

Ohio Race Walker
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SHARP, VAILL CAPTURE TITLES AT LONG BEACH

Long Beach, Cal., May 24--Ray Sharp managed to escape a very persistent Paul Wick over the final 5 Km to capture the National Athletics Congress 25 Km race walk championship today. In the accompanying women's 20 Km National, Teresa Vaill was on her own all the way and finished better than 4 minutes ahead of twin sister Lisa. In the master's divisions, Larry Walker, now 44, was a very impressive third overall and an easy winner of the men's competition, and Jolen Steigerwalt beat a determined Caroline Butler for the women's title. Canada's 69-year-old Max Gould was the 60 and over winner with a world best for age 69.

Sharp and Gould took command of the men's 25 from the start, covering the first 5 Km in 21:48. At that point, Ed Boulding was third, already 34 seconds in arrears and 3 seconds ahead of John Slavonic. Continuing their relentless pace, the leading duo went through 10 Km in 43:51 and 15 in 1:06:03. Boulding had dropped out after 10 Km and Slavonic was now third, but better than 4 minutes behind. On his heels were Risteo Cortez and Walker.

With the pace slowing somewhat, Wick stuck with Sharp through 20 Km, but when Ray was able to accelerate slightly over the final 5, Paul had to concede and settle for second, but in very impressive time. Walker moved to third just after 15 Km (Cortez dropped out) and pulled easily away from Slavonic the rest of the way, finishing 1 second under 2 hours.

Vaill made a very quick start (23:53 at 5) and no one was up to challenging her. When she passed 10 Km in 49:01, she was better than 3 minutes ahead of her sister and clearly in control of the race. Lisa, meanwhile, was being challenged by surprising 20-year-old Sarah Standley, who made a strong move the second 5 to pull within 11 seconds. However, Standley started to fade after 10 and was caught by Mary Howell just before the 15 Km mark. But Howell, too, faded, and had to give in to a good finish by the youngster.

The results:

Men's National 25 Km: 1. Ray Sharp, Mazola Race Walking 1:51:25 (21:48, 43:51, 1:06:03, 1:28:52) 2. Paul Wick, New York AC 1:52:03 (21:48, 43:52, 1:06:03, 1:28:52) 3. Larry Walker, California Walkers 1:59:59 (22:45, 46:16, 1:10:18, 1:34:18) 4. John Slavonic, East Side TC 2:03:19 (22:25, 45:55, 1:10:13, 1:35:31) 5. Jim Mann, Phidippides of Salem 2:03:54 (23:14, 46:54, 1:11:42, 1:37:10) 6. Keith Ward, un. Paragould, Ark. 2:05:44 (23:39, 48:50, 1:12:44, 1:38:37--the 38-year-old surprise of the race) 7. Allen James, Athletes in Action 2:06:32 (23:22, 46:54, 1:10:43, 1:34:59) 8. Eugene Kitts, Team Hawaii 2:07:34 (23:21, 47:53, 1:13:05, 1:38:57) 9. Dan Fitzpatrick, Team Hawaii 2:10:08 (25:03, 50:47, 1:16:53, 1:44:29) 10. Marj Hartzell, Easy Striders 2:12:23 (23:51, 50:29, 1:12:02, 1:40:13) 11. Max Green (age 55) Taylor, Mich (The real standout of the race! 26:35, 55:18

SECOND CLASS POSTAGE
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L:19:51, 1:46:39. 12. Steve Renard, Phiddipides 2:15:41 13. Ron Brennan, un., Phoenix 2:15:53 14. Regis Dandar, un. Elizabeth City, N.C. 2:20:02 15. Enrique Flores, S. California Walkers 2:21:24 16. Ron Laird, NY AC 2:22:19 17. Richard Oliver, Walkers Club of LA 2:24:03 18. Roger Brandwein, Cal. Walkers 2:25:03 19. Ed Cardowick, Team Hawaii 2:25:27 20. Glen Wells, un. Salt Lake City 2:25:27 21. Jim Coots, Easy Striders 2:28:20 22. Karl Krueiger, Walk Walk Walk 2:28:45 23. John Kelly, Cal. Walkers 2:28:45 24. Stephen Tabb, Cal. Walkers 2:30:06 25. Brian LaBounty 2:32:38 26. Dave Snyder, Inland Empire 2:32:38 27. Joe Hampton, Natural Ave. TC 2:34:21 28. Carl Acosta, WCLA 2:34:48 29. Max Gould, Canada 2:34:51 30. Arthur Goolsbee, Cal. Walkers 2:35:19 31. Bernie Finch, Black Hills WC 2:38:58 32. John Machlachlan, Cal. Walkers 2:29:22 33. Robert Meador, WCLA 2:40:16 34. Terry Mathews, un. Los Angeles 2:44:02 35. Steve Tyrer, Phid. 2:44:06 36. Joe Weston, WCLA 2:49:19 37. Bill Talmadge, un. Berea, Ky. 2:52:12 38. John Gallagher WCLA 2:55:42 39. Sidney Wright, un. Littleton, Col. 3:01:06 40. Buddy Matlock, WCLA 3:03:17 41. Tony Perdna, Inland Empire 3:09:03 42. Jack Cain, WCLA 3:09:25 43. Gordon Wallace, un. Prescott, Ariz. 3:09:45 DNF: Gerardo Welti, Bauchet St. Walkers 1:31:07 at 15; Carl Warrell, BSW 1:24:13 at 15; Aristeo Cortez, WCLA 4:55:55 at 10; Ed Bouldin, BSW 4:55:59 at 10. Masters 40-49: 1. Larry Walker 2. Ron Brennan 3. Regis Dandar 4. Ron Laird 5. Ed Cardonick 6. Jim Coots 7. Dave Snyder 8. Arthur Goolsbee 9. Bernie Finch 10. Terry Mathews Masters 50-59--1. Max Green, 2. Richard Oliver 3. Glen Wells 4. Karl Krueger 5. John Kelly 6. Carl Acosta 7. John MacLachlan 8. Robert Meador 9. Joe Weston 10. John Gallagher 11. Buddy Matlock Masters 60 and up--1. Max Gould 2. Bill Talmadge (age 71) 3. Sidney Wright 4. Tony Perona (78) 5. Jack Cain 6. Gordon Wallace (77)

Women's National 20 Km: 1. Teresa Vaill 1:42:24 (23:53, 49:01, 1:15:24) 2. Lisa Vaill, un. Pine Plains, N.Y. (as is Teresa) 1:46:35 (25:39, 52:11, 1:19:27) 3. Sarah Standley, S. Cal. Roadrunners 1:50:06 (26:24; 52:22, 1:21:07) 4. Mary Howell, un. Seattle 1:50:47 (26:35, 53:19, 1:21:05) 5. Kim Wilkinson, Walk Walk Walk 1:51:37 (28:03, 55:00, 1:23:25) 6. Patricia Carroll, Team Hawaii 1:57:30 (28:31, 58:46, 1:27:33) 7. Mercedes Deshotel, Team Hawaii 1:57:33 (28:29, 58:46, 1:27:33) 8. Paula Kash, Cal. Walkers 2:00:49 (27:38, 56:37, 1:27:37) 9. Linda Matsueda, Team Hawaii 2:03:06 10. Chris Sakelarios, SC RR 2:06:00 11. Jolene Steigerwalt 2:07:00 12. Caroline Butler, Easy Striders 2:08:17 (Whoops! Jolene is with Cal. Walkers) 13. Lassanyi Esperanza, WCLA 2:10:32 14. Jane Janousek Cal. Walkers 2:13:27 15. Lynne Marsh, Easy Striders 2:13:32 16. Jill Latham, WCLA 2:14:03 17. Mary Jane Steed, Easy Striders 2:14:18 18. Lynn Mooney-Brandwein Cal. Walkers 2:14:38 19. Vanessa George-Goulden, Easy Striders 2:16:43 20. Ruth Sorenson, Walk Walk Walk 2:19:30 21. Cheri Lewis, Cal. Walkers 2:24:21 22. Barbara Krieger, WCLA 2:27:15 23. Linda Kroesen, WCLA 2:27:30 24. Anne Long 2:31:53 25. Rose Kash, Cal. Walkers 2:33:11 26. Collie Greene, WCLA 2:34:21 27. Alice Gibson, Easy Striders 2:45:02 DNF: Avra Jain, East Side TC 55:14 at 10 Km. Masters 40-49: 1. Steigerwalt 2. Caroline Butler 3. Lassanyi Esperanza 4. Lynne Marsh 5. Mary Jane Steed 6. Cheri Lewis 7. Barbara Krieger 8. Linda Kroesen Women 50-59: 1. Jill Latham 2. Anne Long 3. Alice Gibson 60 and up: 1. Ruth Sorenson (65) 2. Rose Kash (65) 3.

