

Seaman As Expected; Huberty Surprises

Kingsport, Tenn., Oct. 9 (Report from Ian Whatley)—In the National USATF 5 Km Championships today, Tim Seaman easily added another to his long list of national titles while Deb Huberty captured her first.

Seaman returned for a brilliant performance at the Olympics without a medal but took gold here with a dominant display of racewalking. Seaman went into the lead on the first slope of the 5 Km course and never looked troubled by the field even though it included several other US international racers. “It’s been a long season and I’m going to take a three-week break with my wife”, Seaman commented after finishing with a 63 second winning margin. He has not yet decided if he will continue training at the top level in preparation for the Beijing Olympic games or move his focus to coaching.

Behind Seaman, the chase pack quickly broke into groups with perennial bridesmaid Dave McGovern nipping Ian Whatley for the silver medal. Under almost perfect racing conditions, the crowd was treated to a great tussle for fourth with Bill Vayo besting Pegasus club racers, Dan O’Brien and Rod Craig. Pegasus took a small measure of revenge by winning the club title.

The New Balance sponsored race also featured the national masters championship’s for age groups over 40. Leon Jasionowski celebrated his 60th birthday with an exceptional 25:48 winning time in the 60-64 class. Still making young competitors green with envy was Robert Mimm just days short of his 80th birthday. His 35:26 confirmed that Olympians tend not to lose their physical talents as quickly average sportsmen. Bob was a competitor in the 20 Km at the 1960 Games in Rome.

The women’s race lived up to expectations with last year’s winner, Bobbi Chapman going 21 seconds under her course record. Even that effort from the Olympic trials third-place finisher wasn’t good enough for victory as Deb Huberty held her off for a national title by a scant 9 seconds with her 23:58 effort. Asked about her achievement as she warmed down, Huberty confided, “I can’t believe I won. I am so happy. I have worked most of my life for this moment. Currently spending 10 hours a day as a research scientist, the 29-year old from Wisconsin is looking at a new career with more flexible time for training to improve the chances of reaching the podium in Beijing. Huberty, who was ranked seventh in the U.S. at 20 Km back in 2001, had a seventh-place finish in this year’s World Cup Trials with a 1:45:17, but was disqualified at the Olympic Trials. However, she came back strongly with a fourth-place finish at the National 10 in 49:22, also beating Chapman there.

The chase pack sprinted home with Loretta Schuellein bettering Marcia Gutsche and Carolyn Kealty with all three under 26 minutes. Kealty looked tired but satisfied with the outcome of an event which closes a roller coaster year in her life. “I only started racing

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18 months ago and managed to reach the US Olympic Title in June", she said. Although she refused to commit to race in Kingsport next year, several coaches agreed that Carolyn is very likely to improve her placing in coming years

Several outstanding times were recorded in the women's masters age groups with victories going to Lyn Heinlein, Deb Topham, Pandeluta Geer, and Jolene Steigerwalt. At 65, Colorado's Rita Sinkovec paced a particularly impressive 31:46 to win her section. The 70-74 age group was thrown wide open when Kingsport's Ruth Kedron was forced to scratch because of illness. In her absence, Helen Amazeen stepped up for the win ahead of Millie Prihoda.

Race Director Bobby Baker and his event crew have hosted a national quality race in Kingsport for 11 years and he was delighted by the turn out. "We had athletes from 23 states racing today and the times just keeping faster every year." Baker said he was honored that the five-lap course on American Way, beside the Ramada Inn, has been selected as the site for the US National championships again next year. The results:

Women: 1. Deborah Huberty, Wis. 23:58 2. Bobi Chapman, WV 24:07 3. Loretta Schuellein, N.Y. 25:13 4. Marcia Gutsche (43), Mass. 25:29 5. Carolyn Kealty (41), Fla. 25:37 6. Teresa Aragon (43), N.M. 28:15 7. Debbie Topham (51), Mich. 28:34 8. Marianne Martino (54), Col. 28:42 9. Lynette Heinlein (48), Mich. 29:30 10. Barb Kornbau (43), Ohio 30:30 11. Donna Cope (47), N.C. 31:24 12. Jolene Steigerwalt (60), Cal. 31:29 13. Rita Sinkovec, Col. (65) 31:46 14. Oanseluta Geer, N.J. 32:17 15. Walda Tichy (42), Mich. 32:34 16. Katherine Fincher (46), N.C. 33:27 17. Kathy Finch (49), Wis. 34:33 18. Gwendolyn Thomas, Ohio 35:07 19. Barbara Taylor (57) Tenn. 35:30 20. Helen Amazeen, Ala. 35:58 21. Joyce Curtis (66), Tenn. 38:24 22. Millie Prihoda (72), S.C. 39:43 23. Wanda Williams (43), Tenn. 40:34 24. Sandra Vance (40), Tenn. 47:19
Men: 1. Tim Seaman, Cal. 21:21 2. Dave McGovern, N.Y. 23:24 3. Ian Whatley (45), S.C. 23:39 4. Bill Vayo (40), N.Y. 24:32 5. Dan O'Brien, Mich. 24:34 6. Rod Craig (46), Mich. 24:44 7. David Talcott (42), N.Y. 25:32 8. Leon Jasionowski (60), Mich. 25:48 9. Bill Reed (52), Mich. 26:12 10. Jim Carmines (61), Penn. 26:14 11. Max Walker (58), Ind. 16:40 12. Paul Johnson (67), Ark. 27:12 13. Larry Windes (46), Tenn. 27:45 14. John Fredericks (56), Fla. 28:35 15. Barton Kale (48), Wash. 29:22 16. Jack Bray (71), Cal. 29:29 17. James Bilodeau, Ken. 29:51 18. Rich Austin (50), S.C. 29:59 19. Jack Starr (76), Del. 31:22 20. Thomas Keller (66), N.Y. 32:48 21. Andrew Briggs (73), N.C. 34:11 22. Bernie Finch (65), Wis. 34:53 23. Bob Mimm (79), N.J. 35:26 24. Joe Holbrook (57), N.C. 35:45 15. George Solis (73), Cal. 38:57

Other Results

East Region and New England 1 Hour, Waltham, Mass. Oct. 17-1. Carly Lochala (17) 10,084 meters 2, Kayreb Fiygyes *16(9576 3. Pat Godfrey (58) 8811 4. Dot Zullo (44) 8720 5. Kathleen Sylvia (45) 8430 6. Dotty Fine(60) 8327 (10 finishers, 1 DQ)

