

Nunn, Vaill Tackle 40 Km Successfully

Ocean Township, N.J., Sept. 11 (From Elliott Denman)—Olympians John Nunn and Teresa Vaill showed their heels to a pack of 55 pursuers, taking old medals in the 67th Annual USA T&F National 40 Km Racewalk by wide margins.

Nunn, the 28-year-old Evansville, Indiana native now based at the Olympic Training Center in Chula Vista, Cal., with the U.S. Army World Class Athlete Program, easily took the men's title, covering the distance in 3:18:43. Vaill, 42, a Pine Plains, N.J. product now living and training in Gainesville, Fla., led the women's field in 3:37:51, second overall. Both are specialists at the Olympic 20 Km distance who had no trouble going twice that far.

"This is longer than I've walked in training or a race, so I've got to be pleased with this performance," said Nunn. "If I can get in the training, I know I can walk a pretty good 50." Vaill said she has always wanted to race this event, but now that she has, she says she will never do it again.

Comebacking Paul Schwartzberg, the young man of the venerable Varsano's Chocolates team, was second to Nunn in 3:42:15, 5 minutes ahead of teammate Dave McGovern. In the women's race, Loretta Schuellein was nearly 27 minutes behind Vaill in second.

In lieu of t-shirts, race officials donated this budget expense of \$350 to Hurricane Katrina relief efforts. The results:

Women: 1. Teresa Vaill, Walk USA 3:37:51 (42) 2. Loretta Schuellein, Walk USA 4:05:20 3. Heide Hauch, Scottsdale, Ariz. 5:15:43 (1st 45-49) 4. Dorit Attias, Walk USA 4:45:23 (40) 5. Colleen Swantsson, Shore AC 4:59:27 6. Carrie Rozea, Phast Club 5:05:55 7. Bernadette McNulty, Phast Club 5:20:22 (40) 8. Joan Murray, LI Walkers 5:22:59 (46) 9. Maria Paul, Shore AC 5:25:31 (40) 10. Barbara Shimansake, East Side 5:26:37 (51) 11. Sandy Rubel, Shore AC 5:36:41 (58) ((6 DNF

Men: 1. John Nunn, US Army 3:18:43 2. Paul Schwartzberg, Varsano Chocolates 3:43:15 3. Dave McGovern (40), Varsano's Chocolates 3:48:07 4. John Soucheck (40), Shore AC 3:48:32 5. Leon Jasionowski, Pegasus AC (60) 3:57:23 6. Max Walker, Indiana RW (58) 4:05:30 7. David Wold, East Side (46) 4:09:34 8. Steve Pecinovsky (50), Varsano's Chocolates 4:11:44 9. Bill Vayo (41), Walk USA 4:11:59 10. Bob Keating (58), New England Walkers 4:26:03 11. Alexis Davidson, East Side (49) 4:26:55 12. John Fredericks (57), Shore AC 4:28:35 13. Vlado Haluska, New York City (53) 4:29:59 14. Lon Wilson (58) East Side 4:28:08 15. Tom Quattrocchi, (540, Shore AC 4:54:54 16. Art Glass (56), Shore AC 5:13:19 17. Steven McCullough (44), Conn. Walkers 5:26:08 17. Nial Mandal (62) Shore AC 5:35:01 19. Elliot Collins (53), Shore AC 5:46:18 20. Tom Hartman (63), Shore AC 6:09:24 (10 DNF, including Ed Parrot (2:49:53 at 30), Ed Fitch (2:39:28 at 26), and Theron Kissinger (1:47:39 at 20)

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Other Results

5.2 Miles, New Jersey, Sept. 18—1. Panse Geer 51:21 2. Erik Litt 51:48 3. Jack Lach 51:49 4. Tom Quattrocchi 52:56 5. Ron Salvio 54:46 6. Ben Ottmer 56:04 2. (22 finishers) **5 KM, Orlando, Fla., Aug. 21**—1. Don DeNoon 28:17 2. Tom Foreman 31:12 Women—1. Sandra DeNoon 31:15 2. Edna Ramsey 32:25 (23 finishers) **5 Km, Kissimmee, Fla., Aug. 13**—1. Don DeNoon 27:59 2. Steve Renard 27:59 Women—1. Sandra DeNoon 31:21 16 finishers) **Senior Olympics, Canton, Ohio, July**—1. Joyce Prohaska 31:10 **Senior Olympics, 1500 metersw, Canton, July 16** 1. Joyce Prohaska 8:54 **4 Miles, Cleveland, July 20**—1. Joyce Prohaska 40:40 **5 KM, Denver, Aug. 13**—1. Dan Pierce (48) 28:21 2. Sherrie Gossert (51) 31:24 **5 Km, Aurora, Col., Aug. 25**—1. Mike Blanchard (44) 29:20 **5 Km, Denver, Aug. 28**—1. Mike Blanchard 27:54 2. Daryl Meyers (62) 30:42 3. Jane Day (44) 32:11 **Rocky Mountain Masters 5 KM, Ft. Collins, Col., Sept. 3**—1. Albert Leibold (48) 14:53 2. Mike Blanchard 15:23 3. Barbara Amadour 17:44 4. Sherrie Gossert 17:57 (8 finishers) **10 Km, Reno, Nevada, Aug. 21**—1. Bill Penner (50+) 58:49 2. Jon Price (50+) 65:35 3. Michael Solinger (50+) 66:03

Arab Championships, Tunis, Tunisia, Sept. 16-17: Men's 20 Km—1. Sbair Hassanine, Tunisia 1:28:17 2. Mabrouk Salah Naceur, Qatar 1:38:39 3. Majbar Hichem, Algeria 1:39:05 **Women's 10 km**—1. Amzar Gania, Algeria 49:33 2. Mahmoudi Rahma, Tunisia 50:10 **England-Finland Junior Match, Colne, GB., Sept. 4-5: Men's 10 Km**—1. Heikki Kukkonen, Fin. 45:40 2. Nillo Halonen, Fin. 47:21 3. Nick Ball, GB 48:40 **Women's 10 Km**—1. Mia Hovi, Fin. 52:49 2. Karoliina Kaasalainen, Fin. 53:09 **African Jr. Championships, Tunis, Sept. 2**—1. Ali Amrouche, Algeria 45:31 13 2. Nouredine Massoussi, Tunisia 45:57 3. Amine Djerfaoui, Algeria 46:36 **10 KM, New Zealand, Sept. 4**—1. Gary Little (60+) 52:00 **1 Asian Championships, Incheon, Korea, Sept. 1-4: Men's 20 Km**—1. Ronghua Lu, China 1:25:30 2. Hyun Sub Kim, Korea 1:25:41 3. Hong Zhang, China 1:27:14 4. Yusuke Yachi, Japan 1:27:43 5. Akinori Matsuzaki, Japan 1:32:02 6. Mohd Abd Rahman, Malaysia 1:32:21 **Women's 20 Km**—1. Dan He, China 1:34:25 2. Yinghua, China 1:34:50 3. Svetlana Tolstoya, Kazakhstan 1:36:39 4. Mi Jung Kim, Korea 1:39:21 **20 Km, Odense, Denmark, Sept. 24**—1. Trond Nymark, Norway 1:27:59 2. Bengt Bengtsson, Sweden 1:29:50 3. Fredrik Svensson, Sweden 1:32:54 4. Erling Andersen, Norway 1:39:18 (no. 3 in world at 50 Km 20 years ago) **Women's 20 Km, same place**—1. Outi Sillanpaa, Fin. 50:22