Team Scores: Men--1. Team Hawaii 6:43:09 2. California Walkers 6:53:47 3. Phiddipides of Salem 7:03:41 4. Easy Striders 7:13:21 5. Walkers Club of LA 7:39:07 6. WCLA "B" 8:32:52 Masters Men--1. Cal. Walkers 7:04:03 2. WCLA 7:39:07 3. WCLA "B" 4:48:18 Women--1. Team Hawaii 5:58:09 2. Cal. Walkers 6:21:16 3. Easy Striders 6:36:07 4. WCLA 6:51:50 Masters Women--1. Easy Striders 6:36:07 2. WCLA 6:58:56 3. Cal. Walkers 7:04:32 4. WCLA "B" 7:26:23

VAILL TAKES 5 KM WEEK LATER;
LEWIS ALSO PREVAIL(S)

Denver, May 30--When first-place finisher, Maryanne Torrellas, was disqualified, Teresa Vaill had her second National title in 6 days in today's TAC 5 Km Championship. Vaill trailed Torrellas across the line by 8 seconds, but Maryanne did not win the favor of the judges on this day. And, once again, sister Lisa was a strong second.

In the men's race, Tim Lewis had it all his own way, winning by more than a minute in 20:23. Carl Schueler showed a good turn of speed to take an easy second, with third place Marco Evoniuk DQ'd.

The results:

Women's National 5 Km: 1. Teresa Vaill, un. 23:44 2. Lisa Vaill, un. 24:12 3. Viisha Sedlak, Front Range Walkers 26:33 4. Karen Rezach, Shore AC 26:38 5. Lorraine Green, FRW 29:17 6. Noreen Mimm, Shore AC 29:50 7. Leslie Stammer, un. 30:19 8. Debby VanOrden, un. 30:26 9. Martina Ritchie, FRW (age 42--1st Master) 31:11 11. M. Bolton 31:44 12. Rebecca Bruns, FRW 31:55 13. Liz Cunningham, FRW 32:03 14. Sandra Barnes 32:18 15. Margareta Lambert, FRW (age 66) 32:29 . . .29. Velma Jacobs, FRW (Age 71) 35:02 (62 finishers) DQ--Maryanne Torrellas, Atraxas TC 23:36

Men's National 5 Km: 1. Tim Lewis, Reebok 20:23 2. Carl Schueler, Reebok 21:28 3. Bradley Knutson (age 19, South Dakota 23:09 4. Cliff Mimm, Shore AC 23:58 5. Randy Mimm, Shore AC 24:48 (perhaps still nursing World Cup injury) 6. Bill Hutchinson, Front Range Walkers 25:28 7. Dennis Crock, FRW 27:34 8. John Tarin, FRW 28:17 9. Chris Amoroso, FRW (age 53, 1st Master) 29:24 10. Dale Arthur (44) 29:26 11. Klaus Timmerhaus, FRW (62) 29:54 12. Bob DiCarlo, FRW (53) 30:25 13. Maruce Coleman, FRW (52) 30:24 14. Bob Carlson, FRW (62) 30:40 15. Frank Maly, FRW (49) 30:57 16. Jim Peterson 31:15 17. Harold Wright, FRW (66) 31:26 18. Peter Pereira, FRW 31:31 19. Vilmaris Stratuins, FRW (53) 31:40 20. Dan Dea, FRW 32:39 (33 finishers) DQ--Marco Evoniuk, Bud Light 21:57; Leonard Jansen, OTC 23:15; Trishell Chems 28:19; Sid Wright (65) 30:46

STAUCH CAPTURES NAIA 10 KM

Russellville, Ark., May 21--University of Wisconsin Parkside junior Mike Stauch broke the meet record as he easily won today's NAIA 10 Km walk in 43:22.1. Former Parkside walker, Ray Sharp, held the old mark of 43:31.23, set in 1981. As has usually been the case, Parkside walkers dominated, taking three of the first four spots. Results:
1. Mike Stauch, UWP 43:22.1 (21:41 at 5 Km) 2. Doug Fournier, UWP 46:27.7 (stayed close for first half) 3. Herman Nelson, Western Washington 46:44.3 4. Mike Rohl, UWP 47:12.4 5. Tony Englehardt, Western Washington 49:37.1 6. Paul Judd, Aquinas (Mich.) 50:03.1 7. Randy Jacobs, Willamette (Ore.) 52:12.3 8. Kevin Schoessow, Wisconsin-River Falls 55:18.7 9. Ken Arend, UWP 55:38.6

AMERICAN YOUTH ON THE ROAD AGAIN. . . . AND LOVING IT

Overland Park, Kansas, May 24--American youth race walkers gathered here for the 2nd Annual TAC Youth Road Racewalk National Championships. They learned that flat prairie is only a stereotype of Kansas. A hilly course proved challenging yet did not prevent records from being set in 9 of the 10 age-group divisions. The Southern Cal Roadrunners swept five individual trophies, but the Jenkins clan of Tucson recorded the best family performance, with Vickie and Vera going one-two in the 13-14 girls race and 7-year-old sister Nicole an impressive fifth in the age 10 and under division. Brother William was tagged with a DQ in the 11-12 boys race.

Most outstanding performance of the day was the 15:49 for 3 Km by Naomi Sepulveda. This is almost a minute faster than the qualifying standard for the Junior National Trials in Tucson. Unfortunately, she will have to wait four more years before she is old enough to enter that event.

Six TAC certified racewalk judges monitored the competition. They were led by IAAF judges Darlene Hickman and Gary Westerfield. Extensive coaching and judging clinics were provided free to youth and adults. The Saturday night banquet featured keynote speaker Larry Young and films of the Munich Olympic 50 Km racewalk. Results:

10 and under Girls 3 Km: 1. Kim Engesser, Huntington Beach, Cal. 17:10.0 (record) 2. Julie Ann Lopez, San Bernardino, Cal. 17:15.03 3. Lisa Sutherland, Maryland Heights, Mo. 20:22.57 4. Adrienne Nielsen, Joplin, Mo. 21:25.59 6. Nicole Jenkins, Tucson, Ariz. (age 7) 22:16:33 (8 finishers)

10 and under boys 3 Km: 1. Danny Duncan, Mayview, Mo. 21:09.15 2. Jimmy Barnard, Merriam, Kan. 22:46.18 3. Peter Licata, Merriam, Kan. 23:03.62

11 and 12 Girls 3 Km: 1. Naomi Sepulveda, San Bernardino, Cal. 15:49.93 2. Daniell Michelson, San Bernardino 18:34.69 3. Jennifer Bailey, San Bern. 18:43.96 4. Chelsie Bain, San Bern. 18:46.90 5. Chrissy Tibbets, San. Bern. 18:50.42 6. Lael Garner-Holman, Merriam, Kan. 19:27.96

7. Kristi Sutherland, Maryland Heights, Mo. 19:32.15 (9 finishers)

11 and 12 Boys 3 Km: 1. Sean Ryan, Lake Placid, N.Y. 16:52.79 (record)

2. Chris Baudis, Columbia, Mo. 17:30.44 3. Justin Marrujo, Ontario, Can. 19:10.44 4. Fred Fisher, Lincoln, Neb. 19:57.08 (8 finishers)

13 and 14 Girls 5 Km: 1. Vickie Jenkins, Tucson, Ariz. 31:01.57 2. Vera Jenkins, Tucson, Ariz. 31:48.73 3. Carrie Michelson, San Bernardino, Cal. 32:06.61 4. Carrie Gibbs, San. Bern. 32:08.65 5. Mariana Rodriguez, Chicago 34:29.14

13 and 14 Boys 5 Km: 1. Michael Tomasulo, San Bernardino 29:10.45 2. Scott Stewart, Overland Park, Kan. 31:15.29

15 and 16 Girls 5 Km: 1. Cindy Perez, Los Angeles 26:04.26 2. Megan Garner-Holman, Merriam, Kan. 29:52.11

15 and 16 Boys 10 Km: 1. John Schaefer, Kansas City 53:13.90 2. Dan Frank, Napa, Cal. 57:32.38 3. Mike Simpson, Sterling Kan. 63:22.13

17 and 18 Girls 5 Km: 1. Carolyn Holquin, San Bernardino 27:00.74

2. Yvonne Warner, Sugarland, Tex. 28:49.71

17 and 18 Boys 10 Km: 1. Lennie Becker, Mayview, Mo. 51:33.38 2. Thomas Nutter, Carlinville, Ill. 52:53.06 3. Richard Smith, Lincoln, Neb. 56:29.95 4. Jesus Orendain, Los Angeles 61:18.17 (I forgot to continue marking records, but the winning times were meet records in all but the 10 and under Boys 3 Km.)

