

U.S. Pan-Am Cup Teams Selected

Hauppauge, N.Y., April 3—In Trials to select the U.S. teams for the Pan-American Cup Racewalks in Lima, Peru, May 7-8, junior walkers Maria Michta and Zac Pollinger had the outstanding performances. Michta shattered the US Junior record as she finished in 48:15. Pollinger was nearly as impressive with his 44:43 win in a race in which he was never challenged. Wins in the 20 Km Trials went, not surprisingly, to Tim Scaman and Joanne Dow.

Michta was 2 ½ minutes under her personal record and bettered the US Junior record set by Robyn Stevens in 2002 by 1:20. On the way, she also bettered Stevens US Junior 5 Km record (24:11) as she passed that point in 23:44. With guests from Canada and Puerto Rico in the races, Maria's only challenge came from Canada's Rachel Lavallee, and that was not a serious challenge.

Michta went through the first 2500 meters in 11:54, with Lavallee just 2 seconds back. When Maria stepped the pace up slightly on the second 2500 (11:50), the Canadian reluctantly gave up the chase, trailing by 26 seconds (24:10) at the 10 Km mark. Though slowing slightly on the next 2500 (25:48 at 7500), Michta continued to pull away and led by 49 seconds at that point. Both girls felt the effort on the final 2500 as the pace dropped further and Lavallee actually gained 1 second by the finish, but Michta was never in danger. Katy Hayes finished second in the Trials race, more than 5 ½ minutes behind the speedy Michta.

Pollinger received even less challenge, but still managed to accelerate through the middle stages of his solo effort. Canada's Luc Menard stayed with Zac for the first 2500 meters, which they hit in 11:30. Puerto Rico's Noel Santini (11:50) and the second U.S. walker, Jared Swehosky (12:00) were third and fourth, with the rest of the field already fading.

When Pollinger blasted an 11:05 for the second 2500, Menard gave up the chase and was joined by Santini and Swehosky at 23:26, 51 seconds behind Pollinger. If there was any doubt of the outcome, Pollinger settled it with a 10:59 for the third 2500 that put him better than 1 ½ minutes ahead of Menard. With no one to push him, he slowed slightly from their to the finish (11:09) but stretched his lead further.

Menard seemed to have second place secure as he pulled 20 seconds ahead of Santini by 7500, but the Puerto Rican dug in to cover the final 2500 in 11:02 for a 46:30 at the finish, 23 seconds ahead of the Canadian. Swehosky could not keep pace with those two and at 7500 was only six seconds ahead of Puerto Rico's Joe Bonilla. But he finished strongly as the Puerto Rican faded and took the fourth spot (second American) in 47:11. Third for the U.S. was Christopher Diaz, who finished sixth in 49:44.

In the women's 20, Dow had a great dual with Amber Antonio for 15 km, before she pulled away to win by more than a minute-and-a-half in 1:37:04. Antonio, in a comeback year, was impressive as she finished in 1:38:47, her best performance since 2002. The two

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were joined early by Deb Huberty with splits of 11:53, 23:44, and 35:47. (Actually, Teresa Vaill led at 5 Km in 23:21, but then dropped out of the race. No report on why.) The pace was slowing, but Huberty had to give up the chase. When Dow and Antonia passed 10 Km in 47:55, they were on their own, with Huberty 38 seconds back and Canada's Marina Crivello 70 seconds behind her in fourth.

Antonia stayed with the veteran Dow for another 2500 meters (1:00:02), but then Dow started to pull away and at 15 Km (1:12:09) was 26 seconds ahead and on her way to an easy win. Huberty stayed well clear of Crivello to take the third spot in 1:40:58.

Tim Seaman was on his own from the start in the men's 20 Km and built up a 19 second lead on John Nunn and Michael Tarantino over the first 2500 meters (11:30). He continued to stretch the lead the rest of the way and ultimately beat Nunn by 4 ½ minutes, with Tarantino another 1 ½ back. As a matter of fact, as I look at the splits now, I see Tim's splits for the first 10 Km match those of Zac Pollinger, so apparently the 10 and 20 were walked together and Zac wasn't exactly on his own as he accelerated during the race, not that this detracts from his performance. Tim did beat him by 1 second at 10 and then walked 43:50 for his second 10.

Theron Kissinger and Ed Parrot took the fourth and fifth spots in the Trials race. Notable absentees were Kevin Eastler (Air Force duties?), the semi-retired Curt Clausen (law school), Ben Shorey, Matt Boyles, Steve Quirke, and Sean Albert. Shorey and Boyles are still in school, which we presume, would have prevented their going to Lima. Not sure if Quirke and Albert are planning to compete this year. The first four in the 20 Km races and the first three in the Junior 10s qualified for the Pan-Am Cup trip. However, Dow is not going, which moves Sara Standley-Gonzalez on to the team. Replacing a 41-year-old with a 38-year old (but one, who to our knowledge hasn't competed, at least seriously, since 2000) doesn't do a lot for a youth movement. But, Sara has a personal best of 1:36:00 and is apparently interested in getting back there. The 50 Km squad is Philip Dunn, Dave McGovern, Ray Sharp, and Ed Parrot, with Clausen, who won the National 50 in February, also passing on the trip. The results:

Junior Women's 10 Km: 1. Maria Michta, CW Post 48:15 2 (11:54, 23:44, 35:48). Katy Hayes, Lake County 53:54 (13:07, 26:35, 40:23) 3. Louren Forgues, Maine RW 55:20 4. Le'erin Voss, Lake County 56:26 5. Allison Snochowski, Walk USA 58:00 6. Tina Peters, Miami Valley 59:22 7. Jenna Monahan, Walk USA 63:13 8. Angie Aguilar, Walk USA 64:01 9. Kimberly Poissant, un. 64:49 10. Kara Steele, Conn. RW 68:48 11. Kerinna Coffey, Walk USA 73:10 DNF-Brittany O'Brian, Walk USA DQ-Laura Richerderfer, Rochester and Tara O'Rourke, Walk USA

Guests-Rachel Lavalee, Can. 49:03 (11:56, 24:10, 36:37), Marandeliz Arroyo Puerto Rico 52:23 (12:50, 25:49, 39:12), Dianette Vazquez, PR 53:55, Roxanne, Rivera, PR 55:21, Wilane Cuebas, PR 55:46

Junior Men's 10 Km: 1. Zac Pollinger, NJ Striders 44:43 (11:30, 22:35, 33:34) 2. Jared Swehosky, Salem TC 47:11 (12:00, 23:27, 35:45) 3. Christopher Diaz, South Texas 49:44 (12:11, 24:26, 37:04) 4. Robert Vergara, South Texas 50:17 (12:38, 25:05, 37:54) 5. Michael Kasmierczak, Walk USA 50:34 (12:30, 25:05, 37:53) 6. Ricardo Vergara, South Texas 52:2

7. Tim Davidson, un. 57:02 DNF-Torran Swehosky, Salem TC
Guests: Noel Santini, Puerto Rico 46:30 (11:50, 23:26, 35:28), Pierre Luc Menard, Canada 46:53 (11:30, 23:26, 35:08), Joc Bonilla, PR 47:32 (12:09, 24:05, 35:51), Alexandre Gagne, Can. 50:34