Men-1. Adam Staier 11,535 meters 2. Bob Keating (57) 11,448 3. Joe Light (57) 10,504 4. Robert Ullman (55) 10,504 5. Bill Harriman (57) 9940 6. Tom Knatt (64) 9497 7. Matthew Fogues (12) 9302 8. Justin Cornell (17) 9091 9./ Ken Mattsson (40) 9090 10. Bill McCann (75) 8938 (13 finishers, 1 DNF) **Metropolitan 30 Km, New York City, Oct. 10-1.** Bob Keating (57) 2:57:19 2. Vlado Haluska (52) 2:57:27 3. Alexis Davidson (49) 3:01:09 4. David Wolf (45) 3:03:51 5. Dorit Attias (42) 3:11:50 6. Bruce Logan 3:20:29 7. Edoardo Sorrenti (61) 3:22:12 8. Bob Barrett (70) 3:23:04 9. Jennifer Marlborough 3:23:21 10. Lon Wilson (57) 3:24:24 11. Jim McGrath (67) 3:41:24 12. Stephen McCullough (43) 3:52:20 (4 Dqs, 3 DNF) **5 Km, Casselberry, Fla., Sept. 25-1.** Steve Christlieb 32:49 2. Ray Jenkins 33:07 3. Phil Brown (50+) 34:25 (9 finishers)
Women-1. Jeanette Gray 35:24 (13 finishers) **1 Hour, Royal Oak, Mich., Sept. 26-1.** Dan O'Brien 11,404 (52:29 at 10 Km) 2. Leon Jasionowski (59) 11,337 (52:53) 3. Bill Reed (52) 10,574 4. John Elwarner (65) 9356 5. Tom Marks (57) 8743 (8 finishers) (Ken Lampar (47) is listed separately as first with 9988 meters; not sure what that is about)
Women-1. Debbi Topham (51) 10,168 2. Lynette Heinlein (48) 9995 3. Mary Franklin (42) 9503 4. Walda Tichy (64) 9116 5. Julia Puzdrowski (52) 8497 (9 finishers) **North Region 10 Km, Dearborn, Mich., Oct. 17-1.** Lynn Tracy (52) 57:18 2. Debbi Topham 57:33 3. Lynette Heinlein 60:23 4. Judy Myers (48) 60:47 5. Raina Korbakis 60:49 6. Donna Green (52) 61:47 7. Walda Tichy 65:42 (1 DNF) Men-1. Mark Green (48) 47:51 (Guest competitor from Nevada) 2. Rod Craig (46) 50:56 3. Leon Jasionowski 53:54 4. David Stierly (52) 60:15 5. Rick Sack (55) 60:58 6. Philip Veenhuis (7 finishers, 1 DQ) **North Region 5 Km, Chicago, Sept. 18-1.** Lynn Tracy (52) 27:46 2. Mercedes Mancha (14) 29:35 3. Peaches Villa (12) 29:48 4. Judy Myers (48) 29:49 5. Lauren Davis (19) 29:57 6. Donna Green (52) 30:18 7. Amani Salinas (11) 31:24 8. Doris McGuire (55) 32:53 (15 finishers) Men-1. Paul Regul (15) 25:27 2. Will Preischel (43) 26:19 3. Kyle Regul (12) 26:34 4. Bill Reed (51) 27:08 5. Richard McGuire (56) 27:15 6. Mark Sekelsky (47) 28:12 7. Geroge Opsahl (62) 28:25 8. Ricardo Mancha (13) 31:20 9. Michael Rose (43) 31:52 10. Ray Glend (57) 32:46 (13 finishers, 1 DQ) **10 Km, Houston, Sept. 26-1.** Arnis Paeglis (54) 63:04 2. Bob Cella (67) 65:18 3. Loiza Vosta (66) 70:44 (8 finishers) **Rocky Mountain 3 Km, Ft. Collins, Col, Sept. 4-Mike Blanchard (43) 15:36 2. Marianne Martino (54) 17:22 3. Sherrie Gossert (50) 18:28 4. Rita Sinkovec (64) 19:13 5 Km, Ft. Collins, Sept. 6-1.** Mike Blanchard 26:44 2. Steve Wolley (46) 28:01 **5 KM, Boulder, Col., Sept. 11-1.** Mike Blanchard 25:49 2. Marianne Martino 27:37 3. Rita Sinkovec 31:35 4. Ed Guiff (60) 33:01 **5 Km, Denver, Sept. 12-Daryl Meyers 30:28 5 Km, Conifer, Col., Sept. 18-1.** Daryl Meyers 30:20 **5 Km, Denver, Sept. 19-1.** Mike Blanchard 27:13 1. Marianne Martino 30:31 3. Nancy Hardesty (53) 31:21 **West Regional Masters 5 Km, Carson, Cal., July 24-1.** David Ciccone (50-54) 24:55 2. Robers Weeks (60-64) 30:17 3. R. Campbell (55-59) 31:53 4. Carl Acosta (70-74) 33:21 5. Bill Moremen (75-59) 33:32 (12 finishers) Women-1. Donna Cunningham (55-59) 28:49 2. Yoko Eichel (55-59) 29:29 3. Mary Schoenbaum (45-49) 32:14 4. Carol Bertino (55-59) 32:29 (8 finishers) **5 KM, Pasadena, Cal., Sept. 18-1.** Carol Bertino 32:11 2. Francine Avellaneda 33: Men-1. Gary Warner (50) 30:44 2. Alan Ede (63) 30:50 3. Carl Acosta (70) 32:11 4. Raymond Billig (47) 32:12 5. Bill Moremen 33:08 **1 Hour, Kentfield, Cal., Sept. 26-1.** Kevin Killingsworth 10,839 meters 2. Norm Frable 10,679 3. Joe Berendt 10,240 4. Jack Bray 10,033 5. Nicole Goldman 9849 6. Jim Beckett 9621 7. Kathy Frable 9215 8. Doris Cassels 9111 9. Shirley Dockstader 9054 10. Jame Boahoven 9050 11. Ed Lane 8891 12. Stud Kinney 8803 (18 finishers) **20 Km, Oakland, Cal., Sept. 12-1.** Ed Parrot 1:45:10 2. Bill Penner

