

## Four U.S. Titles Decided in Sacramento

Sacramento, June 25-26--The favorites performed well as titles in four racewalking events were decided at the USA TF National Championships. At 20 Km, Tim Seaman and Teresa Vaill prevailed (Vaill pre-vaills, yuk, yuk) and in the Junior 10 Km races the winners were Maria Michta and Zach Pollinger.

The women's 20 was first up and the 42-year-old Vaill proved the class of the field as she won her fifth National title at the distance in 1:33:28.15. That's just 5 seconds off her best. Only Michelle Rohl and Joanne Dow have gone faster among U.S. women. On this day, Dow, a mere 41, was no match for Teresa, or for Amber Antonia, for that matter. Antonia, the youngster in the field at 25, was second in 1:36:03, 71 seconds ahead of Dow. Jolene Moore captured fourth in 1:38:48, with no one else under 1:40. There were two disqualifications in the 10-woman field.

Vaill, who made her first Olympic team last year will compete in the World Championships for the third time. She has been on five World Cup teams. She first emerged as a force on the U.S. scene in 1982 when she was ranked second in the country at 5 Km and third at 10. She won her first national title at 1 Mile in 1984, and added titles at 5, 15, and 20 km before that year was finished. She has seen a couple of generations of racewalkers come and go, while remaining not only a contender, but a champion, into her 24th year in the elite ranks.

After the race, she stated, "I'm really looking forward to Helsinki. That's why I came back for one more year. My goal for Worlds is to get in the top 20." Asked about weather conditions, she said, "Perfect. This is nothing compared to Florida. Florida has a lot of humidity. It was perfect today."

In the Junior 10 that followed, Maria Michta was an even more dominant winner, her 50:24.54 putting her nearly 4 minutes ahead of the field. It was also two seconds better than Lisa Chumbley's U.S. track record. In second was Laura Richenderfer who has been putting up some impressive times for 3 and 5 Km in the Rochester area, but was untested against the top walkers. She finished better than a minute ahead of 17-year-old Christina Peters who moved up from a fifth-place finish last year, and a sixth place in this year's Pan Am Cup Trials. Peters beat everyone, except Michta, who had finished ahead of her in the latter race.

Following the race, Michta said, "I wanted to go high 49s or low 50s. The first 3 km was really good, but around the 5 km, I noticed that I was way under pace. With four laps to go, I was actually four seconds ahead of the record. The strategy paid off. This was my first win at this event and I am happy. There has always been a problem where something comes up and I don't win after being the favorite."

Tim Seaman matched Vaill with his first National 20 Km title and got off the even-year syndrome. His other titles came in '98, '00, '02, and '04. His winning time of



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1:26:41.36 was not one of his best, but only fellow "04 Olympian, John Nunn was any challenge on this day. Nunn finished in 1:27:15, more than five minutes ahead of third-place Benjamin Storey. Kevin Eastler, not in his best condition this year, was well clear of Matt Boyles in fourth. Of other elite walkers from last year, Curt Clausen, busy with law school, was entered, but did not compete. Philip Dunn and Sean Albert were not entered.

Following the race, Seaman seemed uncertain about the Worlds. When asked if he was looking forward to Helsinki, the two-time Olympian was evasive: "Maybe, Maybe. I'll try. Mentally I'm very tired. I didn't get much of a break after Athens. I'll have to talk it over and we'll see." On the race itself, he noted, "Mentally it was very tough to do 20 km on the track. So it's a matter of staying focused as long as possible."

Zach Pollinger also had an easy time of it from a competitive viewpoint in winning the Junior 10 with a 45:29.10 effort. Jared Swehosky was more than 2 1/2 minutes back in second, with three others under 50. The contingent from South Texas, walking unattached here, provided half of the 10-man field, led by Roberto Vergara in third.

Asked about his race, Pollinger replied, "I'm pretty happy with my race today. The main goal was to qualify for Pan Am Juniors and that I was legal and had a good race and was out in front. I didn't worry too much about time. I've been training all year and I'm going to stick to the workouts and schedule I've been doing. It's been going pretty good so far, so I'll just continue it through the rest of the season. We had a Pan Am Cup for racewalking so the Pan Am Juniors is a little bit of a rematch. I got ninth in the Cup race and I'm hoping to beat a couple of the people in front of me. I'm very excited."

The results:

**Women's Jr. 10 Km, June 25**—1. Maria Michta, CW Post 50:24.54 2. Laura Richenderfer, Rochester 54:02.84 3. Christina Peters, Miami Valley TC 55:07.75 4. Laurie Forques, Maine RW 55:14.03 5. Le'erinn Voss, un. 56:31.79 6. Dana Vered, Walk USA 57:23.90 7. Jenna Monahan, Walk USA 58:07.8. Helen Pottle, un. 60:20 9. Rosalind Adams, Park RW 61:18 10. Carly Lochala, Maine RW 62:49 11. Allison Snocowski, Walk USA 63:24

**Women's 20 Km, June 25**—1. Teresa Vaill, Walk USA 1:33:28.15 2. Amber Antonia, New York AC 1:36:03.23 3. Joanne Dow, adidas 1:37:14.81 4. Jolene Moore, NYAC 1:38:48.26 5. Bobbi Chapman, un. 1:41:15.23 6. Deborah Huberty, NYAC 1:46:26.85 7. Margaret Ditchburn, un. 1:46:55 8. Loretta Schuellein, Walk USA 1:50:00 DQ—Dorit Attias, Walk USA and Marcia Gutsche-Rutledge, New England Walkers. Did not start—Sara Standley-Gonzalez, un.

**Junior Men's 10 Km**—1. Zachary Pollinger, N.J. Striders 45:29.10 2. Jared Swehosky, Salem TC 48:33.35 3. Roberto Vergara, un. 49:15.04 4. Terran Swehosky, Salem TC 49:37.63 5. Michael Kazmierczak, Walk USA 49:46.13 6. Christopher Diaz, un. 50:40.69 7. Ricardo Vergara, un. 51:15 8. Paul Regul, un. 51:46 9. Ernesto Vergara, un. 53:47 10. Adrian Jaime, un. 54:08 Did not start—Timothy Davidson, Park RW

**Men's 20 Km, June 26**—1. Tim Seaman, NYAC 1:26:42.36 2. John Nunn, US Army 1:27:15.75 3. Benjamin Storey, un. 1:32:28.03 4. Kevin Eastler, US Air Force 1:33:15.04 5. Matt Boyles, un. 1:34:48.80 6. Ray Sharp, Varsano's Chocolates 1:35:18.41 7. Theron Kissinger, New Balance 1:35:53 8. Michael Tarantino, U.W.-Parkside 1:39:17 9. Dave

McGovern, Varsano's Ch. 1:45:25 Did not start—Curt Clausen, NYAC

## Vaill and Seaman Conduct A Preview At Niagara Falls

Niagara Falls, N.Y., June 4—Showcasing their readiness for the National 20, Tim Seaman and Teresa Vaill scored impressive wins in the National USATF 10 km racewalks. Seaman was well clear of any other U.S. walkers to win the National title, but had a stiff dual with Ecuador's Xavier Moreno (not eligible for the title) to win the race. Tim finished in 41:49, just 8 seconds ahead of Moreno, who seeks to follow in the footsteps of Jefferson Perez. Junior Zach Pollinger was third in the race in 45:31, just ahead 20 seconds of the veteran Allen James, more than twice his age. James would have offered a stouter challenge to the hyoungster, but he was on his way to 20 Km, which he finished in 1:33:43. Ray Sharp, the 45-year-old international on the comeback trail, also went 20 (1:37:53) after going through 10 Km in 47:24 for eighth place.

In winning the women's race, Vaill was just 5 seconds behind James, but nearly 3 minutes ahead of second-place Jolene Moore. Deb Huberty was third in 49:29. Fourth was junior Maria Michta in what seems a disappointing 52:46, but she, too, was on her way to 20 Km, which she completed in 1:49:43.