Women's 20 Km: 1. Joanne Dow, adidas 1:37:04 (23:44, 47:55, 1:12:09) 2. Amber Antonia, NYAC 1:38:47 (23:44, 47:55, 1:12:35) 3. Deborah Huberty, NYAC 1:40:58 (23:44, 48:33, 1:14:44) 4. Bobbi Jo Chapman, un. 1:42:21 (25:22, 50:48, 1:16:22) 5. Sara Standley-Gonzalez, un. 1:45:44 (25:23, 51:43, 1:18:28) 6. Margaret Ditchburn, un. 1:49:30 7. Loretta Schuellein, Walk USA 1:51:22 8. Dorit Attias, Walk USA 1:59:55 DNF-Teresa Vaill, Walk USA DQ-Jolene Moore, NYAC

Guests: Marina Crivello, Can. 1:41:50 (24:25, 49:43), Milaxis Sepulveda, Puerto Rico 1:51:20, Holly Gerke, Can. DNF

Men's 20 Km: 1. Tim Seaman, NYAC 1:28:32 2. John Nunn, un. 1:33:06 3. Michael Tarantino, Wisc.-Parkside 1:34:33 4. Theron Kissinger, New Balance 1:38:41 5. Ed Parrot, Florida AC 1:43:49 6. Steve Pecinovsky, Varsano's 1:51:07 7. Michael Bartholomew, Walk USA 1:52:00 8. Bill Vayo, Walk USA 1:53:16 9. James McGrath, Walk USA 2:17:12 DNF-Dave McGovern, Varsano's DQ-Paul Schwartzburg, Varsano's and Gary Morgan, NYAC

Guests: Jocelyn Ruest, Can. 1:35:18, Luis Mercado, Puerto Rico, Leonidas Romero, PR, Donald Cote, Canada, and Jose Perez, PR (I seem to have lost a sheet that shows their times, but know that Mercado was just 7 seconds behind Ruest at 12 ½ Km and finished ahead of Kissinger. Romero and Cote finished between Parrot and Pecinovsky, Perez between Bartholomew and Vayo.)

Fernandez, Turava Shine At Rio Maior

Rio Maior, Portugal, April 3 (IAAF Release)—European champion Francisco Fernandez and Belarussian Margaryta Turava fought off a tremendous assault by strong Chinese squads to lift the men's and women's 20 Km titles at the second leg of the IAAF Racewalking Challenge 2005. The races were of the top-most quality, which was all the more remarkable as the weather conditions were terrible with heavy rain soaking the competitors.

The men's 20 Km witnessed a close battle between Fernandez, the reigning European 20 Km champion who was second at the last World Championships and Olympic Games, and Australia's Olympic bronze medalist Nathan Deakes, who won the first leg of this year's Challenge in Tijuana. The pair held off a strong posse of Chinese walkers.

Fernandez, who had his coach, Poland's four-time Olympic champion Robert Korzeniowski, at the side of the course for encouragement, crossed in 1:19:02, with Deakes just 13 seconds behind. Third was China's Chaohong Yu in 1:19:39.

In the women's race, Turava, who has sped to a world indoor best for 5 Km this winter (20:37.77), was in equally superb shape outdoors. The 24-year-old, with a previous personal best of 1:29:06, sliced into top world class with a marvelous 1:27:19 national record win. In the process of winning with the year's third-fastest performance, Turava defeated a string of the world's best, including the Chinese Hongjuan Song (1:29:01), the world's quickest in 2004, and Liping Wang (1:30:06), the 2000 Olympic champion.

Also succumbing to Turava were Italy's Elisa Rigaud (1:30:48), the defending race champion and 2004 overall Challenge winner, who was sixth, and Olympic bronze medalist Jane Saville of Australia, who was seventh.

Portugal's best racewalker, Susana Feitor, who was fourth in Tijuana, was over 2

minutes slow on this occasion, completing the race in 1:35:26. She had suffered some respiratory problems and had to stop for 4 minutes at one point, but bravely battled on. China's 19-year-old Jiang Jing, who was the World Cup silver medalist in 2004, was fourteenth.

Both reigning Olympic champions were well off the pace with twelfth-place finishes for both Italy's Ivano Brugnetti and Greece's Anathasia Tsoumeleka. However, Brugnetti, coming back from injury, improved on his Tijuana performance and it was the Greek's opening race of the year. The results:

Women: 1. Margaryta Turava, Belarus 1:27:19 2. Hongjuan Song, China 1:29:01 3. Liping Wang, China 1:30:06 4. Yanmei Bai, China 1:30:16 5. Claudia Staff, Romania 1:30:41 6. Elisa Rigaud, Italy 1:30:48 7. Jane Saville, Australia 1:31:06 8. Vera Santos, Portugal 1:31:30 9. Larisa Emelianova, Russia 1:32:51 10. Norica Cimpean, Romania 1:33:06 11. Ines Henriquez, Port. 1:33:24 12. Athanasia Tsoumeleka, Greece 1:35:11 13. Susan Feitor, Port. 1:35:26 14. Jiang Jing, China 1:36:47 15. Beatriz Pascual, Spain 1:37:45 (21 finishers, 8 DNF, 2 DQ)

Men 1. Francisco Fernandez, Spain 1:19:02 2. Nathan Deakes, Australia 1:19:15 3. Chaohong Yu, China 1:19:39 4. Yunfeng Liu, China 1:20:10 5. Aigars Fadejevs, Latvia 1:20:55 6. Ronghua Lu, China 1:21:06 7. Juan Molina, Spain 1:21:09 8. Hatem Ghoula, Tunisia 1:22:04 10. Silviu Casandra, Romania 1:22:14 11. Ilya Markov, Russia 1:22:29 12. Ivano Brugnetti, Italy 1:22:50 13. Jianbo Lu, China 1:23:03 14. Shucai Xing, China 1:23:12 15. Alessandro Gandellini, Italy 1:23:49 16. Changliang Zhao, China 1:23:49 17. Erik Tysse, Norway 1:23:50 18. David Dominguez, Spain 1:23:50 10. Zhide Cui, China 1:24:36 20. Xingde Xu, China 1:24:42 (45 finishers, 9 DNF, 3 DQ)

Deakes Wins Third Leg; Then A Chinese Deluge

Cixi, China, April 23 (Based on IAAF Release)—It was a great day for Nathan Deakes in the third leg of the IAAF Challenge, but even a greater day for the Chinese with an awesome display of racewalking talent for both genders in the 20 Km races. The Chinese women swept the first eight places, all under 1:29 and had three others under 1:30. The men had 14 finish under 1:20. Admittedly, there were only a few walkers from outside of China, so their dominance of the placings might be written off, except that they buried most of the world class walkers that did show up and with times that would have buried many others had they shown.

The exception was Nathan Deakes, who won the men's race (but not easily) giving him two firsts and second in the three Challenge races to date. The Aussie ace walked the fourth fastest time in history as he won in 1:17:34, a time bettered only by Jefferson Perez (1:17:21), Francisco Fernandez (1:17:22), and Vladimir Stankin (1:17:23).

In rainy conditions, Deakes did not get his win easily, because, as expected, last year's winner of the IAAF Racewalking Challenge in Kunshan, Hongjun, Zhu, fought until the very end, finishing only 7 seconds behind Deakes. The 21-year-old Zhu, who had recently missed the Asian record of 1:18:32 set by Zewen Li in 1997, with his winning result of 1:18:37 in Dudince, Slovakia in March, bettered that result by a margin of 56 seconds. His 1:17:41 puts him fifth on the all-time list. In third, 22-year-old Zhide Cui finished in 1:17:52. Six more Chinese walkers followed, the final one in 1:18:39. Mexico had sent a strong contingent, but the best they could manage was tenth and eleventh, although Noe Hernandez and Eder Sanchez could not be upset with their times of 1:18:51 and 1:19:02. Australia's Luke Adams was thirteenth and Mexico's David Berde fourteenth, followed by six more

Chinese before Mexico's Omar Segura at 21st in 1:20:25. After many more Chinese, Mexico's Daniel Garcia and Omar Zapeda finished 35th and 36th in 1:22:35 and 1:22:36.