(58) 2:06:30 3. Ted Moore (65) 2:21:15 (7 finishers) Women-1. Nicolle Goldman (45) 2:14:01 **5 Km, Same place**-1. Leslie Sokol (46) 30:24 2. Laura Cribbins (47) 30:30 3. Terri Brothers (48) 31:54 4. Dana Parrot 32:15 (6 finishers) Emn-1. Mike Counts (52) 29:15 (3 finishers) **2.8 Miles, Seattle, Sept. 11-1.** Corina Beauchet (56) 27:25 **5 Km, Welland, Ontario, Oct. 17-1.** Nanci Sweazey 26:49 2. Rebecca Love (13) 30:59 Men-1. Nil LaVallee 27:51 **10 Km, same place**-1. Rachele LaVallee (18) 50:47 2. Holly Gerke 51:19 3. Rachel Vanderzwet 57:53 Men-1. Pierre-Luc Menard 47:08 2. Dave Keenan (47) 52:44 **20 Km, same place**-1. Jocelyn Ruest 1:34:35 2. Stuart Summerhayes (70) 2:12:48 Women-1. Chelsea Rodriguez 2:01:11

Swedish-Norwegian-Danish 50 Km, Copenhagen, Oct. 9-1. Trond Nymark, Norway 4:02:30 2. Bengt Bengtsson, Swed. 4:29:08 3. Christian Svensson, Swed. 4:38:32 4. Erling Andersson, Nor. 4:46:35 **Pan Arab Games 20 Km, Algiers, Oct. 6-1.** Hatem Ghoula, Tunisia 1:28:35 2. Moussa Aouanouk, Algeria 1:29:40 **Pan Arab Women's 10 Km, same place**-1. Bohiya Bo Saad, Algeria 53:40 2. Dina Hassan, Algeria 53:57 **20 Km, Italy, Sept. 12-1.** Gisella Orsini 1:36:19 2. Elisa Rigauda 1:36:33 3. Elisabetta Perrone 1:37:03 4. Emanueala Perilli 1:38:03 5. Cristiana Pellino 1:39:00 6. Tatyana Gabellone 1:41:08 (17 finishers) **Men's 20 Km, same place**-1. Marco Giungi 1:24:39 2. Marco DeLuca 1:26:14 3. Diego Cafagno 1:27:30 4. Lorenzo Civallero 1:27:55 5. Alessandro Mistretta 1:28:12 6. Jean Jaques Nkouloukidi 1:29:52 7. Dario Privitera 1:29:57 8. Gianpiero Palumbo 1:30:05 9. Andrea Manfredini 1:30:41 10. Pasquale Sabino 1:30:58 (31 finishers, 18 under 1:35) **17 and Under 10 Km, Italy, Sept. 25-1.** Matteo Guippone 44:51 2. Donato Pierri 45:58 3. Arber Prifti 46:19 4. Marco Zucchini 48:07 5. Maruzio Mattei 48:53 6. Francesco Ciappa 48:54 (10 under 50:00, 20 finishers, 2 Dqs) **Women's 17 and under 5 Km, same place**-1. Sabrina Trevisan 24:19 2. Noemi Reginato 24:48 3. Marta Santoro 26:00 (30 finishers, 24 under 30:00)

Pitter, Patter On Happy Feet At These Venues

Sat. Nov. 6 10 Km, Roswell, N.M. (N)
 Sun. Nov. 7 5 Km, Kentfield, Cal. (P)
 5 Km, Clarksburg, Cal., 9:30 am (E)
 Sat. Nov. 13 2.8 Miles, Seattle, 9a m (C)
 Sun. Nov. 14 National Masters 20 Km, Clermont, FL. (Q)
 1 Hour, Red Bank, N.J., 10 am (A)
 Ann. Grand Prix #1, New York City (G)
 5 Mile, Denver, 9 am (H)
 Sat. Nov. 20 5 Km, Brighton, Col., 8:30 am (H)
 Sun. Nov. 21 1 Hour, Red Bank, N.J., 10 am (A)
 Thur. Nov. 25 4 Mile, Denver, 10 am (H)
 Sun. Nov. 28 Ann. Grand Prix #2, New York City (G)
 Sat. Dec. 4 10 Km, Roswell, N.M. (N)
 5 Km, Ft. Collins, Col., 9 am (H)
 Sun. Dec. 5 Ann. Grand Prix \$5, New York City (G)
 Fri. Dec. 10 1 Mile, Pharr, Texas (T)
 Sat. Dec. 11 South Region 5 Km, Pharr, Texas, 8 am (T)
 1 Hour, Red Bank, N.J. (A)
 2.8 Miles, Seattle, 9 am (A)

Sun. Dec. 12 5 Km, Denver, 10 am (H)
 Sun. Dec. 19 5 Km, Denver, 9 am (H)
 Sun. Dec. 26 Polar Bear 10 Mile, Asbury Park, N.J., 10 am (A)
 5 Km, Denver area, 10 am (H)
 Sun. Jan. 2 Marathon and Half-Marathon, Mobile, Ala., 7:30 am (J)
 Sun, Jan. 9 5, 20, and 50 Km, Houston ((S)

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 G--Stella Cashman, 320 East 83rd St., New York, NY 10028
 H--Bob Carlson, 2261 Glencoe St., Denver CO 80207
 J--L'Arche Mobile Foundation, 151 South Ann Street, Mobile, AL 36604
 K--Columbia Track Club, PO Box 1872, Columbia, MO 65205
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FROM HEEL TO TOE

Upcoming International Dates. 2005 World Youth Championships (17 and under)--Marrakech, Morocco, July 13-17 (Qualifying standards: Men's 10 Km--48:40 Women's 5 Km--25:25) 2005 World T&F Championships--Helsinki, Finland, Aug. 6-14, Women's 20 Km, Men's 20 and 50 Km. 2005 IAAF Racewalking Challenge dates and sites: March 19-20--Tijuana, Mexico; April 2--Rio Maior, Portugal; April 23--Kunshan, China; May 1--Sesto San Giovanni, Italy; June 4--La Coruna, Spain. 2006 IAAF World Racewalking Cup--La Coruna, Spain, May 13-14. 2007 World T&F Championships--Osaka, Japan, Aug. 24-Sept. 2. . . **Paarlauf Relay.** In the Race Walk Notes that Roger Burrows send to Canada's racewalking committee, Roger Burrows some ways to spice up winter training. One of these