OTHER RESULTS

National Masters Indoor 2 Mile, Madison, Wis., March 28 (I don't think I have ever run these results): Men 30-34--1. Larry Crocker 18:52.1 2. Craig Hugaard 20:48.7 Men 35-39--1. George Lattarulo 16:53.1 2. Steve

Tyrer 17:13.4 3. Ron Salvio 17:45.5 4. Neal Schuster 17:53.9 5. Tom Coti 18:33 Men 40-44--1. Bob Keating 14:31.5 2. Norman Browne 15:42.2 3. Robert Steffen 17:41.3 4. Roger Loder 17:52.1 Men 45-49--1. Frank Soby 16:55.6 2. Dave Eidahl 17:13.1 3. Bernie Finch 4. Robert Brzenk 17:44 Men 50-54--1. Michael Cuprisin 19:08.5 2. Oscar Rohr 22:43.7 Men 55-59--1. Max Green 15:35.8 2. John MacLachlan 17:54.7 3. Jim Spitzer 18:16.4 4. Andrew Orr 25:56.4 Men 60-64--1. George Heller 19:00. 2. Joe Vitucci 19:08.5 3. Chester Peters 19:08.7 Men 65-69--1. Tim Dyas 21:02.8 2. Richard Amman 21:02.8 3. Mel Buschman 21:47.8 Men 75 and up- 1. Byron Pike 24:49 Women 30-34--1. Lorraine Green 17:54.8 Women 35-39-- 1. Annette Harvey 27:30 Women 40-44--1. Laurie Rothrock 22:48.6 Women 50-54--1. June Brumley 25:59.3 Women 55-59--1. Ruth Leff 20:48.3 Women 60-64--1. Martha Vitucci 22:53.5 Women 75 and up--1. Grace Labelle 27:45

Ntheast 40 Km Championship, Newton, Mass., May 17--1. Phil McGaw 4:07:10
2. Richard Ruquist 4:15:10 3. George Lattarulo 4:34:15 4. Jack Moynihan 4:39:31 5. John Gray 4:58:35 (8 finishers) New England 5 Km Championship
June 13--1. George Lattarulo 28:51.3 2. Joe Kay 30:26.7 5 Km, New York City, May 3 (in conjunction with World Cup walks)--1. Don Lawrence, Kansas 21:19 2. Jeff Salvage, NY 21:31 3. Lennart Mother, Sweden 21:33 4. Richard Fenton, Reebok 21:35 5. Ray Funkhouser, Shore AC 21:37 6. David Lawrence, NY 21:40 7. Gary Morgan, Mich. 21:43 8. Robert Keating, NH (age 4 first marker) 22:20 9. Chris McKay (age 16), SHOS (whatever that means) 22:47 10. Dominique Mackay (19), SHOS 22:57 11. Herbert Klaus, W. Ger. 23:05 12. Dan Pierce, Wash. 23:05 13. Paul Warburton, Eng. 23:08 14. Alan Price, Potomac Valley (age 40) 23:36 15. Peter Hannell (44), Eng. 23:42 16. Edgardo Rodriguez 23:46 17. Keith Ward, Ariz. 24:01 18. Dominic Melancon, Can. 24:11 19. Thomas Krasnoff (17), NY 24:22 20. Jule Riel (16), Can. 24:32 21. Stefan Ingvarsson, Swed. 24:33 22. Max Green (55), Mich. 24:34 23. Paul Winke (18), NY 24:36 24. Les Morton, GB 25:16 25. James Kilburn (16), Can. 25:23 26. Gary Null (42) 25:24 27. David Englert, GB 25:26 28. Gerald Patrick (47) 25:29 29. John Alfonso, Shore AC 25:38 30. Jim Campoli, NY 25:48 31. Richard Harper, East Side TC 25:57 32. Marc Anthonisen (18), NY 26:19 33. Peter Marlow (46), GB 26:26 34. John Tucker (16) 26:34 35. Bobby Briggs, Vir. 26:36 36. Matthew McCormack (17), NY 26:46 37. John Shilling (51), NY 27:01 38. Bruce Logan, 27:27 39. Robert Greene, NY 27:39 40. Leif Zaaps, (42), Swed. 27:42 41. Gert Nilsson, Swed. 27:44 42. Monserrate Velez Ubarte 27:56 43. Thomas Gustafson, (45) 28:07 44. Douglas Stroud, NY 28:17 45. Curt Sheller, Penn. 28:25 46. Nelson Fisher (47), NY 28:45 47. Peter Rhoades, NY 28:46 48. Gustave Davis (49), Conn. 28:47 49. Bradley Hayden, NY 29:02 50. Hamid Parsa (53), Kansas 29:03 51. Bernie Finch (47), Wyo. 29:04 52. Dale Arthun (44), Mont. 29:09 53. Andrew Crane (46), NY 29:25 54. Jeffre Ford, GB 29:31 55. Bruno Galiotti, ESTC 29:35 56. Frank Lamorte (65) 29:39 57. Tim Smith, Missouri 29:42 58. David Rosser, GB 29:31 59. Mar Avrin, N.J. 29:48 60. Richard Lann (52), NY 29:56 (137 finishers)

Women: 1. Meg Mangan, Penn. 24:34 2. Carol Brown, NY 24:45 3. Mary Howell, Wash. 25:18 4. Elizabeth Peters, Can. 25:43 5. Nora Camans (17), Can. 25:50 6. Erico Charlton (16) 25:56 7. Deirdre Collier (17), ESTC 26:38 8. Corine Whissell (15), Can. 26:55 9. Avra Jain, ESTC 27:02 10. Natascha Buchan, Can. 27:39 11. Lori Seidel (17), N.J. 28:10 12. Dorit Attias, N.J. 28:10 13. Vicki Roitman, Missouri 28:30 14. Vicki Markell (15), Can. 28:31 15. Jane Hein, N.J. 28:33 16. Bev LaVeck (51), Wash. 28:36 17. Leslee Kerwin (15) 28:40 18. Sylvia Turbuli (15), Can. 29:20 19. Genevieve (17), Can. 29:22 20. Nicole Gustafson (16), NY 29:57 21. Maryellen (17) NY 29:58 22. Ingrid Jacobson 30:06 23. Joyce Joyce, Pot. Valley 30:46 24. Genevieve (15), Can. 30:58 25. Beryl Randle (58), England 31:03 26. Anita Hermach (45), Missouri 31:07 27. Susan Schreck (44), Shore AC 31:12 28. Lynn Edlen-Nezin 31:18 29. Tracey McCullough, NY 31:21 30. Stella Cashman (45), ESTC 31:21 (140 finishers)

Girls 3 Km, St. James, N.Y., April 25--1. Nora Comans, Smithtown East 15:09.1 2. Nicole Gustavson, Sayville HS 17:23.4 3. Meg Gteve, Smithtown West 17:24.7 4. Mary Fitzpatrick, Sayville 17:26.8 (14 finishers)

PennRelays 5 Km, Philadelphia, April 23: Women--1. Teresa Vaill 22:40.13 (Better Maryanne Torrellas' American track record of 22:51.10, but may not be submitted because it was a mixed race) 2. Lynn Weik 22:45.6 3. Lisa Vaill 23:58.4 4. Mary Howell 24:58.7 5. Laura Anne Nokland 26:48.7 6. Frances Montes 27:27 7. Beth Wilson 27:35.4 8. Diane Margraf 27:51.6 Vaill went out fast, got a few seconds on Weik, and stayed there.

