

Dunn Captures 50 Km Title; Sharp Comeback Picks Up Steam

Clermont, Florida, Feb. 12—After trailing Ray Sharp for 44 km, Philip Dunn moved easily away from his aging protagonist to capture his second USATF 50 Km title in 4:17:18. Dunn's other win at this distance came in 2001, when he walked 3:57:18. He beat Curt Clausen that year, the only title Clausen failed to win from 1998 to 2005. Curt, in at least semi-retirement, was not here this year.

Although the legs failed him those last 6 kilometers (perhaps along with the rest of his body), the 46-year-old Sharp hung on for a 4:21:06, exactly what he walked in Seattle nearly 25 years ago. Finishing third was Theron Kissinger, followed closely by two other veterans of many of these races—Dave McGovern and Mark Green, now 50. Heidi Hauch, also in the master's category, won the women's title as the only competitor.

John Nunn, with a best 20 Km of 1:22:20, tried his hand at the longer distance for the first time, walked aggressively at the start, and by the mid-point was 4 minutes ahead of Sharp and six ahead of Dunn in about 2:02. Canadian Tim Berrett, himself a healthy 41-years of age, was somewhere ahead of Nunn at this point, but was walking just 40 km on this day in preparation for the Commonwealth Games. He had 3:08 at that point, a sub-4 hour pace.

Looking sharp, Varsano's Chocolates ace Sharp went through 30 Km in 2:31:04, closing on Nunn and slightly extending his lead on Dunn. At 40 Km, maturity prevailed over youth as Sharp strolled past the faltering Nunn, who could not survive the early pace and omnipresent chilling winds. As he faltered, his style left him and he was soon shown the red flag.

Sharp found himself leading a national title at an Olympic distance for the first time in his 27-year career (a career interrupted for 13 or 14 years in the middle). But, now youth took over (well, sort of—Philip is 34 himself). Dunn was much too strong for Sharp over the final 10, reeling off a 51:56 to Sharp's 58:30 to establish nearly a 5-minute margin at the finish.

The next three finishers got under 4:40 and Michael Bartholomew, the youngster in the race at 25 (along with Stephen Quirke, who did not finish), also got under 5 hours. The race saw what must have been a record field for recent years with 22 starters. But five disqualifications and five dropouts whittled the field to 12 at the finish, and just those six under 5 hours. A far cry from the large, deep fields from the late '70s through the early '90s, but better than most recent years.

The old men of Varsano's Chocolates, with Ian Whateley joining Sharp and McGovern, captured another team title. An accompanying women's 20 Km saw Canada's Rachel Lavallee, just 20, go 3 seconds under 1:40 and Loretta Schuellein walk a personal best 1:44:34. There was also a 15 Km race. The results:

50 Km: 1. Philip Dunn, un. 4:17:18 2. Ray Sharp (46), Varsano's Chocolates 4:21:06 3. Theron Kissinger, un. 4:36:42 4. Dave McGovern (42), Varsano's Choc. 4:39:01 5. Mark

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$12.00 per year (\$15.00 outside the U.S.). Editor and Publisher: John E. Jack Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit Street, Columbus, OH 43202. E-mail address is: jmortlan@columbus.rr.com. Approximate deadline for submission of material is the 24th of each month.

Green (5), un. 4:39:01 6. Michael Bartholomew, Walk USA 4:57:53 7. John Soucheck (40), Shore AC 5:00:03 8. Juan Yanes (56), un. 5:14:03 9. Max Walker (59), un. 5:14:32 10. Bruce Logan (41), un. 5:36:41 11. Ian Whatley (46), Var.Choc. 5:49:00 12. Bernie Finch (66), un. 8:04:24 DQ-Erik Litt, Shoare AC; John Nunn, un.; Stephen McCullough (44), un.; Stephen Quirke, un.; Stephen Pecinovsky (51), Var. Choc. DNF-Bill Vayo (410, Walk USA; Ed Parrot, Florida AC; Leon Jasionowski (61), Pegasus; Tim Berrett (41), Cnaada; and Robert Carver (49), Central Florida.