An hour or so after his fast 10, Pollinger came back to edge Michael Kazmierczak in a junior 3 Km as both clocked 14:01. Kazmierczak had also done the 10, finishing 11<sup>th</sup> in 49:31. Just 15 minutes after finishing her 20 km effort, Michta competed in the women's junior 3 Km, but finished a second behind Jenna Monahan's 16:37

The results:

**Women's 10 Km:** 1. Teresa Vaill 45:56 2. Jolene Moore 48:38 3. Deb Huberty 49:29 4. Maria Michta 52:46 5. Marcia Gutsche-Rutledge 53:27 6. Loretta Schuellein 54:12 7. Chelsea Rodriguez 54:21 8. Nanci Sweazey, Can. 55:00 9. Laura Feller 55:57 10. Dorit Attias 56:26 11. Heidi Hauch 56:59 12. Jenna Monahan 58:05 13. Kitty Cashman 59:19 14. Debbie Topham 60:06 15. Susan Fassett 61:16. Alice Tan 62:06 17. Janet Comi 62:57 18. Pansuela Geer 63:15 19. Joyce Prohaska 63:46 20. Terri Marshall 64:25 21. Lily Whalen, Can. 66:08 22. Juliellen Rosinski 66:19 23. Kristina Bonfiglio 66:22 24. Janine Dean-Stuart 66:36 25. Joan Christensen 66:42 26. Walda Tichy 66:57 27. Maria Paul 68:41 28. Libby White 68:53 29. Kathy Finch 69:19 30. Marilyn Chute, Can. 69:41 31. Sarah Raesten, Can. 69:58 32. June-Marie Provost, Can. 70:35 33. Aggie Ramsden, Can. 71:54 34. Isabel Keeley 76:41 DNF—Amber Antonia and Rachel Lavafee 2 DQ

**Men's 10 Km:** 1. Tim Seaman 41:49 2. Xavier Moreno, Ecuador 41:57 3. Zach Pollinger 45:31 4. Allen James 45:51 5. Sergiy Ivakhir 47:05 6. Leonadis Romero 47:11 7. Ray Sharp 47:24 8. Kevin Eastler 48:11 9. Dave McGovern 48:42 10. Ed Parrot 49:25 11. Michael Kamierczak 49:31 12. John Soucheck 50:55 13. Nil Lavafee, Can. 51:10 14. Jussi Koski 51:55 15. Mike Bartholomew 52:18 16. Mel McGinnis 52:31 17. Dave Talcott 52:57 18. Bill Vayo 53:06 19. Nicholas Bdera 53:13 20. Steve Pecinovsky 43:21 21. Leon Jasionowski 53:48 22. Jim Carmines 54:50 23. Gary Morgan 55:43 24. Rod Craig 56:16 25. Bill Reed 56:21 26. Roderick MacWelwain 59:33 27. Marc Olshan 60:04 28. Juan Moscoso 60:26 29. Don Ramsden, Can. 60:35 30. Ron Shields 60:53 31. Christopher Stuart 61:00 32. Trevor Barron 61:00 33. Michael Roth 51:02 34. Bob Weeks 61:09 35. Don Knight 63:34 36. Marshall Sanders 65:15 37. Bernie Finch 72:42 (1 DQ)

**Junior Women's 3 Km:** 1. Jenna Monahan 16:37 2. Maria Michta 15:38 3. Lauren VanLeeuwen, Can. 16:53 4. Chelsea Conway 17:40 5. Leah Wease, Can. 18:38

**Junior Men's 3 Km:** 1. Zach Pollinger 14:01 2. Michael Kazmierczak 14:01 3. Tim



Davidson 14:21

**20 Km:** 1. Allen James 1:33:42 2. Ray Sharp 1:37:55 3. Maria Michta 1:49:43

## Fernandez Wins As Expected; El Salvador's Lopez Springs Surprise

La Coruna, Spain, June 4 (From an IAAF Press Release)—The IAAF Racewalking Challenge moved to this Spanish city and the local crowd was pleased as Spain's reigning World and Olympic silver medalist, Francisco Fernandez, scored an overwhelming victory. In doing so, the 28-year-old took his third win of the season having broken the 1:20 barrier in all three outings.

Fernandez broke away from the leading group in the eighth kilometer and from then on the delighted crowd witnessed a magnificent display of solo walking. He finished in 1:17:52, his second fastest ever and seems to be on course to fight for the gold medal at the World Championships in Helsinki in August.

European Cup winner Ilya Markov of Russia was runnre up, but 1:44 adrift. But, Markov, the 1999 World Champion and 2001 runner-up seems back on course after three lack luster seasons in which a ninth-place World ranking in 2003 was the best he had to show. Finishing third was Tunisia's Hatem Goula. Olympic gold medalist Ivano Brugnetti, still struggling to regain form following an injury, had to give up at halfway.

An elated Fernandez said, "Everything was fantastic today. I felt great, the wather was ideal and I have walked at even pace (38:58 and 38:55). Without rivalry, it has been surprising for me to clock such a fast time. My build up for the Worlds is the right path and my next and last competition before Helsinki will be the Mediterranean Games at the end of June. Then, I'll skip the National championships to focus only on the worlds"

In the women's race, El Salvador's Cristina Lopez produced a big surprise, winning in a personal best 1:30:08. Favorite Ryta Turava of Belarus, closed to within two seconds at the finish, but couldn't overhaul the Central American, who has made rapid strides this year. Only 11th in the opening challenge race in Tijuana (1:43:20), she also surprised with her Pan Am Cup win in 1:30:35.

In today's race, a group of five was together at 10 Km, with Melanie Seeger leading in 45:27 from Lopez, Claudia Stef, Kristina Saltanovic, and Daniela Cirlan. Turava was 19 seconds back at that point. Accelerating on the second 10 Km, Lopez left all of the others except Stef, who was 4 seconds back at the finish. But, she barely withstood the second half surge of Turava, who covered it in 44:24.

The event took place on the same 2 Km circuit that will be used for the 2006 World Cup. The results:

**Men:** 1. Francisco Fernandez, Spain 1:17:52 2. Ilya Markov, Russia 1:19:36 3. Hatem Goula, Tunisia 1:20:48 4. Joao Vieira, Portugal 1:21:56 5. Eric Tysse, Norway 1:21:59 6. Roman Magdziarczyk, Poland 1:22:12 7. Jose Ignacio Cruz, Spain 1:22:36 8. Hyun-Sup Kim, Korea 1:22:37 9. Jose Cambil, Spain 1:23:02 10. Jesus Garcia, Spain 1:23:09

**Women:** 1. Cristina Esmeralda Lopez, El Salvador 1:30:08 2. Rita Turava, Bulgaria 1:30:10 3. Claudia Stef, Romania 1:30:12 4. Melanie Seeger, Germany 1:30:21 5. Kristina Saltanovic, Lithuania 1:31:49 6. Ana Maria Groza, Romania 1:31:57 7. Norica Cimkpean, Romania 1:32:08 8. Daniela Cirlan, Romania 1:32:34 9. Sonata Milusauskaite, Lithuania 1:32:53 10. Miriam Ramon, Ecuador 1:33:34