The most amazing performance was that of 15-year-old Gaobo Li, who was fourth in 1:18:28, obviously an Asian Junior record. He will be 16 in July, if Chinese birth records are correct. Li was 37th in last year's Dunshan meeting in 1:27:41, which is in itself rather unbelievable for a then 14-year old. In February he had walked 1:22:33. He missed Victor Burayev's World Junior record, set in 2001, by just 22 seconds, but has four years to go after it. Fifth and sixth place finishers were 50 Km specialists Shucai Xing and Chaohong Yu in 1:18:30 and 1:18:31. Xing, who is just 20, has the world's second fastest 50 of the year at 3:37:58.

In the women's race, Jiang Jing, just 14th in Rio Maior, returned to form to win in 1:27:56. The big surprise here was 19-year-old Yawei Yang who was just 2 seconds back in second. Yang was just eleventh in the National Championships in February in 1:33:05. She moved to fourth place on the world junior all-time list.

Australia's Jane Saville led the rest of the world with a 1:29:37 in ninth place. Tatiana Korotkova, of Russia, and Gisella Orsini, of Italy, were the only other non-Chinese to crack the top 20, as 10 Chinese ladies went under 1:30, and another five under 1:31. Olympic winner Anathasia Tsoumeleka had another disappointing day with a disqualification. The results:

Women: (all Chinese unless indicated otherwise) 1. Jing Jiang 1:27:56 2. Yawei Yang 1:27:56 3. Jiang Qiuyan 1:28:01 4. Yinghun Tang 1:28:07 5. Na Shi 1:28:22 6. Dan He 1:28:35 7. Kellian Gao 1:28:56 8. Yanmin Bo 1:28:56 9. Jane Saville, Australia 1:29:37 10. Hong Liu 1:29:39 11. Yingting Pang 1:29:40 12. Ziaoling Song 1:30:15 13. Lihua Sun 1:30:19 14. Lijun Zha 1:30:29 15. Limin Sun 1:30:39 16. Tatiana Korotkova, Russia 1:30:39 17. Ziuyan Lu 1:30:49 18. Nan Zhang 1:31:21 19. Ying Zou 1:31:45 20. Gisella Orsini, Italy 1:31:57. . . . Laris Kmelnitchkoya, Belarus 1:33:58. . . . 33. Simone Wolowiec, Australia 1:35:26 (41 finishers)

Men: (All Chinese unless indicated otherwise). 1. Nathan Deakes, Australia 1:17:34 2. Hongjun Zhu 1:17:41 3. Zhide Cui 1:17:52 4. Gaobo Li 1:18:28 5. Shucai Xing 1:18:30 6. Chaohong Yu 1:18:31 7. Yucheng Han 1:18:31 8. Yufeng Liu 1:18:33 9. Ronghua Lu 1:18:39 10. Noe Hernandez, Mexico 1:18:51 11. Eder Sanchez, Mexico 1:19:02 12. Fengfei Fong 1:19:19 13. Luke Adams, Australia 1:19:19 14. David Berde, Mexico 1:19:22 15. Xuejin, Bei 1:19:29 12 16. Jianbo Li 1:19:34 17. Guo Bian 1:19:51 18. Tianfung Si 1:20:05 19. Zhiping Wang 1:20:08 20. Hongguang Li 1:20:15 21. Omar Segura, Mexico 1:20:25 22. Wanjun Liu 1:20:28 23. Jimin Dong 1:20:41 24. Yang Shi 1:20:45 25. Changliang Zhao 1:20:59. . . . 35. Daniel Garcia, Mexico 1:22:35 36. Omar Zapeda, Mexico 1:22:36. . . . Alvaro Garcia, Mexico 1:22:39. . . . 42. Jorge Garcia, Mexico 1:22:55. . . . 64. Jefferson Perez, Ecuador 1:28:57 (76 finishers, 67 under 1:30, including 54 Chinese, 7 DQ, including Michelle Didnon, Italy and Bernardo Segura, Mexico)

Other Results

Collegiate 3 Km, Holy Cross vs. Tufts, April 2—1. Anne Whalen, Holy Cross 16:20.6 **3 Km, Worcester, Mass., April 23—1.** Kate Dickinson 14:25.45 2. Lauren Forgues 14:56.23 3. Ann Whalen 15:36.01 **Bill Matthews Memorial 10 Km, Orlando, Fla., April 10—1.** Steve "Red" Renard (40+) 58:11 2. John Fredericks (55+) 59:18 3. Tom Furman (55+) 61:57 4. Helge Heinrich (40+) 62:54 4. 5. Juan Moscoso 64:47 6. Ray Jenkins 66:54 7. Peter Bayer (65+) 69:06 4. (40+) 72:54 8. Robert Fine (70+) 73:45 **Women:** 1. Sandra DeNoon (45+)

61:22 2. Edna Ramsey (50+) 64:20 3. Linda Stein (55+) 68:13 (7 finishers) **5 Km, same place**—1. Lisa Sonntag 27:29 **Women's 3 Km, Canton, Ohio, April 12**—1. Lindsey Hipp, Malone Col. 16:41.2 2. B. Lyons, Malone 18:04.1 3. Joyce Prohaska 19:05 **Men's 5 Km, same place**—1. Nat Hughes, Malone 31:00.0 2. B. Sinich, Malone 31:00.3 3. T. Hailing 34:06 4. M. Groholy, Walsh Col. 34:22 (6 finishers) **3 Km, Yellow Springs, Ohio, April 17**—1. Doug Johnson 14:25 2. Tina Peters (17) 15:35 3. Ali Vavas, Northwestern U. 15:59 4. Andrea Boehm, Tiffin U. 18:32 5. Jack Shuter (75) 21:55 6. Barb Gordin (67) 22:14 7. Barb Hensley (61) 23:48 **15 Km, Kenosha, Wis., April 17**—1. Ben Shorey 1:08:49 (Went on to 20 Km in 1:32:27) 2. Mike Tarantino 1:11:46 3. Ray Sharp (44) 1:12:42 4. Mike Stanton 1:12:52 5. T.C. DeWitt 1:20:27 6. Rich McGuire (57) 1:26:28 7. Ray Glend (7) 1:35:31 **Women**—1. Christine Tagliaferre 1:25:57 2. Dee Webb 1:25:36 3. Lynn Tracy (52) 1:25:57 **10 Km same place**—1. Will Preischel and Mike DeWitt

