

Seaman, Armenta Capture 30 Km Titles

Sacramento, May 5--With no other national class walkers on hand to challenge, Tim Seaman and Susan Armenta were easy winners in the USATF National 30 Km races today. Actually, not so easy, as neither was completely healthy, but with no serious challenge they didn't need to worry about their wins, just dragging reluctant bodies through. And, actually, Seaman, fighting a nagging knee injury, was challenged a little--by Armenta. Well, she managed to pick up about 3 minutes on the final 2.5 km lap, but was still nearly 2 minutes back at the finish. And Tim could have mustered more speed had she really challenged.

Seaman's winning time of 2:37:05 was quite pedestrian for him, but still 4 1/2 minutes faster than 46-year-old Mark Green could manage in second. Seaman was 7 minutes ahead of Green by 10 Km, but made several stops to massage the knee from there to the finish. Dave Doherty came third, nearly 7 minutes behind Green. Armenta, meanwhile, walked a strong, even pace, faltering only slightly on the last 10 Km and undoubtedly had a U.S. women's best at the distance as she finished in 2:38:45. Her 5 km splits were 26:20, 26:16, 26:14, 26:02, 26:47, and 27:06. The general lack of interest in the race can be seen in the fact that there were only 11 finishers (men and women) and 9 of those were in the masters group. Results:
Men--1. Tim Seaman 2:37:05 2. Mark Green (46) 2:41:40 3. Dave Doherty 2:48:21 4. Stan Chraminski (54) 3:06:07 5. Chris Rael (42) 3:08:31 6. Bill Penner (55) 3:08:43 7. Paul Johnson (64) 3:21:57 8. Bernie Finch (62) 4:11:17 (2 DQs) Women--1. Susan Armenta 2:38:45 2. Nichole Goldman (43) 3:34:22 3. Darlene Backlund (56) 3:47:55
20 Km, same place--1. David Crabb (57) 1:56:05 2. Bob Novack (52) 2:01:03 3. Art Klein (49) 2:14:48 4. Daniel Coupel 2:19:50 Women--1. Margaret Ditchburn 1:54:04 2. Bev LaVeck (66) 2:12:22 (age record and age record of 1:37:58 at 15 km)

Parkside Shines at Penn Relays

Philadelphia, April 27--It was University of Wisconsin-Parkside day at the Penn Relays as athletes from the school won the Men's 10 Km, the Junior Men's 10 Km, the Women's 5 Km, and the Junior Women's 5 Km. Freshman Ben Shorey was the big star as he won the Men's Junior race in 43:20.60, beating his teammate Jim Heys by nearly 41 seconds. Heys won the open race, which was walked concurrently. Second in the open race and third overall was another Parksider, Matt DeWitt, coach Mike DeWitt's son. In the women's 5, Parkside's Amber Antonia was an impressive winner in 22:38.61, more than a minute-and-a-half ahead of Jolene Moore, representing the Parkside AC.

Third in the men's open race went to the "retired" Allen James, still able to break 45 minutes. In a high school matchup, Maine's Adam Staier beat New Jersey's Zachary Pollinger for second in the Junior race. Pollinger, still only 15, is certainly one to be watched. Certainly no U.S. walker has gone faster at that age. However, in trying to research that fact, we have found that Australian international Troy Sundstrom did 42:47 at age 15 back in 1996 and that an Aussie

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female, Michelle French, did 43:30 in 1997 at age 15. Perhaps even more impressive is the 38:46.4 by Russia's Victor Burayev at age 17 in 2000. He followed that with a third place finish in last year's World Championship 20 Km. So, there are certainly other worlds for Zach to conquer.

In the Junior Women's race, Parkside's Anne Favolise overcame the challenge of another 15-year-old high schooler, New York's Maria Michta to win in 24:16.02. A great turnout, a total of 54 starters, 21 of them in the junior 5 km, should ensure continuation of the event at the Penn Relays. Here are the results:

Men's Open 10 Km--1. Jim Heys, UW Parkside 44:01.31 2. Matt DeWitt, UWP 44:41.16 3. Allen James, Park RW 44:50 4. Jim Robinson Rio Grande U. 47:24 5. Mike Stanton, UWP 47:30 6. John Soucheck, Shore AC 51:09 7. Bobby Kemp, Lindsey Wilson, U. 53:53 (2 DQs) Jr. Men's 10 Km--1. Ben Shorey, UWP 43:20.60 2. Adam Staier, Maine RW 47:08 3. Zachary Pollinger, N.J. Striders 47:36 4. Mike Tarantino, un. 49:30.73 5. Joseph Trapani, Centerreach, N.Y. 51:27 6. Jon Chasse, Maine RW 52:18

Masters Men's 10 Km--1. Keith Luoma, Atlanta TC 47:52.30 2. Steve Pecinovsky, USAF 48:48 3. Cliff Mimm, Shore AC 49:26 4. Dave Lawrence, Niagara Walkers 50:21 5. Vince Peters, Miami Valley TC 53:40

Women's Open 5 Km--1. Amber Antonia, UWP 22:38.61 2. Jolene Moore, Parkside AC 24:12 3. Brooke Szody, Emory U. 24:45 4. Sam Cohen, Parkside AC 24:46 5. Amanda Bergeron, UWP 25:31 6. Pam Murkowski, UWP 26:09 7. Sarah Perry 26:38 8. Katie Rulapaugh, Miami Valley TC 27:27

Masters Women's 5 Km--1. Maryanne Torrellas, Conn. RW 25:00.55 2. Heide Hauch, World Class RW 26:14 3. Lee Chase, Conn. RW 26:29

Junior Women's 5 Km--1. Anne Favolise, UWP 24:16.02 2. Maria Michta, Walk USA 24:37 3. Robyn Stevens, UWP 25:05 4. Lauren Oliveri, Walk USA 26:08 5. Shannon Gillespie, Shore AC 26:16 6. Elizabeth Paxton, USD 26:25 7. Olga Beschastnikh, Park RW 26:40 8. Christine Tagliaferri, Penfield 26:45 9. Annie Nemeth, Oakland Cahtolic 27:01 10. Tina Peters, Miami Valley TC 27:11 11. Laura Richenderfer, Penfield 27:19 12. Jessi Scardina, UWP 27:22 13. Alice Tan, Park RW 27:28 14. Dana Bered, N.J. 27:45 15. Keelin Yenney Sterling TC 27:56 16. Allison Snochowski, N.J. 28:19 17. Latoya Henry, New Rochelle, N.Y. 29:12 18. Ashleigh Pisciotta, Cherokee 29:36 19. Andrea Foster, Penfield 30:45 20. Jennifer Koshy, New Rochelle 30:50 21. Victoria DellaAquila, Abilene Christian 31:05 (1 DQ)

And More Parkside

Kenosha, Wis., May 11--Back home for their own "UWP May Walks", the Parkside walkers continued to shine. Walking on a 2 Km loop, Jim Heys and Ben Shorey had outstanding 20 Km efforts and Amber Antonia and Robyn Stevens went under 50 minutes for 10 Km. Heys, the 21-year-old Canadian, in just his second 20 Km, turned in a 1:29:54. In second, Ben Shorey made his 20 Km debut and was not far short of the debut effort of another 19-year-old, Matt Boyles, which we reported last month. Shorey's 1:31:35 is the fastest-ever by a U.S. junior,

bettering Tim Seaman's 1:33:17, also in Kenosha 10 years ago. (Boyles' 1:30:27 does not qualify since he will be 20 before the year is out and is no longer considered a junior.) Shorey was on pace for about a 1:31 effort, but learned a little about the distance as he tossed a few cookies and needed more than 5 minutes for his final kilometer.