Men--1. Curtis Fisher 20:35.1 (Ties Pat Moroney's meet record) 2. Gary Morgan 20:48.7 3. Steve Pecinovsky 20:50.2 4. Jeff Salvage 21:00 5. Pat Flannery 21:35.4 6. Ray Funkhouser 21:37 7. Dan Pierce 22:07.9 8. Keith Luoma 22:14.2 9. Rene Miranda 22:15.8 10. Curt Clausen 22:38.6 11. Robert Gottlieb 23:04.6 12. Alan Price 23:14.1 13. Edgardo Rodriguez 23:35.2 15. Bill Norton 23:31.6 16. Nick Harding 23:56.1 17. Bob Ryan 25:57.7 19. Marc Anthonson 26:03.4 20. Levi Ross 27:26.3--Pecinovsky led through 3200 meters. Fisher and Morgan then went after him, with Fisher taking the lead during the last 1200 meters.

5 Km, East Meadow, N.Y., May 30: Intermediate Women--1. Migdalia Rivera (18) 28:16 2. Melody Rivera (13) 31:20 Jr. 10 Km, same place--1. Reggie Davenport (19) 49:06 2. Paul Winke (18) 53:36 Women's 10 Km, same place (Empire State Games Trial)--1. Lynn Weik 49:27 2. Carol Brown 51:28 3. Frances Montes 60:42 20 Km, same place (Emp. State Games trial)--1. Ed O'Rourke 1:38:46 2. Curtis Fisher 1:38:49 3. Marc Bagan 1:44:30 4. Mark Fenton 1:45:21 5. Dan Pierce 1:46:22 6. John Shilling (51) 2:11:50 10 Km, Rochester, N.Y., May 17--1. Dave Lawrence 45:53 2. Greg Wittig 62:26 Niagara Championships, Grand Island, N.Y., May 31: 5 Km--1. Greg Wittig 29:07 2. Alan Lawrence 31:08 Women's 5 Km--1. Christy Izzo 26:48 2. Jill Murray 30:06 10 Km--1. Larry Naukan 58:40 2. Dick Bales 60:48 Women's 10 Km--1. Lynette Dzierzanowski 62:27 20 Km--1. Dave Lawrence 1:37:15 2. Nelson Fisher 2:05:08 3. Frank Fina 2:05:24 Empire State Games 20 Km Trial, Liverpool, N.Y., June 14--1. Dave Talcott 1:51:07 2. Dan Talcott 1:53:21 3. Jim Miner 1:59:59 4. Nelson Fisher 2:01:54 50 Km, same place--1. Dave Talcott 4:56:18 (his winning 20 Km was on the way) 20 Km, Washington, DC, June 13--1. Alan Price 1:48:25 2. Jim Wass 1:58:59 3. Jim Lemert 2:03:27 1 Mile, Atlanta, May 6--1. Alvia Gaskill 8:34 2 Mile, same place--1. Ray McKinnis 15:04 2. Alvia Gaskill 17:18 3 Km, same place--1. Ray McKinnis 16:56 2. Alvia Gaskill 17:52 1 Mile, Atlanta, May 13--1. Ray McKinnis 7:22.9 2. Alvia Gaskill 8:05.3 5 Km, same place--1. Ray McKinnis 25:13 2. Alvia Gaskill 28:34 1 Mile, Atlanta, June 3--1. Alvia Gaskill 7:52.1 2 Mile, same place--1. Ray McKinnis 15:18.1 2. Alvia Gaskill 17:52.7 3 Km, same place--1. Ray McKinnis 15:32 2. Alvia Gaskill 16:57 1 Mile, Atlanta, May 20--1. Alvia Gaskill 7:55 2 Mile, same place--1. Ray McKinnis 15:21 2. Alvia Gaskill 17:36 3. John Hines 19:07 3 Km, same place--1. Ray McKinnis 14:32 2. Alvia Gaskill 17:27 1 Mile, Atlanta, May 27--1. Ray McKinnis 6:56.8 2. Alvia Gaskill 8:02.8 3. Spence Goble 8:40.7 5 Km, same place--1. Ray McKinnis 25:10 2. Alvia Gaskill 28:37 1 Hour, Delray, Florida, May 23--1. Lee Duffner (50) 6 mi 176 yds 2. Dan Stanek (46) 6 mi 4 yds 3. Dennis Lerner (50) 5 mi 558 yds 5 Km, Dearborn, Mich., May 17--1. Gary Morgan 21:21 2. Dan O'Brien 23:34 3. Max Green 24:16 4. John Elwarner 24:50 5. Victor Sipes 26:37 6. Norman Browne 28:09 7. Pat Dugan 29:49 8. Andrew Crane 30:16 9. Gerry Bocci 30:47 (12 finishers) Women's 3 Km, same place--1. Deborah Kurpas 17:55 2. Jennifer Green 18:29 3. Ingrid Jacobson 18:34 4. Roberta Boyle 19:11 (16 finishers) 5 Km, Dearborn, May 30--1. Dan O'Brien 23:14 2. Max Green 24:30 3. Vic Sipes 25:35 4. Pat Dugan 27:15 5. Walt Lubzik 28:32 6. Greg Near 29:20 7. Gerry Rapp 29:43. (9 finishers), 10 Km, Dearborn, June 6--1. Dan O'Brien 47:36

