

Dow, Seaman Prevail at National Club Championships

July 16—The USATF National Club T&F Championships included 5 Km racewalks for both men and women. Today's races saw decisive wins by Joanne Dow and Tim Seaman, who each scored 10 points for their respective clubs, New England and the New York AC. Dow's only challenge was from Jolene Moore, who eventually finished 39 seconds behind the veteran Dow's 22:54.73 effort. Seaman was able to win easily with a relaxed 20:34.13, 66 seconds off his national record, but nearly 2 minutes ahead of second-place Zac Pollinger. Pollinger was coming off a win in the Junior National 5 a week earlier. Park Racewalkers scored well with third and fourth place finishes by relatively unknown Serbgiv Ivakhiv and Jose Romero, both with good times and well clear of fifth place Michael Kazmierczak.

The results:

Women: 1. Joanne Dow, New England 22:54.73 2. Jolene Moore, NYAC 23:33.50 3. Maria Michta, Walk USA 25:16.32 4. Deborah Huberty, NYAC 25:37.88 5. Dorit Attias, Walk USA 27:33 6. Maryanne Daniel, Conn. RW 23:48 7. Jenna Monahan, Walk USA 29:10 8. Li Mei Tan, Park RW 29:55 9. Panseluta Geer, Shore AC 30:04 10. Kristina Bonfiglio, Shore AC 30:26 11. Stepaanie Lyness, Conn. RW 30:50 12. Ellen O'Shaughnessy, Park RW 31:08 13. Jean Tenan, Conn. RW 31:09 14. Kara Steele, Conn. RW 33:10

Men: 1. Tim Seaman, NYAC 20:34.13 2. Zachary Pollinger, New Jersey S 22:31.71 3. Serbgiv Ivakhiv, Park RW 22:51.10 4. Jose Romero, Park RW 23:24.19 5. Michael Kazmierczak, Walk USA 24:02.54 6. John Soucheck, Shore AC 24:07.99 7. Jussi Koski, Park RW 24:38 8. Jose Perez, Shore AC 25:12 9. Timothy Davidson, Park RW 25:26 10. Dave Talcott, Shore AC 26:05 11. Bill Vayo, Walk USA 26:43 12. Bruce Logan, Park RW 26:53 13. Shawn Frederick, Park RW 27:35 14. Robert Penafiel, Park RW 28:03

Junior 5 Km Titles to Vered, Pollinger

Mount Desert Island, Maine, July 9—The Junior National 5 Km title races were the climax of a week-long Junior National Racewalk Camp held at nearby College of the Atlantic in Bar Harbor, Maine. It was a New Jersey day as Dana Vered won the women's race and Zac Pollinger the men's. Vered finally managed to pull away from Ohio's Tina Peters in the final stages to win by 17 seconds in 26:37.8. The two 17-year olds were well clear of the rest of the field. Pollinger was never challenged as he won in 22:10.55. However, the Vergara boys, Roberto and Ricardo, only 15, certainly showed they will be challenging for titles in the future as they finished second and third.

Pollinger completed a sweep of Junior titles, having won previously at 3 and 10 Km. Vered joined Jenna Monahan (3 Km) and Maria Michta (10 Km) as national champions on the women's side. With Michta and Monahan from the same school on Long Island, the four titlists live within 90 miles of one another.

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The results:

Women: 1. Dana Vered, Walk USA 26:37.8 2. Tina Peters, Miami Valley TC 26:54.8 3. Jenna Monahan (16) Walk USA 28:35.2 4. Allison Snochowski (15), Walk USA 29:08.3 5. Ashley Taylor (17), un. 29:10.3 6. Helen Pottle (16), Maine RW 29:34.4 7. Kristina Bonfiglio (15) un. 30:38.4 8. Sarah Peak (160, Maine RW 33:56.5 9. Sara Adams (15), un. 34:08.2 10. Sarah Whitney (17), un. 34:08.3 DNF—Lauren Forgues (17) and Victoria Smith (15), both Maine RW
Men: 1. Zachary Pollinger (18), New Balance 22:10.55 2. Roberto Vergara (15), South Texas Walking Club 23:42.11 3. Ricardo Vergara (150< STWC 24:23.92 4. Adrian Jaime (18), South Texas RW 5. Matthew Forgues (13), Maine RW 27:45.06 6. Padric Gleason (17), Maine RW 27:53 7. Taylor Burns (15), Maine RW 29:22.62 8. Aaron Carroll (16), Maine RW 31:12.30 DNF—Chris Stuart (14), NE Walkers

Russians Sweep World Youth Walks

Marrakesh, Morocco—The World Youth (under 17) T&F Championships held here saw Russian racewalkers taking one-two in both the women's 5 Km and men's 10 Km races. Asians took the bronze medals—Japan in the men's race and China in the women's. In both races, the rest of the fields were spread out well back. The U.S. was not represented.

Women's 5 Km, July 14—1. Tatyana Kalmykova, Russia 22:14.47 2. Elmira Alembekova, Russia 22:27.17 (Alembekova led through 3 Km with splits of 4:26.39, 8:51.41, and 13:27.61. Kalmykova led at 4 Km in 17:53.00 3. Xhai Xue, China 22:34.28 4. Voitha Mazurovak, Belarus 22:52.06 5. Sias-byeol Won, Korea 23:46.92 6. Sabrina Trevisan, Italy 24:04.61 7. Catarina Godinho, Portugal 24:14.08 8. Lorena Casrillo, Spain 24:21.74 9. Anamaria Greceanu, Romania 24:29.18 10. Maria Perez, Mexico 24:35.08 11. Honami Tsuguchi, Japan 24:36.26 12. Claudia Cornejo, Bolivia 25:00.07 13. Sonja Birkemeyer, Germany 25:02.39 14. Karolina Kaasalainen, Finland 25:12.56 15. Larua Reynolds, Ireland 25:19.52 16. Rebecca Mersh, Great Britain 25:21.79 17. Victoria Alarcon, Chile 25:32.18 18. Kata Csere, Hungary 25:36.67 19. Fatiha Laabidi, Morocco 26:02.63 20. Gabriela Cornejo, Ecuador 26:02.74 21. Maritu Zanghelini, Brazil 26:12.54 22. Sandra Simute, Lithuania 26:52.62 23. Tanya Holiday, Australia 27:56.77 24. Fumilay Fonseca, STP 31:11.20 1 DQ, 3 DNF