55:46 **Women's 10 Km, same place**—1. Debbi Lawrence (43) 55:14 (First race in about 2 years) 2. Ali Bahr 55:44 3. Lauren Davis 57:29 4. Kristine Ewald (19) 63:00 5. Donna Green (52) 66:59 **5 Km, same place**—1. Matt DeWitt 24:33 2. Ron Winkler (54) 33:00 **Youth 1 Mile, Pharr, Texas, April 16**: Girl's 8 and under—1. Josephine Vargas 12:01 Girl's 9—1. Cristal Mendoza 11:16 2. Sailyn Ortega 11:37 Girl's 10—1. Diana Flores 10:40 2. Carolina Valadez 11:18 Girl's 11—1. Rebecca Martinez 10:34 Girl's 13—1. Maria Villareal 10:24 Girl's 14—1. Jannet Avitia 9:52 (16 participants in total) Boys 8 and under—1. Eddie Gomez 12:05 Boys 9—1. Steven Valadez 10:10 Boys 14—1. Roberto Vergara 7:14 2. Ricardo Vergara 7:32 3. Abraham Villarreal 8:30 (10 participants in total) **6 Km, Castle Rock, Col., March 6**—1. Daryl Meyers (62) 37:20 2. Mike Heymans (57) 39:10 3. Barb Amador (56) 43:10 **7 Km, Lodo, Col., March 13**—1. Rob McGuire (48) 48:13 2. Karl Schipper (48) 48:35 3. Monica Heimdal (44) 49:26 **5 Km, Denver, March 20**—1. Mike Heymans 31:40 2. Rita Sinkovec (65) 34:10 **5 Km, Denver, April 3**—1. Daryl Meyers 31:39 **1500 Meters, Houston, March 26**—1. Bob Cella (67) 8:48.4 2. Corey Abbate (13) 8:58 3. Steve Kimmel (56) 9:08.6 4. Lojza Vosta (67) 9:23.5 (7 finishers) **5 Km, Palo Alto, Cal., March 13**—1. Daniel Coupal 28:16 2. Leslie Sokol 30:20 3. Stu Kinney (60+) 32:10 4. John Doane 960+ 33:07 (9 finishers) **Pacific Northwest 10 Km, West Seattle, April 16**—1. Bev LaVeck (68) 66:36.9 2. Carol Wilkinson (55) 68:15 3. Darlene Backlund (59) 70:29 **Men**—1. Jared Swehoskey (17) 49:32.3 2. Tommy Aunan (46) 56:49 3. Bob Novak (55) 57:01 4. George Opsahl (63) 60:01 5. John Backlund (65) 62:43 6. Doug Ermini (47) 63:43 7. Mitchell Young (41) 67:51

Spring Tuneup Races, Toronto, April 24 (Indoors, probably due to the nasty weather of that weekend): **5 Km**—1. Chelsea Rodriguez (19) 27:22.1 2. Nanci Sweazey (49) 28:07 3. Don Ramsden (58) 29:42.5 4. Kathryn Jackman (16) 31:17 5. Lauren VanLeeuwen (16) 33:47 (8 finishers, 1 DNF) **3 Km**—1. Rachel Lavallee (19) 13:49.1 2. Rachel Vanderzwet (17) 16:37.2 3. Kitty Cashman (44) 17:09.4 4. Lily Whalen (53) 18:56 **Section 2**—1. Nil Lavallee (49) 15:13.2 2. Chelsea Rodriguez 16:20.7 (An hour-and-a-half after the 5 Km, in which she had 15:58.6 enroute) 3. Don Ramsden 18:02.4 (15 seconds than his time enroute to the 5) (10 finishers, 2 DQ) **1500 meters**—1. Nancy Leo (55) 8:35.4 2. Stuart Summerhayes (71) 8:49.5 3. Sarah Raetson 8:57.3 4. Lily Whalen 8:57.8 5. Joan Christensen (65) 9:31.4 **Section 2**—1. Rachel Vanderzwet 7:47.4 2. Don Ramsden 8:54.8 . . . 4. June-Marie Provost (71) 10:20 (7 finishers)

From Other Lands

Indoor 5 Km, Italy, Feb. 19—1. Alessandro Gandellini 19:03.38 2. Michele Didoni 19:20.00 3. Giorgio Rubino 19:26.51 4. Lorenzo Civallo 19:28.85 5. Andrea Manfredini 19:32.6. Gian Luca Trombetti 19:39.7. Enrico Lang 19:42.8. Alfio Alfredo Corsaro 20:05.9. Pasquale

Sabino 20:07 10. Jean Jacques Nkouloukidi 20:08 (20 finishers, 16 under 21:00) **Women's 3 Km, same place**—1. Elisa Rigau 12:09.57 2. Cristiana Pellino 12:40.88 3. Sibilla DiVincenzo 12:49.94 4. Emanuela Perilli 13:10.5. Gisella Orsini 13:13.6. Agnese Ragonesi 31:21 7. Annarita Fianza 13:30 8. Guiseppina Bottero 13:42 (20 finishers, 3 DQs in two heats) **20 Km, Italy, April 2**—1. Michele Didoni 1:23:20 2. Lorenzo Civallo 1:23:46 3. Diego Cafagna 1:23:55 4. Enrico Lang 1:23:57 5. Gian Luca Trombetti 1:24:09 6. Gian Piero Palumbo 1:25:04 7. Alex Schwazer 1:25:36 8. Daniele Paris 1:25:40 9. Marco De Luca 1:25:44 10. Pasquale Aragona 1:25:46 11. Andrea Manfredini 1:26:04 12. Jean Jacques Nkouloukidi 1:26:11 13. Vittorino Mucci 1:27:19 14. Dario Privitera 1:27:24 15. Pasquale Sabino 1:27:46 16. Domenico De Ceglia 1:28:08 (43 finishers, 1 DQ, Impressive depth until you look at the Chinese and Russian results in this and the March issue.) **Junior 20 Km, same place**—1. Giorgio Rubino 1:23:58 2. Oreste Laniku 1:27:40 3. Donato Pierri 1:32:13 4. Stefano Cattaneo 1:33:06 5. Alberto Contu 1:34:46 6. Marco Zucchini 1:36:30 **20 Km, Podebrady, Czech Rep., April 10**—1. Barbora Dibelkova 1:33:16 2. Snezhana Yurchenko, Belarus 1:35:58 3. Tatyana Zuyeva, Belarus 1:36:35 4. Tatian Denize, France 1:36:49 5. Marie Poti, Switzerland 1:36:58 6. Brigita Virbalyte, Lithuania 1:39:15 7. Patricia Garnier, France 1:39:22 8. Christine Buinaudeu, France 1:39:45 **Team score**: 1. Belarus 5 2. Czech Rep. 10 3. France 11 4. Lithuania 16 5. Switzerland 17 **Men**—1. Yohan Diniz, France 1:20:20 2. Matej Toth, Slovakia 1:22:47 4. Andrey Stepanchuk, Belarus 1:23:45 5. Milos Holus 1:24:45 6. Maik Berger, Germany 1:24:45 6. Marik Berger, Germany 1:24:45 7. Jiri Malysa 1:25:47 8. Vitgali Taiankov, Belarus 1:25:58 9. Eddy Riva, France 1:26:13 10. Bengt Bengtsson, Sweden 1:27:56 11. Marius Ziukas, Lith. 1:27:58 12. Jiri Chaloupka 1:28:30 13. Donatas Skarnulis, Lith. 1:28:36 14. Vilis Mikelionis, Lith. 1:28:48 **Team Results**—1. France 3 2. Czech Rep. 9 3. Belarus 9 4. Lithuania 20 5. Switzerland 27 **Junior Men 10 Km**—1. Carsten Schmidt, Germany 40:45 2. Pegter Grof, Slovakia 43:51 **Junior Women 10 Km**—1. Lucie Pelantova 49:59 **20 Km, Leamington, UK, April 17**—1. Dominic King 1:29:21 2. Frank uytact, Belg. 1:35:39 (6 finishers, 3 DNF, 4 DQ) **Women**—1. Olive Loughnane, Ireland 1:36:57 (7 finishers, 5 DNF, 1 DQ) **Under 20 10 Km**—1. Nick Ball (16) 44:05 2. Zac Pollinger, US 45:29 3. Sandor Racs, Hungary 46:43 4. Micheal Doyle, Ireland 47:46 5. Caspar Hansson, Denmark 47:46 **South African Nationals, Durban, April 17 Men's 20 Km**—1. Marc Mundell 1:37:13 2. Wayne Sayman 1:38:19 3. Werner Appel 1:39:17 **Women's 20 Km**—1. Nicolene Cronji 1:42:52 2. Suzanne Erasmus 1:49:55 **10 Km, Emb Kenya, April 17**—1. Julius Sawe 43:00.23 2. Silvanus Wekesa 43:26 **Women**—1. Grace Wanjiru 49:12.96 2. Mary Njohi 52:11 **5 Km, Leppavirta, Finland, April 9**—Aaro Nikela (70) 26:04 (World age group road record). . . **Chinese Championships, Nanning, Feb. 25-27** (we had the first three in each event last month): **Men's 20 Km, Feb. 25**—1. Chao Huang Yu 1:19:08 2. Yunfeng Liu 1:19:09 3. Chuang Pei 1:19:21 3. Zhide Cui 1:19:34 5. Yucheng Han 1:19:42 6. Xingde Xu 1:20:48 7. Changliang Zhao 1:20:55 8. Ronghua Lu 1:21:02 9. Shucai Xing 1:21:42 10. Tianping Zhang 1:21:42 11. Shiping Wang 1:21:47 12. Lingjie Pei 1:22:07 13. Ronglong Zhang 1:22:15 14. Gaobo Li 1:22:33 15. Lianzuo Gao 1:22:55 16. Cao Gen Fu 1:23:04 17. Hongjun Zhu 1:23:11 18. Chunhu Chang 1:23:18 19. Hongsheng Wang 1:23:32 20. Cuotao Cao 1:23:37 21. Yong Liu 1:23:47 23. Aiguo Bian 1:24:18 24. Jimin Dong 1:24:23 25. Xiaohong Wang 1:24:29 26. Pengfei Fang 1:24:50 (36 finishers (32 under 1:30, 6 DNF, 3 DQ)) **Men's 50 Km, Feb. 27**—1. Yucheng Han 3:36:20 2. Shucai Xing 3:37:58 3. Chengliang Zhao 3:38:56 4. Jimin Dong 3:39:17 5. Zhide Cui 3:44:20 6. Chao Huang Yu 3:44:45 7. Ronghua Lu 3:45:05 8. Jianbo Li 3:45:13 9. Alatan Gadasu 3:45:17 10. Zhiping Wang 3:45:23 11. Yongjian Yang 3:46:44 12. Chunhu Chang 3:47:19 13. Tianfeng Si 3:48:09 14. Liang Ni 3:50:29 15. Chungjun Liu 3:51:46 16. Yong Shi 3:52:03 17. Yinhang Wang 3:54:40 18.