2. Max Green 50:03 3. Victor Sipes 52:25 4. Pat Dugan 56:27 5. Walter Lubzik 56:46 6. Gerry Bocci 59:46 7. Gary Gray 61:50 Master's 10 Km, Dearborn, June 14--1. Max Green 52:17 2. John Elwarner 53:22 3. Frank Soby 57:05 4. Pat Dugan 58:36 50 Mile, Columbia, Mo., April 18--1. Don Williams 9:51:56 Rob Spier 64 Km in 8:55:44, Bill Taft 48 Km in 7:58:27 Bob Chapin 40.4 Km in 4:59.2 5 Km, Denver, May 3--1. Bill Hutchinson 23:34 2. Eric DeMillard 26:49 3. Dennis Crock 27:16 4. Bob Newman 27:43 5. Bob Carlson 29:02 Women: 1. Lorraine Green 28:55 2. Debbie VanOrden 30:35 Marathon, Denver, May 3--1. Ray Franks 4:48:08 2. Frank Maly 4:55:43 3. Mo Coleman 4:58:18 1/2 Marathon, Denver, May 3--1. Doug Carpenter 2:15:40 10 Km, Denver, May 16--1. Dennis Crock 57:08 Women: 1. Viisha Sedlak 54:23 5 Km (track), Boulder, Col., May 9--1. Bill Hutchinson 25:47 2. Viisha Sedlak 26:07 3. Eric DeMillard 26:34 4. Dennis Crock 27:38 5. Klaus Temmerhaus 29:28 6. Lorraine Green 30:01 8 Km, Phoenix, Ariz., March 7--1. Ron Brennan 42:54 2. Gus Pappas 46:57 3. Joe Cameron 48:50 1500 meters, Tempe, Ariz., March 1, Senior Olympics--1. Bus Pappas (50) 8:07 2. Jackie Ozment (55-59) 8:41 Women: 1. Joan Sandison (50-54) 9:46 2. Tjitski Hartoog (60-64) 9:49 2 Mile, Albuquerque, N.M., May 25--1. Larry Martinez 17:45 2. Rick Wadlei 18:49 Long Beach Marathon, May 3--1. Mark Hartzell 4:04:10 2. Ari Corte 4:13:09 3. Jim Hagin 4:33:57 4. Brian LaBounty 4:44:32 5. Jim Coats (46) 4:47:48 6. Ron Laird (48) 4:48:38 7. Dave Thorpe 5:00:50 (17 finishers) Women: 1. Lois Nichols (48) 5:09:53 2. Laurie Bradshaw and Ann Barrick 5:18:47 5 Km, Redlands Col., Cal., May 16--1. Stewart Boden 27:45 2. Dave Snyder 28:26 3. Bob Brewer 30:57 10 Km, Santa Anita, May 17--1. Jim Coats 52:42 2. Carl Warrell 54:36 3. Richard Oliver 55:15 4. Dave Snyder 56:55 5. Carl Acosta 57:35 6. Richard Nester 57:49 7. Robert Granados 60:12 8. Robert Brewer 61:06 (24 finishers) 5 Km, same place--1. Victoria Harazo 25:34 2. Jesus Orendain 26:54 3. Ron Brown 27:58 4. Christian Holtz 29:18 5. Lynne Marsh 29:23 (53 finishers) 5 Km, Los Angeles, May 20--1. Ed Bouldin 22:52 2. John Kelly 27:19 10 Km, Pasadena, Cal., June 6--1. Aristeo Cortez 47:42 2. Juan Izaguirre 47:49 3. Keith Ward 47:58 4. Richard Oliver 55:20 5. Robert Meador 59:16 (9 finishers) 5 Km, same place--1. Enrique Flores 22:43 2. Robert Gradados 28:15 3. Rob Brown 29:06 4. Maynard Mickelson 30:28 (8 finishers) NIA District II 10 Km, Newburg, Ore., May 9--1. Randy Jacobs 46:56.2 2. Troy O'Donnell, Willamette 53:12.9 (Jacobs also from Willamette) 3. Jeff Kilday, Willamette 53:53.9 4. Tom Mills, Southern Oregon 57:49 5. Mitch Seal, Eastern Oregon 6. Dane Jaconetti, Western Oregon 58:58.5 (Jacobs broke Sam Shick's old meet record of 48:35.5 set in 1979) Pacific Assoc. 5 Km, Los Gatos, Cal., May 23--1. Bob Edwards 27:18.3 2. Tony Monroe 28:10.6 3. Cindy Paffumi 30:07 10 Km, San Francisco, May 9--1. Jack Bray 57:36 2. Huey Johnson 57:36 5 Km, San Francisco, May 16--1. Jack Bray 24:15 (age 54) 2. Huey Johnson 24:52 (age 54) 3. Bob Craig (55) 28:27 4. Fred Dunn (58) 28:33 5. Denise Dunbar 38:35 1 Mile, San Francisco, May 16--1. Denise Dunbar 8:47 2. Bob Craig 8:57 5 Km, San Francisco, May 30--1. Bob Craig 29:00 2. Jeanine Swift 29:30 3. Denise Dunbar 29:40 Sr. Olympics 1500 meters, Silverton, Ore., May 23--1. R.G. Anderson (45) 8:37.9 2. Bryon Krog (60) 9:40.5 3. Don Jacobs (65) 10:26.5 3 Km, Portland, Ore., May 3--1. Don Derbyshire 17:04 2. Don Jacobs 21:54 1 Mile, Salem, Ore., May 3--1. Steve Renard 7:45 2. Marnie Ventling 9:18 3. Al McCann 9:26 4. Dave McNayr 9:53 10 Km, Salem, May 3--1. Jim Mann 48:12 2. Steve Renard 50:38 3. Randy Jacobs 53:35 4. Troy O'Donnell 58:26 2.8 Mile, Seattle, May 5--1. Allen James 21:05 2. Glen Tachiyama 22:18 3. Mary Howell 23:32 4. Bob Hendrikson 24:19 5. Bob Novak 24:55 6. Ed Glander 25:43 7. Kal Brauner 26:23 8. Marta Brown 29:58 5 Km, Seattle, May 1--1. Allen James 22:33.6 2. Tony Englehardt 22:38 3. Herman Nelson 22:42 4. Alan Bridges 25:03 5. Dominic Urbano 26:24 6. Doug Ermini 29:19 5 Km, Seattle, April 18--1. Allen James 22:39 2. Tony Englehardt 23:45 3. Alan Bridges 25:06

Great Britain vs Hungary, Bekescaba, Hung., April 5: Women's 10 Km--1.
 Lisa Langford, GB 46:09 2. Ilyes Ildiko, Hung. 47:38 3. Estedt Ines,
 Hung. 48:16 4. Bev Allen, GB 48:30 5. Rosza Maria, Hung. 49:00 6. Hudi
 Rudolfne, Hung. 49:11 7. Nicky Jackson, GB 49:18 Jr. 10 Km--1. Károly
 Kirszt, Hung. 42:50 2. Darrell Stone, GB 42:53 3. Janos Szep, Hung. 44:21
 4. Gareth Brown, GB 44:52 5. Zoltan Gergely, Hung. 45:25 6. Kirk Taylor
 GB 45:38 Jr. Women's 5 Km--1. Ewa-Minielska, Hung. 24:30 2. Julie Drake
 GB 24:44 3. Vicky Lawrence, GB 24:52 4. Andrea Szabo, Hung. 25:21
20 Km--1. Sandor Urbanik, Hung. 1:23:17 2. Chris Maddocks, GB 1:23:50
 3. Endre Andrasfray, Hung. 1:24:57 4. Jan Staal, guest, Sweden 1:25:03
 5. Zsolt Szilagyi, Hung. 1:25:56 6. Janas Stalas, Hung. 1:25:37
 . . . 13. Les Morton, GB 1:28:12 50 Km--1. Laszlo Sator, Hung. 4:01:51
 2. Zoltan Czukor 4:04:27 3. Miklos Domjan, Hung. 4:09:25 4. Fernec
 Poldan, Hung. 4:09:49 . . . 8. Andy Trigg, GB 4:27:36 British National
Women's 5 Km, Birmingham, April 18--1. Lisa Langford 23:07 2. Sue Brown
 23:57 3. Helen Elleker 24:05 4. V. Lawrence 25:16
European Indoor 5 Km Championship, Lievin, France, Feb. 22 (partial results
 a few months back)--1. Josef Pribilinec, Czech. 19:08.44 2. Ronald Weigel,
 GDR 19:08.93 3. Roman Mrazek, Czech. 19:10.77 4. Sandor Urbanik, Hung.
 19:13.09 5. Mikhail Schennikov, USSR 19:18.31 6. Zdislaw Szlapkin, Pol.
 19:19.16 7. Jan Staaf, Swed. 19:19.96 8. Ljubomir Ivanov, Bulg. 19:38.85
 9. Martial Fesselier, France 19:58.52 10. Erling Andersen, Nor. 20:03.02
 11. Miguel Prieto, Spain 20:11.12 12. Christos Karagiorgos 20:33:58
 DQ--Jacek Bednarek, Pol., Walter Arena, Italy, Carlo Mattioli, Italy.
 Pribilinec led all the way with splits of 4:03.01, 7:53.65, 11:42:54,
 15:30.93. Heats were held on Feb. 21 with Urbanik having the fastest
 time of 19:14.64. The slowest qualifier was Karagiorgos at 20:18.13
European Indoor Women's 3 Km, Lievin, Feb. 22--1. Natalia Dmitrochenko,
 USSR 12:57.59 2. Giuliana Salce, Italy 12:59.11 3. Monica Gunnarsson,
 Swed. 13:06:46 4. Dana Vavracova, Czech. 13:07:47 5. Emilia Cano, Spain
 13:23.96 6. Suzanne Greisback, France 13:26.52 7. Teresa Palacios, Spain
 13:40.39 8. Barbara Kollorz, W.G. 13:41.02 9. Zofia Volan, Pol. 13:58.92
 10. Sabine Desmet, Belg. 14:01.11 11. Grazia Orsani, Italy 14:07.52 12.
 Anna Bak, Pol. 14:18.02 13. Nadia Forestan, Italy 14:21.73 14. A.C.
 Berthonnaud, France 14:23.04
5 Km, Indoor, Mogiljov, USSR, Feb. 6--1. Natalia Dmitrotsenko 22:48.8
5 Km, Indoor, Donetsk, USSR, Jan. 19--1. L. Baranauskaitė 23:35.7 5 Km,
Indoor, Kaunas, USSR, Jan. 25--1. S. Eidilyte 23:30.8 2 Mile, Indoor,
Genova, Italy, Jan. 21--1. Giuliana Salce 14:02.22 3 Km, Indoor, Genova,
Jan. 31--1. Salce 13:13.86 2. Maria Cruz Diaz, Spain 13:51.49 Italian
3 Km Indoor Champ., Torino, Feb. 11--1. Giuliana Salce 13:01.48 2. N.
 Forestan 13:55.97 3 Km, Indoor, Jablonec, Czech., Jan. 10--1. Dana
 Vavracova 13:00.44 5 Km (track), Kinglong, China, Feb. 28--1. Yang Hong
 21:20.2 (breaks world record of 21:26.5 set by Guan Ping) 10 Km, same
place--1. Xu Yongjiu 44:26.5 (also new world record) 2. Jin Bingjie
 44:26.7 10 Km (road), Viledecans, Spain, Feb. 15--1. Emilia Cano 46:16
 2. Teresa Palacio 47:17 3. Reyes Sobrino 49:11 3 Km (track), Canberra,
Australia, Jan. 20--1. Kerry Saxby 12:20.07 (world best) 2. Sue Cook
 13:18.26 10 Km (road), Melbourne, Dec. 14, 1986--1. Sue Cook 47:41
5 Km (track), Sydney, March 3--1. Kerry Saxby 21:16.0--batters Hong's
 world mark of the previous week) 10 Km (road) Sydney, March 25--1. Kerry
 Saxby 45:46 2. Sue Cook 48:32 3. Lorraine Jachno 48:47 5 Km (track),
Melbourne, Feb. 20--1. Kerry Saxby 21:52.39 2. Lorraine Jachno 23:13
10 Km (track), Fana, Norway, March 21--1. Kjersti Tysse 47:07.07
5 Km (track), Rome, March 28--1. Giuliana Salce 22:24 10 Km (track),
Sochi, USSR, Feb. 21--1. S. Kaburkina 46:55.4 2. Yu. Lisnik 47:21.4 3.
 E. Sergeva 47:38.2 4. A. Polovinko 47:48.6 5. S. Poloviako 47:50.8