## Other Results

**Maine H.S. 1600 meters, June 4:** Girl's Class A—1. Ashley Taylor, Morse 7:53.67 2. Carly Lochala, Mt. Blue 8:24 Boy's Class A—1. Aaron Carroll (freshman), Carrol 7:54.43 2. Taylor Burns, Scarborough 8:02 3. Tom Esponette, Edward Little 8:07 Girls Class B—1. Lila Maycock, Belf 7:54.55 2. Marissa Hessert, Caribou 8:15 Boys Class B—1. Andrew Ciszewski, Caribou 7:19.05 2. Ricky Michaud, Caribou 7:54.40 3. Brendan Henry Raiders 7:55.42 4. Sam Clark, York 7:56.39 5. Riley Foster, Caribou 7:57.09 6. David Burtchell, Ell 7:57.19 Girls Class C—1. Lauren Forgues, Boothbay 7:37.63 2. Helen Pottle, Shead 8:23 Boys Class C—1. Justin Cornell, Lisbon 7:18.49 2. Cory Lincoln, Wiscasset 7:59.18 **3 Km, Cambridge, Mass., June 19—**1. Laurie Forgues 14:58.3 2. Padric Gleason 15:07 **NYC Public Schools 1500 meters Championships, May 29—**1. Raven Pilgrim 7:51.51 2. Denise Jones 7:59 **3 Km, New York City, June 5—**1. Leonidas Romero 13:47.41 2. Jussi Koski 14:44 3. Gary Null (60) 16:43 4. Maryann Daniel (46) 16:43 5. Stephanie Lyness (49) 17:09 6. Louanne Pennesi (50) 17:16 7. Elizabeth McCormick 19:35 8. Ray Nieves (47) 20:09 **Metropolitan 10 Km, New York City, June 18—**1. Leo Romero 47:39 (24:06 at 5) 2. Sergiy Ivakhir 47:52 (24:22) 3. Jussi Koski 25:12 4. Tim Davidson (17) 26:52 5. Vlado Haluska (53) 54:58 6. Alexis Davidson (49) 59:08 7. Gary Null (60) 60:24 8. Alice Tan 30:41 9. Louanne Pennesi (50) 64:06 10. Jon Qalam (54) 64:28 11. Elizabeth McCormick 65:11 12. Jim Basil 65:42 (28 finishers, 3 DQ) **Long Island 10 Km Championship, June 19—**1. Dave McGovern 48:38 (went on to 20 Km in 1:37:55) 2. Maria Michta 52:29 3. Joe Trapani 53:22 4. Mike Kazmierczak 55:41 5. Michael Bartholomew 55:51 (did 10 in 1:49:49) 6. Loretta Schuellein 58:45 7. Dana Vered 66:50 8. Allison Snochowski 66:50 (12 finishers) **Metropolitan 3 Km (Track), Randall's Island, New York City, June 26—**1. Sergiy Ivakhim 13:25.22 2. Jussi Koski 14:29.09 3. Miriam Ramon 14:45.77 4. Timothy Davidson (18) 15:11.11 5. Bruce Logan (46) 16:45 6. Shani Brown (17) 17:03 7. Erin Taylor 17:16 8. Safaiya Linley (youth) 17:23 9. Alice Tan 17:27 10. Panseluta (58) 17:43 11. Ray Nieves 18:26 12. Elisa Lee 18:59 13. Elyse Mallin (54) 21:09 **Sandy Kalb 14 Km Handicap, Lakewood, N.J., May 29—**Ron Salvio (56) 1:22:51 2. Dorit Attias (43) 1:21:58 (actual times shown) 3. Isabel Keeley (58) 1:48:19 4. Maria Paul (40) 1:37:41 5. Ben Ottmer (71) 1:37:30 6. Art Glass (56) 1:36:48 . . 9. Elliott Denman (71) 1:56:52 (10 finishers) **NAIA 3 Km, May 27: Women—**1. Megan Huzzey, U. Of British Columbia 14:53.98 2. Lindsey Hipp, Malone Col. 15:32.02 3. Caitlin Avers, Lindenwood 15:58.30 4. Beth Lewis, Central Methodist 16:20.62 5. Ashley Thomas, Malone 16:35.21 6. Billie Robinson, Rio Grande U. 17:14.06 7. Jennie Day, Dakota Wesleyan 17:16 8. Amanda Sullivan, Roberts Wesleyan 17:54 9. Britany Lyons, Malone 18:25 10. Rachel Rhodes, Houghton 18:36 11. Jamie Burmeister, Concordia 18:38 12. Anine Stanley, Lindsey Wilson 18:47 12. Jen Sprochnie, Missouri Baptist 19:53 **Men—**1. Matt Boyles, Rio Grande 22:07.65 2. Patrick Stroupe, Central Methodist 22:37 3. Brian White, Park U. 26:54 4. Lukas Lach, Lindenwood 28:19 5. Jon Ripke, Concordia 28:31 6. Tim Thurber, Concordia 29:00 7. David Faith, Dakota Wesleyan 20:46 8. Brad Sinick, Malone 30:52 9. Nate Hughes, Malone 35:33 **National Senior Olympics, Pittsburgh, June 18-19: 1500 meters: Women 50—**1. Joyce Prohaska, Ohio 8:36.48 2. Janet Comi, Penn. 8:50.86 3. Rosemary Sexton, Tenn. 9:13 (6 finishers) Women 55—1. Yoko Eichel, Cal. 8:40.69 2. Gwendolyn Thomas, Ohio 9:44.05 (10 finishers) Women 60—1. Donna Gonzales, Miss. 9:00.26 2. Majorie Pilla, Fla. 9:04.42 3. Kathy Balser, Ariz. 9:07.30 4. Elsie Kallal, Ariz. 9:16 (11 finishers, 1 DQ) **Women 65—**1. Louise Walters, Cal. 9:12.51 2. Rita Sinkovec, Col. 9:19.06 3. Lois Dicker, Mary. 9:27 (15 finishers) Women 70—1. Marjorie Larragoite, N. Mex. 10:17.58 2. Betty Allgood, Vir. 10:45 (12 finishers) Women 75—1. Katherine Marrs, Wis. 10:58.49 2. Claire Elkins, Ariz. 11:47 (9 finishers, 3 DQ) **Women 80—**1. Bess Grimm, Fla. 12:24.08 2. Margaret Walker, Penn. 12:53.98 (9 finishers) **Women 85—**1. Jean Brunnenkarat, Kan. 13:18 **Women 90—**1. Estelle