Xuejin Bai 3:54:41 19. Jianguo Zhao 3:54:56 20. Cuoping Yu 3:55:35 21. Xinii Ao 3:56:00
 22. Defu Zhang 3:56:16 23. Xingde Xu 3:57:11 24. Hongguang Li 3:57:46 15. Shuiping
 Ouyang 3:58:07 26. Guodong Han 3:58:13 27. Hongpu Xu 3:58:49 28. Zhenggan Liang
 3:59:12 29. Weijun Wang 3:59:36 30. Guosong Wu 3:59:51 31. Jiawei Zhang 3:59:59 (47
 finishers with 4:23:01 for last place, 19 DNF 5 DQ) (Notice that several walked both the 20
 and 50, with one day's rest) **Women's 20 Km, Feb. 25-1.** Jing Jiang 1:27:19 2. Liping Wang
 1:27:24 3. Hongjuan Song 1:28:26 4. Na Shi 1:29:05 5. Nan Zhang 1:29:51 6. Dan He 1:30:45
 7. Qiuyan Jiang 1:30:56 8. Yinghua Tang 1:31:19 9. Kelian Gao 1:32:07 10. Mingming Ha
 1:32:26 11. Yawei Yang 1:33:05 12. Lun Jiang 1:33:28 13. Lihua Sun 1:33:43 14. Yanhong Li
 1:33:50 14. Yanhong Li 1:33:50 15. Yan Zang 1:34:05 16. Aihui Xu 1:34:21 17. Ailing Xue
 1:36:20 18. Ying Zou 1:36:42 19. Yan Zuo 1:37:09 20. Liping Yang 1:37:42 (27 finishers, 25
 under 1:40, 1 DNF, 1 DQ) **Junior Men's 20 Km-1.** Yong Shi 1:20:50 2. Chao Sun 1:21:36 3.
 Jianguo Zhao 1:22:46 4. Yafei Chu 1:23:31 5. Ke Meng 1:24:08 6. Wenjun Liu 1:24:48 7.
 Changhui Yan 1:25:20 8. Guosong Wu 1:25:51 9. Zhiyao Geng 1:26:08 10. Jianbo Li 1:26:14
 11. Guangjun Liu 1:27:23 12. Xuezhi Zhang 1:27:40 13. Xuejin Bai 1:27:59 (27 finishers, 16
 under 1:30, 2 DNF) **Junior Women's 20 Km-1.** Hong Liu 1:32:20 2. Cui Li 1:32:34 3.
 Ziaoling Song 1:32:47 4. Xue Chai 1:34:05 5. Feifei Liu 1:35:18 6. Sha Ynag 1:35:43 7.
 Jinzhao Song 1:35:53 8. ingting Pang 1:36:44 9. Lijun Zhai 1:37:14 10. Limin Sun 1:39:41
 11. Jie Han 1:39:41 (16 finishers, 1 DNF) **Men's Under 18 10 Km-1.** Zhiquang Zhu 42:19 2.
 Tao Yang 42:38 3. Zhengping Liu 43:00 **Women's Under 18 5 Km-1.** Aihua Qin 22:13.8 2.
 Fengxia Wang 23:07.5 3. Guangcai Zhang 23:10 4. Xin Zhang 23:24 5. Weiya Wang 24:05
Women's Under 18 10 Km-1. Aihua Qin 44:08.9 2. Xin Zhang 47:46 3. Cuangcai Zhang
 48:20

Set Your Pace At A Walking Race

Wed. May 4 1 Mile, London, Ontario (O)
 Fri. May 6 Howard Wood Dakota Relays 5 Km, Sioux Falls, S.D., 2 pm (K)
 5 Km, Durham, N.C. (BB)
 Sat. May 7 Western Regional 5 Km, Aptos, Cal. (J)
 5 Km, Denver, 8 am (H)
 Sun. May 8 South Region 10 and 20 Km, Raleigh, N.C.(B)
 10 Km, Ft. Collins, Col. (H)
 Sat. May 14 2.8 miles, Seattle, 9 am (C)
 Sun. May 15 **USATF National Masters 15 Km, Riverside, Cal. (Y)**
 North Region and Jack Mortland 20 Km, Dayton, Ohio (M)
 10 and 15 Km, New York City, 8:30 am (G)
 Gulf 5 Km and Open 10 Km, Houston, Tex. (L)
 Fri. May 20 1 Mile, Houston (L)
 Sat. May 21 5 Km, Denver, 9 am (H)
 5 Km, Thornton, Col., 8 am (H)
 Sun. May 22 Al Saner 5, 10, and 20 Km, Point Pleasant, N.J., 9 am (A)
 1500 meters and 3 Km, Columbus, Ohio ((T)
 20 Km, Kenosha, Wis. (F)
 South Region 10 Km Pharr, Texas (D)
 Cleveland Marathon, Cleveland, Ohio (S)
 5 Km, Denver (H)
 Fri. May 27 1 Mile, Houston (L)