6. O. Osiko 48:10.8 7. A. Markova 48:21.8 5 Km (track), same place--1.
 E. Micheva 23:02 2. T. Tsubuliskaya 23:05.5 3. I. Strachova 23:05.7
10 Km (track), Sochi, USSR, Feb. 22--1. Olga Kristoph 44:57.2 2. Natalia
 Serbinnenko 45:04 3. Irina Strachova 45:12 4. Elena Kuznetsova 45:23.4
 5. N. Spiridonova 45:42.2 6. Vera Osipova 45:53.4 7. T. Yumasteyeva
 46:05.8 8. T. Kovalenko 46:12.2 9. N. Prudinkova 46:28.6 10. E. Verem-
 chuk 46:31 11. Raisa Sinyavina 46:49.8 12. V. Isenofontova 46:58.8 13.
 I. Tolstik 47:01.4 10 Km (road), Jalapa, Mexico, April 5--1. Kjersti
 Tysse, Nor. 45:44.05 2. Colin, Mex. 46:26.03 3. Chavez, Col. 48:30.01
 4. Blomberg, Nor. 48:34 10 Km (road), Potsdam, GDR, March 21--1. Grimm-
 tein 48:53 2. Klaedtker 48:59 10 Km (track), Epinay, France, April 12--
1. Suzanne Greisbach 47:16.8 2. Gosselin 47:19.3 10 Km (road), Raissa
Fin., April 4--1. Mirva Hamalainen 46:56 2. Sari Essayah 48:26
 3. Sirrka Oikarinen 48:57 (As you may have guessed, the foregoing were
 women results. Some men's races follow) 15 Km, Indoor, Kaunas, USSR,
Jan. 24--1. Valdas Kazlauskas 60:03.9 10 Km, Kaunas, Jan. 25--1. Sausaiti
 39:08 10 Km, Indoor, Gomel, USSR, Feb. 1--1. Franz Kostyukevic 39:26.2
5 Km, Indoor, Wein, Austria, Feb. 1--1. Ronald Weigel, GDR 18:44.97 2.
 Roland Weisser, GDR 19:22.84 3. Sandor Urbanek, Hung. 19:24.76 5 Km,
Indoor, Genova, Italy, Jan. 31--1. Carlo Mattioli 19:17.53 2. Ivanova,
 Bulg. 19:21.73 Italian 5 Km Indoor Champ., Torino, Feb. 11--1. Carlo
 Mattioli 19:12.94 2. Walter Arena 19:19.86 10 Km, Indoor, East Berlin,
Jan. 25--1. Ralf Kowalsky 39:37.9 1 Hour, Indoor, Potsdam, GDR, Jan. 31--
1. Hartwig Gauder 14, 717 meters tied with Dietmar Meisch 10 Km, Indoor,
Senftenberg, GDR, Feb. 7--1. Ronald Weigel 39:06.09 2. Hartwig Gauder
 40:26.64 3. Roland Weisser 40:41.14 3 Km, Indoor, Czechoslovakia, Dec.
12, 1986--1. Josef Pribilinec 11:08.5 2. Roman Mrazek 11:02.3 5 Km,
Indoor, Jablonec, Czech., Feb. 1--1. Ivo Pitak 19:23.69 5 Km, Indoor,
Jablonec, Feb. 7--1. Josef Pribilinec 19:06.93 2. Roman Mrazek 19:09.18
 3. Ivo Pitak 19:15.65 5 Km, Indoor, Jablonec, Feb. 14--1. Ronald Weigel
 19:09.40 Spanish 50 Km Championship, Viledecans, Feb. 15--1. Manuel Alca
 3:50:48 2. Andres Marin 3:54:29 3. Antonio Gonzalez 4:02:17 4. Teodore
 Alfonso 4:05:50 20 Km, same place--1. Ricardo Pueyominstral 1:23:31
30 Km, Sochi, USSR, Feb. 22--1. Aleksandr Potasov 2:07:51 2. Andrei Perle
 2:07:31 5 Km, Canberra, Australia, Jan. 20--1. Dave Smith 18:58.01
 3000 meters, Perth, Jan. 24--1. Dave Smith 11:00.56 (World's best)
20 Km, Sydney, March 25--1. Dave Smith 1:23:44 2. Andrew Jachno 1:26:11
20 Km (track), Melbourne, Feb. 11--1. Dave Smith 1:20:51 25 Km, Firenze,
Italy, March 15--1. Alessandro Pezzatini 1:45:32 2. Maurizio Damilano
 1:45:52 3. Giorgio Damilano 1:46:42 4. Raffaelo Ducceschi 1:46:42
 5. G. Poggi 1:47:39 6. Sandro Bellucci 1:47:39 20 Km (track), Roma,
March 28--1. Walter Arena 1:26:42 2. R. Giamocante 1:27:22 20 Km (track)
Bovisio Maso, Italy, March 28--1. Maurizio Damilano 1:24:37 2. Giorgio
 Damilano 1:26:02 3. S. Spagnulo 1:27:40 20 Km, Sochi, USSR, Feb. 21--1.
 D. Osipov 1:24:42 2. S. Ivanovits 1:24:48 3. V. Ostovskiy 1:25:34 4.
 M. Orlov 1:26:35 20 Km, Sochi, Feb. 22--1. Viktor Mostovik 1:19:57 2.
 Valdas Kazlauskas 1:20:00 3. F. Kostyokavits 1:21:04 4. Andrei Gorschkov
 1:21:06 5. Anatoliiy Solomin 1:22:02 6. S. Abiralto 1:23:05 7. Nikolai
 Polozov 1:23:37 8. V. Sunstov 1:23:38 9. V. Tyerepanov 1:24:11 10.
 I. Plotnikov 1:24:24 11. V. Ivanenko 1:24:35 12. V. Isanencko 1:24:39
5 Km, Oberhergheim, France, March 22--1. Eric Nesse 3:53:53 2. Terraz
 4:00:54 3. Guebey 4:01:01 100 Km, Chalon, France, March 28--1. Roland
 Bergmann 10:18:40 200 Km, Lagny, France, March 15--1. Eric D'Onze 21:12:56
 2. Marcel Jannasse 21:33:35 200 Km, Chateau-Thierry, France, March 29--1.
 Jean-Claude Govenaux 21:44:45 (3rd in 22:08:49 in the above race 2 weeks
 earlier) 2. Eric Lonze 22:02:18 100 Km (track), Etrevy, France, April
19--1. Frederic Marie 9:16:33 (World's best) 2. Jacky Laval 9:46:42 2.
 Noel Dufay 10:02:31 20 Km (track), Banska Bystrica, Czech, March 28--1.
 Roman Mrazek 1:25:11.2 2. Pavol Blazek 1:25:18 3. Igor Kollar 1:26:54
20 Km, Potsdam, March 21--1. Ronald Weigel 1:21:38 2. Axel Noack 1:22:07

3. Dietmar Meisch 1:23:23 4. Andrei Rubarth 1:23:50 5. Hafemeister 1:24:10 6. Bernd Gummelt 1:24:17 7. Roland Weisser 1:25:54 8. Umlauf 1:25:56 50 Km, Dudince, Czech., April 4--1. Pavol Szikora 3:42:20 2. Pavol Juti 4:03:45 3. Josef Hudak 4:05:57 20 Km, Olomouc, Czech., April 11--1. Igor Kollar 1:25:01 2. Ivo Pitak 1:25:30 3. J. Zahoncik 1:25:56 4. S. Malik 1:26:34 5. Martin Torporek, Austria 1:26:48 10 Km, Dearborn, Mich., June 20--1. Dan O'Brien 48:39 2. Mark Green 48:46 3. Max Green 51:16 4. Victor Sipes 52:28 5. Norman Browne 55:56 6. Patrick Dugan 57:19 7. Wally Lubzik 58:45 (12 finishers)

AND NOW... THIS MONTH'S... (BLARING TRUMPETS)... RACING SCHEDULE!!!