Freundberg, Ariz. 13:21 Men 50-1. Steven Shapiro, Vir. 7:33.11 2. Theodore Robu, Ariz. 8:23.54 (7 finishers) Men 55-1. Robert Shires, Iowa 7:46.53 2. Judson Drennan, S.C. 8:20.21 3. Rick Sack, Mich. 8:37.01 4. Daniel Strohl, Ga. 8:47.5 5. Ken James, Penn. 8:57 Men 60-1. David Baldwin, Maine 7:25.43 2. Edoardo Sorrenti, N.Y. 8:11.27 3. Marc Olshan, N.Y. 8:15 4. Thomas Bower, Penn. 8:16.5 5. Richard Rodocker, Ohio 8:17.6 6. James Corbeil, Fla. 8:36.7 Victor Litwinski, Vir. 8:40 8. Richard Bicker, De. 8:49 (21 finishers, 1 DQ) Men 65-1. Ted Moore, Nev. 8:01.21 2. James Beckett, Cal. 8:30.47 3. Ronald Walters, Cal. 9:12.4 4. James Lager, Ohio 9:17 (11 finishers) Men 70-1. Jack Bray, Cal. 8:12.45 2. Alfred Dubois, Wis. 8:25.53 3. Alan Poisner, Kan. 8:40.97 4. Ray Everson, Ind. 9:07.5 5. Franklin Brown, Iowa 9:26.6 6. Philip Martin, N.C. 9:29 (24 finishers) Men 75-1. Jack Shuter, Ohio 10:10.22 2. William McCann, Mass. 10:24.3 3. Tony Diamond, D.C. 10:20 (12 finishers) Men 80-1. William Smith, Tenn. 10:36.91 2. Charles Bole, Mary. 10:43 (5 finishers, 1 DQ) Men 85-1. Anthony Silvini, Ohio 11:26.10 (3 finishers, 1 DQ) Men 95-1. Walter Macky, Penn. 22:33.5 **Km:** Women 50-1. Janet Comi, Penn. 31:02 2. Joyce Prohaska 31:21 3. Rosemary Sexton 34:38 4. Nancy Wright-Harding, Ohio 35:19 (6 finishers) Women 55-1. Yoko Eichel 30:43 2. Faith Rulapaugh, Iowa 36:56 (9 finishers) Women 60-1. Donna Gonzales 32:27 2. Marjorie Pilla 32:32 3. Kathy Balsrer, 32:42 4. Elsie Kallal 32:50 5. Diane Lawrence, N.Y. 34:25 6. Sandra Hults, Fla. 35:14 (12 finishers) Women 65-1. Louise Walters 32:23 2. Rita Sinkovec 33:32 3. Lois Dicker 34:07 4. Bertha Aldrich, Iowa 36:03 (13 finishers) Women 70-1. Marjorie Larragoite 36:52 2. Betty Allgood 38:48 (8 finishers) Women 75-1. Katherine Marrs 36:18.2 2. Claire Elkins 41:02 (10 finishers) Women 80-1. Bess Grimm 41:51 2. Margaret Walker 46:52 (3 finishers) Women 85-1. Jean Brunnenkant 48:54 Men 50-1. Steven Shapiro 28:13 2. Tom Haling, Ohio 31:26 3. Theodore Robu 31:43 (4 finishers) Men 55-1. Robert Shires 28:33 2. Rick Sack 30:42 3. Judson Drennan 430:52 4. Ken James, Penn. 30:56 (10 finishers) Men 60-1. David Baldwin 28:38 2. Marc Olshan 29:25 3. Ronald Shields, Penn. 29:30 4. Edoardo Sorrenti 29:41 5. James Corbeil 29:41 6. Richard Rodocker 30:35 7. Thomas Bower, Penn. 31:57 8. Tom Knatt, Mass. 32:47 (21 finishers) Men 65-1. Ted Moore 30:32 2. John Elwarner, Mich. 31:01 3. James Beckett 31:04 4. James Riccio, Penn. 32:23 5. Ronald Walters, Cal. 33:49 6. Carl Kane, Penn. 33:58 (14 finishers) Men 70-1. Jack Bray 30:29 2. Ray Everson 32:34 3. Alan Poisner 33:37 4. Allyn Evans, S. Dak. 34:00 5. Franklin Brown 34:24 6. Fred Dams, Mo. 34:32 (23 finishers) Men 75-1. William McCann 35:44 2. Jack Shuter 36:26 3. Roy Bragger, N.Y. 36:58 (8 finishers) Men 80-1. Francis Albaugh, Penn. 36:23 2. Charles Boyle 38:14 (5 finishers) Men 85-1. Weldon Bigony, Tex. 41:53 2. Anthony Silvini 42:54 **Jr. Olympic 1500 meters, Yellow Springs, Ohio, June 11-1.** Tina Peters (17) 7:34 2. Danielle Doubt (15) 8:16 (6 finishers) **3 Km, Dayton, Ohio, June 18-1.** Tina Peters 15:47.6 2. Danielle Doubt 18:04.5 (4 finishers) **20 Km, Kenosha, Wis., May 22-1.** Ben Shorey 1:30:40 2. Patrick Collier 1:37:17 DNF-Mike Stanton (47:26 at 10, out at 12) **10 Km, same place-1.** Mike Tarantino 45:23 2. T.C. DeWitt 51:50 3. Matt DeWitt 53:46 DNF-Will Preischel (43) 44:10 at 8 Km **Women's 20, same place-1.** Marcia Gutsche-Rutledge (43) 1:50:42 2. Lynn Tracy (52) 1:59:04 DNF-ALI Bahr 1:22:57 at 15 **Women's 10 Km, same place-1.** Christine Tagliaferri 56:31 2. Lauren Davis 56:50 **Women's 3 Km, same place-1.** Sam Cohen 16:26 **3 Km, Kenosha, June 12-1.** Sam Cohen 15:27 2. Ali Bahr 15:36 3. Lauren Davis 16:23 4. Lynn Tracy 16:30.5 5. Dorene Mangan (63) 21:55 Men-1. Matt DeWitt 13:57 2. Will Preischel (44) 15:10 3. Mike DeWitt (54) 15:49 4. Ron Winkler (54) 18:47 **5 Km, Waukesha, Wis., June 18-1.** Matt DeWitt 23:27.32 2. Curt Clausen 23:50.83 3. Alfred DuBois (73) 30:28 4. Bill Baxter (73) 34:33 Women-1. Le'erin Voss (a6) 26:28 2. Lynn Tracy (52) 27:20 3. Kirstine Ewald (19) 29:34 4. Judy Myers (49) 30:26 5. Dorene Mangan (63) 34:57 **Badger State Games 3 Km, Madison, Wis., June 26-1.** Lynn Tracy (52) 16:02 2. Mary Koenig-Roach (45) 16:50 3. Judy Myers (49) 17:48 Men-1. Alfred

Dubois (73) 18:08 2. Ron Winkler (54) 18:44 (6 finishers) **1 Mile, Houston, June 3-1.** Gary Leinhart (59) 8:25 2. Cory Abbate (13) 10:53 **1 Mile, Houston, June 17-1.** Dominic Byrd (19) 8:41 2. Dave Gwyn (53) 11:04 **10 Km, Pharr, Tex., May 29-1.** Holly Gerke, Can. (40) 52:56 2. Chris Diaz (18) 54:06 3. Roberto Vergara (14) 54:11 4. Alberta Mendina (44) 55:38 5. Ricardo Vergara (14) 56:03 6. Adrian Jaime (18) 58:03 7. Ernesto Vergara (17) 60:00 (16 finishers, 3 DQ) **10 KM, Denver, May 7-1.** Marianne Martino (54) 62:09 2. Carolyn Fleck (41) 64:30 **5 Km, Denver, May 8-1.** Darly Meyers (62) 29:40 **10 Km, Fort Collins, Col., May 8-1.** Mike Blanchard (43) 55:09 2. Dan Pierce (48) 56:02 **5 Km, Thornton, Col., May 21-1.** Mike Blanchard 27:29 2. Marianne Martino 30:42 3. Daryl Meyers 31:12 4. Sherri Gossert (52) 31:17 **10 Km, Denver, May 28-1.** Patty Gehrke (40) 59:38 2. Carolyn Fleck 64:11 **20 Km, same place-1.** Mike Blanchard 1:54:26.5 **Western Regional 5 Km Aptos, Cal., May 7-1.** Mike Counts (52) 27:18 2. Ted Moore (66) 29:37 3. Juan Garcia (62) 31:27 4. Dick Petrucci (72) 32:59 (7 finishers, 3 DQ) Women-1. Nicolle Goldman (46) 28:41 2. Leslie Sokol (47) 28:58 3. M.J. Baglin (58) 31:23 (7 finishers) **Pacific Assn. 5 Km, Sacramento, Cal.-1.** Mike Counts 27:36 2. Bill Penner (56) 27:47 3. Joe Berendt (49) 28:33 4. Leslie Sokol 28:37 5. Nicolle Goldman 29:40 6. Juan Garcia 30:44 7. Karen Stoyanowski (50) 31:58 8. Mary Baglin 32:19 9. Terri Brothers (48) 32:40 10. Dick Petrucci 33:12 (16 finishers) **Alongi 5 Km Classic, Kentfield, Cal., May 29-1.** Marco Evoniuk (40+) 25:30 2. Kevin Killingsworth 26:34 3. Mike Counts 27:55 4. Joe Berendt 28:54 5. Jack Bray 29:01 6. James Beckett 31:02 7. Keith McConnell 2:53 8. Ed Lane 33:13. 12. Bob Mimm (80) 35:19 (15 finishers 2 DQ) Women-1. Nicolle Goldman 30:06 2. Louise Walters 31:39 3. Jolene Steigerwalt 32:06 4. Doris Cassals 33:27 (10 finishers) **5 Km, Portland, Oregon, May 28-1.** Pat Detloff (53) 26:25 2. George Opsahl (63) 28:28 3. Rob Frank (53) 28:37 4. Doug Vermeest (51) 28:35 5. Dick Vaughn (74) 34:46 Women-1. Carmen Jacinsky (41) 29:38 **2.8 Miles, Seattle, May 14-1.** Stan Chraminski (57) 25:42 2. Coco Beauchet (56) 28:44 (9 finishers) **3 KM, Seattle, June 4-1.** Tommy Aunan (45+) 16:09.9 2. Bob Novak (55+) 16:15.8 3. Doug Ermini (45+) 17:19.4 4. Bart Kale (45+) 17:37.6 5. Bev LaVeck (65+) 18:42.1 (6 finishers) **Northwest Regional 5 Km, Gresham, Oregon, June 15-1.** Tommy Aunan 26:22 2. Pat Detloff 26:31 3. Bob Novak 27:12 4. Rob Frank (52) 27:57 5. George Opsahl 28:28 6. John Backlund (65) 29:37 7. Bart Kale 29:41 Women-1. Darlene Backlund (59) 32:03