Antonia (49:29) and Stevens (49:35) were not completely fresh for their good 10 km efforts, having run in a Division II track meet on Friday evening. Steven was second in the 1500 meters. Antonia, who has been fighting a pinched nerve in her back, was content to pace Stevens to a personal best, while finishing about 3 minutes off her own best.

In the women's 20 Km, Jolene Moore, a 36-year-old mother of three, made an impressive debut with a 1:44:07. Moore was a 3000 meter runner for Michigan State in the mid '80s. She took up racewalking less than a year ago and has only about 5 months of serious training, but she managed a faster second half in today's race (52:30 and 51:37). Here are the results of all the UWP races.

Men's 20 Km: 1. Jim Heys, UWP 1:29:54 (22:05, 43:15, 1:06:44) 2. Ben Shorey, UWP 1:31:35 (22:37, 44:58, 1:07:23) 3. Steve Wuirke, UWP 1:35:49 4. Mike Stanton, UWP 1:36:29 5. Pablo Gomez, Parkside AC 1:41:39 6. Tim Nickel (19), UWP 1:43:07 7. Dave Doherty, Potomac Valley TC 1:43:51 9. Richard McGuire (54), Chicago Walkers 1:49:01 (T.C. DeWitt finished in 1:43:19, but was ruled out for having left the course at the 19 Km mark and not returning at the same point).

Women's 20 Km: 1. Jolene Moore, Parkside AC 1:44:07 (26:08, 52:30, 1:18:40) 2. Sam Cohen, PAC 1:47:49 3. Ali Bahr, PAC 1:47:55 4. Amanda Bergeron (19) 1:49:44 DNF--Gayle Johnson (53), un. 15 km and Heidi Hauch (42), Dave's WC 12 km

Men's 10 Km: 1. Lachlan McDonald, UWP 48:35 2. Eric Pasko, UWP 51:55 3. Mike DeWitt (51), PAC 52:55

Women's 10 Km: 1. Amber Antonia, UWP 49:29 2. Robyn Stevens (19), UWP 49:35 3. Anne Favolise (19), UWP 51:09 4. Jessi Scardina (19), UWP 55:41

5 Km: 1. Katie Rulapaugh, Cederville College 28:28 2. Ron Winkler (55), PAC 31:14

And UWP Once More

Olathe, Kansas, May 24--Wisconsin-Parkside domination was complete in the walks at the NAIA (National Association of Intercollegiate Athletics) track and field championships today. UWP athletes swept the first four spots in the women's 3 Km and the first five in the men's 5 km. Rio Grande's Matt Boyles made a game effort to break things up, edging UWP's Ben Shorey at the line after a race-long dual, but got his third red card as a result of his effort in the final stretch. The final card for a bent knee joined another bent knee card and a loss of contact card.

It was another very impressive race for Shorey who finished in 20:57.16, nearly 13 seconds ahead of his teammate Jim Heys. His time toppled another Tim Seaman U.S. junior record. Tim did 21:13.50 in 1991 while competing for UWP. However, he was well short of the meet record of 20:07 by yet another UWP athlete, Al Heppner.

In the women's 3 Km, Amber Antonia was in control throughout the race, beating Anne Favolise by nearly a minute in 13:27.46, well off Sara Stevenson's meet record of 12:39. The race was decided early with a 1:45 opening lap that opened a large gap on the field. Results:

Women's 3 Km: 1. Amber Antonia, UWP 13:27.46 2. Anne Favolise, UWP 14:26.64 3. Robyn Stevens, UWP 14:50.07 4. Amanda Bergeron, UWP 14:58 5. Heather George, Hastings 15:12 6. Jessi Scardina, WUP 15:23 7. Magda Spyra, Mary 15:48 8. Emma Carter, Baker 16:13 9. Kate Brooker, Simon Fraser 16:26 10. Beth Lewis, Central Methodist 16:54 11. Katie

Rulapaugh, Cedarville 16:55 12. Jane Hall, Graceland 17:36 13. Erin Goeden, Mount Marty 19:21 DQ--Kristin Barnett, Rio Grande
Men's 5 Km: 1. Ben Shorey, UWP 20:57.16 2. Jim Heys, UWP 21:09.97 3. Steve Wuirke, UWP 22:06.16 4. Mike Stanton, UWP 22:31 5. Matt DeWitt, UWP 22:39 6. Jim Robinson, Rio Grande 23:09 7. Alex Kangethe, Central Methodist 23:19 8. Gaio Soares, Berry 23:48 9. Tim Nickel, UWP 24:13 10. Spencer Finley, Taylor 25:30 11. Bobby Kemp, Lindsey Wilson 26:32 DQ--Matt Boyles, Rio Grande

World 20 Km Best Tops European Events

Racewalking in Europe is off to a fast start in the early season and Spain's Francisco Fernandez led things off with a stunning 20 Km race in Turku, Finland. Leaving Poland's double-2000 Olympic champion, Robert Korzeniowski, far behind, Fernandez stormed across the finish in 1:17:22, 24 seconds under the previous road best set by Guatemala's Julia Martinez in 1999 and matched by Russia's Roman Rasskazov in 2000.

The early stages of the race didn't promise such a fast time as a strong wind slowed the athletes on the opening two 1 Km laps, which the Spaniard and the Pole covered together in 7:52 (1:18:40 pace). However, they then moved onto a 1.5 km circuit where the wind was much calmer. When they reached 5 km in 19:28 the race was on. But not for long. Fernandez made a break at 8 Km and quickly left the Olympic champion behind. Covering the second 5 in 19:08, he passed 10 km in 38:34, 33 seconds clear of Korzeniowski. Never fading, Fernandez hit 15 Km in 57:47 (19:13) and closed with a 19:35. The 15 km time exactly matched Bernardo Segura's time at that point when he set the track 20 km record of 1:17:25.6 in 1994. Korzeniowski finished in 1:19:40 and was satisfied on a day on which he only looked to go under 1:20.

The 25-year-old Fernandez was seventh in the 2000 Olympics and fourth in last year's Euro Cup race, with a previous best of 1:18:56. He ranked number four in the world in 1998, when he won the Euro Cup, number seven in 2000, and number six last year.

The annual Naumburg, Germany races saw many fine performances as Spain's Juan Molina won the 20 in 1:20:18, Ireland's Gillian O'Sullivan the women's 20 in 1:31:16, and Germany's Andreas Erm the 50 in 3:45:28. In the 20, John Nunn walked a super race, bettering his personal best by about 2 1/2 minutes with a 1:24:49 as he finished tied for eighth. The effort moves him to sixth on the U.S. All-Time list behind Tim Lewis, Curt Clausen, Tim Seaman, Allen James, and Dave McGovern, and one second ahead of Jonathan Matthews. He walked a remarkably even pace and was able to accelerate on the final 5 Km (21:13, 21:20, 21:20, 20:56). And, blessed with ideal weather conditions for fast racing, he bettered his PR for 10 km twice, covering the first half in 42:33 and the second half in 42:16. At the front, Molina had a race-long duel with Ireland's Robert Heffernan before prevailing at the end. They, too, walked an even-paced race with splits of 20:19, 40:15, and 60:21.