2004 Shore AC 1 Hour Postal Results

Boys 10-14: 1. Kyle Regul, Illinois 10,418 meters 2. Christopher Stuart, New England RW 9802 **Boys 15-19**—1. Paul Regul, Illinois 11,718 2. Jared Swehosky, Troy Clark, Richard, Roberta, and Ernesto Vergara, Daniel Campbell, Michael Kacmierczak, Padric Gleason, and Zach Pollinger all credited with 10,000 meters by virtue of walking that distance well under 1 hour **Men's Open**—1. Curt Clausen, NYAC 13,053 2. Ben Shorey, UW Parkside 12,870 3. Mike Tarantino, UWP 12,864 4. Mike Stanton, UWP 12,127 5. John Soucheck, Shore AC 12,090 6. Paul Regul, Elgin Sharks 11,716 7. Adam Staier, Maine RW 11,535 8. Dave Doherty, San Diego 11,525 9. Bob Keating, NE Walkers 11,448 10. Dan O'Brien, Pegasus

11,404 11. T. C. DeWitt, UWP 11,374 12. Leon Jasionowski, Pegasus 11,337 13. Steve Quirke, UWP 11,330 14. Kevin Killingsworth, Marin 11,270 15. Bill Vayo, Walk USA 11,220 16. Dave Talcott, Shore AC 11,182 17. Albert Leibold, Front Range Walkers 11,141 18. Ray Funkhouser, Shore AC 11,087 19. Pat Detloff, Racewalkers NW 10,984 20. Joe Nieroski, SC Walkers 10,977 21. James Carmines, Potomac Valley TC 10,767 22. Max Walker, Indiana RW 10,703 23. Norm Frable, Marin 10,679 24. Richard McGuire, Chicago Walkers 10,679 25. Ray Glend, Chicago Walkers 10,679 27. William Preischel, un. 10,632 28. Stan Chraminski, Pacific Pacers 10,614 29. Pedro Santoni, SC Walkers 10,599 30. Bill Reed, Pegasus 10,574 31. Joe Light, NE Walkers 10,520 32. Bob Novak, Pacific Pacers 10,454 33. Ed Fitch, Miami Valley TC 10,438 34. Rob Frank, Racewalkers NW 10,400 35. Joe Berendt, Golden Gate RW 10,240 36. Jack Bray, Marin 10,144 37. George Opsahl, Racewalkers NW 10,129 38.24 tied at 10,000, 65 finishers)) **Men 40-44**—1. Talcott 2. Nieroski 3. Preischel 4. Fitch 5. Ray Sharp, un; Nick Manuzzi, un., Allen James, Niagara; and Keith Luoma, Carolina RW 10,000 10. Ken Mattsson, Cambridge 9009 **Men 45-49**—1. Killingsworth 2. Leibold 3. Santoni 4. Berendt 5. Doug Ermini, Pacific Pacers 10,234 6. Mark Green, un., Tommy Aunan, un., and Rod Criag Pegasus 10,000 9. Ken Lampar, Pegasus 9988 10. Mario Lopez, SC 9633 11. Stewart Canning, Marin 9272 12. Raymond Billig, SC 9233 13. Damon Clements, un. 9047 14. Ron Salvio, Shore AC 8975 **Men 50-54**—1. Jasionowski 2. Funkhouser 3. Detloff 4. Reed 5. Frank 6. Michael Wiggins, un., Robert Shires, un., and Mike DeWitt, Parkside 10,000 9. Tom Quattrocchi, Shore AC 9494 10. Gary Firestone, RW NW 8514 11. Yves Nugent, Pegasus 8280 **Men 55-59**—1. Bob Keating 2. Walker 3. Frable 4. McGuire 5. Glend 6. Chraminski 7. Light 8. Novak 9. Juan Yanes, Florida 10,000 10. Bill Harriman, NE RW 9940 11. Rick Campbell, SC 9839 12. Dick Van Benthuyssen, Shore AC 8939 13. John Gersh, PVTC 8745 14. Tom Marks, Pegasus 8743 15. Robert Watkins, un. 8200 16. Art Glass, Shore AC 8200 **Men 60-64**—1. Carmines 2. Opsahl 3. Don DeNoon, un. 10,000 4. Jack Lach, Shore AC 9960 5. John Backlund, RW NW 9925 6. Bob Weeks, SC 9807 7. Tom Knatt, NE RW 9497 8. John Elwarner, Pegasus 9356 9. Bob Weeks, un. 9178 10. Wayne Wurzbarger, SC 9175 11. Victor Litwinski, PVTC 9063 12. Bill Whipp, Cincinnati WC 8865 13. Stu Kinney, Golden Gate RW 8803 14. Stuart Roy, SC 8690 15. John Molendyk, Shore AC 8475 16. Ed Guiff, Front Range 8289 17. Michael Schwed, PVTC 8187 18. Thomas Fitzgerald, NE RW 8122 19. Tom Martman, Shore AC 8031 20. Bernie Finch, un. 7376 21. Jim Scheller, Marin 7064 22. Larry Selzer, Silver Striders 7064 23. Joseph Elron, SS 6433 **Men 65-69**—1. Paul Johnson, un. 10,000 2. James Beckett, Maarin 9621 3. Alan Ede, SC 9454 4. Heinrich Looser, Carolina RW 9256 5. William Moremen, SC 9048 6. Edward Lane, marin 8931 7. Dave Romansky, Shore AC 8801 8. Tom Keller, Cin. WC 8671 9. Roger Webb, PVTC 8289 10. Carl Agnevine, Pegasus 8058 11. Philip Veenhuis, Pegasus 7940 12. Jim Lamb, Pegasus 7629 13. Gus Davis, un. 6200 **Men 70-74**—1. Bray 2, Max Green, Pegasus 9737 3. Bob Barrett, Park Walkers 9695 4. Alfred DuBois, un. 9365 5. Ben Ottmer, Shore AC 9213 6. Peter Corona, Marin 9085 7. Ron Mac Pike, RW NW 8863 8. Dick Vaughn, RW NW 8493 9. Leon Glazman, SC 8353 10. Louis Fee, Conn. RW 8345 11. William Baasel, Buckeye Striders 8173 12. Arvid Rolle, SC 8068 13. Tom Buis, Carolina RW 8031 14. John Lyle, Front Range 7892 15. Robert Davis, Pegasus 7865 16. Bob Beaudet, NE RW 7756 17. Tom Fellenz, Marin 7676 18. George Solis, SC 7515 19. Vilmars Strauttings, Front Range 7167 20. Brian Kiernan, Marin 6618 **Men 75-79**—1. Carl Acosta, SC RW 9047 2. Jack Starr, PHAST 8971 3. Bil McGowan, NE 8938 4. Clint Edwards, Carolina RW 8021 5. Ed Gawinski, PHAST 7851 6. Bob Mimm, Shore AC 7575 **Men 80-84**—1. Charles Boyle, PVTC 8100 2. Bob Mimm, Shore AC 8085 (Bob had a birthday, went again in December, and got better) 3. Masashi Noritake, SC 7721 4. Klaus Timmerhaus, Front Range 7683 5. Dr. Daniel Marzano, Shore AC 7308 6. John Levinsohn, Marin 7033 7. Joe