**Art Keay Memorial Races, Toronto, May 28: Jr. 10 Km-1.** Chelsea Rodriguez 56:51 **Jr. Men's 10 Km-1.** PierreLuc Menard (18) 45:56 (went on to 20 Km in 1:33:36) 2. Alexander Gagne 47:38 **Women's 10 Km-1.** Marina Crivello 51:16 (went on to 20 Km in 1:43:02) (6 finishers) **Men's 10 Km-1.** Allen James, US (41) 45:18 2. Jocelyn Ruest 45:57 (went on to 20 Km in 1:33:48) 3. Donald Cogte 51:07 **5 Km-1.** Nancy Sweazey (55) 26:31 2. Lauren Van Leeuwen (16) 27:59 3. Kathryn Jackman (16) 30:58 (12 finishers) **5 KM, London, Ontario, June 19-1.** Rachel Lavallee 25:22.83 2. Rebec Christensen 30:47 (8 finishers) Men-1. Pierre-Luc Menard 21:24.24 2. Allen James 21:49.85 3. Nil Lavallee 24:15 (6 finishers, 1 DQ) **Mexican National 20 Km-1.** Bernardo Segura 1:24:55 2. Christian Berdeja 1:24:59 3. Noe Hernanez 1:25:06

**50 Km, New Plymouth, N.Z. June 18-1.** Craig Barrett 3:59:27

**20 Km, San Pietro Clarenza, Italy, April 17-1.** Cristiana Pellino 1:37:44 2. Annarita Fidanza 1:40:46 (21 finishers, 1 DQ) **Russian Championships, Saransk, June 11-12: Men's 20 Km-1.** Vladimir Parvatkin 1:21:24 2. Victor Buraev 1:22:35 **Women's 20 Km-1.** Tatyana Gudkova 1:29:05 2. Olga Kaniskina 1:29:25 3. Irida Pudoikina 1:29:57 **Men's 50 Km-1.** Vladimir Kanaikin (20) 3:40:40 2. Vladimir Potemin 3:51:34 3. Sergei Melentiev 3:59:18 (Olympic silver medalist Sergey Nizhegorodov did not finish after going through 25 Km in



1:49:11) (Olimpiada Ivanova and Yulya Voevodina in the women's 20, Ilya Markov, and Vladimir Stankin in the men's 20 and Aleksey Voyevodin and Sergei Kirdiapkin did not compete since they are already selected for the World Cup team off performances in the Euro Cup.) **Women's 15 and under 5 Km**—1. Elmira Alembekova 22:09 **Women's 17 and under 10 Km**—1. Yelena Ladanova 45:00:10 **Mens 17 and under 10 Km**—1. Vladimir Akhmetov 42:15 **200 Km, Dijon, France, April 9-10**—1. David Regy 22:40:35 2. Christophe Erard 22:47:11 3. Philippe Morel 23:25:25 4. Gilles Belloir 23:51:17 (12 others finished varying distances in 24 hours, 10 did not finish) **Women's 170 Km, same place**—1. Anne-AMrie Mesmoudi 21:27.14 (for 170.632 km) Francine Lachia 22:47:50 (for 170.632) 3. Sylviane Varin 23:59.24 for 166.961) (3 others went for 24 hours, one did not finish) **200 Km, Bar-de-Luc, France, April 23**—1. Gregorz Urbanowski, Poland 21:58:05 2. Alexsei Rodionov, Russia 23:00:42 3. Zdenek Simon, Czech Rep. 23:11:57 4. Paul Gilg 24:00:44 (18 others went for 24 hours, 13 did not finish) **Womens 170 Km, same place**—1. Kora Bouffler 19:56:41 (Kora competed in the D.C. area a few years back when her husband had an assignment in the French embassy) 2. Irina Zagriajskaja, Russia 22:22:56 3. Sylvie Maison 22:57:58 4. Maryline Plee 23:57:21 for 167 km 5. Annie Berthault 24:06:12 for 160 km 6. Renata Harbulot 24:03:02 for 145 Km **Paris-to-Colmar 440 Km, June 8-11** (A shorter route than usual for this annual sleepwalker's delight; the distance has generally exceeded 500 km)—1. Gregorz-Adam Urbanowski, Poland 55:00 2. Aleksei Rodionov, Russia 55:49 3. Philippe Morel 56:39 4. Zdenek Simon, Czech Rep. 59:16 5. Serguei Dvoretzki, Russia 59:33 6. Paul Gilg 61:00 7. Gilles Belloir 61:41 8. Pierre Lachhivier 62:09 (12 finishers) **Women's Paris-to=Chalons-en-Champagne 291.5 Km, June 9-11**—1. Anne Marie Mesmoudi 35:20 2. Irina Putintseva, Russia 35:51 3. Francine Lachia 38:59 4. Marie-Claude Baron 40:51 5. Sylviane Varin 41:26 (8 finishers) **Men's Paris-to-Chalons-en-Champagne 291.5 Km**—1. Alain Cosuls 35;) 1 2. Bernard Frechengues 35:57 (9 finishers) **Tour de Romandie, Switzerland, Aug. 29 to Sept. 6, 2003** (A very old result, but, following the ultra-distance above, it shows another way to test endurance and previews the next edition of the race coming up this fall. The race consisted of 8 consecutive days of racing at distances from 20 to 31.6 km for a total of 221.432 Km with the best cumulative time winning. That's for the men. The women's stages are from 10 to 18.6 km for a total of 109.720 km.): Men—1. Viktor Ginko, Belarus 17:13:52 2. Gao Lianzuo, China 17:24:17 3. Andrei Stepanchuk, Belarus 17:46:59 4. Werner Frank, Germany 17:55:15 5. Peter Tichy, Slovak Rep. 17:57:58 6. Guoping Yu, China 18:02:07 (30 finishers) Women—1. Liping Wang, China 8:44:25 2. Quian Jiang, China 8:44:53 3. Yan Zuo, China 8:50:41 4. Kristina Saltanivic Lithuanis 8:52:48 5. Sonata Milusaukaite, Lith. 8:53:53 6. Selen Kurochkina, Russia 9:11:17 (28 finishers)—Ginko walked 27.5+ km per day at 2:09+, about a 1:35 20 Km pace. Wang was doing about 13.5 km per day at nearly that same pace.