Another major race was the Sesto San Giovanni Grand Prix in Italy where Latvia's Aigars Fadejevs won at 30 Km in 2:06:13. Still short on training after knee surgery and then a pulled hamstring, Curt Clausen still managed a 12th place finish in this race with a U.S. road best of 2:14:23, which was his only real goal in the race. He made it by 8 seconds, bettering Allen James 1993 time of 1:14:31. The race was particularly encouraging because only 2 weeks earlier he had struggled to a 1:29:42 for 20 Km in Manchester, England. He bettered that time by more than two minutes today and then slowed only slightly for another 10. (Splits of 21:56, 44:03, 1:06:22, 1:28:34, and 1:51:40.) Results of these races:

20 Km, Turku, Finland, April 28--1. Francisco Fernandez, Spain 1:17:22 2. Robert Korzeniowski, Poland 1:19:40 3. Grzegorz, Poland 1:24:20 4. Sergey Lystsov, Russia 1:25:57 5. Roman Magdziarczyk, Poland 1:27:45 6. Benjamin Kucinski, Poland 1:29:22 7. Antti Kempas, Finland 1:30:35

Women's 20 Km, same place: 1. Nadezhda Ryashkina, Russia 1:33:15 2. Tina Minionen, Finland 1:40:28 3. Outi Sillanpaa, Finland 1:40:54

20 Km, Naumburg, Germany, May 5--1. Juan Molina, Spain 1:20:18 2. Robert Heffernan, Ireland 1:20:25 3. Joao Vieira, Portugal 1:20:44 4. Andre Hohne, Germany 1:22:57 5. Mairo Flores, Mexico 1:23:20 6. Augusto Cardoso, Portugal 1:23:20 7. Jose Diaz, Spain 1:23:58 8. Xavier Moreno, Ecuador and John Nunn, US 1:24:49 10. David Dominguez, Spain 1:24:51 11. Mail Berger, Germany 1:24:55 12. Ignacio Aledo, Spain 1:25:03 DQ--Al Heppner, US, also Noe Hernandez, Mexico (40:28 at 10)

Women's 20 Km, same place--1. Gillian O'Sullivan, Ireland 1:31:16 (22:31, 45:24, 1:08:14) 2. Melanie Seeger, Germany 1:31:20 3. Qingqing Wang, China 1:32:00 4. Eva Perez, Spain 1:32:18 5. Kristina Saltanovic, Lithuanians 1:32:28; 6. Olive Loughnane, Ireland 1:32:44 7. Rocio Florido, Spain 1:34:06 8. Teresa Linares, Spain 1:34:37 9. Andrea Meloni, Germany 1:34:37 10. Ines Henriques, Portugal 1:35:09 11. Athina Papayianni, Greece 1:35:26

50 Km, same place--1. Andreas Erm, Germany 3:45:28 (1:54:39) 2. Jesus Angel Garcia, Spain 3:47:05 (1:54:39) 3. Hatem Ghoula, Tunisia 3:59:56 4. Denis Trautmann, Germany 4:01:11 5. Francisco Martin, Spain 4:03:14 6. Martin Pupis, Slovak Rep. 4:06:45

30 Km, Italy, May 1--1. Aigars Fadejevs, Latvia 2:06:13 2. Mikel Odrizola, Spain 2:07:13 3. Marco Giungi, Italy 2:08:10 4. Giovanni DiBenedictis, Italy 2:09:25 5. Alessandro Mistretta, Italy 2:09:44 6. Michele Didoni, Italy 2:10:09 7. Lorenzo Civallo, Italy 2:11:54 8. Jiri Malysa, Czech Rep. 2:12:32 9. Gracioso Galdenzi, Italy 2:13:18; 10. David Marquez, Spain 2:13:31 11. Alfio Corsaro, Italy 2:13:55 12. Curt Clausen, US 2:14:23 13. Diego Cafagna, Italy 2:14:57 Women's 10 Km same place--1. Kjersti Platzer, Norway 43:35 2. Maria Vasco, Spain 43:51 3. Valiantina Tsybulskay, Belarus 44:15 4. Erica Alfridi, Italy 45:24 5. Gisella Orsini, Italy 45:45 6. Qingqing, China 46:12 7. Lisa Barbieri, Italy 46:30 8. Natalia Bruniko, Italy 46:46

Other Results

5 Km, Cambridge, Mass., April 14--1. Rich McElvery (44) 26:15 2. Tom Knatt (61) 31:16.2 3. Holly Wenninger 31:16.3 **H.S. 1600 meters, New York, May 5--**1. Tom Ulrich 7:P00.45 2. Joe Trapani 7:02.55 **Girl's 1500 meters, same place--**1. Maria Michta 6:54.80 2. Lauren Olivieri 7:02.60 3. Kristin Schmit 7:17.30 4. Nadine Navarro 7:33.60 **Girl's H.S. 1500, New York City, May 5--**1. Olga Baschastnykh 7:34.30 **Girl's H.S. 1500, Brooklyn, May 21--**1. Olga Beschastnykh 7:37.50 **Metropolitan 20 Km, New York City, May 19--**1. Bill Vayo 1:48:30 2. Erin Taylor 1:55:24 (1st woman) 3. Vlado Haluska (50) 1:56:13 4. Alexis Davidson (46) 1:58:36 5. Alice Tan (18) 1:59:36 6. David Wolf (42) 2:00:00 7. Bob Barrett (68) 2:01:20 8. Richard Harper (52) 2:01:40 9. Sherwin Wilk (63) 2:04:03 10. Pat Bivona (61) 2:24:52 (14 finishers, 1 DQ) **Girl's H.S. 1500 meters, Queens, N.Y., May 26--**1. Olga Beschastnykh 7:14.35 2. Iris Moore 7:26 3. Indiana ripoli 8:09 **Eastern Regional 20 Km, Hauppauge, N.Y., May 26: Women--**1. Maria Michta (15) 2:00:34 2. Jean Tenan 2:01:56 3. Lauren Olivieri (17) 2:03:00 4. Linda Goldstein (51) 2:16:42 5. Nancy Ripoli (18) 2:21:43 Men--1. Steve Pecinovsky (47) 1:43:46 2. Bill Vayo 1:43:57 3. Nick Harding 1:48:57 4. Israel Soto-Duprey 1:52:38 5. Joe Trapani (16) 1:59:36 6. Alexiz Davidson (46) 2:00:52 7. Jim McGrath (65) 2:08:34 8. Lon Wilson (54) 2:12:30 **10 Km, same place--**1. Lee Chase (48) 55:56 **Jr. 5 Km, same place--**1. Katie Fileccio (17) 30:41 **3 Km, Philadelphia, March 16--**1. Jim Carmines 16:01 2. Jack Starr 18:09 3. John Albert 18:09 **Florida State 10 Km, Orlando, April 21--**1. Steve Renard (41) 51:50 2. Don DeNoon (58) 56:32 3. Mike Felling (46) 58:15 4. Paul Johnson (64) 58:42 5.