Men's 10 Km, July 16—1. Sergey Morozov, Russia 42:26.92 2. Vladimir Akhmetov, Russia 42:32.81 3. Yusuke Suzuki, Japan 42:43.22 (The top three traded the lead, with Suzuki ahead at 1 and 2 km, Morozov at 3 and 4, Akhmetov at 5 and 6, Suzuki at 7, Akhmetov at 8, and Morozov at 9, and on to the finish. Splits at the 2 Km marks were 8:34.98, 16:53.87, 25:29.09, and 34:07.49. Morozov covered his final kilometer in 8:26.) 4. Pedro Daniel Gomez, Mexico 44:01.54 5. Yassir Cabrera, Panama 44:12.15 6. Miguel Angel Lopez, Spain 44:16.70 7. Matteo Giupponi, Italy 44:38.40 8. Mauricio Arteaga, Ecuador 46:11.35 9. Arnis Rumbenieks, Latvia 46:20.12 10. Amine Djerfouvou, Algeria 46:34.87 11. Victor Mendoza, El Salvador 46:37.09 12. Giancarlo Burroni, Guatemala 46:52.98 13. Joe Bonilla, Puerto Rico 46:56.27 14. Nicholas Ball, Great Britain 47:15.51 15. Mario Alfonso Bran, Guatemala

47:53.42 16. Emerson Hernandez, El Salvador 48:29.94 17. Alexandre Gagne, Canada 49:02.01 18. Exequiel Segovia, Chile 49:13.78 19. Stefano Dal Forno, Italy 49:26.97 20. Oscar Romero, Peru 50:23.67 21. Pawel Krawczyk, Poland 50:47.17 (4 DQ, 3 DNF)

Russians Again and Again

Russians also dominated at the European Junior Championships and the European Under 23 Championships. Only Spain's Benjamin Sanchez, with a second in the Under 23 20 Km, prevented one-two sweeps in the four races contested at these two meets.

The Under 23 meet, held in Erfurt, Germany, included 20 Km races for both men and women. In the men's race, Igor Yerokhin won in 1:23:14, with Sanchez 16 seconds back and Nikolay Seredovich of Belarus capturing the bronze. Russia's second entrant, Vladimir Parvatkin, was disqualified. Seredovich took over the lead before the 6 km mark and led through 16 km, hitting 10 Km in 41:14. Yereokhin was in the lead by 18 and won going away.

In the women's race Irina Petrova and Olga Kaniskina took over the lead after 6 km and alternated at the front from there to the finish where Petrova's 1:33:24 put her 9 seconds up on her compatriot. Kaniskina had led at 10 Km in 46:40. Barbora Dibelkova, of the Czech Republic, who led early, took the bronze in 1:34:44, well ahead of Portugal's Ana Cabecinha.

The junior races at 10 Km were held in Kaunas, Lithuania. Andrey Ruzavin was brilliant in the men's race, blistering the course in 39:28.45, 75 seconds ahead of Aleksandr Prokhorov, with Italy's Giorgio Rubino a few strides back in third.

In the women's race, Vera Sokolova, the 2004 Junior World Cup winner, and still only 17, won in 43:11.34, 24 seconds under the World Junior record, and nearly 2 minutes ahead of second-place Olga Mikhaylova. Bronze medalist Martina Gabrielli of Italy was more than a minute further back.

The third Russian, Yelena Ladonova, actually crossed the line 12 seconds ahead of Sokolova only to learn during her victory lap that she had been disqualified when she received two additional red cards on her final lap on the track. Sokolova had set the pace from the start, but Ladonova hung right on her heels until they hit the track. They went through 5 Km in 21:23. Ladonova, with one red card already, threw caution to the wind and sprinted away, apparently a little quicker than legal form would allow. Ladonova was inconsolable when she learned her fate, but Sokolova, who I judge to be a bit arrogant from earlier reports, had no sympathy. "The technique of the girl was bad," she said. "She made three mistakes and the judges saw it. When I was told of the disqualification, I felt glad." Apparently, not the friendliness of teammates.

Results of the four races:

Men's Under 23 20 Km, Erfurt, July 16—1. Igor Yerokhin, Russia 1:23:14 2. Benjamin Sanches, Spain 1:23:30 3. Nikolay Seredovich, Belarus 1:23:56 4. Rafal Augustyn, Poland 1:25:01 5. Andriy Yurin, Ukraine 1:26:52 6. Daniele Paris, Italy 1:27:56 7. Michael Krause, Germany 1:28:25 8. Valchenko Artem, Ukraine 1:29:14 9. Marius Ziukas, Lithuania 1:29:32 10. Francisco Arcillo, Spain 1:30:33 11. Michal Blazek, Slovakia 1:30:37 (The son of former great Pavol, perhaps.) 12. Artur Brzozowski, Poland 1:31:44 13. Luis Manuel Corchete, Spain 1:31:58 14. Tadas Suskevicius, Lith. 1:32:42 (3 DQ, 2 DNF)

Women's Under 23 20 Km, Erfurt, July 16—1. Irina Petrova, Russia 1:33:24 2. Olga Kaniskina, Russia 1:33:33 3. Barbora Kibelkova, Czech Rep. 1:34:44 4. Ana Cabecinha, Portugal 1:35:13 5. Zuzana Malikova, Slovakia 1:38:32 6. Anastasiya Yatsevich, Belarus 1:40:43 7. Neringa Aidietyte, Lith. 1:42:32 8. Snezhana Yurchenko, Belarus 1:43:10 9. Maja

Landmann, Germany 1:44:54 10. Tatyana Bagellone, Italy 1:46:36 11. Laura Polli, Switzerland 1:48:45 12. Agnese Ragonesi, Italy 1:49:52 13. Mandy Liorou, France 1:52:02 14. Agnieszka, Poland 1:53:09 15. Katarzyna Kwoka, Poland 1:55:30 16. Dora Nemere, Hungary 1:57:21 17. Beata Bodzioch, Poland 1:59:04 (1 DQ)

Junior Women's 10 Km, Kaunas, July 21—1. Vera Sokolova, Russia 43:11.34 2. Olga Mikhaylova, Russia 45:31.49 3. Martina Gabrielli, Italy 46:38.53 4. Anna Drabnya, Belarus 46:56.25 5. Yelena Rusak, Belarus 47:31.59 7. Anne Loughnane, Ireland 48:21.71 7. Klara Makilova, Slovakia 48:50.46 8. Krisztina Kernacs, Hungary 49:06.85 9. Ivett Erds, Hungary 50:16.69 120. Paulina Buziak, Poland 50:52.96 11. Fatima Rodrigues, Portugal 51:43.46 13. Rita Kaselyte, Lith. 53:56 (1 DQ)