### Though it may be hot, select a spot to walk (don't trot)

Sat. July 2	5 Km, Pomona, N.J. (A)
Mon. July 4	8 Km, Washington D.C., 7:30 am (S)
	5 Km, Long Branch, N.J., 6:30 pm (A)
	5 Km, Evergreen, Col., 8 am (H)
Wed. July 6	1 Mile, Oakhurst, N.J., 6:15 pm (A)
Sat. July 9	3 Km, Arlington, Vir. (S)

	3 Km, Dayton, Ohio (M)
	<b>USATF National Junior 5 Km, Bar Harbor, Maine (K)</b>
	2.8 Miles, Seattle, 9 am ©)
	1 Mile, Pharr, Tex., 7:15 am (D)
Sun. July 10	N.J. 5 Km, Tinton Falls, N.J. (A)
	5 Km, Lakewood, Col., 8 am (H)
	10 Km, Kentfield, Cal., 8 am (P)
	1 Mile, Davis, Cal. (J)
Mon. July 11	5 Km, Long Branch, N.J., 6:30 pm (A)
Wed. July 13	1 Mile, Oakhurst, N.J., 6:15 pm (A)
Thur. July 14	1500 and 3 Km, Long Island, N.Y. ((B)
Sat. July 16	Pacific Assn 5 Km, Los Gatos, Cal. (J)
	5 Km, Centennial, Col., 7 am (H)
	5 Km, Seattle, 9:30 am (C)
Sun. July 17	Metropolitan 5 Km, New York City, 9 am (G)
	Doc Tripp Memorial 5 and 10 Km, Denver, 8 am (H)
Mon. July 18	5 Km, Long Branch, N.J., 6:30 pm (A)
Wed. July 20	1 Mile, Oakhurst, N.J., 6:15 pm (A)
Thu. July 21	1500 meters and 3 Km, Long Island, N.Y. (B)
	1500 meters and 3 Km, Cedarville, Ohio (M)
Sat. July 23	3 Km, Arlington, Vir. (S)
Mon. July 25	5 Km, Long Branch, N.J., 6:30 pm (A)
Sat. July 30	3 Km, Reno, Nev. (E)
Mon. Aug. 1	5 Km, Long Branch, N.J., 6:30 pm (Q)
Aug. 4-7	<b>USATF National Masters 5 and 10 Km, Hawaii (T)</b>
Thu. Aug. 4	1500 meters and 3 Km, Long Island, N.Y. (B)
Sat. Aug. 6	3 Km, Arlington, Vir. (S)
Sat. Aug. 7	<b>USATF National 15 Km, Watertown, Mass. (V)</b>
	Ohio 5 Km Championships, Cincinnati (M)
	5 Km, Evergreen, Col., 8 am (H)
	5 Km, Kentfield, Cal. (P)
Mon. Aug. 8	5 Km, Long Branch, N.J., 6:30 pm (A)
Mon. Aug. 15	5 Km, Long Branch, N.J., 6:30 pm (A)
Fri. Aug. 19	5 Km, Loveland, Col., 7 pm (H)
Sat. Aug. 20	3 Km, Arlington, Vir. (S)
Sun. Aug. 21	5 Km, Denver, 9 am (H)
Mon. Aug. 22	5 Km, Long Branch, N.J., 6:30 pm (A)
Sun. Aug. 28	5 Km, Denver, 8 am (H)
	3 Km, New York City, 9 am (G)
Mon. Aug. 29	5 Km, Long Branch, N.J., 6:30 pm (A)
Sat. Sept. 10	1 Mile, Fair Oaks, Cal. (E)
Sun. Sept. 11	<b>National USATF 40 Km, Ocean Twp., N.J., 8 am (A)</b>
Sun. Sep. 18	Western Regional 20 Km, Oakland, Cal. (CC)

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 CC--Laura Cribbins, 2937 El Sobrante Street, Santa Clara, CA 95051

## FROM HEEL TO TOE

**Sweosky runs well.** Matt Boyles isn't the only elite racewalker keeping his running credentials up to date. (Matt's successes in track and cross country meets have been covered in past issues.) Jared Swehosky, second in the recent Junior National 10 Km, shone in the Oregon State track meet (3A division) with seconds at both 1500 (3:59:55) and 3000 meter (8:39:61) runs. He also finished fourth in last falls State cross country championship with a 16:30 (presumably 5 Km). . **John Evans.** Racewalking lost another stalwart contributor when John Evans died on June 1. These words from Dave Gwyn: "John established Houston's racewalking community, the oldest continuous racewalking program in the southern U.S., in 1975 with the first of over 100 meets he would direct. A national-class racewalker before serving in the Army in World War II, John didn't return to competition until he began conducting racewalk events and giving free instruction to anyone interested. John himself set numerous national age records before retiring from competition in the 1990s. He served ten years as local committee chair for racewalking in the Amateur Athletic Union and the subsequent governing body, The Athletics Congress (now the USA TF)." John died at age 85 in Titusville, Florida where he had lived for several years. . **Medical/nutritional advice.** Ann Gerhardt is an active racewalker in the northern California area, whose name you often see in the results in these pages. She is also a physician interested in disseminating practical medical knowledge. Knowing that racewalkers tend to be interested in health and nutrition, she wants to let them know about a service she is initiating. She writes, "Please consider receiving the free e-mail newsletter, Dr. G's MediSense. Written by a non-quack physician, Dr. G's MediSense is candid, pithy, and practical. This newsletter intends to clarify medical issues that appear in the news, and put them into the context of existing medical knowledge and practicality. The media and even the standard University-based "ealth" newsletters (which are written by medical journalists, not doctors) latch onto the latest study or scoop the

others' reports and recommendations. Dr G's MediSense helps you to put that individual study into a continuum, allowing you to make reasonable, personal medical and nutritional decisions, rather than jump from fad to fad. It also includes information about nutrition issues, herbal medicine, how to get the most out of doctor-relationships, and medically related public policy, as well as occasional random rantings and ravings. To receive your free newsletter, e-mail to [algerhardt@sbcglobal.net](mailto:algerhardt@sbcglobal.net). " Dr. Gerhardt is a Professor of Internal Medicine at the U. Of California, Davis and the Medical Director (for internal medicine), Cardiac Transplant Program, Sutter Community Hospitals. She is also the Medical Nutrition Director, Mercy General Hospital. Some way she finds time to do some racewalk training. . **Varsano's Chocolates?** Readers have probably been noticing athletes representing Varsano's Chocolates in recent results. You might ask: "What's with that?" Well, I had a nice press release on this team of veterans which I was going to publish in these pages, only to find that when I printed it out a few months ago, the right margin was cut off leaving me without a several words at the end of each line. It's not always easy to guess what those words might have been, so you will have to accept my more brief summary of the content. This is a team of once prominent walkers re-emerging on the national scene under the banner of an acclaimed chocolate shop in lower Manhattan of which racewalker Marc Varsano is the proprietor. The team includes three of the five members of the 1987 World Cup 20 Km team. The team hopes to recapture a bit of past glory and help Varsano spread the word about his shop and promote a positive imagery about chocolate. At this time, the team consists of Paul Schwartzburg, Steve Pecinovsky, and Ray Sharp, the three 1987 World Cuppers, as well as Dave McGovern, who has his fair share of international appearances. Schwartzburg, the baby of the group at 39, retired from competitive walking in 1988, but remained fairly active and fit. When he decided he needed to shed a few pounds a couple of years ago, he started running but ran into injury problems and turned to his old sport. He lost the extra pounds and decided to contact "the Legend of Chocolate", Marc Varsano, who on a friendly whim suggested they form a team and support each other's road back to fitness. Sharp, 45, after about 15 years away from competitive walking decided to launch a comeback last year and was a natural for the new team to latch on to. Pecinovsky (50), and McGovern, (40) have never been away from the competitive scene, but perhaps needed the chocolate transfusions to get their old bones moving at high speed again. So keep your eye on their progress as they do battle with the younger set. Their inspirational message to young walkers is "Buy Varsano's Chocolates, he ships everywhere!" Check the web site at [www.varsanos.com](http://www.varsanos.com). Actually, this is not the first plug for Varsano chocolates in the Ohio Racewalker. For a few years, Marc sent me a box of assorted Varsanos at the holiday season and I would tell readers how good they were (he didn't ask me to that, but it seemed proper and, indeed, they were good). But, the chocolates disappeared and eventually, so did his subscription. But, I hold no grudges. **BUY VARSANO CHOCOLATES!** (And see the photo on page 15). . **Relationships.** Without going into the details of how the discussion came about, our Dec. 2004 issue carried an item in which Steve Vaitones discussed instances of family members both having international status in racewalking, or in racewalking and another sport. We learned, for example that World 50 Km champion Jesus Garcia is married to a Rhythmic Gymnastics World Champion and that Jane Saville's husband is an international cyclist. A few months later, Roger Burrows sent me a letter from Canada contributing some Canadians to the roster. "The current "royal family" up here is the Lavalles. Sisters Rebecca and Rachel have been members of the National Junior Team, but it doesn't stop there. Parents Christine and Nil both competed internationally for Canada as distance runners. (Ed. And we not that Nil is now competing in walking races, though far from international class.) We claim at least part of the father-son duo of Robert and Sidney Kitchen. If international coaching qualifies, we