Biersteker, Carolina RW 6893 8. Joe Mallon, RW NW 4975 **Men 90-94**—1. Harry Drazin, Shore AC 5591 **Girls 10-14**—1. Mercedes Mancha, Elgin Sharks 9695 2. Irais Villa, Elgin 9605 3. Stephanie Martinez, Elgin 8732 4. Daisy Villa, Elgin 7870 **Girls 15-19**—1. Christine Tagliaferri, UWP 10,910 2. Suzzie Potthast, UWP 10,806 3. Jasmine Brooks, UWP 10,510 4. Latoya Henry, UWM 10,187 5. Cathy Lochala, Maine RW 10,084 6. Erica Adams, un.; Kathy Hayes, un.; Maria Michta, Walk USA; Rosalind Adams, un.; Dana Vered, Walk USA; Jennifer Reekie, un.; and Le'erin, Ross, un. 10,000 13. Tina Peters, Miami Valley TC 9759 14. Lauren Forques, Maine RW 9576 **Women's Open**—1. Michelle Rohl, Moving Comfort 12,600 2. Sam Cohen, Parkside 12, 272 3. Joeline Moore, NYAC 12,268 4. Deb Huberty, NYAC 11,734 5. Grazina Narvillene, Carolina RW 11,639 6. Anne Favolise, UWP 11,334 7. Pam Murkowski, Parkside 11,046 8. Ali Bahr, Parkside 10,990 9. Christine Tagliaferri, UWP 10,919 10. Suzzie Potthast, UWP 10,806 11. Jasmine Brooks, UWP 10,510 12. Amanda Bergeron, UWP 10,469 13. Laura Niel, PVTC 10,275 14. Latoya Henry, UWP 10,197 15. Debbie Topham, Pegasus 10,168 16. Cathy Lochala, Maine RW 10,084 17. Donna Cunningham, SC 10,074 18. Rissm Narcua Rutledge, un.; Lisa Sonntag, un.; Lynn Tracy, un.; Adams; Hayes; Michta, Adams; Peters, Vered; and Reekie 10,000 29. Colleen Swansson, Shore AC 9319 30. Maria Paul, Shore AC 9015 31. Marie Woodland, PHAST 8635 **Women 40-44**—1. Niel 2. Rutledge 3. Sonntag 4. Mary Franklin, Pegasus 9503 5. Dot Zullo, Cambe=ridge 8720 6. Janine Stuart, Shore AC 8502 7. Dawn Biegel, SC 8395 8. Eileen Druckenmiller, un. 7892 **Women 45-49**—1. Lynette Heinlein, Pegasus 9995 2. Nicole Goldman, Golden Gate 9848 3. Deane MacLean-Robert, JSRC 8437 4. Judy Myers, un. 9354 5. Donna Cope, Carolina RW 9127 6. Jami Bishoven, Marin 9050 7. Katherine Fincher, Carolina RW 9000 8. Bonne Houchen, Marin 8837 9. Margaret Blackburn, Cin. WC 8619 10. Natalie DeJarlais, Marin 8468 11. Kathleen Sylvia, NE RW 8430 12. Mari Ryan, Cambridge 9141 13. Lauren Morr, Cin. WC 7636 14. Liesbeth Mathieu, Marin 6893 15. Ruth Phillips, Cin. WC 6888 **Women 50-54**—1. Topham 2. Tracy 3. Donna Green, Chicago Walkers 9696 4. Julia Puzdowski, Pegasus 9497 5. Sherrie Gossert, Front Range 8924 6. Joyce Prohaska, Buckeye Striders 8878 7. Donna Green, un. 8850 8. Debbie Vandover, PVTC 8626 9. Sherry Brosnahan, Shore AC 9590 10. Sandy Sverdloff, Marin 8186 11. Isabel Keeley, Shore AC 9135 12. Michelle Bouchard, NE RW 8080 13. Ndaya Dimitrov, Walk USA 8000 14. Jan Hallez, Front Range 7893 15. Alice Winkley, un. 7481 16. Melissa Woodbarn, Marin 7237 17. Patricia Fuchs, Pegasus 7215 18. Janice Watkins, un. 6800 **Women 55-59**—1. Cunningham 2. Yiji Eucgek SC 8797 3. Carol Bertino, Easy Striders 9257 4. Kathy Frable, Marin 9215 5. Barbara Amador, Front Range 9151 6. Panse Greer, Shore AC 9099 7. Coco Beauchet, Pacific Pacers 9066 8. Doris McGuire, Chicago Walkers 8897 9. Ann Lee, Marin 8852 10. Pat Godfrey, Cambridge 8811 11. Darlene Backlund, RW NW 8413 12. Joan Frieden, SC 8368 13. Mary Gilbert, Front Range 8332 14. Brenda Bauer, Carolina RW 8184 15. Fran Emanuel, Ocean RC 8167 16. Kathy Collins, PVTC 8023 17. Susan Lolli, Pegasus 7970 18. Barbara Whipp, Cin. WC 7232 19. Anne St. Germaine, Shore AC 7124 20. Sue Blochwitz, Marin 7062 21. Christi Elriff, Marin 7040 22. Linda Smith, Silver Striders 6500 23. Susan Rizzo, NE RW 6495 24. Reba Evans, Silver Striders 3920 **Women 60-64**—1. Jolene Steigerwalt, SC 9490 2. Lois Dicker, PVTC 9066 3. Donna Lafayette, RW NW 8967 4. Dotty Fine, Cambridge 8327 5. Phyllis Abbate, Marin 8104 6. Martha Fitzpatrick, SC 7965 7. Anne Nixon, Carolina RW 7673 8. Dixie James, Marin 7390 9. Sharon Garner, Pegasus 7220 10. Jane Wallace, Silver Striders 6850 11. Barbara Charles, PVTC 6669 12. Shelda Lipchurch, Silver Striders 6433 13. Barbara Johnson, Shore AC 6419 14. Nancy Hall, Silver Striders 6300 15. Vonne Kriebel, Buckeye Sgtriders 6198 16. Mary Setzer, Silver Sgtriders 5400 17. Lana Kane, Shore AC 5000 18. Karen Kiato, Silver Striders 4500 **Women 65-69**—1. Walda Tichy, Pegasus 9116 2. Doris Cassels, Marin 9111 3. Bev LaVeck, Pacific Pacers 9033 4.