Junior Men's 10 Km, Kaunas, July 23—1. Andrey Ruzavin, Russia 39:28.45 (19:29.85 at 5) 2. Aleksandr Prokhorov, Russia 40:43.67 3. Giorgio Rubino, Italy 40:46.95 4. Carsten Schmidt, Germany 41:19.82 5. Denis Simanovich, Belarus 41:37.67 6. Vadim Tsivanovich, Belarus 42:19.72 7. Ingus Janevics, Latvia 42:22.40 8. Hannes Tonat, Germany 42:41.21 9. Miguel Angel Lopex, Spain 42:49.72 10. Ioannis Kafkas, Greece 42:55.22 11. Ruslan Smytrenko, Ukraine 44:02 12. Alberto Contu, Italy 44:31.84 13. Szabolcs Glazer, Hungary 44:34.17 14. Goncalo Bejinha, Portugal 45:00 15. Dusan Majdan, Slovakia 45:29.06 16. Peter Grof, Slovakia 45:42.73 17. Tomas Gaidamavicius, Lith. 46:06.55 18. Rafal Sikora, Poland 46:42.76 19. Krzysztof Augustyn, Poland 47:17.55 20. Jakub Hudak, Slovakia 48:00.07 (2 DQ, 1 DNF)

Other Results

3 Km, Lewiston, Maine, July 16—1. Matthew Forgues (13) 15:39.0 2. Taylor Burns (15) 16:22.3 3. David Burns 17:18.2 4. Lauren Forgues (17) 18:33.3 **5 Km, New York City, July 17**—1. Leo Romero 23:42 2. Jussi Koski 25:44 3. Tim Davidson (17) 26:38 4. Vlada Haluska (53) 27:42 5. Bruce Logan (40) 28:06 6. Emilija Vaskyte (14) 28:31 7. Alexis Davidson (49) 29:13 8. Edoardo Sorrenti (62) 30:04 9. Raven Pilgrim (18) 30:32 10. Jim Basil 30:33 11. Louanne Pennesi (50) 31:03 13. Jon Qalam (54) 31:15 13. Ray Nieves (47) 31:34 14. Elton Richardson (66) 31:43 15. David Lee (50) 31:53 16. Elizabeth McCormick 32:05 17. Elisa Lee (16) 32:10 18. John Gersh (58) 32:13 (35 finishers, 2 DNF) **2.3 Miles, Grand Island, N.Y., July 4**—1. Allen James (40+) 15:26 2. Mel McGinnis (45+) 17:52 3. Dave Lawrence (50+) 20:31 4. Marc Olshan (60+) 21:00 5. Terri Marshall 21:50 6. Eileen Lawrence (50+) 22:22 7. Bob Lubelski (60+) 22:31 8. Sue Neumeister (45+) 23:26 9. Robin Olkowski (45+) 23:30 (18 finishers) **5 Km, Pomona, N.J., July 2**—1. John Soucheck 24:38.54 2. Jussi Koski 25:12 3. Wayne Baker (45) 32:29 **Women**—1. Pansuelata (58) 30:13 2. Fran Emanuel (60) 34:24 **Mid-Atlantic 3 Km, Plymouth Meeting, Penn., July 24**—1. Pansuelata Geer 17:05.26 2. Jenay Lawrence 19:22 3. Fran Emanuel 20:14 **Men**—1. Larry Schiller (45) 16:19.89 2. William May (71) 17:50.61 3. Jim Horton (64) 18:37 4. Joel Debow (60+) 19:29 **USATF National Youth Championships, Knoxville, Tenn., June 28**: Bantam Girls 1500 meters—1. Katie Michta Walk USA 10:46.44 Midget Girls 1500—1. Wendy Wike, Texas Cyclones 9:27 3. Courtney Lane, NY Stars 9:36 **Youth Girls 3 Km**—1. Caroline Murajda, Albuquerque TC 17:18.70 2. Satiya Linley, NY Stars 17:56 **Intermediate Girls 5 Km**—1. Amanda Huff, Kentucky Racers 31:43 2. Kristina Bonfiglio, un. 32:32 **Young Women 5 Km**—1. Kelli Johnson, Ky. Racers 31:00.44 **Youth Boys 3 Km**—1. Christopher Stuart, New England Walkers 17:49.60 **Intermediate Boys 5 Km**—1. Evan Crowder, Ky. Racers 29:24.17 **3 Km, Clermont, Fla., May 21**—1. Sandy DeNoon (45+) 17:43.34 2. Robert Carver (45+) 19:40 3. Bob Fine (70+) 19:59 4. Sandra Hufts (60+) 20:46 **Ohio Junior Olympics, June**