submit the contribution of twin brothers Serge and Denis Labelle. Speaking of twins, we have several "near-misses." Holly Gerke and Guillaume Leblanc both have twins who have walked, though not at the same level. But Gilbert Leblanc's resemblance to his speedy brother was useful when it came to getting through Olympic Village security for a visit after Guillaume's second place in the Barcelona 20 Km. (Guillaume had left his accreditation card with his brother at the start, you see. After all the interviews, and still in race clothes hours after the race, it was the silver medallist who had the problem getting into the Village. His "accredited" brother was already there!) A Leblanc cousin, Brigitte was highly ranked for several years, and made our Pan-Am Cup team in 1992. As for married couples, Gilbert Daoust and Corinne Whissell both race walked internationally for Canada. They married after their careers were over, and all-too-shortly before Corinne's untimely death at 26. Aussie Simon Baker asked Canadian Alison Baker to marry him from the stage of the post-race party at the 1993 World Cup in Monterrey. She accepted, presumably having duly considered whether to change her name or not. (I was rooting for a hyphenated Baker-Baker, but no luck)." . . . **Sharp comments.** Eighteen months into his comeback, 45-year-old Ray Sharp competed in the Pan Am Cup in Peru (as reported last month), his first international race in more than 15 years. Some of his comments on his return ( He finished twelfth in the 50 in 4:38:53, but still said he hasn't had a good race in his comeback, but he will. I say he has some pretty high standards if he doesn't see a few of his races as good, all things considered.): "The race was tough for me to complete. I walked an even 4:20:00 pace through 25 Km (2:10:03) but after a long bathroom stop at 26 km and a sudden weakening at 30 km, I was in big trouble too far out from the finish. At 35, I had a few minutes of extreme dizziness, but eventually taking Coca Cola every lap kicked in and I maintained sub 6:20 kms to the finish. I was a minute behind my Florida pace at 30 Km and 2 minutes behind at 40, but my last 10 was 4 minutes faster. I truly enjoyed passing time with my teammates and most of them had creditable performances. Not good performances in terms of world standards, but good for them this year and for the day. Don't claim we were a world-class team, but neither should you blame the athletes who showed up and gave the effort despite family, career, school, etc. Yes, we need lots of new blood before we're competitive. No one disputes this. But we did have five men at the A standard last year, a factoid that still blows me away, especially with three under 1:23. Now we need some 20-somethings who are mired at 1:32 to step up and walk 1:25, like Jimmy (Heiring), Marco (Evoniuk), Carl (Schueler), Tim (Lewis), and I did by the age of 22 to 26, or so. In fact, there's no reason why we shouldn't have five men under 1:26 at the World Cup trials next year, including at least three under age 30. Come on, that's a 1986 time. It's just consistent training. Some of you guys could beat Carl Schueler's best mile and 5 time by 20 second, and he walked 1:35:02 20 years ago. Some bright stars in the U.S. junior ranks, especially Maria and Zach! They've got direct tickets to the senior team."

## LOOKING BACK

**40 Years Ago** (From the June 1965 ORW)--Art Mark covered 34 ½ laps up and down a shopping center mall to win the McKeesport, (Pa.) "International" 20 Km in 1:38:06 with your editor 53 seconds back. As the Ohio Racewalker had boldly predicted, Vladimir Golubnichiy nor any other international athletes showed up for the race. Jack Blackburn finished in just over 1:40 and Don DeNoon was well back in fourth. (A memory of this race is that the mall opened for business before the race was completed and Chuck Herman and other race officials were running around shouting at innocent people leaving shops to "Look out for the walkers." I felt more compassion for those people who only came to shop than I did for myself and the

other competitors. Later, the national 20 was held several times at this shopping center, and later still a national 35 Km, but they had the good sense to move these races onto the parking lot, where the only problem in mid-summer was the blazing sun reflecting off the blacktop of the shadeless course). . . Dean Rasmussen, fifth in the McKeesport race, won the National 50 in extreme heat, struggling through in 5:03:33. Bruce MacDonald, Elliott Denman, Paul Schell, and Goetz Klopfer followed. . . The National 30 Km in Los Angeles went to Ron Laird in 2:41:17 and Jack Mortland (yes, your editor) captured the National 10 on the Stagg Field track in Chicago on another blazing hot day with a 49:19. Mark, DeNoon, Rsassmussen, Ron Daniel, and a sluggish Laird followed.

**35 Years Ago** (From the June 1970 ORW)--Dapper Dave Romansky dominated the news with wins in the National 10 and 20 and the Zinn Memorial 10, along with American records at 3 km and 2 Miles. In the 20 Km at McKeesport, Dave pulled clear of Tom Dooley in the final 5 km on the hot blacktop to win in 1:35:35. Dooley had 1:36:04. No one else was close as Ron Kulik, Steve Hayden, Goetz Klopfer, and John Knifton rounded out the top six. . . In the 10, Dave left Klopfer after a mile on the Stagg Field track and went on to record a quick 44:23. Klopfer had 46:56 with Laird, Mortland, Greg Diebold, and Jerry Bocci following. . . In the Zinn race the next day on a cinder track, the order was the same, except that Diebold had gone home and Bob Henderson moved up from seventh to sixth. Dave slowed to 44:34 and Goetz was closer with 46:27. Laird had 48:53 and the aging Mortland 49:22 (well, I considered 35 as aging at that time). . . Dave's two records came in separate races with a 12:23 for 3 Km and 13:00.6 for 2 Miles. . . The Canadian 20 Km went to Marcel Jobin in 1:35:42 and Wilf Wesch won the British title in 1:31:47.

*Chant for my Tim*

**30 Years Ago** (From the June 1975 ORW.)--Tom Dooley, in a comeback year, won the National 20 in San Francisco in 1:35:32 with Bob Henderson 25 seconds back. John Knifton, Dave Romansky, and Bill Ranney also finished under 1:38. . . The Mexicans were really starting to be seen in racewalking and won an international match with West Germany and Great Britain in London. Domingo Colin beat Bernd Kannenberg in the 20 with 1:26:37 to 1:26:55. Gerhard Weidner won the 50 in 4:03:52 with Pedro Aroche next in 4:08:42. . . East Germans also showed good speed with Hans-Georg Reimann winning the annual Naumburg 20 Km in 1:26:30. Karl-Heinz Stadtmuller was second in 1:27:19. Weidner also won the 50 there in 4:06:42. . . The U.S. 5 Km title went to Laird (at this point also counted among the aging) in a rather slow 2:2:08.6, with John Knifton, Tom Dooley, Bill Ranney, and Larry Walker all under 22:45. . . Steve Cassarella won the National Junior 10 km in 53:50. . . The Zinn Memorial 10 Km in Chicago went to Larry Young, starting a comeback with an eye to 1976, in 47:49, just ahead of Dooley.