Women: 1. Heidi Hauch (46), un. 5:34:12

Women's 20 Km: 1. Rachel Lavalley, Canada 1:39:57 2. Loretta Schuellein, Walk USA 1:44:34 3. Carolyn (43), un. 1:51:46

15 Km: 1. Steve Renard (44), Floirda AC 1:28:49 2. James Carmines (62), Potomac Valley 1:29:41 3. Juan Moscoso, un. 1:32:59 4. John Elwarner (66), Pegasus 1:40:54 (1 DNF, 2 DQ)

Women-1. Sandra Hulst (64), un. 1:51:57

Seaman Makes It Nine In A Row; Dow Wins Fifth

Boston, Feb.25-26-In a Saturday afternoon race, Tim Seaman strode easily to his ninth straight USATF National Indoor 5 Km Title and, probably more important to him, finally got the American record he had been aiming at for several years. Then on Sunday, Joanne Dow, less than a month from her 42nd birthday, easily won her fifth indoor title at 3 Km.

Back in 1987 at the World Indoor Championships in Indianapolis, Tim Lewis had a 19:18.40 for 5 Km, an American record that had stood the test of time. In winning his eight previous titles, Seaman had come within 14 minutes or less of that record on four occasions (see below), the closest in 2003 when he had 19:21.56. Now, he has the record at 19:15.68, pushing himself to it as Kevin Eastler, in second, trailed him by nearly 28 seconds at the finish. Ben Shorey was way back in third.

Seaman and Eastler took the pace out fast and were well clear of the field by 800 meters. Eastler stayed close for about 1500 meters, but from there it was all Seaman. Pacing himself brilliantly, Seaman had 1 Km splits of 3:52, 3:49, 3:49, 3:52, and 3:53.

This was Seaman's 28th National Racewalking title, moving him to within one of Curt Clausen for third on the all-time list. Ron Laird won 65 titles and Henry Laskau 42.

After the race, Seaman said: "It's been a tough 8 or 9 months for me. I'm taking every race like it is my last. I really wanted to break the American Record and not at a small meet. I wanted to do it somewhere that mattered. It was a great day and I'm glad to be here. This was my tenth American record."

Dow, who had won this race in 1999, 2002, 2003, and 2004, but lost to Amber Antonia last year, left no doubt this time. Leading from the gun, she was on record pace (12:28.32 for the meet, 12:20.79 for an American record) through the first 2 Km, but was unable to hold that pace with no competition. She finished in 12:45.05, her third best performance in her five wins (see list below)

Defending titlist Antonia was in second for the first half of the race. Then Jolene Moore overhauled her, and slowly moved away to take the silver medal, nearly 19 seconds behind Dow. Deborah Huberty was a lonely fourth and Maria Michta edged Loretta Schuellein for fifth after a stride-for-stride battle throughout the race. Results:

Men's 5 Km: 1. Tim Seaman, NYAC 19:15.88 2. Kevin Eastler, U.S. Air Force 19:43.41 3. Ben Shorey, U. Of Wisconsin-Parkside 21:00.87 4. Matt Boles, Miami Valley TC 21:25.91 5. Dave McGovern, New Balance (Wait! What about Varsano's Chocolates?) 22:48.55 6. Patrick Stroupe, Central Methodist U. 23:04.63 7. Michael Kazmierczak, U. Of Rhode Island 23:10.81 DQ-Ed Parrot, Florida AC

Women's 3 Km: 1. Joanne Dow, adidas 12:45.05 2. Jolene Moore, NYAC 13:03.90 3. Amber Antonia, NYAC 13:13.24 4. Deborah Huberty, NYAC 13:35.25 5. Maria Michta, Long Island 13:50.97 6. Loretta Schuellein, Walk USA 13:51.82 7. Katy Hayes, Lake County 14:09.47 8. Laura Richenderfer, Rochester U. 14:17.31

Past Winners

5 Km

1984 Tom Edwards	21:05.2	1995 Allen James	20:02.59
1985 Tom Edwards	21:18.9	1996 Allen James	20:07.98
1986 Not held		1997 Allen James	20:07.98
1987 Tim Lewis	19:30.70	1998 Tim Seaman	19:54.36
1988 Tim Lewis	19:51.05	1999 Tim Seaman	19:45.04
1989 Tim Lewis	20:00.46	2000 Tim Seaman	19:32.11
1990 Doug Fournier	20:08.40	2001 Tim Seaman	19:29.96
1991 Doug Fournier	20:03.74	2002 Tim Seaman	19:46.40
1992 Gary Morgan	20:24.37	2003 Tim Seaman	19:21.56
1993 Allen James	20:24.37	2004 Tim Seaman	19:30.59
1994 Jonathan Matthews	20:01.50	2005 Tim Seaman	19:56.41