26: Girl's 1500 meters—I. Alexandria Coleman (11) 10:16.60 2. Sarah Kenney (11) 10:22.72 3. Allison Berry (12) 10:22.92 (9 finishers, 1 DQ) 3 km—1. Danielle Doubt (15) 19:09.43 **Region 5 Junior Olympics, July 16**: Midget Girls 1500 meters—I. Sarah Kenney 9:22.23 2. Alexandria Coleman 9:38 3. Allison Berry 9:44 4. Alyssa Huff 9:53 **Youth Girls 3 Km**—1. Caroline Johnson 20:47.94 2. Allison Woods 21:02 **Intermediate Girls 5 Km**—1. Amanda Huff 31:18.74 2. Danielle Doubt 31:48 **Young Women 5 Km**—1. Kelli Johnson 30:12.14 **Intermediate Boys 5 Km**—1. Evan Crowder 28:21.07 2. Andrew Peters 36:13 **2.4 Miles, Denver, June 4**—1. Mike Blanchard (44) 21:11 **5 Km, Denver, June 5**—1. Mike Blanchard 27:19 **Colorado 5 Km Championship, Denver, June 19**—1. Mike Blanchard 27:12 2. Marianne Martino (50+) 30:44 3. Carolyn Fleck (40+) 31:29 4. Sally Richards (50+) 33:14 5. Rita Sinkovec (65+) 33:26 (8 finishers) **Rocky Mountain Games 1500 meters, Greeley, Col., June 24**—1. Barbara Amador (55) 8:44.8 2. Sherrie Gossert (51) 8:46.6 **5 Km same place**—1. Marianne Martino 30:14 2. Daryl Meyers (60+) 30:29 3. Barbara Amador 31:03 4. Sherrie Gossert 31:03 5. Rita Sinkovec 33:16 (12 finishers) **5 Km, Evergreen, Col., July 4**—1. Mike Blanchard 26:34 2. Nathan Dern 30:12 3. Daryl Meyers 30:33 4. Patty Gehrke (40) 30:36 5. Christine Chase (48) 31:10 6. Carolyn Fleck (42) 31:23 7. Sally Richards 31:47 8. Rita Sinkovec 33:10 **Southern California Masters 5 Km, San Clemente, May 28**: Men 45-49—1. Pedro Santoni 25:37.65 2. Ray Billig 31:19 Men 65-59—1. Bob Nyman 31:25.95 Men 70-74—1. Carl Acosta 32:58.09 2. Arvid Rolle 36:12 Men 75-59—1. Bill Moreman 33:09.34 Women 45-49—1. Deborah Raymer 31:44.66 2. Mary Schoenbaum 31:51 Women 55-59—1. Carol Bertino 31:43.81 Women 60-64—1. Janet Robinson 32:01.21 **10 Km, Azusa Pacific U., Cal., July ?**—1. Mat Boyles 44:37.39 2. Mike Tarantino 45:48 3. Philip Dunn 52:15 **1 Hour, Kentfield, Cal., June 26**—1. Kevin Killingsworth 11,048 meters 2. Mike County 10,459 3. Joe Berendt 10,167 4. Jack Bray 10,085 5. James Beckett 9728 6. Lou Walters 9291 7. Karen Stoyanowski 9214 8. Peter Corona 9071 9. Ed Lane 9045 10. Su Kinney 8903 (25 finishers) **State Games of Oregon 5 Km, Gresham, July 10**—1. Jared Swehosky (17) 32:01.86 2. Terran Swehosky (19) 23:19.04 3. Pat Detloff (53) 26:58 4. Robert Frank (52) 27:18 5. Doug VerMeer (51) 28:15 6. George Opsahl 28:52 7. Dick Vaughn (74) 35:07 **1500 meters, same place**—1. Tommy Aunan 7:45 2. Doug Ermine 7:51 3. Ann Tuberg (45+) 8:20 4. Mitchy Young 8:54 (9 finishers) **2.8 Miles, Seattle, June 11**—1. Doug Ermini and Bob Novak 25:15 3. Mitchy Young and Bart Kale 27:20 5. Ann Tuberg 27:36 (7 finishers) **Northwest Masters 5 Km, June 25**—1. Tommy Aunan (26:21.97 2. Pat Detloff 26:31 3. Bob Novak 27:12 4. Rob Frank 27:57 5. George Opsahl 28:28 6. John Backlund (65) 29:37 7. Bart Kale 29:41 **5 Km, Seattle, July 16**—1. Tommy Aunan (46) 26:57.11 2. Bob Novak (56) 27:21 3. Doug Ermine (47) 28:27 4. George Opsahl (63) 28:34 5. Stan Chraminski (57) 29:17 6. Richard Zerbe (66) 32:33 7. Paul Kaald (72) 36:04 **Women**—1. Ann Tuberg (45) 29:53 2. Bev LaVeck (69) 32:34

German Women's 5 Km Championship, Waltenschald, Jul 2—1. Sabine Zimmer 20:11.45 **Finnish 20 Km Championship, Pori, July 15**—1. Antti Kempas 1:28:54 2. Jani Lehtinen 1:29:54 **Finnish Women's 10 Km Championship, same place**—1. Outi Sillanpaa 48:40 2. Marika Ojanpera 51:07 3. Jaana Eskelinen 51:30 4. Anna Karrila 51:42 5. Mia Hovi 51:47 **Lithuanian 20 Km Championships, June 18**—1. Tadas Suskevicius 1:17:11 2. Darius Skarnulis 1:30:05 3. Donatas Skarnulis 1:30:11 **Women**—1. Kristina Saltanovic 1:35:37 **15th Annual Waterford Crystal Grand Prix, Dublin, Ireland, June 26**: Men's 20 Km—1. Maik Berger, Germany 1:25:33 2. Jan Albrecht, Germany 1:26:30 3. Michele Didoni, Italy 1:27:27 4. Diogo Martins, Portugal 1:28:45 5. Mirko Dolci, Italy 1:28:58 6. Andy Penn, England 1:29:13 7. Gyula Dudas, Hungary 1:31:27 8. Marc Mundell, South Africa 1:32:11 (16 finishers, 4 DQ) **Junior 10 Km**—1. Goncalo Bejinha, Portugal 43:42 **Women's 20 Km**—1.

Olive Loughnane 1:32:28 2. Evelin Nunez, Guatemala 1:35:13 3. Maribel Goncalvez, Portugal 1:35:20 4. Monica Svensson, Sweden 1:35:27 5. Christine Guinaudeau, France 1:35:49 (11 finishers, 2 DNF) 50 Km-1. Zujus Daugvynas, Lithuania 4:04:43 (6 finishers, 4 DNF, 1 DQ) **Belarus 20 Km, Championship, July 2**-1. Andrey Talashko 1:20:33 2. Alexey Shelest, Ukraine 1:24:37 3. Alexander Kuz'min 1:24:30 Women-1. Ludmila Egorova, Ukraine 1:30:45 **10 Km, Sesto San Giovanni, Italy, July 24 (track)**-1. Ivano Brugnetti 37:58.60 (World's best-ever performance. The Olympic gold medalist, who has struggled so far this year following his pelvis injury, appears to be back on track to be a threat at the World Championships. The previous best was a 38:02.60 by Czech Josef Pribilinec way back in 1985. Brugnetti broke his own Italian record of 38:23.5, which he set just two weeks before his win in Athens.) **South American 20 Km Championship, July 23**-1. Jefferson Perez, Ecuador 1:22:55.4 2. Rolando Saquipay, Ecuador 1:22:55.4 3. Luis Fernando Lopez, Columbia 1:23:43.2 Women-1. Sandra Zapata, Columbia 1:40:54.2 2. Tatiana Orellan, Ecuador 1:45:12.4