Bob Carver (45) 69:28 6. Bob Fine (70) 70:30 (13 finishers) Women--1. Carol Simonds (46) 62:32 2. Linda Stein (54) 65:16 (7 finishers) Open--1. Norm Frable (56), Texas 56:30 2. Ted Sager (68) 66:26 3. Kathy Frable (56) 71:41 **5 Km, Coconut Creek, Fla., May 4--1. Mike Felling 26:58 2. Gary Null 27:41 3. John Fredericks 31:10 4. Gerry Gomes 31:22 5. Dan Koch 31:31 6. Bob Fine 32:41 (12 finishers) Women: 1. Linda Stein 31:15 2. Eleanr Perry-Smith 34:39 (11 finishers) **Ohio 15 Km, Middleton, May 19--1. Eric Smith 1:19:04 (Continued to 20 Km in 1:45:59) 2. Vince Peters (48) 1:22:10 (1:52:36) 3. Sara Sheets 1:27:27 4. Geoff Robbins (45) 1:33:43 5. Bill Whipp (57) 1:37:56 (9 finishers) 10 Km, Royal Oak, Mich., May 11--1. Ken Lampar 54:11 (27:32) 2. Bill Reed 55:07 (27:20) **Women's 5 Km, same place--1. Mary Franklin 30:45 2. Walda Tichy 32:12 (5 finishers) 5 Km, Borgess, Mich.--1. Rod Craig 24:10 2. Gary Morgan 24:21 3. Bill Reed 27:01 4. Davis Pichey 28:15 5. David Dunn 28:50 6. Rick Sach 30:56 7. Don Knight 32:30 8. Tom Belford 33:35 (16 finishers, 6 DQs) Women--1. Debbie Tiphon 29:03 2. Lynette Heinlein 30:23 3. Stephanie Konsza 30:41 3. Susan Mora Fassett 31:08 5. Gloria Foley 31:38 6. Jeanette Wineland 33:29 (21 finishers, 5 DQs) **Indiana 10 Km, Indianapolis, May 19--1. Max Walker (55) 54:32 2. John Luke 58:44 3. Greg Gember (48) 65:08 (5 finishers) Women--1. Janet Higbie (60) 68:16 2. Cathy Mayfield (50) 69:46 **Heart of American Collegiate Conference 3 Km, May 5: Women--1. Emma Carter, Baker 16:34.07 2. Beth Lewis, Central Methodist 17:01 3. Jane Hall, Graceland 17:45 (5 finishers) Men--1. Alex Kangethe, Central Methodist 14:16.65 2. Paul Vansickle, Mid America 16:53 3. Aaron Smith, Baker 17:49 **1500 meters, Houston, March 9--1. Dave McGovern 6:14 1 Mile, Houston, March 23--1. Bob Watson (44) 8:12 **1500 meters, Houston, April 6--1. Carla Redfearn (12) 7:48 5 Km, Baytown, Texas, April 27--1. Bob Watson 28:14 **1500 meters, Missouri City, Texas, May 11--1. Carla Redfearn 7:53 10 Km, Houston, May 12--1. Chris Diaz 57:58.2 7 Km, Denver, March 17--1. Mike Blanchard (40) 40:07 2. Terry Femmer (50) 43:12 3. Lorie Rupoli (50) 43:12 **5 Miles, Denver, April 27--1. Mike Blanchard 44:35 2. Scott Richrads (52) 46:00 3. Teresa Aragon 46:56 4. Barbara Amador (52) 52:42 **10 Km, Lafayette, Col., May 4--1. Mike Blanchard 56:21 2. Marbara Amador (now 53) 65:43 3. Carolyn Fleck 65:51 **5 Km, same place--1. Scott Richards 28:15 2. Daryl Meyers (59) 30:16 3. Sherrie Gossert (49) 32:10 **5 Km, Kentfield, Cal., April 7--1. Jack Bray 27:55 2. Kevin Killingsworth 28:30 3. Ed Lane 30:40 4. Jim Scholler 32:08 5. S. Desmond Canning 32:16 6. Doris Cassels 32:19 7. Ann Lee 32:23 8. Shirley Dockstader 32:24 (19 finishers) **2.8 Miles, Seattle, April 13--1. Stan Chraminski 25:18 2. Bart Kale 25:23 3. Ann Tuberg 28:14 4. Bev LaVeck 28:24**************************

From other lands

Mexican National Youth Olympics: Boys 3 Km (born 88-89): 1. Kevin Cruz 13:13.96 2. Rufino Famirez 13:44 **Girls 3 Km (88-89)--1. Maria Guajardo 14:4;8.96 2. Lizbeth Silva 14:49 **Girls 5 Km (86-87)--1. Rosa Orozco 26:54.76 2. Sara Garcia 16:13 **Jr. Women 8 Km (83-85)--1. Estela Hernandez 41:55.36 2. Lineth Bustamante 42:02 **Jr. Men 10 Km (83-83)--1. Adrian Herrera 44:09.86 2. Jose Peres 44:14.53 3. Alvaro Garcia 44:15.03 **Australian 50 Km, Victoria, May 5--1. Liam Murphy 3:55:20 2. Duane Cousins 3:59:27 3. Luke Adams 4:04:03 4. Darren Brown 4:12:53 5. Frank Bertie 4:19:28 **20 Km, Italy, April 7--1. Marco Giungi 1:19:49 2. Loreno Civallo 1:22:00 3. Michele Didoni 1:23:08 4. Ian Luca Trombetti 1:24:41 5. Diego Cafagna 1:24:52 6. Alfio Corsaro 1:25:40 7. Enrico Lang 1:26:09 8. Alessandro Mistretta 1:26:09 9. Pasquale Sabino 1:26:15 10. Ivano Brugnetti 1:26:27 11. Patrick Ennemoser 1:26:37 12. Tiziano DeSantis 1:26:43 13. Vincenzo Magliulo 1:26:58 14. Domenico DeCeglia 1:28:45 15. Marco DeLuca 1:29:42 (21 under 1:32) **Women's 20 Km, same place--1. Anna Rita Sidoti 1:31:11 2. Gisella Orsini 1:33:57 3. Elisa Rigauda 1:36:48 4. Natalia Bruniko 1:37:28 5. Annarita Fidanza 1:39:48 6. Tatian Betta 1:40:13 7. Francesca Galloni 1:40:23 (11 under 1:50, 25 under 2 hours) **Junior Women's 20 Km, sameplace--1. Sibilia DiVincenzo 1:45:24 2. Martina Bertoglio 1:45:43 3. Elisa DiVincenzo 1:47:14 **1 Hour, Obidos, Port., May******************

4--1. Jorge Costa 13,766 meters (44:08.14 at 10) 2. Jose Casal 13,329 (45:12.3) 3. Antonio Pereira 13,145 (45:13) **Women's 1/2 Hour, same place--1. Susana Feitor 6678 m (22:41.22 at 5 Km) 2. Maribel Goncalves 6436 (23:14) 3. Sofia Avoila 6224 (24:10) **5 Km, Krakow, Poland May 19--1. Benjamin Kucinski 19:44.55 2. Roman Magdziarczyk 19:51 3. Gregorz Dudol 20:09 **Women's 3 Km, same place--1. Anna Szumny 12:47.82 2. Sylwia Korzeniowska 12:56 3. Wioletta Sychalska 13:26 **Women's 20 Km, Edessa, Greece, May 19--1. Athanassia Tzoumeleka 1:32:33 **Spanish University 10 Km Championships, Zaragoza, May 12--1. Juan Molina 40:38.32 2. David Dominguez 41:40.3 3. Jose Diaz 42:41 4. Javier Perez 44:51 5. Jorge Gonzalez 45:22 6. David Hurtado 45:29**********