is a paarlauf relay, which he describes as follows: Two people on a team, 200 meter legs. The start and finished marked exactly halfway down the straight of an outdoor track. On a 200 meter indoor track, any point can be used. Walkers alternate 200 meter repetitions until each person has done 15 for a total of 6000 meters. Outdoors, the recovery is to get across the infield to the opposite side of the track while your partner does his/her 200 meters. Indoors, each walker just stays in place while the partner does the lap. Either way, the event will get your attention! The "world record" is held by a remarkably stacked Edmonton team of Tim Berrett and Holly Gerke on June 17, 1998. Both were at the top of their international game at the time, and would come 2nd and 4th, respectively, at the Commonwealth Games a few weeks later. Their 6000 meter time was a stunning 23:04.6 (3:51 per kilometer. Poor Holly had perhaps the toughest time, since she was averaging 48, with her partner giving her only 44 seconds recovery at most! *(Ed. Of course, poor Tim had only 48 seconds to recover from his 44s, which isn't that much different. And, not to belittle a tough workout, but there are those individuals who have averaged nearly 3:51 per kilometer for 20 Km without benefit of any intervals! Dare we imagine what an Italian team of Brugnetti and Elisa Rigaud, or a Spanish team of Francisco Fernandez and Maria Vasco, or even a brother-sister team of Robert and Sylvia Korzeniowski might do to that record. But, that's another story, and I shouldn't have disrupted Roger's narrative.)* Second best performance was around the same time in Calgary by Janice McCaffrey and an imaginary friend. Janice's training partner did not show up (or chickened out!), and so Janice truned each of her 200s, and took exactly the same time to hustle back across the track. The "team's" time was 24:34, a little under 50 for each 200. The idea for The Natinal Paarlauf Relay originally came in 1998 from the National Distance Centre in Victoria. At the same time, Tim Berrett rightly pointed out that, for walkers, the word "paarlauf" (German for "pair running") is not appropriate. So, welcome back the Paargehen! *(Ed. Of course, the general idea goes back to the late '60s when the staging of two-person 10 mile relays became a fad in the running world. In these, two runners alternated quarter miles—20 each—to cover 10 miles. The Ohio Racewalker adopted the idea and sponsored a national postal 2-man 10 mile racewalking relay for a couple of years. The 1969 event was won by the team of Tom Dooley and Goetz Klopfer in 64:49.8, a time that would put them in the chase pack of a world-class 20 Km race today. Tom averaged 1:36.7 and Goetz 1:37.7. On another day, Goetz teamed with Bill Ranney to get second in 57:07.2, ahead of Gary Westerfield-Gerry Bocci (69:07) and Jack Blackburn and Jack Blackburn (69:33). The latter two teams raced together on the Worthington, Ohio H.S. track.)* . . . **New Balance.** Dave McGovern reports: Looks like New Balance is serious about the new 111 racewalking shoes. Last word was that is was going to be out in January, and they've already sent prototypes to wear-testers. They're SWEET! Pretty much the same upper as the 111 (so the toe-box might be a little narrow for some, compared to the old 100), but the midsole and outsole have been retooled. It's a much cooler looking shoe (no telling what colors the final version will be, but it's a nice light green, baby blue, and white number). I think we're going to like it! . . . **Splits.** Here are 10 Km splits for leaders in the National 40 Km race reported last month: Tim Seaman—48:33, 1:37:44, 2:26:51, 3:20:19 Curt Clausen—48:33, 1:41:10, 2:38:16, 3:32:25. John Soucheck— 55:27, 1:50:53, 2:45:57, 3:40:25. Theron Kissinger—52:02, 1:45:50, 2:40:49, 3:41:09. . . **Collegiate opportunity.** Coach Scott Simmons reports that a track and field program is being initiated at Virginia Intermont College in Bristol, Virginia and that they are offering scholarships to a few talented male and female walkers. Any interested walkers can send an e-mail of interest including contact information and best performances to Scott at scottsimmons@vic.edu. You can check out the college at www.vic.edu. , **Errata.** Probably not the only mistake in the issue, but I

happened to notice that in the Olympic 20 Km results in the August issue I had Aigars Fadejevs representing Lithuania, rather than Latvia. I did, however, show him correctly as a Latvian in the 50 km results. Apologies to Aigars and Latvia.

Brugnetti Makes It Five For Italy

(IAAF News Release, October 7, by Diego Sampaolo)

Olympic 20 Km Racewalking champion Ivano Brugnetti lived up to a glorious tradition in Athens when he became the fifth Italian walker to win an Olympic crown, following on from Ugo Frigerio (3 km and 10 Km in Antwerp 1920 and 10 Km in Paris 1924), Guiseppe Dordoni (50 Km in Helsinki, 1952), Abdon Pamich (50 Km in Tokoy, 1964), and Maurizio Damilano (20 Km in Moscow, 1980).

Unexpected World 50 Km and then a battle of confidence

The 28-year-old Brugnetti came to the fore in August 1999 when he unexpectedly won a silver medal at the World Championship 50 in Seville at the age of 22. (Two years later that was elevated to a World Championship after the disqualification of the Russian German Skurygin for a doping offence.)

Four troubled years followed Brugnetti's triumph in Seville. He was forced to drop out of the Sydney Olympics, and never even made it to the start line for the 2001 World Championships in Edmonton, the 2002 European Championships in Munich, or last year's World Championships in Paris, which he watched on TV.

"During those very difficult years I never gave up, thanks to the help of my parents. I have always believed in myself because I have always trained very hard and with determination. I knew that this work would pay off one day," said Brugnetti. "It was a mental problem rather than a technical one. Despite good training sessions, I struggled to reproduce this form during competitions. I was losing confidence after so many disappointments."

The switch to 20 Km was the key

The turnaround came last winter when Brugnetti and his coach Antonio LaTorre decided to focus on the 20 Km race rather than the 50. "My preparation for the longer distance gave me the base to restart after so many disappointments. I needed to increase my speed to race the 20. The first sign that this decision was reaping fruit came in December when I won the 10 Km at the World Military Games in Palermo in 39:36 without any specific preparation for that event."

"I enjoyed a good winter spending a long period at altitude in Albuquerque, New Mexico. After my third place in the opening leg of the IAAF Walking Challenge in Tijuana behind Jefferson Perez and Robeert Korzeniowski in my former personal best of 1:19:43, I was aware that something was changing in my career."

Italian 10 Km record gave pre-Athens boost

An Italian record over the 10 Km distance (38:23.5) set during a competitive test in Saluzzo shortly before flying to the Greek capital raised Italian Hopes that Brugnetti could

fight for a medal in Athens. The big day for Italian athletics fans came on August 20 when Brugnetti launched his decisive kick in the last kilometer after an epic battle with the Spaniard Francisco Fernandez and the Australian Nathan Deakes, who respectively won the silver and the bronze medals.