To Take Your Paces, Try These Races

Mon. Aug. 1	5 Km, Long Branch, N.J., 6:30 pm (Q)
Aug. 4-7	USATF National Masters 5 and 10 Km, Hawaii (T)
Thu. Aug. 4	1500 meters and 3 Km, Long Island, N.Y. (B)
Sat. Aug. 6	3 Km, Arlington, Vir. (S)
Sun. Aug. 7	USATF National 15 Km, Watertown, Mass. (V)
	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)
Sat. Aug. 13	10 KM, Upper Arlington, 8 am (O)
	2.8 miles, Seattle, 9 am (C)
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)
Sat. Aug. 27	5 Km, Flint, Mich. (BB)
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)
Sun. Sept. 3	Master's 3 Km, Ft. Collins, Col., 8:15 am (H)
Sat. Sept. 10	1 Mile, Fair Oaks, Cal. (E)
	10 KM, Lewis Center, Ohio (O)
	5 Km, PawPaw, Mich., (BB)
	2.8 Miles, Seattle, 9 am (C)
Sun. Sept. 11	National USATF 40 Km, Ocean Twp., N.J., 8 am (A)
	10 Km, New Albany, Ohio, 9 am ((AA)
	5 Km, Aurora, Col., 9 am (H)
Sun. Sep. 18	Western Regional 20 Km, Oakland, Cal. (CC)
	5 Km, Denver, 8 am (H)
	Long Island 5 Km, Long Beach, N.Y. (B)
Sat. Sept. 24	East Region 10 Km, Clinton, Conn. (K)

Sun. Sept. 25	1 Hour, Royal Oak, Mich. (W)
	1 Hour, Kentfield, Cal. 7:30 am (P)
	Ohio 1 Hour, Columbus (Z)
Sat. Oct. 1	5 Km, Bristol, N.H. (D)
Sun. Oct. 2	Half-Marathon, Sacramento, Cal. (E)
	Half-Marathon, Sandy Hook, N.J. (A)
	West Region 5 Km, Aurora, Col. (H)
Sat. Oct. 8	National USATF 5 KM, Kingsport, Tenn.
Sun. Oct. 16	Michigan 10 Km, Dearborn (W)

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Mike Roth, mthroth@ix.netcom.com
 C--Bev LaVeck, 511 Lost River Road, Mazama, WA 98833
 D--www.nhmarathon.com
 E--Sierra Race Walkers, P.O. Box 5221, Fair Oaks, CA 95628
 F--Mike DeWitt, uwcoach@yahoo.com
 G--Stella Cashman, 320 East 83rd St., New York, NY 10028
 H--Bob Carlson, 2261 Glencoe St., Denver CO 80207
 J--Art Klein, 3035 Arlington Drive, Aptos, CA 95003
 K--Maryanne Daniel, 1 Rose Marie Lane, Clinton, CT 06413
 L--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424
 N--Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445
 O--www.runwildracing.com
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Daniel Koch, 3331 NW 22nd Street, Coconut Creek, FL 33066
 R--rbaker@chartertn.net
 S--Potomac Valley TC, 3140-D West Springs Drive, Ellicott City, MD 21043
 T--www.hawaiiichamps.com
 U--Robert Carver, 1002 Catalpa Lane, Orlando, FL 32806
 V--Justin Kuo, 617-731-9889
 W--Frank Soby, 4157 Colonial Drive, Royal Oak, MI 48073
 X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
 Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 Z--mholevas@sbcglobal.net
 AA--www.newalbanywalkingclub.com
 BB--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
 CC--Laura Cribbins, 2937 El Sobrante Street, Santa Clara, CA 95051

FROM HEEL TO TOE

Sorry 'bout that. Well, the ORW has a long-standing reputation for errata, primarily a lot of typos. And then, occasionally, we have some major factual error. Not too many of those greater than last month when we moved the National T&F Championships about 400 miles north from their actual location in Carson, Cal. To a bogus site in Sacramento. Surprisingly, only two readers have called the error to my attention--both in the LA area where Carson is located and both in a quite gracious manner. Perhaps other readers have developed an immunity to ORW errata. Jim Hanley, who has received the ORW practically forever, and

who lives quite near the actual site of the meet, got off an e-mail to me as soon as he saw the issue and gave me a quick lesson in geography, but was quite forgiving. So, how did I make such a mistake? If I had some good excuse, I would offer it. But, the fact is I knew where the meet was being held. I had it on my schedule of upcoming events for a couple of months prior. I watched daily reports of the meet as it unfolded and watched TV coverage, all of which told me it was taking place in Carson. Was it because last year's Olympic Trials were in Sacramento as was the recent NCAA Championship meet and some instinct was telling me that all such events are held there? Whatever, my brain was obviously in its "senior" mode and now I must apologize to the good folk in Carson who put on a great meet and were then dissed by my prestigious publication. Unfortunately, problems don't end there. Gerry Willwerth, the other person calling the Carson gaffe to my attention, also politely let me know that I have been making a habit lately of calling Ben Shorey Ben Storey, but not on a consistent basis, so that Ben himself might be confused as to who he really is these days. Well, let's see. One hits the "t" with the left index finger, and the "h" with the right, so I could attribute that to dyslexia of the index fingers—a syndrome I just invented. Or, I could say that Shorey is a "storied" racewalker, so this is a natural mistake. Or... Anyway, apologies to Ben and his family. Finally, in that issue I closed with a photo from the 1981 Alongi Memorial race. Tim Jacobs had supplied the photo, including a hand-written caption showing that this was the Sept. 27, Alongi race. Tim had not identified the individuals but most of them were easily recognizable to me. When I went to the results of the 1980 race I could easily see that this photo was not from that race, which had a much different cast of characters. A peak at the results of the 1981 race showed me that the photo was actually of that race and that Tim's memory had deceived him. All well and good and I typed a lengthy caption showing the 1981 date and identifying the principals. I am confident that is correct. However, when I gave the photo to the printer, I neglected to relay instructions to reproduce the photo only, not the hand-written caption, which, actually, I should have just snipped away. So, of course, the hand-written caption appeared in the printed version, which no doubt confused readers as to whether this race was held on Sept. 17, 1980 or August 30, 1981. It was the latter as shown in the typed caption. Oh, I imagine there were other things one could pick at in that issue, but we'll let it go with these. I've apologized enough for one issue.

Speaking of photos. The ORW at one time ran many more photos than in recent years. The reason—we just don't receive many photos anymore. The internet is swarming with them, but my ancient ink-dot printer doesn't print them out in nearly sufficient quality to be reproduced in a printed publication. Which, of course, is a problem I could solve if I weren't a dinosaur and a cheapskate. But since I am, about my only sources recently have been good old Steve Vaitones and good old Elliott Denman, who will send me photos from major events. Or, as I do occasionally, I can go into my voluminous archives of historic photos, but that doesn't do much to honor today's athletes. So, any actual photos, would be appreciated by me and photo-starved readers. Of course, there is no guarantee they will ever be used, but I will return them if asked to do so. Otherwise, they go into those voluminous archives...