Races to Treasure and Walk With Much Pleasure

Wed. June 5 1 Mile, Seattle (C) (And each Wednesday through Aug. 14)
Sat. June 8 West Region 5 Km, Las Vegas, Nev., 8 am (DD)
2.8 Miles, Seattle, 9 am (C)
5 Km, Ewing Twp., N.J. (A)
Sun. June 9 10 Km, Sacramento, Cal. (E)
3 Km, Alexandria, Vir., 8:30 am (O)
5 Km, Cambridge, Mass., 9 am (H)
3, 5, 10, and 20 Km, Houston, 8 am (B)
Mon. June 10 5 Km, Long Branch, N.J., 6:30 pm (A) (And every Monday through Aug. 26.)
Sat. June 15 1500 meters and 5 Km, Springfield, Mass. (AA)
Ohio 1 Hour, Yellow Springs, 8:30 am (M)
5 Km, Aurora, Col., 8:30 am (H)
Sun. June 16 5 Km, Denver, 9 am (H)
Fri. June 21 **National USATF Junior 10 Km men and women, Palo Alto, Cal.**
(www.usatf.org)
5 Km, Denver, 6:30 pm (H)
Sat. June 22 **National USATF 20 Km, men and women, Palo Alto, Cal. B (same)**
North Region 8 Km, Kalamazoo, Mich., 9 am (EE)
5 Km, Denver, 8:30 am (H)
Sun. June 23 3 Km, Alexandria, Vir., 8:30 am (O)
1 Hour, Kentfield, Cal. (P)
Wed. June 26 1 Mile, Ocean Twp., N.J. (A)
Sat. June 29 5 Km, Eugene, Ore. (C)
Sun. June 30 New Jersey Masters 5 Km, Monmouth (A)
10 Km, Long Island, 8:30 am (K)
Wed. July 3 1500 meters, Yellow Springs, Ohio (M)
Thur. July 4 8 Km, Alexandria, Vir., 7:30 am (O)
5 Mile, Dedham, Mass. (AA)
4 Miles, Sacramento, Cal. (E)
5 Km, Evergreen, Col., 8 am (H)
Sun. July 7 3 Km, Alexandria, Vir., 8:30 am (O)
East Region 5 Km, New London, Conn. (D)
Men's 10 Km, Women's 5 Km Totonto, Ont. (V)
Wed. July 10 1 Mile, Ocean Twp., N.J. (A)
Sat. July 13 2.8 Miles, Seattle, 9 am (C)
5 Km, Lakewood, Col., 8 am (H)
3 Km, Dedham, Mass. (X)

Sat. July 13	Women's 5 Km, Farmingdale, N.Y. (K)
Sun. July 14	1 Hour, Kentfield, Cal. (P) 5 Km, Cambridge, Mass., 9 :30 am (AA)
Wed. July 17	1 Mile, Ocean Twp., N.J. (A)
Thu. July 18	5 Km, Denver, 7 pm (H) 3 and 10 Km, Yellow Springs, Ohio (M)
Sat. July 20	Northwest Regional Masters, Salt Lake City (801-796-0295) 3 Km, Hayward, Cal. (I)
Sun. July 21	5 Km, Denver, 8 am (H) 3 Km, Alexandria, Vir. (O)
Wed. July 24	1 Mile, Ocean Twp., N.J. (A)
Sat. July 20	5 Km, Reno, Nevada (P)
Sat. July 27	Masters 5 Km, Seattle (C) Eastern Masters 5 Km, Orono, Maine (AA)
Sun. July 28	Doc Tripp Memorial 5/10 Km, Aurora, Col., 8 am (H) 5 Km, Kentfield, Cal. (P) Long Island 5 Km, 8 am (K)
Sun. Aug. 4	3 Km, Alexandria, Vir. (O)
Fri. Aug. 9	USATF National Masters 5 Km, Orono, Maine (J)
Sun. Aug. 11	USATF National Masters 10 Km, Orono, Maine (J) 5 Km, Cambridge, Mass., 9:30 am (AA) 1 Hour, Soquel, Cal. (R)
Sat. Aug. 10	2.8 Miles, Seattle, 9 am (C)

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From Heel To Toe

Ed Bouldin. Only recently did we learn from Carl Acosta of the death of veteran Southern California racewalker Ed Bouldin on Christmas Eve of 2001 at the age of 55. A long-time ORW subscriber, Ed was a tough competitor with personal bests of 1:33:25 at 20 Km and 4:56:24 at 50. He walked in both the 1975 and 1980 Olympic Trials at 20 and had third and fifth place finishes in National 20s. Carl writes: "A regular participant in local, regional, and national events for more than 30 years, Ed will be missed by the walking and running communities of Southern California and by walkers with whom he raced nationally. As a member of the Southern California Striders and Bauchet St. Walkers, Ed captured several team awards in national open championships. He was also U.S. masters 20 Km Champion in 1988. If there was a race in town or within driving distance, chances are that Ed would be there. Ed was a retired Los Angeles County Sheriff who owned and operated a limousine service up until his death." . . . **More on 100 Km times.** We had some discussion of 100 km times in the Feb. and March issues, including a list of the 10 fastest all-time, provided by Sweden's Birger Falt. But we also speculated on a time of 8:53:30 by Francois Charcellay in 1987, which Richard Harper had found listed in the ORW, and which did not have on his list. Birger updates on that: "Charcellay's time of 8:53:30 was on a short course. In Egon Rasmussen's 'The Race Walking World Statistics' the course in BOuges 11 Oct. 1987 is said to be 98.8 km." Thus, Charcellay's time is not legitimate, though given the chance to walk that final 1.2 km, he would probably have cracked the top 10. . . **Platzer joins RWI.** Racewalking International's John MacLachlan has announced that Olympic silver medalist Kjersti Platzer of Norway has joined their effort as an international spokesperson. John says, "Kjersti will bring energy, charm, and an Olympic spirit to the team as she represents RWI at worldwide functions." Platzer says she and her husband and coach Stephan will be available for special clinics structured by RWI when they are training in the U.S. The Platzers have a four-year-old daughter, Kiara Lea. Platzer has won 24 Norwegian senior titles. . . **Nationals schedule.** The schedule for racewalks at the USATF Outdoor National T&F Championships (Junior and Senior) in Palo Alto is as follows: Fri., June 21--Jr. Women's 10 Km, 8 am; Jr. men's 10 Km, 9:15 am. Sat., June 22--Women's 20 Km, 8 am. Sun., June 23--Men's 20 Km, 8 am. All races will be on the track. . . **Clinics.** Mike Rohl will share his expertise at a clinic in Sacramento from July 5-7. Friday night will be an informal get together and pasta party. Saturday and Sunday will include classroom work, track workouts, demonstrations, and, for those interested, participation in the Capitol Mile. Participation is limited to 20, with Sierra Racewalkers members getting first crack, but if you are interested call Trish Caldwell at 916-94407879, patriciacaldwell@attbi.com. If that doesn't work out, you might try Evansville, Indiana. Jonathan will present a clinic there on June 28 and 29. For more information, contact Ann Williams at aw@evansville.net. . . **Derek.** I still get inquiries from time to time regarding our son Derek. For newer subscribers, Derek was involved in a crash in a motorcycle race in June of 1997, at age 28, that put him in a wheelchair for life. I updated his progress through rehab and adjustment to a new life from time to time, but haven't mentioned him for a while. I think I did tell you he bought his own house nearly 2 years ago, and I repeated an article from the Columbus Dispatch that featured his guitar playing. Well, if you want to hear that playing, he now has a CD out, entitled Medicine Wheel--solo 12-string acoustic guitar playing his own compositions. It's available, postpaid, for \$15. If you are interested, make the check out to Derek Mortland and send it to me, and we'll get your CD in the mail. Derek is now commuting to Lancaster, Ohio, about 20 miles south of Columbus, to a new job as Executive Director of the Fairfield Center for Disabilities and Cerebral Palsy. And he continues to find some gigs for his guitar, locally, around the state, and even as far away as Huntington, W.V. and Washington, D.C. His life is richer and fuller than it ever was before his accident. **That depth issue.** In our March issue (and in several other issues in recent years), we commented on the lack of depth in U.S.