3 Km

1987 Maryanne Torrellas	13:05.41	1997 Debbi Lawrence	13:14.24
1988 Maryanne Torrellas	12:45.38	1998 Michelle Rohl	12:40.38
1989 Teresa Vaill	13:12.34	1999 Joanne Dow	12:44.90
1990 Teresa Vaill	12:53.17	2000 Michelle Rohl	12:51.17
1991 Teresa Vaill	12:49.95	2001 Michelle Rohl	12:28.32
1992 Debbi Lawrence	12:47.51	2002 Joanne Dow	13:05.72
1993 Debbi Lawrence	12:35.79	2003 Joanne Dow	13:07.68
1994 Debbi Lawrence	13:13.20	2004 Joanne Dow	12:36.76
1995 Michelle Rohl	13:04.99	2005 Amber Antonia	12:55.69
1996 Michelle Rohl	12:55.90		

Note: Before 1984, men had competed at two miles at the National Indoor meet since 1974 and from 1913 to 1919. In other years, beginning in 1907, it was 1 Mile or 1500 meters. There was also a 1 Mile way back in 1897. The first women's Indoor title was in 1973 at 1 Mile, which was the distance through 1986.

Seaman Adds Title at Millrose Mile

New York City, Feb. 3—Three weeks earlier, Seaman had won his 27th title. The 1 Mile racewalk event at the annual Millrose Games at Madison Square Garden was also the USATF National Indoor title race at the distance. Seaman defended the title he won last year, breaking his own meet record in the process, as he sped to an easy win in 5:47.59, 45 seconds ahead of second place Dave McGovern. Matt Boyles actually crossed the finish line in just over 6:04.06, but was disqualified.

Last year, Seaman won in 6:00.75, the first time since 1973 that title race had been held at the distance. The previous record was Dave Romansky's 6:13.4 in 1972. Seaman's performance moves him to fourth on the U.S. All-Time list, which is led by Tim Lewis with his 5:33.53 in 1988. Also ahead of him are Jim Heiring, 5:41.26 in 1986 and Ray Sharp, 5:46.21 in 1983. Tim Lewis had four other races under 5:46. The results:

1. Tim Seaman, NYAC 5:47.59 2. David McGovern, Varsano's Chocolates 6:32.27 3. Michael Kazmierczak, U. Of Rhode Island 6:34.32 4. Leo Romero, Park Walkers 6:43.48 5. Richard Luettichau, Stockton College 7:02.09 6. Tim Davidson, Park Walkers 7:14.52 7. John Soucheck, Shore AC 7:27.38 DQ—Matt Boyles, Miami Valley TC and Doug Johnson, Kentucky Racers.