The good and the bad. With the World Championships coming up in Helsinki, the most recent issue of the IAAF magazine includes an article by long-time English track and field journalist and statistician Stan Greenberg, in which he reminisces about his trip to Helsinki as a young man for the 1952 Olympics. Here is an excerpt from that article: "My accommodation was in a school hall, and consisted of rows of double bunk beds. I had a bottom berth, with the top occupied by a former winner of the AAA Junior 1 Mile walk. He said that his family were emigrating to New Zealand soon after the Games and I never expected to hear of him again. His name was Norman Read, and I certainly did hear of him again, four years later when he won the Olympic 50 Km walk for New Zealand. A very pleasant, resourceful chap, I

remember a day in the stadium when it rained again, and he had forgotten his rainwear. He immediately took off his shirt and calmly sat on it, topless in the pouring rain, surrounded by raincoats and umbrellas. The other fans seemed fascinated by this, especially the Japanese, who clustered round taking picture of the "crazy" Englishman". He wasn't so crazy, for, as he said, he would have a dry shirt to put on when the rain stopped. I wonder how many of those cameramen realize that they have a unique photo of an Olympic champion." So, that's a nice little item about one of our own, well respected by all who knew him. That's good. However, later in the article we find this: "Secondly, we had the 10,000 meter track walk—not surprisingly for the last time in the Olympic Games. There was the totally ludicrous sight of Schwab (Switz.) And Junk (Soviet Union), silver and bronze medallists, running, yes really running, up the home straight, so fast that the chief judge couldn't catch them to disqualify them. The place was in an uproar. Incidentally, that wailing judge was Giorgio Oberweger, the bronze medal winner in the 1936 discus." That's not so nice. Bad, but, I guess he is just reporting what he saw, and I have written similar things about Jose Pedraza trotting to the silver medal in 1968. However, I would note that if the Chief Judge really wanted to disqualify the pair, he didn't have to catch them to do so. Just politely tell them after the race, sorry lads, you were a bit quick for me, but I really must deprive you of your ill gotten medals. . . **Other events have problems, too.** Now that paranoia over racewalking being dumped from the Olympics is again quelled for a while, Elliott Denman offers this note: "Every time there's a "situation" in another branch of track and field/athletics, it emphasizes racewalking's status as not being alone. Perfect examples: 1. The whole electronic starting situation. 2. Lane violations. 3. Long and triple jump debates continue, plasticine and all. 4. High hurdles going down—intentional or otherwise??? 5. The trail leg in the 400 intermediated hurdles. 6. Throws calls—ring violations, still a judgement call. (Likely it determined the result of the 2000 Olympic decathlon.) etc. etc. etc. . . **Eastler out.** In a press release from Team Platzler we learn that: "After much deliberation, Kevin Eastler, who is a member of the Air Force's World Class Athlete Program, has decided not to compete in the IAAF World T&F Championships. Last year, gearing up the Athens Olympics, Kevin and Tim Seaman worked together both in training and several races, proving that through teamwork they could compete internationally and also be the best in the U.S. After the Olympics, Kevin took off several months to rejoin the workforce and spend time with his family. He began training shortly before the National 10 Km in Niagara Falls, and then raced at the National 20 in Carson. His fourth place finish in Carson and his Olympic "A" standard from the 2000 IAAF World Cup, put him on the this year's World Championship team. However, since Nationals, Kevin has been battling a shin problem that has plagued him for about a month. Competing for your country is an honor and a privilege and Kevin has decided that since he has not been able to get in the necessary preparations for world competition, he will not be able to compete with the world's best. He will be staying home in order to get healthy and prepare for next season's Racewalking World Cup to be held in Spain. Kevin says that "I have been able to run and bike, but I haven't tried to push my shin by racewalking on it." . . **Racewalker succumbs following race.** From a July 13 USATF release: While competing in the 5 Km race Sunday at the New Jersey Masters T&F Championships, Richard J. Dedham, Jr. Had a heart attack and died later that day at Monmouth Medical Center in Long Branch. He was 68. A resident of Brick, N.J., Dedham was a masters racewalker and runner for the Shore AC. He was a Sergeant First Class in the U.S. Army at Fort Sill, Okla. for 22 years, retiring in 1977, and a member of the V.F.W. of Forked River. Born in Portsmouth, N.H., he lived in Lakewood for 18 years before moving to Brick 10 years ago. He is survived by his wife, a son, a daughter, two brothers, and two sisters. . . **Bob Barrett.** More fortunate is that superb masters racewalker (now in the 70-74 age group), Bob Barrett,

whose name you often see in results from the New York City area and from National Masters meets. Bob had successfully heart valve surgery, but suffered a stroke and is now in a rehabilitation in the Catskills. He has a busy schedule. Up every morning at 6 am, get dressed and have breakfast with the community (other patients and staff) and then therapy for 1 ½ hours. Following a lunch break, another 1 ½ hours of therapy. No phone calls or visits are allowed until after 4 pm so that routines are ongoing without any interruptions. You can send messages to Hip-man@webtv.net.

Elite Junior Racewalking Camp

Due in large part to the continuing efforts of Tom Eastler (who introduced his now more well-known son Kevin to the sport), the state of Maine has become a hotbed of racewalking—the only state to offer both male and female racewalking as scoring events in their high school T&F program. (New York has girls' walking only). Since the sport was introduced to the program in 1993, 35 Maine high school athletes have earned All-American status in racewalking. Eighteen of those athletes have continued to racewalk in college and ten of those 18 are on or will be on athletic scholarships for cross country running and racewalking.

At about the same time he got racewalking onto the high school program, Tom began conducting two-week summer racewalking camps for juniors; one week at the U. Of Maine in Orono and a second week at Lake Placid, N.Y. Tom raised money to cover the first week and the Olympic Training Center covered expenses for the second week. From those camps, two Olympians and a myriad of Olympic Trials competitors, National record holders, and National team members emerged, including some from Canada and Ireland.

It has been 10 years since the last of those camps was held and Tom decided it was time to revive the effort. Through Tom's organizational, promotional, and money raising skills, 22 junior racewalkers assembled in Bar Harbor, Maine on July 3 for a week of training and instruction that would culminate in the Junior National Championships at 5 Km. (See page 1 for report on that race.) The following report on the camp activities is compiled from several communiques Tom shared with the racewalking community.

The Elite Junior Racewalk Camp at the College of the Atlantic in Bar Harbor opened its doors on Sunday, July 3 at noon. Twenty-two athletes arrived by 3 pm. After receiving their assigned rooms, they were transported to the famous Carriage trails for their first workout. There were 11 athletes from Maine, 5 from New Jersey, 3 from Texas, 2 from Ohio and 1 from New York. That evening all of the athletes and a staff of four of the seven coaches/area specialists made introductions, shared backgrounds, and prepared for a very busy week of training.