racewalking. We referred to a table we had run five years ago showing the steady decline in depth of performance at both 20 and 50 over the last 25 years and cited a few numbers from that table. Well, we certainly aren't alone. A profile on Alberto Salazar in Sports Illustrated noted the decline in U.S. marathoning, which is probably even more frightening than that in racewalking. In 1984, 201 U.S. men qualified for the Olympic Trials by running 2:19:04 or better. In 2001, only 19 U.S. men broke 2:20. But knowing that doesn't help us find a path to promoting greater interest in racewalking among young athletes. We received the following comments from Parkside Mike DeWitt, who probably has as much depth in his program as the rest of the country put together, on reasons that the numbers are down. "The main reason I walked seriously up until 1995-96 was because there were teams to make, there were Olympic Festivals to compete in, and there were the Olympic Trials to qualify for. Starting in 1992, qualifying standards were introduced to the Olympics. Every other Trials race I went to, I could go to the starting line thinking that if a whole bunch of people got DQ'd, or disappeared from the race, I could make the Olympic Team. At the '92 Trials, I knew I wasn't going to walk under 4:10 for 50 km, so the goal was to be in the top 10. By then it was a pride thing as a 40+-year old. Once the Olympic Festival dried up, it was about the same time 'B' Team trips went by the wayside as well. As a young walker in my 20s, it was exciting to get to a National Event, be at the National AAU Meet, racing at UCLA or Bakersfield with a group of 20 or more walkers. In my 30s, it was a goal to get into the Top 10 and have a shot at an Olympic Festival or maybe a 'B' race in Europe. A young walker in his or her 20s today can have a goal of getting to the trials or Nationals, but once you have been there a few times and that is the **ultimate**, it becomes expensive and the glamor wears off for the youngster. If things work out, a youngster can make a Pan Am Cup Team in an off year, which is exciting, but the opportunities are not regular. At this time, 'B' team opportunities would not serve much development purpose, because it would be hard to fill them, much less with any type of quality or potential to improve. *(Ed. But, unfortunately, that becomes a circular analysis. Because they are not there, there is little incentive to compete, and because there are so few that want to compete, there is no reason to offer such opportunities.)* The 'question' is why there less depth now? This is just my thoughts about it. If the situation were this way back in 1979 to 1996, it might have been harder for me to train to just get to the Nationals, and I'm not certain I would have tried, and maybe others wouldn't have either! I know the four US International T3ams I made were highlights of my career and the two Olympic Festival Bronze medals are my two favorite medals. Most young walkers of my ability won't have the opportunity to gain those memories and goals as things are now, and it may be one reason we don't have the depth we once had." . . . **A possible incentive?** The IAAF Council agreed at their recent meetings in Nairobi, Kenya to introduce a Racewalking circuit each year, starting in 2003, to help promote the sport. Preliminary plans call for the circuit to include six meetings with prize money, based on the example of the Combined Events Challenge. It was also agreed that the IAAF Competitions Commission would study a way to introduce Junior events at the IAAF World Racewalking Cup. So, if these things come about, there are some further opportunities that might spur greater interest--provided funds are available to send our athletes to the venues. . . **On Westerfield.** The first installment of Gary Westerfield's article on "Biomechanics for the Racewalking Judge" (see March and April editions of the *Ohio Racewalker*), elicited the following comments from Paula Kash Mendell, an outstanding competitor in her day, a chiropractor, and a student of exercise physiology. "I just go my ORW today. I want to applaud Gary Westerfield. I particularly like the concept of analyzing racewalking as a dynamic rather than static motion and understanding that this dynamic motion occurs when multiple joints move and influence each other. This concept is very important if one is to fairly judge people of varying anatomy and to understand how dynamic and static motions at the different joints are summarily different. Not only is this concept important in judging, but it also, for me, represents a paradigm shift with regard to evaluation of athletic injuries. Chiropractically aligning the joint from the exact position of athletic limitation rather than aligning

from a static recumbent position makes a big difference. Just because you think you understand one joint does not mean one can understand the way that multiple joints interact. It also follows that if one is truly looking at the dynamic situation that no two athletes should get the same treatment even for the same perceived injury or limitations! And, some miscellaneous comments on rules and style: I would say that the rule changes have made an impact on the mechanics of racewalking. When I first raced, 25 years ago, the leg could be straight anywhere in the cycle. You couldn't have the knees bent for the entire cycle, but you could straighten it wherever you wanted to in the cycle. (One really didn't get bothered by someone who chose to use a hiking style because in the long run the racewalking form would win out. Flight phase with a jogging style was another story, but still couldn't compete with those with the best racewalking technique.) The pattern for those walking at speed was similar to today, except that, in general, walkers exhibited longer strides and more hip motion. I developed a long stride and am now wondering about this. I don't know why this habit developed. Was it because my major role models and walking partners were men who were considerably taller and had a longer stride than me anyway? (Back then, it was the reverse of today--there were more male racewalkers!) Did I try to mimic the beautiful long stride I saw in pictures of Larry Young and Sud Brodack that Martin Rudow captured in his very first racewalking book? (Walkers in later editions have shorter strides.) Was I influenced by Ron Laird's first racewalking book? (A decade later to become the pull vs. push controversy) Alternatively, was it because I was more flexible then? Or was it because the judges stressed contact versus absolute straightening of the leg? It has been particularly challenging to reign in the long stride. While I think I have taken it in about a foot since the '70s, it has meant changes in total muscular patterning and a shift in the center of gravity. This past year, I have been trying to shorten is still more and have found that my shins are sore for the first time. I used to get annoyed every time that the rules changed, but now I think of this as a means of continually providing new challenges. As an aside, I think one of the primary reasons that walkers today have improved considerably is that back in the "good old days" we were not allowed to drink any water during a 5 or 10 km event. (Check out the AAU rule books from back then). Oh well, what could we expect for a 50 cent entry fee anyway! That water makes such a tremendous difference in being able to train with less injuries and also to maintain one's pace longer. (Ed. I suppose so, but I have commented before on my own camel-like qualities and could never see why anyone should want to waste time drinking at these shorter distances. But, that's another story, which I exhausted before.)

Runners Take Notice

And we mean real runners, not illegal walkers. It's been said before and following are a couple of testimonials to the idea that racewalking as a cross-training tool can benefit serious runners.

Four-time Olympian Ron Laird has just updated his book, *The Art of Fast Walking*, for perhaps the fourth time. With 65 national titles to his credit, Ron has much wisdom to offer the serious racewalker. His 153-page, self-published book presents that wisdom illustrated with hundreds of photographs of the elite and the not-so elite. If you are interested in this update of the book first published 6 years ago (Ron also did a book published by Track and Field News in the early '70s), write Ron at 4706 Diane Drive, Ashtabula, OH 44004. In the book, he has a chapter on "Improving Running With Racewalking". As an introduction to the book, we present excerpts from that chapter.