Sat. May 28 NAIA Women's 3 Km, Men's 5 Km, Louisville, Ky.
 Art Keay Memorial Walks, 5, 10, and 20 Km (NCCWMA Championship),
 Toronton, 11 am (V)
 Sun. May 29 Pacific Assn. 5 Km, Sacramento, Cal., 10 am (CC)
 Alongi in Marin 5 Km, Kentfield, Cal. (P)
 Pac. Assn. 5 Km, Sacramento, Cal. (J)
 Sanford Kalb 9 Mile, Lakewood, N.J. (A)
 Mon. May 30 10 Km, Boulder, Col., 7 am (H)
 Fri. June 3 1 Mile, Houston (L)
 Sat. June 4 **National USATF 10 Km and Junior 3 Km, Niagara Falls ®)**
 3 Km, Seattle (C)
 5 Km, Denver, 8 am (H)
 Fri. June 10 1 Mile, Houston (L)
 Sat. June 11 1 Mile, Colts Neck, N.J. (A)
 10 Km, Denver, 8 am (H)
 Long Island 5 Km, Farmingdale, N.Y. (DD)
 2.8 Miles, Seattle, 9 am (C)
 Sun. June 12 Ohio 10 Km, Yellow Springs (M)
 Mon. June 13 5 Km, Long Branch, N.J., 6:30 pm (A)
 Fri. June 17 1 Mile, Houston, (L)
 Sat. June 18 Metropolitan 10 Km, New York City, 9 am (G)
 5 Km, Eugene, Ore. (C)
 Sun. June 19 Long Island 10 KM, Farmingdale (DD)
 1 Mile, Eugene, Ore. (C)
 Goulding Memorial 10 Km, London, Ontario (O)
 5 Km, Denver, 8 am (H)
 Mon. June 20 5 Km, Long Branch, N.J., 6:30 pm (A)
 Wed. June 22 5 Km, Denver, 6:30 pm (H)
 Fri. June 24 1 Mile, Houston (L)
 Sat. June 25 5 Km, Gresham, Ore. (C)
USATF National Junior 10 Km and Senior 20 Km, Carson, Cal. (AA)
 5 Km, Denver, 9:30 am (H)
 Sun. June 26 1 Mile, Gresham, Ore. (C)
 1 Hour, Kentfield, Cal., 8 am (P)
 Mon., June 27 5 Km, Long Branch, N.J., 6:30 pm (A)
 Sat. July 2 5 Km, Pomona, N.J. (A)
 Mon. July 5 5 Km, Long Branch, N.J., 6:30 pm (A)
 Sun. July 10 N.J. 5 Km, Tinton Falls, N.J. (A)
 10 Km, Kentfield, Cal., 8 am (P)
 Mon. July 12 5 Km, Long Branch, N.J., 6:30 pm (A)

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 Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 AA--www.usatf.org
 BB--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
 CC--Laura Cribbins, 2937 El Sobrante Street, Santa Clara, CA 95051
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FROM HEEL TO TOE

More pole walking. Last month, Harry Siitonen provided us a report on the Finnish pole walking championships. Here is an update from Harry: Well, the unofficial "Nordic Pole Walking 10 Km World Championships" did come off at Masku, Finland on April 24. Not all that global, since all contestants, but for a 58-year-old woman from Estonia, were Finns. As might be expected, the men's winner was former World Champion 50 Km cross-country skiing champ Mika Myllyla, 36, in 54:43. Since there was no snow on the ground, he was handicapped by having to leave his skis at home and had to depend on his poles and his walking legs alone. So Mika's victory was not all that overwhelming. For not far behind in second was Petri Ylonen in 54:44, and the bronze went to Aki Ijas in 57:29. Anu Heilimo of Turku is the first women's "world champ" in this new event in 1:07:29. Eija Sorsa-Ranta, 36, was second in 1:08:42, and Reeta Rantanen, 13, was third in 1:09:33. H'ray for young Reeta! So, what happened to our Estonian entry, who braved this solid wall of Finns? Aino Veerpalu, 58, came in ninth in 1:11:25, and third in the over 40 masters age group. There were 137 finishers. Our next question: How soon will Nordic pole walking become an Olympic sport? (Racewalkers of the world, unite! Grab a pair of poles and start training!).

The final walk. Walking has lost three friends recently. . . Bill Tallmadge died at age 88 in Berea, Kentucky. A basketball player in early life--he went to Grinnell College on a basketball scholarship--he took up racewalking in 1983 with a great deal of success--U.S. masters titles as he moved through the age groups and World Masters titles in 1991 in Finland and 1998 in South Africa. Bill was a professor of music in his professional life and was published widely in the areas of jazz and blues, as well as African-American and European American religious music. Then, in Canada, Max Gould passed away on March 30 at age 87. Max, who competed frequently in the U.S., held 18 Canadian masters records. At age 59, he walked 50 Km in 4:50:57 and had a 1:44:23 for 20 at age 61. He did 51:20 for 10

Km at age 61. A quote from an Ontario masters runner, "I used to see Max training in Sunnybrook when I was on my run. He was always wearing one of those little hats you make out of a handkerchief with the four corners tied. He was ALWAYS going full tilt!!" Exactly the way your editor always sees Max when strolling down memory lane. Finally, an important contributor to our sport in recent years, Gary Stoner, died suddenly on April 22. Gary was the track coach at Lindsey Wilson College in Kentucky. He was found dead in his home by some of his athletes who went looking for him when he failed to show up at the college to leave for a weekend track meet. The cause of death was unknown, but apparently of natural causes. Stoner had come to Lindsey Wilson this year following six years as coach at Central Methodist College. He had developed excellent walkers at both of the schools. At Central Methodist, Beth Lewis was an NAIA All American racewalker and Patrick Stroup won the outdoor NAIA title in 2004. Stroup was runner-up to Matt Boyles in this year's indoor 3 Km. In that same meet, Lindsey Wilson freshman Anine Stanley won the women's title. Vince Peters notes: "Gary was very supportive of racewalking within the NAIA. . . I will miss Gary as he was great behind the scenes promoting the walk among his colleagues." Wayne Armbrust notes, "I knew Gary Stoner fairly well during the years he was at Central Methodist. He was very supportive of racewalking and was instrumental in getting last year's NAIA Outdoor Champion Patrick Stroup and several time NAIA scorer Beth Lewis started walking. He seemed to be a very good coach that kept his athletes' best interests foremost. Gayle (Johnson) and I are very sorry to learn of his passing." . **Relay.** The 2005 Willamette Valley Relay, the Northwest's premiere long-distance walking event, is set for July 15-16. The annual walk-only event will take walkers of all levels on a fun and challenging 135-mile journey through Oregon's pastoral Willamette Valley. In addition to promoting the health benefits of a regular walking program, a portion of the event proceeds will benefit the Legacy Comprehensive Stroke Program. Relay teams of 8 to 12 walkers compete in the event. "No other relay event in the Northwest is designed exclusively for walkers of all levels by walkers," said organizer Judy Heller, a personal fitness trainer. "Whether you're a first-timer, an accomplished relay walker, or avid racewalker, the Willamette Valley Relay is a great way to commit to training to go the distance while having fun." The relay features a postcard-perfect, 135-mile route, highlighting the region's history, beauty, and agriculture. Walkers will stride through four parks, five counties, one wildlife refuge, and eight Oregon towns in two summer days. You can download registration applications at www.wondersofwalking.com. Entry deadline without paying a late fee is May 15. . . **Junior camp.** Tom Eastler reports: "The Junior racewalking camp to be held on the week of July 4 in Bar Harbor, Maine is taking great shape. Gary Westerfield has graciously accepted the position of head coach at the camp and he will be assisted by a number of well known coaches. He and his large, talented staff plan to take 15 each of the best Junior boys and girls in the US (and possibly other North American countries) and guide them to new heights in racewalking. Now, here's the rub! The cost to house, feed, and transport each athlete for one week will amount to \$500. That sum will cover dormitory housing and meals at the College of the Atlantic, use of vans for local transportation, and use of the nearby track and field complex for all workouts and for the Junior National 5 Km on Saturday, July 9. The fee will also cover course materials, race materials, first aid coverage, medals, insurance, and all of the usual activities associated with 24/7 coverage of teenage athletes. . . That \$500 is a significant chunk of change for most anyone, so perhaps a group of walkers, or a club, would be able to raise enough funds to sponsor one or more athletes. No matter how it is done, we all can make a real statement of our support for a large group of up-and-coming elite Junior walkers who will one day bring gold to the US in both the men's and women's Olympic walks." Groups or individuals willing to support a walker can contact Tom at