Rita Sinkovec, Front Range 8901 5. Shirley Capps, SC 8402 6. Nancy Alexander, SC 8139 7. Patricia Gibbs, Pegasus 8089 8. Linda Burnett, Marin 7977 9. Patricia Willis, SC 7097 10. Alexandra Vitomski, Marin 6788 11. Nora Kylar, Silver Striders 5800 12. Pat Snow, Silver Striders 5800 13. Dorothy Keller, Silver Striders 5533 **Women 70-74**—1. Shirley Dockstader, Mrin 9054 2. Bonnin Vaughan, Silver Striders 78900 3. Patti Kennedy, SC 7328 4. Grace Moremen, SC 7322 5. Patricia McCaron, Marin 6991 6. Reba Smith, Silver Striders 6067 7. Lura Brinegar, SS 5800 8. Lola Smith, SS 5533 9. Ann Wilson, Marin 5309 10. Eula Rfay Cook, SS 5050 11. Peggy Duncan, SS 4840 12. Fay Wagner, SS 40333 13. Millie Prihoda, Carolina RW 7619 (Either a wrong distance, or she should be third) **Women 80-84**—1. Jane Dana, SC 7217 2. Thelma Rubin, Marin 6830 3. Lois Landreth, Silver Striders 3900 **Women 85-59001**. Mary Latham, PVTC 641
Men's Open Teams: 1. UW Parkside 37,861 2. Shore AC 34,359 3. Pegasus 3315 4. UW Parkside B 33,315 5. Marin 32,093 6. Racewalkers NW 31,513 (33 teams total)
Women's Teams: 1. Parkside 34,308 2. UW Parkside 33,059 3. UW Parkside B 31,166 4. Carolina RW 29,766 5. Pegasus 29,666 6. Elgin Sharks 28,032 (34 teams total)
A total of 306 walkers (163 men and 143 women) walked 2,764,009 meters in the event which was contested at many sites throughout 2004. There is still time left to conduct an event for 2005. Races must be held on a certified 400 meter track with a minimum of three judges. Submit results or get further information from Elliott Denman, One-Hour Postal Racewalk Coordinator, 28 North Locust Avenue, West Long Branch, NJ 07764, 732-222-9080

Test Your Pace At A Walking Race

Sat. Oct. 1	5 Km, Bristol, N.H. (D)
Sun. Oct. 2	Half-Marathon, Sacramento, Cal. (E) Half-Marathon, Sandy Hook, N.J. (A) 1 Hour, Arlington, Va. 9 am (S)
Sat. Oct. 8	National USATF 5 KM, Kingsport, Tenn. (R) 2.8 Miles, Seattle, 9 am ©)
Sun. Oct. 9	5 and 10 Mile, Coney Island, New York City (G) West Region 1 Hour, Aurora, Col. (H)
Sun. Oct. 16	Michigan 10 Km, Dearborn (W) Columbus Marathon, Columbus, Ohio (O) 1 Hour, Arlington, Va., 9 am (S)
Mon. Oct. 17	East Region 1 Hour, Waltham, Mass. (X)
Sun. Oct. 23	1 Mile, Kentfield, Cal. (P) 20 Km, New York City, 8 am (G) 5 Km, Denver, 9:30 am (H)
Sat. Oct. 29	5 Km, Denver, 9:30 am (H)
Sun. Oct. 30	10 Km, Seaside, Cal. (J) 5 Km, Denver, 9 am *(H)
Sun. Nov. 6	5 Km, Littleton, Col., 9 am (H) 5 Km, Sacramento, Cal. (P)
Sat. Nov. 12	2.8 Miles, Seattle, 9 am (C)
Sun. Nov. 13	5 Km, Boulder, Col., 9 am (H) 1 Hour, Kentfield, Cal. (P)
	National Masters 20 Km, Clermont, Florida, 7:15 am (B)
Sat. Nov. 19	5 and 10 Km, Washington, DC (S)
Sun. Nov. 20	Colorado Masters 10 Km, Chatfield State Park, 9 am (H)

Thur. Nov. 24 4 Mile, Denver, 10 am (H)
 Sun. Nov. 27-5 Km, New York City, 8:30 am (G)
 Sat. Dec. 3 **USATF National 1 Hour, Jacksonville, Fla. (T)**
 Indoor 3 Km, St. Paul, Minn. (Z)
 Sun. Dec. 4 5 Km, New York City, 8:30 am (G)
 Sat. Dec. 10 South Region 5 Km, Pharr, Texas (AA)
 Sun. Dec. 11 5 Km, Denver, 9 am (H)
 5 Km, New York City, 8:30 am (G)
 Sat. Dec. 17 5 and 10 Km, Washington, DC (S)
 Sat. Dec. 31 42nd Annual Polar Bear 10 Mile, Asbury Park, NJ (A)

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From Heel To Toe

Derek update. In last month's issue, I reported on our son Derek's serious infection and subsequent surgery. I anticipated his being out of the hospital and into rehab the following weekend--i.e., September 3-4. Well, I went back to Morgantown on that Friday and recovery was not going well. His temperature was still spiking up--though not back to 104+--and the incision in his back continued to have considerable drainage. So on Monday (Sept. 5), he was