Brugnetti crossed the finish line in 1:19:40, a new personal best. "It is a dream which came true. I hoped to win a medal. I was in great shape but I did not think that this would have been enough for the gold."

The race kept about four-and-half million spectators glued to the television, a remarkable figure, which shows the enormous success of athletics in Italy when national heroes win Olympic and World medals. Brugnetti's face appeared on the front page of many Italian popular newspapers the following day, a tribute generally paid only to football stars. So many celebrations followed his glorious day in Athens, and he has become a national celebrity after receiving many invitations from Italian television programs.

Honored by Italian President

Brugnetti received special recognition from the President of the Italian Republic Carlo Azeglio Ciampi during a ceremony held in Rome on September 27 to celebrate the Italian heroes from all Olympic sports who had won 32 medals in Athens. This day of celebrations for Italy's Olympic heroes continued with a parade through the streets of the Italian capital on a double-decker bus.

Brugnetti has also become a model for many children. He and the Polish star Robert Korzeniowski met a group of school children in Piacenza on the eve of the Pino Dordoni International, the traditional annual walking event that commemorated the 50 Km Olympic legend who died in 1998. The four-time Olympic champion Korzeniowski officially ended his glorious career in Piacenza with a significant win over the 10 Km distance in 39:36. Brugnetti also took part at the Sport Exhibition in Vigevano where 5000 children had the chance to meet him.

"It is nice to be recognized by the children as an example. I think that these meetings are important to attract many children towards our fascinating sport and raise its popularity among the younger generation.

In the beginning. . .

Ivano Brugnetti was born in Milan on September 1, 1976 and lives in Bresso on the outskirts of the big northern Italian city. He followed the example of his older brother Luigi, who was also a racewalker. "I began walking when I was 8. My brother was coached by Antonio La Torre. One evening, I went to training session with my brother and La Torre invited me try this discipline. I liked it and this was the beginning of my career."

Brugnetti began walking with the local club Geas Sesto Giovanni before spending some years as a junior with the Atletica Riccardi, one of the most popular athletic teams in Milan. In those years, he won his first national junior titles and took part at the 1995 European Junior Championships. Then he joined the strong military squad Fiamme Gialle 9 years ago.

He has always been coached by Professor La Torre, a former metal worker and trade union representative from Sesto San Giovanni, who now teaches Physical Education at Milan University. "Antonio is like a second father for me. He has been my coach for 20 years. Our

relationship is not always easy. Sometimes, we have some quarrels. However, they have to be seen in a positive way because they help us understand our mistakes and achieve our goals."

Local tradition and support

Sesto San Giovanni, an industrial town near Milan, is well known among racewalking enthusiasts for the Coppa Citta di Sesto, the Italian leg of the IAAF Racewalking Challenge. This race, which has been held every year on May 1 for 48 years, is a very popular among the local community and receives strong support from local institutions. The competition starts and ends in the Pino Dordoni Stadium, where Brugnetti and his training partner, Alessandro Gandellini, train every day.

"I live in Bresso, but I train in Sesto. Last weekend, Sesto honored my gold medal with a special party to which the Mayors of Bresso and Sesto San Giovanni were invited. Both claimed to be the Mayor of the town where the Olympic Champion Ivano Brugnetti lives and trains!", said a proud Brugnetti.

Sesto, the traditional Italian racewalking cradle, has always represented an ideal environment for walking events. Before Brugnetti and Gandellini this town produced some other good specialists like the former Olympic finalists Raffaello Ducceschi and Giuseppe De Gaetano, and the 2002 European eighth placer Francesco Galdenzi who were also coached by La Torre.

Training partner for almost 20 years

Another factor that has contributed to the rise of Brugnetti to the top is his close relationship with his training partner, Gandellini, an international walker who won the Coppa Citta di Sesto ahead of Brugnetti this year, and was an Olympian himself in the 20 Km in Athens. "We have been training together for almost 20 years. We are close friends and work as in a team. This has helped us overcome the most difficult years of our careers", concluded Brugnetti.

Brugnetti is determined to continue his path of glory. On November 1, he will start the preparation for next summer's IAAF World Championships in Helsinki, where he will line-up in the 20 Km race.

Korzeniowski—A Walking Legend

(IAAF news release, Octo. 20 by Tim Watt)

"My life as an athlete has come to an end and that capped it. I am fulfilled," announced Robert Korzeniowski after cementing his legendary status by winning his third straight Olympic 50 Km racewalking gold medal at Athens. Korzeniowski didn't rest on his laurels though; there was the final league 5000 meter track race for his AWF Krakow club two weeks later.

On Sept. 26, he walked another sub-40 minute 10 Km for victory at the 6th Pino Dordoni International at Piacenza, Italy and this was a fitting occasion for the four-time Olympic champion to end a 20-year odyssey. Korzeniowski now has a completely new career ahead.

Back to the beginning

Racewalking was popular in the part of southeast Poland where Korzeniowski grew up. However, for the 13-year-old Bruce Lee fan who wanted to take part in a sport after a bout of rheumatic illness, judo was the first choice.

Unfortunately, during the state of emergency the authorities weren't happy with boys learning to fight, so the school gym was shut down. So Korzeniowski joined the school track and field team, at first to run. In January 1984, he was invited to take part in his first racewalk, taking third to qualify for the Polish championships. There he came last but resolved to do better—and the next year he won! Steady progress followed and a breakthrough came in finishing fourth in the 20 Km at the 1990 European Championships in Split. This convinced him to become a full-time athlete, but top level success eluded him and, furthermore, he faced the indignity of disqualifications in the 1992 Olympics and in the 1993 World Championships. "I had a big beginning, but I was naive—I had no knowledge and was arrogant," he admitted. "My training was haphazard and I was often over-trained and injured."

A realization came after these disappointments, however, and with his coach, Krzysztof Kisiel, Korzeniowski worked on technique and a new attitude. "I learned to take on broad criticism. Another important thing for me was moving to France. I also read up on the theories of training and learned to be patient."

This new self-awareness was rewarded as Korzeniowski claimed the bronze medal at the 1995 IAAF World Championships 50 Km. From then on, he won all but one World, Olympic, and European Championship race at the distance over the next decade.

Supervising the field

Unusually for a 50 Km specialist, Korzeniowski has the speed to compete with the best at 20 Km—providing an important psychological edge over his rivals over the longer distance. Korzeniowski dominated the event like no one before—he would, as he said, "supervise" races at his pace. The foundation of this confidence was thorough preparation. Indeed, he once chided an underperforming fellow competitor by saying "for the well prepared athlete, there is no such thing as an off day."