eastler@maine.edu. Sponsors will be able to monitor that walker during the camp and will be encouraged to continue to follow the walking exploits of that athlete long into the future. .

.Manure. Thanks to Bob Carlson in Colorado for supplying this very important historical fact, totally unrelated to racewalking, but certainly of universal interest. In the 16th and 17th centuries, everything had to be transported by ship and it was also before commercial fertilizer's invention, so large shipments of manure were common. It was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, it not only became heavier, but the process of fermentation began again, of which a by product is methane gas. As the stuff was stored below decks in bundles you can see what could (and did) happen. Methane began to build up below decks and the first time someone came below at night with a lantern-BOOOOOOM! Several ships were destroyed in this manner before it was determined just what was happening. After that, the bundles of manure were always stamped with the term "Ship High In Transit" on them, which meant for the sailors to stow it high enough off the lower decks that any water that came into the hold would not touch the volatile cargo and start the production of methane. Thus evolved the term "S.H.I.T" (Ship High In Transit), which has come down through the centuries and is in use to this very day. You probably did not know the true history of this word. Bob adds, "Neither did I. I thought for it was a golf term."

Frank Alongi and the Alongi In Marin Classic

by Jack Bray

(Frank Alongi, in addition to all you will read about him below, is a long-time subscriber to and supporter of the Ohio Racewalker. We are pleased to run this article about him and the annual racewalking weekend that honors and features him.)

On May 29-30, Dr. Frank Alongi will be in Marin, California for the 12th year. Each year the Alongi in Marin 5 Km Classic is the largest racewalking event in the Pacific Association and the biggest club event on the West Coast. In addition to the featured 5 Km racewalk event, there is a 1500 meter novice race and an awards picnic afterwards. Activities also include a pasta dinner on Saturday night and racewalking seminars on Monday. Each year, Frank Alongi journeys from Michigan to lend his expertise in the sport to these activities.

Frank is well known as a coach of Olympians, and IAAF judge, and the author of many articles and booklets on the technical aspects of racewalk technique and judging. He organized the first five Junior RW Camps in the U.S. Over the years he has worked very hard to promote the sport—spending hours of volunteer time and his own funds to bring the best to the sport. He worked with the young American Olympians in Colorado Springs and with the youth camps with Tom Eastler in Maine.

In connection with his races both in Michigan and Marin, Frank has brought in young athletes from Europe and Mexico, hoping that we racewalkers in the US could learn something from them. These young people worked out with the participants and the club members, sharing their knowledge.

Last year, Frank arranged for two young Olympic hopefuls from his native Italy to join in the Alongi Classic weekend. In addition to showing us great technique at workouts and seminars, they showed us great competitiveness in the Alongi Classic 5 Km.

Some background on Frank comes from an article in the *Detroit Free Press*: "Frank Alongi is one of the world's most respected racewalking coaches. When he left Italy in 1956, his goal was to work in El Salvador. 'But I met a top Chrysler auto body stylist on the boat

who convinced me that El Salvador was too dangerous, so I went to work for Chrysler in the U.S.," Alongi said. After about 5 years with Chrysler and five with NASA working on the lunar landing module, Alongi went to work for Ford in 1964. Since landing in the U.S., Alongi also has devoted his time, energy, and money and considerable skills to coaching young track competitors, formally and informally. Alongi's engineering background is one key to his coaching skill. His 1951 doctoral dissertation compared the techniques of three racewalking styles, concluding that racewalking was a pushing-off rather than pulling motion."

While in Italy, Frank was a Technical Assistant for the Italian Olympic Committee in track and field events. He was the head official and umpire for the racewalks at the 1984 Olympics in Los Angeles. For many years he was the racewalking coach for the US Junior Racewalking camps in Maine and Michigan. He was the USATF Officials Chair for Michigan. In that capacity, he gave basic instruction and more for all track and field events. In addition, he trained the Detroit police force in martial arts. For many years, he coached the best masters racewalking club in America—the Wolverine Pacers.

For 19 years, Frank hosted a major international racewalk event in Dearborn, Michigan—the Casimiro Alongi Memorial Racewalk, in honor of his brother. Through the years, this event showcased some of the world's best racewalkers in competition with our country's best. He continues to coach both Olympic hopefuls and masters racewalkers in technique and training skills.

Frank is a walking encyclopedia of racewalking knowledge and information. Participants at the Alongi Weekend can tap into the knowledge of this dynamic coach. His seminars will offer advice on self motivation, fine tuning of training methods, improving speed, working through training plateaus, and breaking through barriers to change. To register or get more information contact Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914, marinrw@earthlink.net.

LOOKING BACK

40 Years Ago (From the April 1965 ORW)—Our second issue was still quite parochial in nature, as we had yet to develop our vast national and international network of sources. However, we did show races in New York City, Kings Point, N.Y., and Toronto on our schedule of events. . . The big news was Jack Mortland's decimation of Jack Blackburn on the famous Doc Blackburn side-yard track (9.3 laps to the mile). Blackburn held on for 5 3/4 miles of the 8-mile race and then had to stagger in as Mortland's 61:18 left him nearly 2 minutes behind. The 52-year-old Dr. John Blackburn recorded a 1:15:56. . . Mortland also won a 12-mile affair 9n 1:36:32, but fell apart himself in that one, requiring nearly 18 minutes for the final 2 miles.

35 Years Ago (From the April 1970 ORW)—Walking was entering a new era as evidenced by Dave Romansky's American Record 1:58:09 for 25 Km, Tom Dooley's 15 miles 1090 yards for 2 Hours (passing 25 Km in 1:59:20), and Greg Diebold's 13:28.6 for 2 miles. . . Romansky also had an American record 50 Km (4:15:23) on the track. . . Another American record went to Shaul Ladany with 7:52:04 for 50 miles. . . Locally, the rapidly aging Mortland (then 35) again hit the wall over the last 2 miles as he won a track 20 km in 1:40:33. He also won a 10 Km on the track in 48:38, ahead of Paul Reback's 49:54.