back in surgery to clean things out some more. That meant reopening the incision in his back, which runs from just below his neck to near his tailbone. But recovery was still slow and he wound up spending 2 ½ more weeks in the hospital. He was finally moved to a rehab center on Thursday, Sept. 22 (33 days after arriving and having celebrated his 37th birthday there on the 14th). We came back to Columbus on Saturday, Sept. 24, Marty having spent 5 full weeks there. (I got the three days at home in which I got the August issue on the way to you loyal readers.) It's now Monday, and we will be going back down on Thursday for a couple of days and then back and forth on a similar schedule until he gets through his rehab. He is doing well now and finds he doesn't have as much limitation as he thought he might from the further fusion of his spine. But, he is still weak from five weeks of fever and two surgeries. And is still on intravenous antibiotics for a few weeks. An irony is that he had dropped in at the rehab center a couple of times before this all started just to visit and encourage patients. He can still continue some of that and we know will be an inspiration to many people struggling with recovery from spinal cord and other injuries. His spirit remains as strong as ever. . . **Bob Barrett.** We reported on Bob Barrett's heart valve surgery and subsequent stroke in the July issue. Here are a couple of reports on Bob's progress, which, as expected of such a fit athlete, is progressing well. On Aug. 20, his wife reported: "Bob is doing well considering the damage done by the strokes. He gets around, but needs help dressing, cutting food, and all the other things that go along with trying to work with the use of only one arm and hand. He progresses well with the special hand/arm therapy he is getting and the physical therapy as well. . . He is anxious to visit the cardiologist in a couple of weeks and hear good news. The mitral valve repair was successful, now we have to recover from the damage that occurred right after surgery. Bob misses his racewalking friends so very much. He always talks of his comeback." On Sept. 15, this from Bob himself: "I am doing quite well. Good doctor's report today and will be seeing specialists in next few weeks. The therapies are going well and the OT is almost as hard as speed workouts. However, I would trade it for the speed workouts any day. I am getting stronger every day and hope to see some of my racewalking buddies well within a year. I will be attending an 8 Km road race in Montgomery, N.Y. tomorrow in which my daughter Elizabeth will racewalk the distance. She has been training for this race to represent me. I have won this race in the past and Shawn Frederick won last year." . . **The Varsano update.** Varsano's Chocolates Racewalking has announced the addition of Ian Whatley, 46, to their USATF Racewalking Grand Prix-leading racing team. Whatley, currently homeless, meshes perfectly with the Varsano's philosophy of "age before athleticism". As are all Varsano's team members, Whatley is a former USA World Cup Team member from way back when, having raced in the red, white, and blue in Monterrey, Mexico in 1993. Ironically, "Doc" Whatley--a former British citizen--also competed for Team USA at the USA vs. Great Britain dual meet in 1993. Marc Varsano, namesake and inspirational brainchild behind VCR and a '93 World Cup teammate of Whatley feels that Ian and VCR are a perfect fit: "Whatley? I thought I was old. The guy's barely on the south side of half a century but he's till hammerin'. But cute as a button. I'd like to dip him in some mile chocolate." Coming off their first-place team title at the USATF 40 Km, next up for the ubiquitous washed-up has-beens of VCR is the USATF 5 Km in Kingsport, Tenn., where Whatley will make his debut for the squad. *(Do you think they could use a really washed-up 70-year-old member of the first USA World Cup team? As the oldest member of that team, I must be the oldest US World Cupper alive. A perfect fit! If only I could get that left leg to function properly. Actually, I have occasional dreams about having, by some miracle qualified for a national team, and realizing I am going to make a fool of myself, not being able to break 2 hours for 20. I am very optimistic in those dreams, as 2:30 would probably be a significant accomplishment for me now. Not that I am unfit--just can't*

get the legs moving quickly or correctly.). . . **Speaking of World Cups.** Here is the schedule for next year's event in La Coruna, Spain on May 13-14. Sat. May 13: 4 pm-10 Km, Junior Men, 5:15 pm-20 Km, Women, 7:30 pm-20 Km, Men. Sunday, May 14: 8 am-50 Km, Men, 1 pm-10 Km, Junior Women. On the subject of International events, the qualifying standards for next year's World Junior Championships 10 Km in Beijing, China, August 15-20 are 44:05 for men and 50:55 for women. . . **Racewalking Challenge.** Here is the lineup for the 2006 IAAF World Racewalking Challenge: March 18-19, Tijuana, Mexico—Men's and Women's 20 Km, Men's 50 Km. April 1, Rio Maior, Portugal—Men's and Women's 20 Km. April 20, Kunshan City, China—Men's and Women's 20 Km. TBA, Sesto San Giovanni, Italy—Men's and Women's 20 Km. May 13-14—World Racewalking Cup (see above) Also on the International scene, the NACAC Under 23 T&F Championships, including a men's 20 km and women's 10 km, will be Santo Domingo Cominican Republic, July 7-9, 2006. .

. **Nationals.** The USATF Indoor T&F Championships will be in Boston, Feb. 24-26. The outdoor nationals are scheduled for Indianapolis, June 23-26. . . **Of interest.** The 1991 World Champion in the 10 Km racewalk, Alina Ivanova, finished 20th in the World Championship Marathon in Helsinki this summer. She has a personal best marathon of 2:25:34 in 2001. Ivanova also reached the finish line first in the 1992 Olympics 10 Km racewalk, but was disqualified. Apparently, that outcome caused her to turn to running. . . **NARF Raffle.** Elaine Ward's North American Foundation, which oversees the Al Heppner Memorial Fund for grants to racewalkers, is conducting a raffle to encourage donations. A supporter of the Institute has donated a beautiful Gold American Eagle worth approximately \$450 today. But that is not all. This same gold eagle could well become worth \$1000 or more in the next two or three years. Elaine notes that we are in along-term bull market for gold for many reasons—one being the depreciation of the purchasing power of the paper dollar. The gold eagle can be cashed in, held as an investment, or made into a gorgeous necklace. The American eagle is one of the world's truly beautiful coins, a treasure in its own right. Raffle tickets will cost \$25 for one, \$50 for two, \$74 for four, \$100 for six, etc. The Raffle will officially start October 15 and continue through December 31. Any donation the Institute receives will qualify. Raffle tickets with your name and phone number will be put in a box for safe keeping and a list of all donors made in triplicate. For further information, or to send donations, contact Elaine at N.A.R.F., 358 West California Blvd., #110, Pasadena CA 91105-2928, tel. 626-795-3243, e-mail: narwf@sbcglobalnet. . . **Morgan, Sharp seeks other avenues.** Gary Morgan's racewalking career has seemed to be on a downward spiral the past couple of years, judging from results (maybe he needs to join up with the Varsano crew), but he must be enjoying himself. An article in the Detroit News earlier this year described the Spring Fling, which, as part of the four-race Salomon/Moosejaw Adventure Race Series in Michigan, drew 221 competitors. The races involve four disciplines of adventure racing—mountain biking, trekking (running or walking over varied terrain), paddling, and fixed ropes (pulling, climbing). Navigation is part of the scheme, so map reading is also an important skill. Nothing was said about how long racers were out there, except that there was an 8-hour limit. From that article, we repeat the following: "In March, Gary Morgan completed an African adventure by scaling 19,340-foot Mount Kilimanjaro. Saturday's activities were tame by comparison, but for Morgan, 45, a 1988 Olympic racewalker from Clarkston, they were no less enjoyable. "The key is being in the great outdoors with a lot of nice people," Morgan said. "Everybody here is an outdoor enthusiast fitness nut. It was a great way to spend the day." And another current Michigan resident, international racewalker, and current Varsano's team member, Ray Sharp, is getting his kicks in triathlons. In the Cupperman Triathlon on August 6, Ray finished sixth in 1:41:11.3, 8 minutes behind the winner and was the first over-40 finisher. He was only twenty-sixth after the swim, but

moved through the field on the bike ride and run. His wife, Wendy, also a superior racewalker a few years back was just 7 ½ minutes behind him twenty-first place, but was the first female finisher. She led Ray by nearly a minute after the swim. And daughter Kim, age 12, finished in 2:12:01.6, first in the under 14 age group. . . **Flood victim.** One of those driven from their New Orleans home by Hurricane Katrina was Ruby Cheney who has been a great friend of racewalking in the New Orleans area. Ron Laird, Jeanne and Gerry Bocci were in New Orleans last summer officiating at the Junior Olympics and got to know Ruby, who has directed the racewalking branch of the New Orleans TC and has a good program going there. Apparently she lost much to the hurricane, as did so many. She is now at 6858 Stampely Road, Fayette, MS 39069 and Ron suggests it might be a good specific cause for anyone looking for ways to donate to survivors.