"I suggest that serious runners incorporate racewalking into their training programs. Racewalking is a different way of working, stretching, and even resting all the muscles and

tendons that runners so often overuse and sometimes injure. Fast walking can even be used to help give a runner a welcome change of pace.

When runners do hard interval workouts, I also feel that it would be safer for them to walk or racewalk between their bursts of speed. This gives a stretching and low-impact recovery to the just rigorously used running muscles and tendons.

You don't need special athletic equipment and facilities or training partners to enjoy this beneficial cross-training sport. Racewalking can be done before, during, or after a running workout, or for your entire training session.

As with running, the harder you racewalk, the harder your heart, lungs, and muscles have to work. Fast walking will keep runners from losing the respiratory and cardiovascular fitness they work so hard to develop and maintain. The low impact of racewalking allows them to move quickly and vigorously for fairly long periods of time. The different angles at which the muscles are exercised will feel strange at first, but will become more natural after a few weeks of practice.

Correct hip roll is what gives racewalking its very fast leg speed and efficiency. Hip action helps act as a shock absorber to the feet, legs, and lower back. When you combine hip rolling with back-and-forth hip turning, you help develop the kind of stomach, lower-back, and hip flexibility and stamina that also help you running.

As the heel contacts the ground, the toes are pointed upward, thus stretching the achilles tendon a bit. With the leg out in front of the center of gravity, the calf and hamstring muscles also get stretched with each step. The hamstrings stay stretched as they pull the ground back, and underneath the walker. As the body passes over the planted foot, the achilles stays in a rested position until the toes help to push the ground away at the end of each step. This toe push can be very vigorous or very gentle, depending on the effort you are able to put into it.

The unique, straight knee action of racewalking rests the running (quadriceps) muscles of the leg. Those large thigh muscles take quite a beating as they continually thrust the runner off and over the ground. The bent knee joint of a runner also takes a lot of stress from all the pounding it must endure with each stride. Racewalking does help runners achieve and maintain better muscular balance in their legs.

Runners with sore, tired legs will appreciate the smooth, low-impact glide of racewalking. Racewalkers bend their knees enough to give their forward stepping foot just enough room to clear the ground. Since this is all the higher the hamstring muscles have to contract when swinging the leg forward, they get a fairly good rest from all the strain fast running demands. Racewalking uses the hamstrings while they are in a stretched-out position. The leg lands straight and stays straight as it pulls the ground back and underneath the walker. This straight leg action also gives the ligaments and tendons behind the knee joint a good stretch with each step.

The arms are always pumped vigorously. This action develops strength and stamina in arms, shoulders, upper back, and chest muscles. All distance runners can use extra endurance building work.

When racewalking is done well, walkers smoothly glide along, barely feeling their steps touch the ground. This is why racewalking can be safely done on any hard surface.

Since many dedicated runners often find it necessary to really push themselves during their training, racewalking allows them to safely satisfy this strong emotional and physical desire. Even though runners may feel that Olympic-style walking looks strange, once they've mastered correct technique and done the work it takes to get used to this new way of exercising, they'll be pleased at how fast they move their legs, and how long they keep them going. They will discover that racewalking is a great way to get fit and stay fit, while allowing the running muscles and tendons to recover from their hard training and racing efforts.

The constant mental and physical effort required to racewalk correctly should also help runners become more aware of, and improve upon, the efficiency of their running technique."

Well, actually that's practically the whole chapter, minus the many photos, not just excerpts. Coincidentally, about the same time I received Ron's latest edition, I received a lengthy letter from a reader, who prefers to remain anonymous, with a different approach to the same subject. He says:

"One thing I have realized since starting racewalking is how much runners in their off season would benefit from racewalking. Had my high school coach and college coaches shown me and my teammates how to racewalk during the off-season, I am sure we would have not experienced as many injuries as we did during the season. We would have also developed our legs and bodies without all of that off-season pounding that would have benefited us greatly.

Basketball players in their off-season would benefit from racewalking. Volleyball players and even football players would benefit from racewalking. Just about any running, jumping, or hitting sport would benefit from racewalking in the off-season. But we don't sell racewalking to other sports as part of their off-season activities.

Whereas we do not receive much coverage nor respect, the other side of the coin is that we do not go about advertising ourselves as much as we could. . . As racewalkers, we tend to stay to ourselves. Add to that the preponderance of 5 Km races and it may be inferred that we are strangling ourselves with our own efforts."

But, there are some sales efforts going on from a lot of dedicated people. And, consider the following article.

Racewalkers Reach Out to Chula Vista Schools

by Al Heppner

The racewalkers at the ARCO Olympic Training Center in Chula Vista, Cal are training for the 2004 Olympics, but they also have an eye on 2024. The group, including Coach Enrique Pena, spent March and April visiting all the middle schools in the city and mentoring other young hopefuls at the Chula Vista Parks and Recreation track team practice. Meanwhile, some of the walkers have been "adopted" by local elementary school classes and correspond weekly via e-mail.

"We've exposed lots of area kids to racewalking through the training center's "Exercise the Dream" program over the past 5 years, but these new arrangements give kids more than a single exposure," said Curt Clausen.

Exercise the Dream is a program in which elementary school kids spend a day at the Center shuffling through stations. Each station contains a different sport and racewalking is one of the stops. But that stop is also where their racewalk education ended, until now.

Working with after school program director Ernie Madina, the ARCO-based walkers have paid a visit to all four Chula Vista Middle Schools. Students had many interesting questions ranging from diet to "How much money do you guys make?" Many of the students were also eager to get out and race the racewalkers, including one told me, "You're scared to race me!"

Sean Albert was less traumatized by the seventh and eighth graders. "I enjoyed working with the kids. It reminds me of when I was a volunteer track coach back in New Jersey."

In May, the group will visit all 18 elementary schools in Chula Vista. Philip Dunn thinks the walkers can make a difference. "When I started walking, I benefited from a similar program, so it has been fun to give back."

The visits to the track team practices mentioned above involve mentoring the students on the fundamentals of racewalking. The city's team includes kids aged 7 to 15 with 80 to 100 usually kids usually at practice.

After several weekly visits, the ARCO walkers put on a clinic at the team's citywide youth track meet on April 13 and judged the racewalk competition. Despite an unusually low turnout for the meet, 20 racewalkers toed the line for the first time, with five of the 10 to 12 year olds walking 800 meters in 4:59 to 5:08. The races provided plenty of excitement even before the gun, as one

kid asked Clausen just as he was about to send them off, "Can I go to the bathroom real quick?" The walks proved to be worth the wait for that kid, as all of them were decided by 2 seconds or less.

And there's more on the horizon. The training center athletes have big plans for the little ones. "Ultimately, we plan on developing a solid racewalking training group. Whether we keep going to their practices or they come to ARCO. Then we'll try to tie them in with the NAIA schools that offer racewalking. That way we'll have a full development plan from the time they're seven until they finish college," said Clausen. His vision, however, is much greater than just racewalking or even sport.

"We're more than just racewalkers to them. We're role models. And whether they racewalk or not, we have the opportunity to change their outlook of life. The lessons we teach help them see what it takes to make it in life, not just racewalking."