**25 Years Ago** (From the June 1980 ORW)--The U.S. Olympic team, which was destined not to compete due to President Carter's boycott, was completed with the 20 Km trial. Jim Heiring and Marco Evoniuk tied for first in 1:27:12, with Dan O'Connor an untroubled third in 1:29:05. Todd Scully (1:30:28), Larry Walker (1:31:06), and Carl Schueler (1:31:17) took the next three spots. With Evoniuk and O'Connor already on the 50 Km team (along with Schueler), Scully and Walker joining Heiring on the 20 Km squad. . . In the National T&F Meet, Sue Brodock won titles at both 5 and 10 Km. In the 5, her swift 23:19.1 left Susan Liers nearly 80 seconds back. Bonnie Dillon and Ester Lopez took the next two spots. The margin was even greater at 10 as Brodock won in 51:01 to Liers 52:33.6. Lopez was again third with Vicki Jones fourth. . . Tim Lewis emerged as a name for the future, winning the National Junior 10 Km in 46:50.6 ahead of ed O'Rourke (48:30.4) and Tom Edwards



(48:35.6). . . Mexico's Ernesto Canto covered 20 Km in Rouse, Bulgaria in 1:19:02, beating Gennadiy Terechov by just 9 secnds. . . His countryman, Raul Gonzalez did 50 on track in Bergen, Norway in 3:43:42, leaving Soviet walker Bladimir Rezayev more than 6 minutes behind. At the same site, Mexico's Daniel Bautista did 20 on the track in 1:21:06, beating Czech Josef Pribilinec (1:21:39) and Canto (1:22:41). . . Ray Sharp won the National 5 Km in 20:27.8, with Todd Scully 20:33.5, and Jim Heiring (20:47.6) capturing second and third.

**20 Years Ago** (From the June 1985 ORW)—Tim Lewis pulled away from Marco Evoniuk over the second half of the race to win the National 20 In Indianapolis. His 1:28:27 left Marco 51 seconds back. Todd Scully edged Paul Wick for third, 1:30:12 to 1:30:24. Andy Kaestner and Gary Morgan followed. . . In the women's National 10 at the same site, Maryanne Torrellas ruled in 48:38. Teresa Vaill (49:26), Debbi Lawrence (50:26), and Ester Lopez (50:55) were next. . . The National 5 Km was held in Denver, with Torrellas (23:52.8) and Jim Heiring (20:21) winning titles. Lopez, Vaill, and Lawrence trailed Torrellas. Dave Cummings (20:40) beat Lewis (20:56) for second in the men's race with Evoniuk fourth. . . Ian McCombie captured the British National 20 in 1:22:37.

**15 Years Ago** (From the June 1990 ORW)—National titles went to Debbi Lawrence and Tim Lewis. Lawrence pulled steadily away from Teresa Vaill and Sara Standley over the second half of the 10 Km to win in a National record 46:14.4. Vaill finished in 46:54.2 and Standley in 47:08.5. Wendy Sharp, Deborah Van Orden, and Victoria Herazo followed. Lewis was never challenged as he won the 20 in 1:27:28. Doug Fournier, Paul Wick, and Carl Schueler also finished under 1:30. . . A women's 10 Km in Milan saw Kerry Saxby, Australia, Sari Essayah, Finland, and Maria Rosza, Hungary all under 45 minutes, with Saxby winning in 44:31. Five days later she did a 20:40 for 5 Km.

**10 Years Ago** (From the June 1995 ORW)—Teresa Vaill and Allen James successfully defended their national titles at 10 and 20 Km respectively in Sacramento. Vaill was 14 seconds ahead of Michelle Rohl in 45:01, with Debbi Lawrence (45:46), Victoria Herazo (45:53), and Deborah Van Orden (46:03) in hot pursuit. James was an easy winner in 1:24:46, nearly 2 ½ minutes ahead of Herm Nelson. Gary Morgan was third in 1:28:41, followed by Philip Dunn, Curt Clausen, Tim Seaman, William Van Axen, and Rob Cole, all under 1:30. . . Herazo won the women's National 10 In Albany, N.Y. in 1:35:39, nearly 12 minutes ahead of Lisa Sonntag. She broke Lynn Weik's national record of 1:36:28 and also bettered her own national record at 10 Km (1:10:27). At the same site Lukasz Szela (1:55:22) beat Philip Dunn (1:57:02) for the National 25 Km title. Curt Clausen (1:57:22) was third. . . In the National 10 Km at Niagara Falls, Dave McGovern (43:15) beat Wojciech Szela (43:29) for the title. Rob Cole (43:40), Lukasz Szela (43:58), and Curt Clausen (44:19) followed. Debbi Lawrence won an accompanying women's race in 45:47 with Canada's Janice McCaffrey second in 47:16.

**5 Years Ago** (From the June 2000 ORW)—National 15 km titles went to Jill Zenner and Michael Rohl in races at Elk Grove, Ill. Zenner's 1:11:38 beat Debbi Lawrence by nearly 4 minutes. Rohl had 1:08:39, more than 10 minutes ahead of Chicago's Pablo Gomez in second. . . Two weeks later in Kenosha, Wis., Zenner bettered that effort with a 1:10:29 on her way to 20 Km. At that point, Susan Armenta trailed her by 27 seconds. With a strong effort, Armenta caught Zenner at 17 Km and then edged away over the final kilometer to win by 6 seconds with 1:34:44. . . In the European Racewalking Cup, Russia's Olimpiada Ivanova prevailed in the women's 20 Km with a 1:26:48, 54 seconds ahead of Italy's Elisabetta

Perrone. Kjersti Platzer was third in 1:27:53, with four others under 1:30. The men's 20 went to Rober Korzeniowski, Poland, in 1:18:39, 13 seconds ahead of Andreas Erm, Germany, with Spain's Francisco Fernandez just another 14 seconds back. In the 50, Spain's Jesus Garcia was a decisive winner in 3:42:51, nearly 2 minutes ahead of Russia's Yevgeniy Shmalyuk. Denis Langlois and Rene Piller, of France, were third and fourth.



*The Alongi Memorial Racewalk  
20 Km.  
Dearborn, Mich., Sept. 27, 1980*

**Varsano's Chocolates—the early days.** This historic photo, supplied by Tim Jacobs as he renewed acquaintances with the ORW after a long hiatus, shows a couple of Varsano Chocolatiers in their youth—before chocolates had made men of them. It's the start of the 3rd Annual Alongi Memorial race in Dearborn, Michigan on Aug. 30, 1981. From the left, we have No. 296 Dan O'Connor, an Olympian and nine-time World Cup competitor (1977 through 1993); No. 293 Marco Evoniuk, member of four Olympic teams; Canada's venerable Max Gould (184), who passed away in March at age 87 (see April ORW); Ray Sharp (No. 300), just a lad of 21 not yet addicted to chocolate; 1980 Olympic 20 Km gold medalist Maurizio Damilano of Italy (No. 288); the U.S. Air Force representative on the Varsano team Steve Pecinovsky (No. 297), then only 26 years of age; and Maruizio Damilano's brother, Giorgio. Maurizio Damilano won the race in 1:25:41 followed by Evoniuk (1:26:40), Giorgio Damilano (1:28:10), O'Connor (1:28:27), Italy's Vittorio Visini (1:30:19); Pecinovsky 1:31:50; and Sharp 1:36:16. Evoniuk's time moved to him third on the all-time U.S. list behind O'Connor (1:26:26) and Neal Pyke (1:26:40). A day earlier, Maurizio Damilano won a 1 Mile race in 5:57, followed by Pecinovsky in 6:06, Visini in 6:10 and Giorgio Damilano in 6:13.