- Wed. July 8--1 Or 2 Mile, Chapel Hill, NC (BB) (and every Wednesday through the summer)
 Sat. July 11--5 and 10 Km, Denber (H)
 2 Mile, Phoenix, 6 am (T)
 Sun. July 12--NATIONAL ATHLETICS CONGRESS 10 KM, NIAGARA FALLS (N)
 2.2 Mile, Denver (H)
 Thu. July 16--5 Km, East Meadow, N.Y., 7 pm (R)
 Sat. July 18--3 Km Women, 5 Km Men, Dearborn Heights, Mich., 9 am (S)
 5 Km, Z ni, N.M., 8:30 am (O)
 5 Km, Tilsa, Okla., (P)
 3 Mile, Columbia, Mo., 8 am (C)
 Sat. July 25--2 mile, Phoenix, 6 am (T)
 Sun. July 26--Regional Masters 20 Km, Fresno, Cal., 8 am (V)
 Mon. July 27--10 Km, Seattle (D)
 Sat. Aug. 1--30 Km, Santa Barbara, Cal., 7:45 am (AA)
 5 Km, Clinton, Okla., (P)
 10 Km, Columbia, Mo., 8 am (C)
 5 Km, Dearborn Heights, Mich., 9 am (S)
 1, 5, 10, 15, and 20 Km, Atlanta (A)
 Sun. Aug. 2--Women's 5 Km, Pacific Grove, Cal., 9 am (V)
 1 Hour, Houston, 8 am (Z)
 Sat. Aug. 8--15 Mile Relay (3 persons), Zuni, N.M., 8:30 am (O)
 10 Km Handicap, Houston, 8 am (Z)
 Sun. Aug. 9--5 Km, Denver (H)
 Sat. Aug. 15--1, 5, 10, 15, and 20 Km, Atlanta (A)
 5 and 10 Km, Broomfield, Col., 8 am (H)
 NATIONAL ATHLETICS CONGRESS MASTERS 5 KM, EUGENE, ORE (Y)
 15 Km Men, 5 Km Women, Dearborn Heights, Mich. 9 am (S)
 Sun. Aug. 16--NATIONAL THLETICS CONGRESS MASTERS 20 KM, EUGENE (Y)
 Sun. Aug. 23--5 and 10 Km, Denver (H)
 Sat. Aug. 29--5 Km, Denver (H)

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 BB--Alvia Gaskill, Res. Triangle Institute, PO Box 12194, Research Triangle Park, NC 27709

FROM HEEL TO TOE

Well, we have no results on the annual Zinn Memorial races, now held at U. of Wisconsin-Parkside, but we do not that there were four generations of Ribans competing. Mike Riban, who was Ron Zinn's coach and the founder of the race in Chicago, is now in his mid-70s. He competed along with members from three succeeding generations of his family, as yet unnamed to your editor. The Zinn races are in memory of Ron Zinn, a West Point graduate and one of our foremost walkers in the early '60s (sixth place in 1964 Olympic 20 Km), who was killed in Vietnam in 1965. Sorry to report that Henry Laskau was not elected to the Track and Field Hall of Fame. He was one of 12 on the ballot for this year. Those elected were Eualce Peacock, Martha Watson, Bud Held, and Jim Bush. Racewalking got several pages of coverage in the June issue of Vogue magazine, including pictures of Tim Lewis, Howard Jacobson, Maryanne Torrellas, and a group of South Florid walkers. Not having seen the article myself, I can't comment further. The annual Casimiro Alongi International Memorial Racewalk is scheduled for Dearborn Heights, Mich. on Sunday, September 27. The International 20 Km may see its finest field yet, as director Frank Alongi got many expressions of interest from European nations during the World Cup races in New York. The race has a 1:40 time limit. The schedule of events also includes a 2 Km fitness walk, a 3 Km for beginners, and 5 Km for women, open, junior, and masters 10 Km walks. A special attraction for this year's races is the two \$500 scholarships Frank is offering to competitors in the Junior Women's 5 Km and Junior Men's 10 Km. For further information on eligibility for these scholarships, write Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. Two race walking coaching publications have just hit the streets. One, "Walk-Talk Newsletter", is published by The Athletics Congress and edited by Wayne Glusker, a former international competitor. In the first issue, Wayne has reproduced articles from several sources on the physiology of sports performance, sports medicine, general fitness training, etc., that have some pertinence to race walking. He will continue such articles, but is also seeking contributions related specifically to racewalking. The availability of this publication is unclear. It may be that it will be distributed by TAC to a select group of coaches and trainers. Anyway, no subscription information is given in the first issue. There is no set publishing schedule, but the hope is to get out three or four issues a year. For further information, write Wayne Glusker, 20351 Bollinger Rd., Cupertino, CA 95014, or The Athletics Congress, Book Order Department, PO Box 120, Indianapolis, IN 46206. The other publication is "The Race Walk Coach", edited and published by National Women's coach, Gary Westerfield. According to the first issue: "The goal of The Race Walk Coach is to present and interpret timely information related to the event of race walking. Its contents are not intended to provide personal recommendations for individual walkers. Inquiries and letters are welcome. Questions may be used in our "Ask the Coach" column. Please send comments and requests for articles on specific topics to: Gary Westerfield, Editor, P.O. Box 440, Smithtown, NY 11787. " The Race Walk Coach will be published four times a year and the subscription rate is \$10.00 per year. Gary further states that the publication will "...seek to tie sports science and race walking coaching together." It will "...seek to synthesize articles on biomechanics, physiology, nutrition, statistics..." The results of the Southeast Masters 5 Km in the last issue omitted Ed Seeger (age 71), who finished about a half lap in back of Don Johnson and a lap ahead of Gordon Wallace. Whether this was our mistake or he was omitted from the results sent to us we don't know, but we apologize...

Who knows a good shoe doctor? Reader Charles Rattoballi owns a pair of Tiger racewalking shoes that need new soles and heels. All the shops he knows of want to put running soles on them, which will ruin the shoes for his purposes. If you know of a shoe repair shop that can help him, write Charles Rattoballi, Box 1, Valley Stream, NY 11582.

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ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

MEN	5km	10km	20km	WOMEN	5km	10km	20km
M40	24:30	51:00	1:45	W40	29:00	1:00	2:04
M45	26:00	54:00	1:52	W45	31:00	1:04	2:12
M50	27:30	57:00	1:58	W50	33:00	1:08	2:20
M55	29:00	1:00	2:04	W55	35:00	1:12	2:28
M60	30:30	1:03	2:10	W60	38:00	1:18	2:40
M65	32:00	1:06	2:16	W65	41:00	1:24	2:52
M70	34:00	1:10	2:24	W70	44:00	1:30	3:04
M75	36:00	1:14	2:32	W75	47:00	1:36	3:16
M80	38:00	1:18	2:40	W80	50:00	1:42	3:28
M80+	40:00	1:22	2:48	W85+	53:00	1:48	3:40

Based on these standards, certificates, at a cost of \$10 a piece, will be given via the National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

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An Open Letter to the Editor and Others:

ALOHA-FROM HAWAII'S RACEWALKERS!

May 31, 1987

Our group is very concerned about The Athletic Congress' ruling that national records must be established in road races that are exclusively for racewalkers. This rule ensures that only large racewalk communities will be eligible for records.

In Hawaii, we have a small walking club. The logistics and the number of volunteers and judges required by a legitimate road race, prevent us from hosting our own road races. Since there is a running road race almost every weekend, we have concentrated our efforts on establishing separate racewalk divisions in these races. Each race is adequately judged but the walkers are intermixed with the runners.

