviously not on the same day) to take second with a 67:07.2, followed by Gary Westerfield-Gerry Bocci (69:07) and Jack Blackburn-Jack Mortland (69:33). (Youth prevailed as these two teams went head-to-head on the Worthington track.)

35 Years Ago (from the April 1974 ORW)—Within a 3-week period, Shaul Ladany won both the National 75 and 100 Km titles. The 100 came in Des Moines, Iowa, where he had a 10:12:53, leaving Angie Hirt 38 minutes back. Jerry Brown and Bill Walker too the next two places. In the 75 at West Long Branch, N.J., Shaul had 7:25:09. Gary Westerfield trailed by nearly 25 minutes, with Tom Knatt third and Alan Price fourth. Jerry Brown beat Colorado TC teammate Floyd Godwin in the National 1 hour in Boulder's altitude, covering 7 miles 1671 yards, with Godwin just 34 yards back. Bob Henderson and Angie Hirt followed.


25 Years Ago (from the April 1984 ORW)—Carl Schueler walked an impressive 4:07:23 in very muddy conditions to win the National 50 Km in Cleveland. Vincent O'Sullivan had a 4:10:00 in second and Tom Edwards 4:14:39 in third. . Teresa Vaill was an easy winner in the women's National 20 Km in Seattle with 1:45:20. Gwen Robertson was second in 1:51:46 and Carol Brown third in 1:52:52. At the same site, Tim Lewis pulled away from Jim Heiring in the last 10 to win the National 25 Km in 1:49:36. Heiring had 1:50:49, Ed O'Rourke 1:53:57, Carl Schueler 1:55:40, Dave Cummings 1:58:38, and Tom Edwards 1:59:01.

20 years ago (From the April 1989 ORW)—In the U.S. World Cup Trials, Debbie Lawrence prevailed in the women's 10 and Tim Lewis in the men's 20. In Tampa, Lawrence got away from Lynn Weik in the final 3 Km to win in 47:46. Weik had 48:10 and Teresa Vaill 48:35 in third. Wendy Sharp, Maryanne Torrellas, and Susan Liens rounded out the top six. In Washington, D.C., Lewis dominated the race, with Doug Fournier finally pulling away to capture second in 1:29:06, followed by Mark Manning 1:29:22, Gary Morgan 1:29:45, Steve Pecinovsky 1:29:42, and Curtis Fisher 1:29:47. Morgan won the Mortland Invitational 10 Km in Columbus with a 44:57.

15 Years Ago (From the April 1994 ORW)—Tim Seaman won the Easter Bunny 20 Km in Racine, Wis. In 1:29:47 ahead of Don Lawrence and Will Van Asten... Gary Morgan won the Mortland 20 Km in 1:36:24 and Lisa Somming the women's 10 Km in 1:51:41.

10 Years Ago (From the April 1999 ORW)—A good month for Tim Seaman as he set an American road record while winning a 10 Km in Carlstadt, N.J. in 19:42 and then won the Penn Relays 10 Km with an American record 39:43.75. He beat Jeffers Thompson by nearly a minute in the 5 and Curt Clumse by just over a minute in the 10. In Italian 20 Km races, Giovanni DeBenedetti's 1:22:34 put him 17 seconds ahead of Massimo Fizialdi and Erha Alfirdi finished 36 seconds ahead of Elisabeth Perrone in 1:31:52.

5 Years Ago (From the April 2004 ORW)—Tim Seaman won the 20 Km at the U.S. World Cup Trials in Overland Park, Kansas with a 1:26:09. Curt Clumse (1:27:30), Kevin Eastler (1:28:42), John Nun (1:29:33) and Phillip Dunn (1:30:41) were other qualifiers. Norway's Erik Tyssye finished fourth in the race with 1:28:54. Six others finished under 1:30. . The women's race went to Joame Dow in 1:34:44, with Teresa Vaill second in 1:36:49 and Michelle Rohr third in 1:37:37. All three, however, passed up the World Cup trip to concentrate on training for the Olympic Trials. So Jolene Moore (1:39:56 in fourth) was to be joined by Sam Cohen, Susan Arsenio, Deborah Huberty, and Margaret Dishburn on the U.S. team. Junior races went to Canada's Megan Huzey (50:23) and Zachary Pollinger (45:52). Maria Michta led the U.S. women with 50:46 in second with Kate Hayes and Erica Adams also making the team. Troy Clark (48:25) and Joe Trapani (48:43) were the other junior men to qualify along with Pollinger. And other than Michta, where are these juniors today? . In Bergen, Norway, Tyssye won a 10 Km race in 39:22 with Seaman (39:23) and Kevin Eastler (39:32) second and third and both under the American record. . A A A Challenge races in Rio Maior, Portugal went to Italy's Elisa Rigaudo (1:29:57) and Alessandro Gandelleni (1:22:49). At the Penn Relays, the women's 5 Km went to Amber Antonia in 23:14:66 and the men's 10 Km to Matt Boyles in 43:48.