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The 2005 World Championship 20 Km winners, Jefferson Perez and Olympiada Ivanova, are profiled in the following two articles.

Perez Credits Teammate For Help in Attaining Gold

Helsinki, Finland (AAF release). National heroes can arrive in all different shapes and with all different styles and attitudes, but modesty is not always their most striking trait. Here in Helsinki, the first athlete to win gold at the 10th IAAF World Championships in Athletics dispels that theory.

The rain had not quite started as Jefferson Perez of Ecuador came charging into the Olympic Stadium to win the 20 Km racewalk. It was an outstanding performance, a race where he bided his time, had a little help from his friend—something he did not forget—before retaining his title with victory by more than 100 meters.

There were doubts whether he could do it again, and particularly Olympic champion Ivano Berugnetti looked a strong contender to beat him. But Brugnetti failed to finish the race, though Perez may have passed him anyway.

The help from this teammate Rolando Saquipay was endorsed not long after his victory. "He sacrificed himself for his country," said Perez, 31, after Saquipay established a fierce pace that many of the walkers could not contend with.

It allowed arguably the biggest superstar in Ecuadorian sport to take advantage moving through to retain his title in 1:18:35 ahead of Spaniards Francisco Javier Fernandez, who was second in 1:19:36, and Juan Manuel Molina, third in 1:19:44.

In this commercial age of sport, where iconic figures play such important roles, Perez remains anything but your stereotype. He is quiet spoken and he talks with a calm manner that almost suggests his is honored to be treated this way.

Catholicism plays a huge part in his life. He once walked 460 km through the Andean mountains in Ecuador as a religious promise and he says that despite all his success, it is the family background he has—where he was allowed to progress into a career where he has become one of the sport's greatest advocates—that will always remain so important to him.

"It can be good to be a relative of a someone who has this kind of popularity. But then there are other times when it can be heavy. The greatest gift that God has given me is my family." That arrived after an upbringing where he had to work selling newspapers to help a family where he was one of five children.

He became a national hero in 1996. He won the Olympic title in Atlanta and the

honors bestowed upon him were immense. A stamp was made with his picture on in recognition of his achievements in becoming Ecuador's first Olympic champion. Never mind that additionally he was also given a pension for life along with cars and other rewards for bringing such glory to the South American country.

But perhaps his triumph here was his greatest of all. At the World Championships in Paris in 2003, his victory in 1:17:21 was a world record which still stands. But prior to the walkers starting on their first lap in the stadium before heading out onto the streets of Helsinki, he was not even among the world's top ten this year on times. A survey in Ecuador had produced the results that 80 percent of people thought he would not win. "I wanted to prove them wrong," said Perez.

He did that in style. As he takes each step, he seems to say something to himself. On occasions, the pain etched in his face produces a small smile. In Helsinki, he had much to be happy about. "Everything went really well, but it was not quite a perfect race," said Perez. "But, I am very satisfied with my gold medal."

Ivanova—"I Will Continue As I Have No Rivals"

Helsinki, Finland (IAAF release)—When they named their daughter, a dream must have lain deep in the hearts of the parents of Olympiada Ivanova. "I had no choice—they chose that name themselves," she said, laughing all the way to the bank after her World record breaking victory in the women's 20 Km racewalk at the 10th IAAF World Championships in Athletics.

"I don't know why they called me that. Yes, they were sports people, but amateurs. They did not compete in the Olympics. My mother is a physical education teacher. She was a gymnast and an athlete. My father was a freestyle wrestler."

She was bitterly disappointed not to live up to her name in last year's Olympics, though her World record in Helsinki, and \$160,000 that she collected will surely assuage that. She collected silver in Greece, missing gold by just four seconds. "If I'd won in Athens, I would probably have retired," she said. "That certainly influenced my decision to try to be the best and train harder. Maybe I was not ready to win then. Now I will continue until Beijing, but next year, I might not compete at all."

She was in no mood to stop in the World Championship, completing an extra half lap in the stadium before officials convinced her she had already finished. "I just didn't know," she said afterwards. It seemed a metaphor for her athletics career, now in its twentieth international year. Aged 15, she was ninth in the European Junior Championships, though athletics went on hold for a while.

She said she would probably keep going until someone younger beats her. At 34 years and 344 days she acknowledges that she is old for her event. "I'll continue to walk, because I have no rivals. If none of the younger girls come to challenge me, I will carry on."

By then, it may be time to support the career of her only child, daughter Maria, who will be 15 in October. "She had ambitions as a heptathlete," she says, "but now she wants to be a journalist."

She was confident of winning, and even of the record, moving to a rigid schedule that she had set out beforehand. "I was not surprised. I trained well enough, planned the result. I knew I was ready."

Those plans were laid in the mountains of Kyrgyzstan, where she prepared at altitude. The flat Finnish terrain must have seemed gentle. "Don't ask me which mountain. There seemed so many of them."

She remains unconvinced about altitude training. "Before the Olympics, I went

there twice. But mountain training is not so effective in my opinion. That's why I only went once this year. I train with my husband and coach, but for 20 years, I have trained mostly alone, very seldom with a group."

This title was the ultimate pay off, though she had won the gold four years ago in Edmonton, the Goodwill Games 10 Km in 1994, and the 20 Km at the 2001 edition in Brisbane. The last of these earned her \$20,000 for victory and a world record bonus of \$100,000.

This time she collected \$160,000, but seemed wary of counting her chickens. What will she do with the money, which makes her a wealthy woman? "I have to get this money yet. I have had no time to think how I might spend it."

When the women's racewalk was contested for the first time and only time over 10 Km on the track at a World championship, she placed second then, but later forfeited the medal with a two-year doping suspension. Before today's event, she had said a second suspension would be devastating for her. During her time out, she resorted to martial arts, becoming a black belt.

"It is still difficult to talk of this. If it were to happen a second time, I think it would destroy me. Now I am very careful what I take, to be 100 percent sure that I am clean."

Her record time in Helsinki, 1:25:41, was only surpassed by men for the first time in 1974. It is better than the world mark set jointly by Peter Frenkel and Hans-Georg Reimann in 1972. The East Germans subsequently won gold and silver that year at the Munich Olympics, with times slower than Ivanova in Finland. When she set a world best at 20 Km in 2001, it was inside the qualifying standard for the men's World Championships.

Today's performance wrote out the official World record of China's Yan Wang, which stood at 1:26:22, from November 2001. That was the standard officially accepted when world walks records were introduced by the IAAF in January 2004. And that was the time Ivanova had so meticulously targeted, consigning it to history.

The long walk to the top of the world accomplished, but Olympus still beckons for Olympiada. She dreams of fulfilling the parental destiny bestowed on her.