The high point in his career came at the Sydney Olympics, in becoming the first walker ever to sweep the 20 and 50 Km races, and the first to defend a 50 Km title. A measure of his consistency is his 15 consecutive Polish 20 Km titles. He also won the inaugural IAAF World Racewalking Challenge in 2003—a global series of races—a title he retained this year.

Athens—the final act

Having been pushed to a World record to win in the World Championship 50 Km last year, and experiencing fierce heat, Robert decided to concentrate on the 50 Km event in Athens. In the event, his younger rivals failed to match his pace and he achieved his biggest winning margin in a major championship race.

Such is Robert Korzeniowski's profile in Poland that from the beginning of November, he is to take up the post of head of sport for State Television station TVP. He has said he would like to launch a sports channel. He's also promised to continue promoting

walking and athletics. Whatever direction he takes, you can be sure he will be planning a route towards success.

(To further define the man, the following is excerpted from an IAAF release last April prepared by Ireland's Perice O'Callaghan. We begin with Korzeniowski's own words.)

"When I was serving my apprenticeship on the World stage, there were not many other world class walkers in Poland and I learned from people like Maurizio Damilano and Josef Pribilinic. (Olympic 20 Km gold medalists from Italy and Czechoslovakia.) Now that I am retiring, I am very conscious of the need for me to have world-class successors in Poland, so at the moment, I am coaching Benjamin Kucinski (European under-23 champion) as well as my sister, Sylvia, who qualified for the Athens 20 Km a few weeks ago. On top of this, I am also running for the IOC athletes commission in Athens so I certainly won't be getting bored before or after my race!", he adds with a smile.

Fluent in five languages, he is already a member of the Athletes Commission of the European Olympic Committee as well as recently being appointed the Polish Ambassador to the European Union for the European Year of Education through Sport.

"I have a number of ideas and proposals I would like to put in place," he says quite frankly. "Throughout my 20 years of competing at a world class level, I have seen first hand the issues facing elite athletes, such as combining studies with training during their career, and then when their careers are over, the struggle to get their experiences in sport accounted for when looking for a job"

"I have been working for some time on "An Olympic Charter of Education" which will work closely with education leaders across the world and make them aware of the needs of Olympic athletes so that flexibility, understanding, and adaptability will become commonplace for Olympians across the world throughout their studies."

While competing at the highest level over the past 15 years, Korzeniowski has promoted a European Grand Prix event in Krakow, as well as owning his own line of sports gear, called, unsurprisingly, "Walker by RK".

(The most recent IAAF release provided the following summary of Korzeniowski's amazing career at the highest levels of racewalking.)

Championship Record

Olympic Games

1992 20km - DNF, 50km - DQ
1996 20km - 8, 50km - 1
2000 20km - 1, 50km - 1
2004 50km - 1

IAAF World Championships

1991 20km - 10, 50km - DNF
1993 50km - DQ
1995 50km - 3
1997 50km - 1
1999 50km - DQ
2001 50km - 1
2003 50km - 1

EAA European Championships

1990 20km - 4
1994 20km - DQ 50km - 5
1998 50km - 1
2002 50km - 1

IAAF World Cups

1989 20km - 40
1991 20km - 7
1993 20km - 4
1995 20km - 9
1999 20km - 4
2004 20km - 2

EAA European Cup

1996 20km - 1
1998 20km - 2
2000 20km - 1

World University Games

1991 20km - 1
1993 20km - 1

European Junior Championship

1987 10km - DQ

World Indoor Championship

Racing record and Progression

Year	Races	Wins	Best 20 Km	Best 50 Km
1984	6	0	51:04 (10 Km)	
1985	10	2	46:44 (10 Km)	
1986	12	10	1:32:33	
1987	9	4	1:29:40	
1988	12	4	1:26:04	
1989	11	4	1:23:19	
1990	15	9	1:19:32	
1991	14	6	1:21:19	
1992	16	12	1:19:14	3:46:42
1993	18	12	1:20:55	3:44:24
1994	15	9	1:20:55	3:45:57
1995	13	9	1:20:52	3:45:57
1996	13	9	1:20:51	3:42:40
1997	12	10	1:19:43	3:44:46
1998	14	11	1:19:36	3:43:51
1999	15	10	1:18:39	
2000	14	12	1:20:31	3:41:50
2001	15	11	1:20:31	3:42:08
2002	14	9	1:19:40	3:36:39
2003	16	11	1:19:11	3:36:03
2004	17	12	1:19:02	3:38:46

Received the following poignant letter from Chuck Newell, Ohio 1C teammate many years ago, who returned from about a 30-year hiatus from our sport to enter the world of ultra-distance walking a few years back.

Roger LeMoine: The Finish Line Has Been Crossed

Having heard nothing from Roger for quite a while, and after my e-mails bounced back, I e-mailed Tim Erickson in Australia and received the sad news that Roger LeMoine had passed away in his home country of England. Going through a battle with cancer of the liver, he suffered a reaction to his second round of chemotherapy and died from a heart attack.

Roger had earned the Centurion number in England, having walked 100 miles in less than 24 hours, and was a Centurion on the Continent and in 1998 became a Centurion in Australia.

I first met Roger in Golden, Colorado for the 1998 Centurion race. I stumbled upon him in the dark admiring a chain link fence unable to get up. I tried to assist him, but he insisted he was alright. He ended up being taken to the hospital with hypothermia. Not to be held back from having a good time, he was back at the course the next morning cheering everyone on. During the last couple of hours, as I was suffering from an inability to walk upright, he was among a couple of entrants who walked with me so I had something to hold on to keep from falling. At the finish, he had an office chair waiting to wheel me around.

In 2001, my family traveled to England for the Hedgethorne 100-mile race at Colchester. On this trip, Roger was a great help in learning the things necessary to surviving in England. How to drive, where the stop signs are, and how to take a shower without a wash cloth. (Start at the face and your work your way down.) (*Ed. Gee, I've always taken showers without wash cloths and never realized it was a special skill.*) Roger also introduced me to the Whittard Tea Shop, where I bought 20 packages of various kinds of tea. We enjoyed a

most memorable dinner with him and Klaus Thiedmann before the race as he shared his many walking experiences with us.

It was during the race that Roger was the most helpful. While I was throwing up something that I did not recognize, my son Seth started over to see if I was alright. Roger placed a hand on his shoulder and told him, "No, its alright Seth, there are times when a man just wants to be alone."