As a general schedule, each morning started with breakfast at 7 am. Classroom lectures were held from 8:10 to 9. Travel to the track or other training areas and the training sessions ran from 9:15 to 11:30, followed by lunch from 11:45 until 12:45. There was more classroom lecturing from 1 to 4 pm, then travel to afternoon training sites, returning by 6:15 for dinner. An evening lecture was held from 8 to 9 and the athletes were in their rooms by 10 for a well-deserved night's rest.

Lectures on Monday and Tuesday covered sports psychology, officiating, racewalk technique (mechanics), and a host of other areas of concern to junior-level racewalkers. Track workouts were very successful and a major breakthrough was made with several athletes at even the most elite level with respect to certain stride length issues. On Monday night, the evening lecture let out just in time to view the Bar Harbor version of 4th of July fireworks. Earlier that day, the group attended the 4th of July parade in town.

On Wednesday, the group continued its classroom activity with topics such as pace awareness, race strategy, and issues related to the biomechanics of stride length and stride rate. Right after lunch, the athletes were driven to Northeast Harbor, boarded a mailboat destined for Great Cranberry Island, and were met by Gary Allen, a long-time resident whose family dates back to the settlement of the island. Gary has run 40 marathons and is still an active ultra-distance runner. He is a member of the crew Athletics club who hosted our group for a workout and a bonfire cookout on the beach after the workout.

On Thursday, TV Channel 2 in Bangor, Maine spent about an hour in the morning filming and interviewing the athletes while they were working on their pace awareness. The athletes succeeded in identifying their optimal pace for the 5 Km race on Saturday. Just before lunch, Callie Oakes from the Lewiston Sun Journal arrived on the scene and took photos of and interviewed the 11 Maine athletes. In class, the athletes spent a lot of time responding to questions concerned with training schedules and learned about the various concepts related to VO2 max, lactate threshold, periodization, and many more topics.

They also took time to climb the 1500-foot high Cadillac Mountain (in vehicles, however) and were rewarded with a spectacular view of much of Penobscot Bay and all of Frenchman's Bay. In the evening session, Bruce McIntyre conducted an exercise related to motivation and Maryanne Daniel worked with the athletes on stretching and nutrition.

On Friday, after Maryanne went through various stretches with the group, they headed for the Mount Desert Island track to warm up, do some demos and interviews with Michelle Seton of National Public Radio, and worked on all of the stretches. Each athlete then worked on their pace awareness. The afternoon session covered nutritional topics at length along with other sports psychology issues.

In the evening, Gary Westerfield, who was the Head Coach for the camp and who lectured extensively, presented the last session, which was on visualization and progressive relaxation. Maryanne assisted Gary with a drum, which, as predicted, helped relax the athletes so much that virtually every one was relaxed into a state of sleep. Gary's progressive relaxation technique is honed to a fine point, and is a remarkable thing to see and experience. The athletes were ready for racing the next day.

The NPR segment can be heard on the internet at www.onlyagame.org. Click on "Past Shows" and then "July" to find the segment. It lasts a little more than 9 minutes and includes interviews with several of the athletes, including Zac Pollinger. To wrap up the camp report, the following article appeared in a local Maine newspaper following the race.

Racewalkers are scarce in Helen Pottle's neck of the woods. When she trains, she is alone. Eastport's Shead High School, where she will be a senior in the fall, does not offer racewalking, so each week during the spring outdoor track season, Pottle drives to Harrington, more than an hour away, to compete with Narraguagus High School. Even then, however, Pottle is so much better than everyone else that she often is in front and alone.

Despite the long odds, Pottle is so good at the sport that she was accepted into last week's Junior Development Racewalk Camp at College of the Atlantic. For one of the few times in the more than two years she has competed in the sport, Pottle was not alone. There were dozens of other teenagers, all of whom have or will compete at a national level, who shared Pottle's passion for the little-known sport.

"This is better competition," said Pottle, who was the runner-up in the 1600 meter racewalk at the 2005 Class C State Meet. "They're more to my ability. At regular meets, a lot of the kids I compete against are still learning."

Sponsored by Maine and USA Track and Field, the week-long camp for high school students age 14 to 19 wrapped up with Saturday's USA Junior National 5 Km Championship

on the Mount Deseert Island High School track. Amid rain that fell in sheets, and wind strong enough to nearly blow the officials' tent over the rainbow, Pottle placed sixth out of 10 walkers with a time of 29:34.40. Though the time was not what Pottle had hoped, just by competing, she qualified for the nationals. Besides, the camp was about a lot more than the race.

"I think it's one of those things that takes place in a young athlete's life that they will remember, not just from the information they learned and tremendous coaches they had to work with, but also the friendships they made with the other athletes that share their passion for the sport," said David Baldwin, the camp's co-director and an elite racewalker.

For Pottle, who hopes to make the national team next year, the camp was about improving. The week offered intensive training on everything from technique to nutrition. The coaches, a field of top racewalkers from around the nation, also spent a lot of time working with campers on focus and attitude.

"I learned a lot about technique, specifically for my arms and moving my hips," Pottle said. "I learned a lot about the mental aspect. You have to be strong mentally."

The camp also afforded the young athletes a unique opportunity to learn from each other and to see firsthand how and how much they needed to improve. "We usually are working against each other, but here we got to work with each other, which was awesome," said Dana Vered of Paramus, N.J. Vered won the girls' race on Saturday with a time of 26:37.80. Despite the conditions, Vered's time was a new personal best. "I wanted to do low 26," she lamented. "As much as you try to block out the rain and block out the cold, you can't block it out."

Zachary Pollinger of Mahwah, N.J. won the boys' race by more than a minute in a time of 22:10.55, despite the weather and the fact that he was suffering from a severe cold.