Advice To Live By

(With thanks to Bob Carlson)

1. If at first you don't succeed, skydiving is not for you.
2. Give a man a fish and he will eat for a day. Teach him to fish, and he will sit in a boat and drink beer all day.
3. If you lend someone \$20 and never see that person again, it was probably worth it.
4. If you tell the truth, you don't have to remember anything.
5. Don't worry; it only seems kinky the first time.
6. Good judgment comes from bad experience, and a lot of that comes from bad judgment.
7. Duct tape is like the Force. It has a light side and a dark side, and it holds the universe together.
8. There are two theories to arguing with women. Neither one works.
9. Experience is something you don't get until just after you need it.
10. Never, under any circumstances, take a sleeping pill and a laxative on the same night.

How They Used To Train

The book "Training for Race Walking", written by Frank McGuire, was published in Australia in 1962. It included training schedules of many of the top walkers of the day. One of these was Australia's Noel Freeman, whose name you will see in the 1970 part of the Looking Back feature below. Noel was a silver medalist at 20 Km in the Rome Olympics and then took fourth in Tokyo four years later. Here is his summary from McGuire's book.

Noel Frederick Freeman

Best times: 10,000 meters—43:41; 20 Km—1:30:20; 50 Km track—4:28; road—4:30. Born December 24, 1938 in Melbourne. Started racewalking in 1955 at age 16. Height: 5' 10". Weight: 149 lbs.

Pre-race warm-up: Runs until perspiration flows freely and body is up to racing temperature, then solid training, followed by a few exercises to loosen up and aid relaxation, followed by a few minutes rest before event.

Pre-training warm-up: As above, but without exercise.

Training for 3000 meters or 2 miles: One night 3/4 pace up to 5 miles. Two nights interval training—1/2 and 3/4 miles, gradually cutting rest periods as condition improves. One night of general training incorporating distance and sprints. Friday—rest. Saturday—race. Sunday—long distance.

Training for 10,000 meters: Similar to above with distances increased to 10 miles and on occasions 15 miles, plus few miles each week of medium paced running.

Training for 50 Km: Mainly distance training. 10 top 15 miles during the week. Saturday race. Sunday—long stripped spin approximately 4 to 5 hours at about 9 to 9:30 per mile.

Trains alone and is coached by Percy Cerutti. Believes in developing upper body strength by weight or body resistance exercises. Says upper body strength develops power walking. He is a firm believer in massage. Recommends a variety of training venues and does not use a stop watch. Likes to split sessions into morning and evening workouts, separating strolling and running. Enjoys bush hikes. He says: "Challenging every mountain is a great morale builder and stimulant to the mind." Takes vitamin tablets. Plays no other sport. Pre-race meal: Raw oatmeal and fruit. During 50 Km—salted water and glucose.

Note: Body resistance exercises mentioned are isometric contractions (maximum resistance of the body against an immovable force). Exercises carried out for 6 seconds for each movement.

(Interesting that he skips 20 km training since that was his primary distance.)

LOOKING BACK

40 Years Ago (From the September 1965 ORW)—Ron Laird overcame a muddy track (one huge puddle forced walkers into the fourth lane as they entered the homestretch) in Chicago's

Riis Park to win the National 1 Hour, covering 7 miles 1432 yards. Taking a quick lead, Laird stretched it to as much as 56 seconds at 5 miles (37:39). Second place Jack Mortland then closed some ground, but was still 90 yards back at the finish. Mortland's Ohio TC teammate, Jack Blackburn, was another 127 yards back. Ron Daniel came fourth, covering 7 miles 953 yards.

35 Years Ago (From the September 1970 ORW)—John Knifton, better known for his exploits at shorter distances at that stage of his career, won the National 50 Km in Santa Barbara, Cal. In 4:35:02. John Kelly was nearly 3 minutes back and Bob Kitchen another minute behind him. Rounding out the top six were Goetz Klopfer, Jim Lopes, and Bryon Overton. . . Dave Romansky survived a severe electrical storm during the contest to win the National 25 from Knifton in under 2 hours. . . The Canadian 50 went to Michigan's Gerry Bocci, ahead of Pat Farrelly in 4:54:57. Wife Jeanne set American bests from 25 Km on, going the distance in 5:45:20. . . Larry Young started on the comeback trail with his eye on the Munich Olympics and another bronze medal with a 1:25:09 10 Mile win in Ft. Osage, Kansas. . . In Australia, Noel Freeman turned in a 1:50:02 for 15 miles on the track, passing 20 Km in 1:30:10. . . Eivor Johansson, Sweden, won the Women's International 5 Km in 24:40.

30 Years Ago (From the September 1975 ORW)—Larry Young, our two-time Olympic bronze medalist at 50 Km, added another national title to his list (his sixth of eight at the distance and 22nd of 25 overall), winning in Smithtown, N.Y. in 4:18:56. Augie Hirt was 12 minutes back, with John Knifton, Tom Knatt, Ray Somers, and Paul Ide also finishing under 4:40. . . Sue Brodock was an easy winner of the women's National 10 Km. Her 52:03 put her nearly 7 minutes ahead of Sandy Briscoe. . . Roland Weisser set a World Junior record for 10 Km in East Germany, winning in 41:46.8.

25 Years Ago (From the September 1978 ORW)—Dan O'Connor was an easy winner of the National 35 Km race in 3:00:31, with Dennis Reilly (3:11:28) and Bill Ranney (3:13:11) following. . . Alan Price won a 75 Km race in Springfield, Ohio in 8:31:41 ahead of Jack Blackburn's 9:00:25. . . In a 100-miler in Leicester, England, Dave Boxall did 17:45:10. Ten competitors bettered 20 Hours and 64 finished under 24 hours.