After his retirement in 1998, he threw himself into many walking projects, including the British Centurion web page. Roger was diagnosed with cancer in 2002 and, after surgery, seemed to be on the road to a full recovery. Unfortunately, his condition worsened early this year and his final finish line was crossed Thursday morning, April 22. He will be remembered by the many friends that he made in many countries for his contribution to the brotherhood of ultra-distance walking. I will miss his delightful perspective on the world of walking.

LOOKING BACK

1959. There was no racewalking publication we know of in 1959, but just to add something new to this feature, here is a complete rundown of the National title races for that year.

Indoor 1 Mile, New York City, Feb. 21--1. John Humcke, NYAC 6:42.2 2. Jack Blackburn, Ohio TC 3. Ron Laird, NY Pioneer Club 4. Bruce MacDonald, NYAC

10 Km, Staten Island, N.Y., May 3--1. Bruce MacDonald, NY Pioneer Club 49:42 2. Bill Omeltchenko, NY Pioneer Club 49:54 3. Jack Blackburn, Ohio TC 50:31 4. John Humcke, NYAC 50:41 5. Alex Oakley, Canada 51:05 6. Fred Timcoe, NY Pioneer Club 51:07

Teams: 1. N.Y. Pioneer Club 6 2. Penn AC 15

30 Km, Los Angeles, May 17--1. Ferenc Sipos, Santa Clara YV 2:46:20 2. Leo Sjogren, Finnish-American AC 2:53:40 3. Jim Sebio, SC Striders 3:06:21 4. Doug Klann, Culver City AC 3:12:52 5. Risto Junovne, Finnish-American AC 3:22:08 6. Don Jacobs, Oregon 3:25:27

Teams: 1. Finnish-American AC 6

20 Km, Baltimore, June 6--1. Rudy Haluza, NY Pioneer Club 1:32:36 2. Fred Timcoe, NY Pioneer Club 1:33:31 3. Elliott Denman, NY Pioneer Club 1:34:57 4. Jack Blackburn, Ohio TC 1:35:20 5. Alex Oakley, Canada 1:35:45 6. Bill Omeltchenko, NY Pioneer Club 1:36:59 Teams: 1. N.Y. Pioneer Club 6 2. Ohio TC 21

3 Km, Boulder, Col., June 19--1. Elliott Denman, NY Pioneer Club 13:52.2 2. John Humcke, NYAC 14:06.7 3. Rudy Haluza, NY Pioneer Club 14:17.5 4. Bruce MacDonald, NYAC 14:31.1 5. Ron Kulik, Montclair State Col. 15:32.6 6. Wayne Yarcho, Dayton AC 15:33.5

50 Km, Pittsburgh, July 5--1. Elliott Denman, NY Pioneer Club 5:07:47 2. Bob Mimm, Penn AC 5:25:27 3. Lou Neishloss, Penn AC 5:26:32 4. John Wall, Baltimore Cross Country Club 5:30:45 5. Eric Waite, Penn AC 5:33:04 6. Bill Grandy, Canada 5:36:00 Teams: 1. Penn AC 6

35 Km, Seattle, July 25--1. Ferenc Sipos, Santa Clara YV 3:12:45 2. Rudy Haluza, NY Pioneer Club 3:33:08 3. Leo Sjogren, Finnish-American AC 3:34:25 4. Bob Hendrickson, Seattle OC 4:02:17 5. James Kiefer, Washington

25 Km, Chicago, Aug. 30--1. Rudy Haluza, NY Pioneer Club 2:14:04 2. Ron Laird, NY Pioneer Club 2:18:27 3. Jack Blackburn, Ohio TC 2:22:25 4. Valdemar Grandy, Canada 2:24:18 5. Bruce MacDonald, NY Pioneer Club 2:28:17 6. Elliott Denman, NY Pioneer Club 2:31:13 Teams: 1. N.Y. Pioneer Club 7

15 Km, Atlantic City, Oct. 4--1. Bruce MacDonald, NY Pioneer Club 1:19:51 2. Ron Laird, NY Pioneer Club 1:21:12 3. Bill Omeltchenko, NYPC 1:23:10 4. Bob

Mimm, Penn AC 1:23:43 5. John Wall, Baltimore Cross Country Club 1:24:23 6. Carl Kurr, Penn AC 1:24:27 Teams: 1. N.Y. Pioneer Club 6 Penn AC 19

40 Km, Asbury Park, N.J., Oct. 18--1. Ron Laird, NY Pioneer Club 3:53:23 2. Jack Blackburn, Ohio TC 4:02:44 3. Carl Kurr, Penn AC 4:03:15 4. Elliott Denman, NY Pioneer Club 4:04:07 5. Bruce MacDonald, NYAC 4:06:40 6. Bob Mimm, Penn AC 4:08:09 Tams: 1. N.Y. Pioneer Club 2. Penn AC

U.S. vs. USSR, Philadelphia, July 18--1. Vladimir Golubnichiy, USSR 1:38:20.2 2. Anatoliy Vedyakov, USSR 1:39:38.4 3. Rudy Haluza, US 1:41:47.8 4. Fred Timcoe, US 1:54:01.2

35 Years Ago (From the October 1969 ORW--A U.S. team of Bill Ranney, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westerfield took fourth behind Italy, London, and Sweden in the annual Airolo-Chiasso road relay in Switzerland. . . Laird won National titles at both 1 Hour (8 miles 20 yards) and 30 Km (2:29:23). In the 1 Hour race, Larry Walker was nearly a quarter mile behind in second and John Kelly finished third. At 30, Tom Dooley gave Laird a good tussle and finished in 2:30:08, with John Knifton, Ron Daniel, and Gerry Bocci following well behind. . . East German ace Christoph Hohne, the Olympic gold medalist in 1968, bettered the World Record at 50 Km (track) with 4:08:05. . . On the local scene, your already aging editor (then 34) won a 2 mile in 14:49 and a struggling 20 Km in 1:43:14.

30 Years Ago (From the October 1974 ORW)--Led by Bob Henderson and Augie Hirt, the U.S. won a dual meet from Canada in Montreal. Bob won the 20 in 1:34:32. Augie beat Tom Knatt in the 50 with a 4:40:15. Tom was 2 minutes back, well clear of Canada's Pat Farrelly. . . Larry Young captured the National 30 Km title in 2:30:06, with Hirt second and Mexico's Domingo Colin third. . . That was in Columbia, Missouri, where on the same day, Ruth Eberle won the women's National 10 Km in 57:30. . . Also in Columbia, the annual 100 miler saw a record five finishers, with Bob Chapin winning in 20:09:20. Chuck Hunter, Larry O'Neill, Dave Leuthold, and Leonard Busen followed. . . John Knifton turned in a "knifty" 1:31:20 for 20 Km on the track in Pine Plains, N.Y.