The quality of Hawaii walkers is above question. The club is an outstanding example of regional development in a smaller community. We hold several masters national records. In the recent 20K and 25K National Championships in Long Beach, Team Hawaii fielded the first place teams in the men's and women's divisions. However, we are now ineligible for road race records.

If The Athletic Congress is committed to developing regional programs, the road racing records rules should be reconsidered. Please join Hawaii's walkers in fighting for its repeal at the convention in Honolulu in December. We encourage you to also write to the National Board before then. Your support and encouragement will further racewalking in the United States and especially within the smaller communities.

MAHALO (THANK YOU) FOR YOUR SUPPORT!

HAWAII'S RACEWALKERS
c/o Debra Cottey
708 Hausten Street
Honolulu, HI 96826

Home: 808-947-9177
Work: 808-924-5163

LOOKING BACK

25 Years Ago (From the June 1962 Race Walker)--With the sun blazing and the temperature in the 90s, Ron Laird was one of the few survivors in the National 50 Km on Long Island. It took him 5:25:30, with the next two spots going to Canadians Felix Cappella and Bill Grandy in over 5:40. Joe Abbate and Dave Lakritz were the only others under 6 hours, as the heat took a tremendous toll. Walkers really weren't that bad then. . . It was very hot in Chicago, too, where Ron Zinn won the National 10 Km in 47:53.8. Following were Jack Mortland, 48:50.3, John Allen, 48:55.5, Jack Blackburn 49:50.8, and Cappella, 49:52.9. The Ohio Track Club took the team title.

20 Years Ago (From the June 1967 ORW)--Chicago temperatures were only in the 80s for this years 50 Km. Ignoring the heat, Larry Young won in 4:33: leaving Goetz Klopfer 11 minutes behind. In cooler temperatures, Laird managed a 4:48:52 in third, with Ron Kulik another 4 minutes back. Klopfer led the Athens AC to the team title. . . Laird got the best of Young in the National 2 Mile, winning in 13:41.4. Larry had 14:07, just ahead of Don DeNoon. Next were Larry Walker, Ron Daniel, and Tom Dooley. . . DeNoon did 3 Km in 12:39.4 to better Laird's American record, and beat Ron in the process.

15 Years Ago, (From the June 1972 ORW)--Dave Romansky covered 8 miles and 80 yards to win the National 1 Hour in Lawrenceville, N.J. John Knifton was 374 yards behind, with Ron Daniel and Steve Hayden also going past 7 3/4 miles. . . Larry Young won title at both 5 and 10 Km. In Chicago, he beat Tom Dooley by 21 seconds in the 10, doing it in 44:51. Jerry Brown, Floyd Godwin, and Steve Hayden followed. . . In the 5 Km in Seattle, his 21:39.8 left Bill Ranney 50 seconds back with Todd Scully third. . . Laurie Tucholski walked an American record 7:50.4 for 1 mile in Dayton, beating former record holder Lynn Olsen. . . ORW Editor, Jack Mortland, threw in final laps of 1:54 and 1:50 to win a track 7 miler by 8 seconds in 55:20, a time he probably hasn't approached since.

10 Years Ago (From the June 1977 ORW)--Mexican junior Marcos Castro overcame Todd Scully in the final 5 Km to win the U.S. 20 Km title in 1:30:05 in Seattle. Scully was 31 seconds ahead as he passed 15 Km in 1:06:29, but he faded just as Castro accelerated and was 30 seconds back at the finish. Neal Pyke was third in 1:31:29, with two other Mexican juniors, one of the named Ernesto Canto, in the next two spots. . . The real Mexicans were in Bergen, Norway, where Daniel Bautista set a World Record for 20 Km in 1:23:32. Domingo Colin and Raul Gonzales also bettered the former record and Angel Flores missed it by less than a minute. The Mexican onslaught continued the next day, with Enrique Vera taking Bernd Kannenberg's World 50 Km record down to 3:56:38. Kannenberg had also held the 20 Km record. Jim Heiring won the NAIA 10 Km in 44:42, more than a minute and a half up on Carl Schueler. . . Neal Pyke did 8 mi 240 yards for an hour. . . Sue Brodock won U.S. titles at 5 Km (24:10) and 10 Km (51:17).

5 Years Ago (From the June 1982 ORW)--Jim Heiring was an easy winner in the National 20 Km held in Knoxville, Tenn. Jim's 1:30:22 put him 2:08 ahead of Ray Sharp at the finish. Marco Evoniuk was third in 1:33:48, followed by Dan O'Connor and Todd Scully. Susan Liers-Westerfield won the

Km in 24:50.6, 26 seconds ahead of Bonnie Dillon, with Teresa Vaill third. . . Heiring was also an easy winner in the National 10 Km in 44:17.6. Mike DeWitt and Mike Morris followed. . . Liers-Westerfield won the women's 10, after a tough race with Sue Brodock, in 50:59. Brodock had 51:09. Bonnie Dillon and Vicki Jones were third and fourth. . . Mike Morris won the National 5 Km in New York in 21:26.4, with Pete Timmons a close second. . . Brodock won the women's 20 Km in 1:46:40. Gwen Robertson was second in 1:49:37. . . Heiring had a third win (actually the month before) in the National 15, covering the distance in 1:04:36. Chris Hansen was better than 2 minutes behind, with Sam Shick third. . . Dan O'Connor got away from Vincent O'Sullivan in the final 10 Km to win the National 50 Km in 4:22:22. O'Sullivan had 4:25:02. Chris Knotts beat Randy Mimm for third. . . In Mexico, Raul Gonzales stepped off a 50 in 3:45:23, as Felix Gomez (3:49:06) held on to beat Soviet Mikola Udovenko for second. Finn Reima Salonen was also under 3:50. . . In the annual Naumburg races in the GDR, Ronald Weigel blistered 50 Km in 3:44:20 and Czech Josef Pribilinec took the 20 in 1:22:27. . . Gonzales did a second 50, on the track in Bergen, Norway, in 3:45:38. Soviet Yevgeniy Yevsyukov won the Bergen 20 in 1:22:33, also on the track.

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A bouquet of stinkweed to the Oregon Schools Activities Association:

Portland Oregonian,
Thursday, April 29

Portland Oregonian,
Friday, April 30

RACE WALKING — Cleveland High School's track team is looking for local athletes of any age who might be interested in a race walk Friday afternoon.

The Indians are playing host to a high school team from Burnaby, British Columbia, and the Canadians are bringing their boy and girl race walkers. American teams don't have race walking, so Cleveland Coach Tinker Hatfield is throwing it open to anybody who wants to walk against the Canadians. Meet time is 3:45 p.m.

HIGH SCHOOL — The exhibition race walk scheduled for Friday's high school track meet at Cleveland High School between the Indians and Burnaby, British Columbia, has been canceled. The Oregon Schools Activities Association notified the school after an item appeared in The Oregonian on Wednesday inviting local walkers for an open exhibition.

Under OSAA guidelines, no exhibitions of any kind may be held.

Thanks to Jim Bean and the Oregon Walking News for the following imaginative plug for the ORW (all is not bad in Oregon):

I was a 98 lb. weakling both mentally and physically till I bought my first issue of the OHIO RACEWALKER. Now I'm a hunk!



The Ohio Racewalker is published monthly. Contains results and schedules from all over the U.S. \$5.00 per year to Ohio Racewalker; 3184 Summit St.; Columbus, OH 43202.

Walking can make you super SMART

Checkup

Dustman suggests that before starting a walking program, you get a thorough checkup from your doctor, who can determine how hard your heart should be worked, depending on your age.

Start your exercise sessions with warm-ups and stretches, then walk for 15 minutes at a fairly slow pace.

Walk at least three times a week, increasing your time by a minute or two and building your pace each day.

"Over two months, build up to walking for one hour, three times a week," Dustman says.

WALKING is not only an excellent exercise for the body — it can make your brain work better at any age, too.

A recent test showed people increased their brain activity by walking for one hour three times a week, says Dr. John Dustman of Veterans Administration Medical Center, in Salt Lake City, Utah.

Walking improved response time, the way they used their eyes to organize problems, their memory and mental flexibility.

"People know how good walking is for the body, but it seems to improve the mind as well," he says. "Aerobic exercise makes the body able to carry more oxygen and use it more efficiently. We can assume some of this extra oxygen goes to the brain and is beneficial to brain activity."