Looking Back

40 Years Ago (From the May 1962 American Race Walker, edited by Chris McCarthy)--Your editor, a spry 27-year-old at that time, journeyed west to capture the National 30 Km in Los Angeles in 2:36:02, with John Allen 3 minutes back and Ron Laird 3 minutes behind him. Bob Bowman was fourth. . . Bowman won the Mt. SAC relays 2 mile in 16:27. . . Pedestrian of the Month was Corrine Blackburn, mommy of ORW Published Emeritus, Jack Blackburn. Corinne, as one of the pioneers in women's walking, had best times of 56:45 for 5 miles and 68:10 for 6.

35 Years Ago (From the May 1967 ORW)--Ignoring the relentless sun and boiling blacktop of the McKeesport, Pa., Eastland Shopping Plaza, Ron Laird scored an easy National 20 Km win in 1:38:41. Fast-improving Larry Young was a distant second in 1:42:10, but still 3 minutes ahead of Tom Dooley and Lary Walker, and 6 ahead of one Jack Mortland, who edged Steve Hayden for fifth. . . Three days later, Laird found cooler weather in Chicago and captured the Zinn Memorial 10 Km, a track race, in 44:44. Dooley (47:32) and Mortland (47:50) followed. . . Laird also picked up the National 35 Km title, making for a very productive month. . . Shaul Ladany set his annual American record at 50 miles with an 8:11:41 in New Jersey. Race director Elliott Denman was second in 9:11:05. . . Jack Blackburn toyed with Jack Mortland for 3 laps of the Ohio AAU 2 Mile, and then scored an easy win, 14:26 to 14:47.

30 Years Ago (From the May 1972 ORW)--Larry Young topped the news with an American record 20 Km on the track in Columbia, Mo., and a win in the Western Hemisphere 20 Km in Sharon, Pa. Larry had 1:30:10 in the Columbia race. At Sharon 6 days later, he had no trouble winning in 1:31:59 on a tough, and maybe slightly long, road course. Ron Daniel was second in 1:37:18, followed by Floyd Godwin and Canadians Marcel Jobin and Pat Farrelly. Steve Hayden covered the same course in 1:41:22 to win a preliminary race from Karl Merschenz, Jack Mortland, and Alex Oakley, Karl and Alex also being Canadians. . . Daniel won the Seaside Heights 10 miler in 1:14:15, nearly 3 minutes ahead of Dave Romansky, but Dave turned the tables in the Martin Luther King Games 1 Mile to win in 6:20.5. . . Tom Dooley did 2:29:24 for 30 Km on the track and Todd Scully had a 4:32:25 for 50. . . Dooley and Bob Kitchen finished together in 1:31:52 for a track 20 km and Goetz Klopfer had 4:27:28 for 50 on the track.

25 Years Ago (From the May 1977 ORW)--Augie Hirt won the National 100 Km title in a record 10:23:32, with Paul Lightsey second more than 50 minutes behind. . . Jim Heiring won the USTFF 10 Km over U-W Parkside teammate Chris Hansen, 45:36 to 45:48. . . The National 10 Km went to Steve Pecinovsky in 49:46, just 6 seconds ahead of Martin Kraft, as few people

showed up. Bill Walker moved away from Jack Mortland over the last mile to take the master's title in 51:53.

20 Years Ago (From the May 1982 ORW)--Jim Heiring and Marco Evnoiuk finished fourth and fifth in an international 20 Km in Bergen, Norway, just inches apart, and were given the same time, and American record 1:25:59. Soviet Yevgeniy Yesyukov won the track race in 1:22:30. . . Dan O'Connor won the National 50 Km in 4:22:22 with Vincent O'Sullivan second and the Ohio Track Club's Chris Knott third in 4:35. . . Sue Cook walked a World record 5 Km of 22:45.6 in Australia and also had a world best for 10 km--47:13, but that was not acceptable since it was done in a men's race.

15 Years Ago (From the May 1987 ORW)--The World Cup of Racewalking came to the U.S. for the first time and the Soviets dominated the races in New York's Central Park, taking both men's and women's titles. At 50 Km, East Germany's Ronald Weigel blitzed the final 5 Km in 20:56 to drop teammate Hartwig Gauder and win in 3:42:26. Gauder was 26 seconds back, and the third German, Dietmar Meisch, just 22 seconds behind him. The Soviets took the next four spots, not far behind, to stay in contention for the team title. Mexico's Carlos Mercenario, just 20 years old, was a surprise at 20 km in 1:19:24, coming from 17 seconds back of teammate Ernesto Canto on the final 5. Canto faded to fifth, and a 2-3-9 finish by the Soviets, with no Germans in sight, sewed up the team title, with Italy taking second. The U.S. was ninth among 35 teams, led by Tim Lewis' 13th place in the 20 with a 1:22:27. The Soviet women took 1-2-5 for an easy team title at 10 Km, but only with the help of three DQs on the Chinese team. Olga Kirshtop was the winner in 43:22, 13 seconds ahead of Irina Strakhova. Maryanne Torrellas finished 16th in 46:28 and Teresa Vaill 20th in 46:50 as the U.S. women came in 6th of 23 teams in the team race.

5 Years Ago (From the May 1997 ORW)--U.S. walkers stayed in Europe following April's World Cup races with some success. In Poland, Curt Clausen and Tim Seaman took 1-2 in a 10 race in 40:47 and 41:14. Dana Yarbrough won a women's race in 46:24. A week later in Germany, Clausen did 1:25:32 for 16th in a 20 km race, with Philip Dunn 24th in 1:28:22. Tim Seaman was DQd. Victoria Herazo and Yarbrough finished 19th and 20th in a women's 10 at the same site with 45:47 and 45:52. Later in the month, Herazo was 27th in a 10 Km at Naumburg, Ger. in 46:37. . . Herazo and Al Heppner won National 15 Km titles in Elk Grove, Ill with times of 1:08:07 and 1:15:51. Mike Rohl was second to Heppner in 1:09:58. . . Heppner also won the Penn Relays 10 Km in 42:13.05, edging Will Van Axen (42:14:32)

Results just in (rather than rearranging things, I'll just print them here.)

5 Km, Kentfield, Cal., May 26--1. Susan Armenta 23:33 2. Nicole Goldman (40-44) 30:58 3. Doris Cassels (60-64) 31:46 4. Ann Lee (50-54) 33:24 5. Marge Garner (60-64) 33:24 6. Virginia Fong (45-49) 33:28 (21 finishers) Men--1. Rezak Gharfara 24:41 2. Joe Berendt (45-49) 27:16 3. Jack Bray (65-59) 27:30 4. Shoja Torabian (50-54) 27:56 5. Keith McConnell (55-59) 29:51 6. Peter Corona (70-74) 31:11 7. Ed Lane (65-59) 31:30 8. James Beckett (60-64) 31:31 9. S. Desmond Canning (40-44) 31:36 10. Jim Scheller (60-64) 32:21 11. Stu Kinney (60-64) 32:58 12. Bob Mimm (75-79) 33:04 (26 finishers, 1 DQ) **5 Km Czewstochowa, Poland, May 25**--1. Robert Korzeniowska 18:50.11 **Women's 3 Km, same place**--1. Anna Szumny 13:12.03 **5 Km, Biala Podlaska, Poland, May 25**--1. Benjamin Kucinski 20:09.23 **Women's 3 Km, same place**--1. Agnieszka Olesz 13:34.44 2. Wioletta Spychalska 13:51 3. Maria Baj 13:57