25 Years Ago (From the October 1979 ORW)--This time Canada, led by Mike Stones and Helmut Boeck, prevailed over the U.S. The meet was held in Niagara Falls, N.Y. Stones won the 15 Km race in 1:10:41, just 5 seconds ahead of Dennis Reilly, who was followed by U.S. teammates Ron Daniel and Al Halbur. Boeck (2:33:17) and Pat Farrelly (2:34:47) were one-two at 30 Km, giving Canada a one-point win for the two races. Alan Price, Ray Somers, and Wayne Glusker took the next three spots for the U.S. . . Two weeks earlier, Price had defended his 100-mile title in Columbia, Mo., winning in 19:52:15. Seven others, led by Bob Chapin and Leonard Busen, finished the race. . . Dan O'Connor won the National 30 Km in Detroit with a 2:22:43. Steve Pecinovsky was 5 seconds back.

20 Years Ago (From the October 1984 ORW)--Carl Schueler, following his Olympic sixth-place finish, recorded one of the most one-sided victories in U.S. National Racewalking title annals by winning the National 40 Km in Fort Monmouth, N.J. Carl had an excellent 3:13:57. Second-place Ray Funkhouser finished in 3:39:21, followed by Nick Bdera, Fabian Knizacky, and Randy Mimm. . . Once again, Alan Price won the National 100 miler in Columbia, recapturing the record for the event with 18:46:13. That was better than 2 minutes under Paul Hendrick's mark from 1980. It marked Alan's 15th 100 miler. (Note, however, that Larry Young walked 18:07:12 in his only attempt at the distance in 1971, the year it was driven

indoors to a 220-yard track by torrential rains that had flooded the outdoor track. It's probably a greater feat than had he done it outdoors, but a record must come on a 440-yard or 400-meter track. Probably out of boredom and wanting to get finished, Larry walked each of his last 2 miles in under 8 minutes). Bob Keating (21:42:55) and Bruce Etherton were the only other finishers. . . Canada's Guillaume Leblanc won the Alongi 20 Km in Dearborn, Mich. In 1:26:37, followed by Mexico's James Lopez and Italy's Sergio Spagnulo.

15 Years Ago (From the October 1989 ORW)--In brutal weather conditions--high humidity and a temperature that climbed past 90 during the race--Dave McGovern, protesting that he was not a 40 Km walker, won the National title at that distance. His winning time of 3:53:34 reflected the conditions, which favored tough old guys, with the next five finishers having passed age 40. Nick Bdera and Alan Price finished second and third. . . Tim Lewis recorded an impressive win in the Alongis 20 with a U.S. road record of 1:22:17. Going through the first 10 in 40:51, he easily dropped Italy's Sergio Spagnulo, who finished second in 1:23:39. The next four spots went to Zbigniew Sadlej, Poland; Victor Sanchez, Mexico; Carl Schueler, and Gary Morgan. Italy's Ielana Salvador won the women's 5 Km in 21:52, beating Monica Gunnarsson, Sweden; Alison Baker, Canada; and Debbi Lawrence. . . Gary Morgan covered 25,710 meters to win the National 2 Hour in Cambridge, Mass. He led Jeff Salvage by 455 meters. McGovern was third with 24,455. The women's 1 Hour went to Lizzy Kemp, who covered 10,899 meters to beat Susan Westerfield by 256 meters. . . And, Alan Price was still on top at 100 miles. He won the Columbia race in 19:54:11, leaving Dale Sutton more than 27 minutes behind. Ray Franks, Dave Thorpe, and Veda Robidaux also finished the distance.

10 Years Ago (From the October 1994 ORW)--In once of the classier fields in recent years, Dave McGovern won another National 40 at Fort Monmouth, considerably faster this time with 3:28:02. Ian Whatley was second in 3:30:14 and Dan O'Connor, leading at 20 Km in about 1:45, faded to 3:39:52 and third place. In fourth was Curt Clausen in 3:43:19. . . A week later, Jonathan Matthews beat McGovern in the National 5 Km, going 20:12 to Dave's 20:35. Allen James was third in 20:54 and Gary Morgan fourth. . . Another week later, Mexico won the Pan-Am Cup in Atlanta. Bernardo Segura (1:24:15) and Daniel Garcia (1:24:23) were one-two, ahead of Ecuador's Olympic champ to be, Jefferson Perez (1:24:24). Matthews was the first U.S. walker in 12th (1:28:04) and James had 1:30:01 in 14th. Mexico took the first five places at 50, led by Carlos Mercenario (3:52:06), Miguel Rodriguez (3:52:06), and German Sanchez (4:03:07). Rob Cole was eighth in 4:31:10 for the U.S. The U.S. finished fifth at 20 and third at 50. The women's 10 Km went to Mexico's Graciela Mendoza (46:14) with Teresa Vaill second in 46:20. Mexico won the team title with the U.S. edging Canada for second. . . Then, yet another week later, the Alongi races went to Lyn Brubaker (46:59) and Mexico's Guillermo Rodriguez (1:24:17). The Mexicans were 1-2-3 with different people than had competed in Atlanta. Ian Whatley was fourth in 1:30:28. . . Finally, in the fifth straight week of high-class racing, Allen James won the National 2 Hour, covering 26,661 meters, a new American record. Marc Varsano (25,372), Carl Schueler (24,884), and Whatley (24,537) followed. Clausen, still searching for the secret that he soon found, was a distant fifth. Victoria Herazo won the women's 1 Hour, going 12,400 meters, 802 meters ahead of Gretchen Eastler. Joanne Dow started to show her promise in third (11,514).

5 Years Ago (From the October 1999 ORW)--National 5 Km titles went to Cheryl Rellinger (23:44) and Gary Morgan (22:01). Victoria Herazo and Donna Chamberlain followed Rellinger. In the men's race, Ian Whatley and Keith Luoma were second and third. . . A week later, Morgan added the 2 Hour title in Worcester, Mass, covering 25,033 meters, nearly 4 Km ahead of Dave McGovern. Gretchen Eastler-Fishman won the women's 1 Hour, going 12,313 meters with Rellinger second at 11.938. . . France's Denis Langlois turned in a 3:49:06 effort for 50 Km.