30 Years Ago (From the April 1975 ORW)—Ron Laird won his 57th U.S. title, and first since 1971, covering 25 Km in 1:56:38 in Seattle. . . Dave Romansky was still getting around quite well, going 1:34:38 for 20 Km on the track. . . The World record for 100 Km fell to Jean-Pierre Garcia of France, who covered the distance in 9:33:06. . . Ladany was still cleaning up in the ultra-distances, winning the U.S. 75 km title in 7:22:10, 17 minutes ahead of Dan O'Connor.

25 Years Ago (From the April 1980 ORW)—Walking the second fastest 50 km ever by an American, Carl Schueler won the National title in New York City with his 4:06:07. Dan O'Connor was 13 minutes behind as Schueler bettered his personal record by 18 minutes. . . A week later, O'Connor won the National 20 Km in Seattle in 1:26:21, a U.S. best ever and 7 minutes ahead of John VanDenBrandt. . . In Mexico, Daniel Bautista went through 15,121 meters in an hour, and four days later did 20 Km in 1:20:59 (4700 feet altitude). Soviets were second in both races—Anatoliy Solomin with 15,042 meters and Nikolai Vinnetschenko in 1:21:30. . . In a swift Spanish National 50, Jose Marin did 3:43:35 and Jorge Llopart 3:45:55. Sue Brodock had the fastest ever 20 Km by an American woman with her 1:45:20.

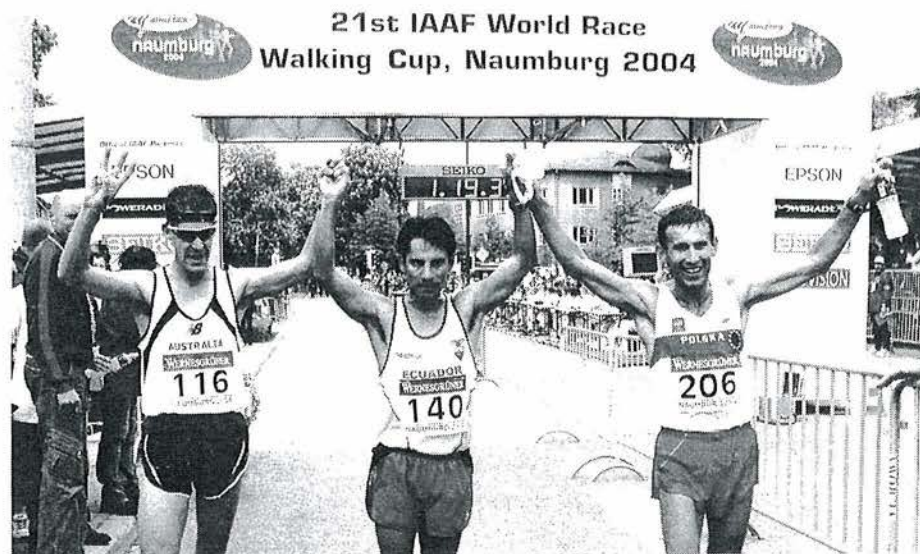
20 Years Ago (From the April 1985 ORW)—Overtaking Tim Lewis in the final 10 Km, Carl Schueler won the National 30 Km in 2:25:17, 2 minutes ahead of Lewis. . . Two weeks later, Lewis won the National 25 in Washington, D.C. in 1:52:55, nearly 6 ½ minutes ahead of Dave Cummings. . . At the same site, Teresa Vaill won the Women's National 20 in 1:44:29 with Sue Liers second.

15 Years Ago (From the April 1990 ORW)—Tim Lewis, dominant at 20 Km, was a surprise winner of the National 50 in 4:10:46, nearly 6 minutes ahead of Marco Evoniuk. Mark Manning, Mark Fenton, Eugene Kitts, and Dan O'Connor followed. . . The Mortland Invitational 20 Km in Columbus went to Gary Morgan in 1:32:07, with Steve Pecinovsky second in 1:34:12, but the big news was 58-year-old Max Green in seventh with 1:43:41, a world best for those over 55. Zofia Wolan won the women's 10 Km in 49:30. . . In the National Invitational walks in Washington, D.C., Teresa Vaill and Tim Lewis walked to victory. Vaill did 46:21 for 10 Km, leaving Sue Liers more than 4 minutes back. Lewis covered 20 in 1:28:05, with Richard Quinn (1:29:47) and Curt Clausen (1:30:17) following.

10 Years Ago (From the April 1995 ORW)—Dave McGovern and Victoria Herazo were winners at the National Invitational in 1:28:02 and 46:26, respectively. Philip Dunn finished just 18 seconds after McGovern and Ian Whatley snuck under 1:30. Relative newcomer Joanne Dow was second to Herazo in 47:43, just 5 seconds ahead of Canada's Pascal Grand. . . In the Pan-Am Games in Argentina, Mexico's Graciela Mendoza won the women's 10 Km in 46:32, just 5 seconds ahead of Michelle Rohl. The 50 went to Mexico's Carlos Mercenario in 3:47:55 with his teammate Miguel Rodriguez second in 3:48:22 and Guatemala's Julio Urias third in 3:49:37. Allen James did 3:59:27 in sixth. Ecuador's Jefferson Perez won the 20 in 1:22:53 when Mexico's Bernardo Segura, who just stayed ahead of him at the finish, was Dq'd. Daniel Garcia was second. James and Jonathan Matthews did not finish.

5 Years Ago (From the April 2000 ORW)—Mexico swept the Pan Am Cup walk events in Poza Rica, Mexico, taking the first three spots in both men's and women's 20 Km races, and the first four spots in the 50. The winners were Guadalupe Sanchez in 1:34:35, Bernardo Segura in 1:22:47, and Miguel Rodriguez in 3:43:51. The U.S. finished second in the team standings. In the women's 20, Cuba's Oslaidy Vera was fourth, followed by three more Mexicans and then Michelle Rohl (1:37:49). Susan Armenta was 10th in 1:39:55. In the

men's 20, Ecuador's Jefferson was fourth and Andrew Hermann led the US in seventh (1:26:39). At 50, Canada's Arturo Huerta was fifth in 3:56:01 and Mark Green was the first US walker in 15th. . . Teresa Vaill had a 1:35:45 20 Km to win the National Invitational race. Yet another Mexican, Francisco Pantoja, won the men's race in 1:28:55, 30 seconds ahead of John Nunn with Ian Whatley in third. . . Gary Morgan and Cheryl Rellinger won National titles at 30 Km in Flushing, Michigan. Gary had 2:47:22, just 10 seconds faster than Cheryl. Jill Zenner's 3:49:21 in second behind Rellinger, was more than a minute faster than men's silver medalist Rod Craig.



Medalists in the 2004 World Cup 20 Km. From left: Nathan Deakes, Australia, third in 1:19:11; Jefferson Perez, Ecuador, first in 1:18:42; and Robert Korzeniowski, second in 1:19:02. Korzeniowski is now retired with his four Olympic golds. Perez struggled in his first race of 2005 in China, but Deakes is a force with two golds and a silver in IAAF Challenge races in 2005. (Getty Images/John Gichigi)