LOOKING BACK

40 Years Ago (From the July 1965 ORW)—Ron Laird and your editor toured Europe with the U.S. track and field team, starting with a 20 Km race in Kiev, part of a meet in which we had the great privilege of being part of the first losing U.S. men's T&F team in an international dual. To make matters worse, they threw a long course at us. The Soviet walkers though it was at least 21 Km, and maybe as much as 21.6. Laird had a quite decent race, finishing third in 1:41:10, behind a 1:39:14 for the winner, Boris Khrolovich. Mortland was terrible, losing contact early and trudging by himself through busy streets to a lonely finish in 1:48:45. In Poland, we had a 3 Km on a cinder track in the midst of a beautiful pine forest on the Baltic. After withstanding the opening burst of dozens of eager Poles, who were at a training camp, Laird set an American record of 12:52.4, though some 7 seconds behind the winner, Andres Czaplinski. Mortland came third in 13:09. Two days later, a 20 Km from Sztum to Malbork came up short—at least the final 5 Km was 2 to 3 minutes faster than it should have been based on splits through 15. Laird beat Czaplinski this time in 1:29:40 and Mortland was third in 1:34:39. Finally, there was a track 10 in Augsburg, West Germany with Laird second in 46:06.2 and Mortland third in 47:57. . . Paul Scheff survived temperatures in the high 90s to win the National 40 Km in New Jersey with 4:17:38 ahead of Ron Kulik, Bruce McDonald, and John Kelly.

35 Years Ago (From the July 1970 ORW)—The U.S. defeated Canada in their first dual meet in Toronto, with Ron Laird winning the 20 Km in 1:35:15 and Dave Romansky the 20 Mile in 2:37:21 (both races on the track). John Knifton and Ron Daniel completed a U.S. sweep in the metric race. Your now-aging editor, called in for emergency service at the last minute,

was well back, but broke 49 on the way for his best 10 Km of the year. Romansky dominated the 20 mile with a 1:34:35 20 Km on the way (faster than Laird the day before). Bob Kitchen finished behind Canadian Alex Oakley. . . Romansky won the National 40 Km in 3:32:29 and Gary Westerfield the National Junior 25 Km in 2:12:28. . . The 512 Km Paris-to-Strasbourg race was won in 70:04:50 by Sammy Zaugg.

30 Years Ago (From the July 1975 ORW)—John Knifton won the National 10 in Bridgeport, Conn. in 45:04 on an unseasonably cold and windy day, with Dave Romansky, Ron Daniel, and Bob Kitchen also under 47 minutes. Your editor (having celebrated his 40th birthday earlier in the year) came tenth in 50:26, but barely beat 50-year-old Bob Mimm for the master's title. . . Todd Scully overcame John Knifton in the final 6 miles to win the National 40 Km in 3:25:30, with Ron Kulik, Ron Daniel, and Tom Knatt following.

25 Years Ago (From the July 1980 ORW)—Olympic titles went to Italy's Maruizio Damilano (1:23:25) and the GDR's Hartwig Gauder (3:49:24). Mexican favorites Daniel Bautista (20) and Raul Gonzales (50) faltered, Bautista with a DQ and Gonzales with a complete collapse in the final 10 Km after going off by himself with a blistering early pace. With the U.S. not competing in the Olympics because of President Carter's boycott, Marco Evoniuk led our team in a 20 Km in Germany with 1:25:51. Dan O'Connor (1:27:53), Jim Heiring (1:28:41), Todd Scully (1:30:08), and Carl Schueler (1:30:26) followed. Canadian Marcel Jobin won the National 15 Km in 1:08:56 ahead of Ray Sharp.

20 Years Ago (From the July 1985 ORW)—Maryanne Torrellas and Tim Lewis both set American records while winning races in a dual meet T&F meet with West Germany. Maryanne had 22:51.2 for 5 Km and Tim a 40:20.6 for 10. Teresa Vaill (23:22.6) and Marco Evoniuk (41:02.8) were second in the two races. . . Gary Morgan won the National 10 Km title in 43:31 at Niagara Falls. Todd Scully (44:35), Ray Funkhouser, and Mel McGinnis followed. . . The National Junior 10 Km went to Curtis Fisher in 47:50, ahead of Paul Schwartzburg's 48:08.

15 Years Ago (From the July 1990 ORW)—At Seattle's Goodwill Games, Russia's Nyadeszhda Ryashkina broke the world 10 Km record with a 41:56.21 on the track. Australia's Kerry Saxby was just a second back with Beate Anders, GDR, third in 42:49. Debbi Lawrence led U.S. walkers with 46:32. Mexico's Ernesto Canto won the 20 Km in 1:23:14 ahead of Mikhail Schennikov. . . The National 10 Km went to Curtis Fisher in 42:56 with Gary Morgan (43:23) second and Bob Briggs (44:19) third. Canada's Janice McGaffrey led the women in 47:41. . . At the U.S. Olympic Festival, Debbi Lawrence (46:10.16) beat Sara Standley by more than 2 minutes with Wendy Sharp third. In the 20 Km, a misplaced cone on the 1.5 km loop shortened the race to a calculated 18.27 Km with Carl Schueler winning 1:18:58, 20 seconds ahead of Allen James with Curtis Fisher third. Marco Evoniuk won the 50 in 4:17:11 ahead of Dan O'Connor (4:19:28).

5 Years Ago (From the July 2000 ORW)—In the U.S. Olympic Trials, Michelle Rohl won the Women's 20 Km and Tim Seaman the Men's 20. Rohl slipped away from 1992 Olympic gold medalist Yueling Chen, now a U.S. citizen, to win by a minute in 1:32:39. Debbi Lawrence was third in 1:33:48 and Joanne Dow fourth in 1:36:17. In the men's race, Kevin Eastler hung with Seaman for 11 km but slowly dropped away after that, with Seaman winning in 1:25:41, Eastler second in 1:26:38, and Andrew Hermann third in 1:28:06. Michael Rohl was fourth in 1:32:34, just 5 seconds faster than his wife had gone a week earlier. . . Poland's Susana Feitor

walked a 1:28:19 for 20 Km in Hildesheim, Germany with Russia's Natalia Fedoskina second in 1:28:52 and Italy's Rossella Giordano third in 1:29:47. Robert Korzeniowski won the men's 20 at the same venue in 1:18:22, 71 seconds ahead of Eugeny Misyulya of Belarus.

And, as a bonus, we go way back to 1959 with results of the two nationals held in July that year:

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

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

Archive photos



Ancient history. Jack Mortland and John Kelly duke it out at the National Masters meet at White Plains, N.Y. in 1975. They stayed together across the finish line, Mortland taking the 40-44 title and Kelly the 45-49. Unfortunately, interlopers Roy Thorpe, England, and Norman Read, New Zealand (see feature in From Heel to Toe on page 8) were well ahead at the finish. A good day for Thorpe as he beat three has-been Olympians.



Will this be the year for Francisco Fernandez? Seen here in the 2003 World Championships, he finished second in that race and repeated that performance in the 2004 Olympics. He did have a number one world ranking in 2002, when he won the European championship, but has never gotten to the top of the victory stand in a world event. (Steve Vaitones photo.)