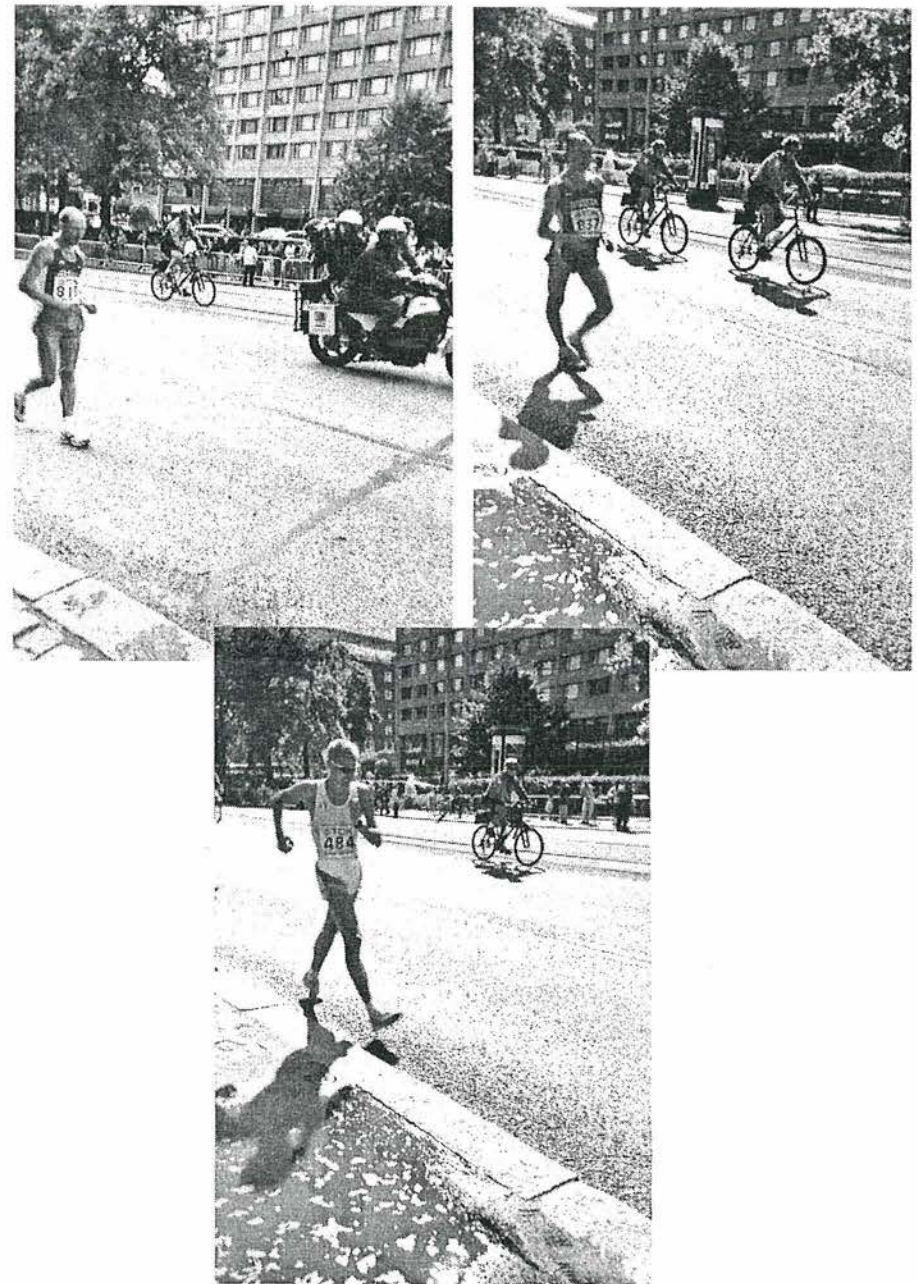
20 Years Ago (From the September 1985 ORW)—Paul Wick emerged as the National 15 Km winner, finishing in 1:10:24. Frederico Valerio (1:12:35) and Larry Walker (1:12:43) followed. The women's title went to Ester Lopez in 1:21:48 with Jolene Steigerwalt second. . . The men's World Cup title was captured by the German Democratic Republic, with China winning the women's title. The Isle of Man hosted the races. Hartwig Gauder led the GDR with his 50 Km win in 3:47:31. Andrei Perlov, USSR, and Axel Noack, GDR, followed. For the U.S., Marco Evoniuk had 4:11:03 in 16th and Carl Schueler 4:13:14 in 19th. Spain's Jose Marin won the 20 in 1:21:42, after apparent winner Josef Pribilinec, Czechoslovakia, was DQ'd. Maurizio Damilano, Italy, and Viktor Mostovik, USSR, captured the other two medals. The Chinese women took one-two individually in a very close 10 Km race. Hon Yan (46:11) and Guan Ping (46:23) just held off the USSR's Olga Kirstoph (46:24).

15 Years Ago (From the September 1990 ORW)—The European Championships saw some surprise winners. Italy's Annarita Sidoti took the Women's 10 Km in 44:00, as world record holder, Nadeshda Ryashkina was pulled by the judges at 8 Km. Olga Kardapolitseva, USSR, was right on Sidoti's back, finishing second in 44:06, with another Italian, Ileana Salvador, third in 44:38. Russian favorites folded in the 20 Km and the titles went to the Czech Pavol

Balzek in 1:22:05. Daniel Plaza, Spain, and Thierry Toutain, France, were next in 1:22:22 and 1:23:22. The 50 was walked at midday on a very hot day and only Soviet Andrei Perlov and Germand Bernd Gummelt seemed to hold up in the conditions. Perlov won in 3:56:33 ahead of Gummelt's 3:56:33. Favorite Hartwig gauder, Germany, took third, but couldn't break 4 hours. Nearly half the field was on the sidelines at the finish. . . Dan O'Connor won the National 40 Km in New Jersey, his 3:26:57 beating Dave McGovern by 10 minutes. Nick Bdera was just 16 seconds behind McGovern in third.

10 Years Ago (From the September 1995 ORW)—In races at Elk Grove, Illinois, National 15 Km titles went to Victoria Herazo and Al Heppner. Herazo was unpressed, her 1:12:39 leaving Danielle Kirk 7 ½ minutes behind. The men's race was much closer, if we ignore Will Van Axen, who broke the tape way ahead of the field, only to find that he was DQ'd. This led Heppner (1:12:07) to edge Paul Malek (1:12:11) and Paul Martino (1:12:12) for the title. The master's title went to 51-year-old Jim Carmines in 1:16:21. . . The National 5 Km in Kingsport, Tenn, saw Herazo winning again in 22:48 with Cheryl Rellinger second in 25:05. Gary Morgan won the men's race in 20:54, ahead of Dave McGovern (21:05) and Curt Clausen (21:15).

5 Years Ago (From the September 2000 ORW)—Robert Rules. Poland's Robert Korzeniowski picked up his second and third Olympic gold medals in Sydney. After winning the 20 in 1:18:59, he came back a week later to defend his 50 Km title in 3:42:22. He became the first to win gold medals at both distances. Only Italy's Ugo Frigerio, with golds at 3 and 10 Km in 1920 and at 10 Km in 1924, can match his three golds in racewalking. In the 20, Mexico's Bernardo Segura led him across the finish line by a small margin, but had picked up his third red card before they entered the stadium for the final lap. Noe Hernandez was four seconds back in second, well ahead of Vladimir Andreyev, Russia, and Jefferson Perez, Ecuador. The 50 was a more decisive win for Korzeniowski as he pulled clear of Latvia's Aigars Fadejevs over the final 20 to establish a winning margin of 1:18. Mexico's Joel Sanchez was third. The women's 20 went to China's Liping Wang in 1:29:05, 28 seconds ahead of Norway's Kjersti Platzer, with Spain's Maria Vasco another 50 seconds back in third. . . The National 40 Km in New Jersey went to Dave McGovern in 3:38:36, better than two minutes ahead of John Soucheck. Chris Knotts was third.



First three at World Championship 50 Km in Helsinki. Top left: Gold medalist Sergey Kiriyapkin, Russia. Top right: Silver medalist Aleksey Voyovodin. Bottom: Bronze medalist Alex Schwarzer, Italy. (Elliot Danman photos.)