Other Results

Al Heppner Memorial 1600 and 3000 Meters, Lewiston, Maine (Races dedicated to the former US National Team Member and USA Olympic Trials contender, Al Heppner, who met an untimely death after the 2004 Olympic Trials. Al's first 5 Km National Junior crown was earned on the U. Of Maine track in Orono and he held Maine and Maine youth walkers in very high regard) 1600 meters—1. Matthew Fourges (8th grade) 8:08 2. Taylor Burns 8:10 3. Tyler Campbell 8:21 4. Allen Cox 8:27 3000 meters—1. Lauren Forgues 15:52 2. Dave Burns 16:13 3. Kate Dickinson 17:04 **3 Km Mall Race, Milford, Conn., Feb. 19—1.** Anne Favolese-Stanton 14:49 2. Maryanne Daniel (47) 16:17 3. Stephanie Lyneess (49) 18:31 4. Kara Steele (15) 18:31 5. Ann Percival (47) 18:37 (11 finishers) Men—1. Theron Kissinger 13:18 (Better than the Mall record of 13:24 set by Mimm Mann in 1989) 2. David Baldwin (63) 16:31 3. Andy Cable (40) 18:28 (8 finishers) **Indoor 3 Km, Boston, Mass., Feb. 19—1.** Michael Kazmierczak (19) 12:48.39 2. Matthew Forgues (13) 16:06.48 3. David Burns (41) 15:07.54 4. Taylor Burns 15:52 5. Bob Keating (58) 16:05 6. Tyler Campbell (14) 17:22 7. Bill Harriman (58) 17:58 Women—1. Joanne Dow (41) 12:44.89 2. Kate Dickinson 15:38.53 3. Christie Bernier (13) 16:40 4. Joanne Harriman (63) 19:53 5. Sara Adams (16) 19:59 **New York City H.S. Girl's Indoor 1500 meter Borough Championships, Feb. 19: Queens—1.** Tiffany Yu 8:32.54 2. Taneish Renaus 8:48 3. Kelly McCann 8:50 (15 finishers, 1 DQ) Bronx—1. Deborah Adejoro 9:34.1 (7 finishers) Staten Island—1. Marissa Conroy 8:37.37 2. Jamie Mathew 8:42 (9 finishers, 2 DQ) Manhattan—1. Yi Deng 8:13.72 2. Wan Hua Chen 8:14.73 3. Sara Yoon 8:38 4. Quian Quian Lin 9:12 (16 finishers, 2 DQ) Brooklyn—1. Jing Sh Dai 8:50.34 2. Cahheli Jean Mary 8:57 3. Darlene Roygulchareo 9:00 (12 finishers, 2 DQ) **New York Public Schools Indoor 1500 Meter Championships, Feb. 25—1.** Elisa Lee 7:57.11 2. Yi Deng 9:09.91 3. Wan Ron Chen 8:10.98 4. Shequit Henery 8:18.73 5. Sara Yoon 8:19.55 6. Jing Sh Dai 8:20.25 7. Tiffany Yu 8:34 8. Marissa Conroy 8:41 9. Alyse Osher 8:42 10. Kelly McCann 8:42 (14 finishers, 1 DQ) **Indoor 3 Km, Appalachian State U., Feb. 9—Amanda Gorst, Virginia Intermountain 14:14.21 2.** Alex Lo, VI 15:29 3. Raven

Pilgrim, VI 17:34 **5 Km, Raleigh, N.C., Feb. 12—1.** Curt Clausen 26:?? (When I copied the results, the seconds were cut off the times. Sorry) 2. Dorothy Slentz (42) 29:?? 3. Grace Mutz (46) 31:?? (38 finishers) **5 Km, Winter Park, Fla., Jan. 21—1.** Juan Moscoso 28:32 2. John Elwarner (60+) 32:06 3. Ray Jenkins 34:46 (10 finishers) Women—1. Sandra DeNoon 31:22 2. Edna Ramsay (50+) 32:39 (22 finishers) **5 Km, Winter Park, Jan. 29—1.** Sandra DeNoon 30:58 2. Edna Ramsay 31:37 3. Pam Betz (60+) 34:16 3. Sandy Hults (60+) 34:21 **Florida 15 Km Championship, Feb. 25—1.** Juan Yanes (56) 1:30:35 2. Gary Null (61) 1:34:22 3. Greg Tindle (47) 1:47:08 4. John Jennings 1:47:06 5. Bob Fine (72) 1:49:11 (8 finishers) Women—1. Carolyn Kealty (42) 1:22:55 2. Melissa Goldman 1:40:40 3. Jeannie Emerick (41) 1:47:08 **20 Km, same place—1.** Kealty 1:50:12 (continuing on after her 15 Km win) **Indoor 1 Mile, Cedarville, Ohio, Feb. 3—1.** Lindsey Hipp 7:41:40 2. Tina Peters 7:49.42 3. Susan Randal 8:36.06 4. Missy Walker 8:47 5. Kelly Steingass 9:02 (9 finishers) Men—1. Nate Hughes 8:10.54 2. Brad Sinick 8:15 3. Ed Fitch 8:23 4. Kyle Shaffer 8:34 (6 finishers) **High Schyool 1 Mile, Cedarville, Feb. 4—1.** Tina Peters (17) 7:54.36 2. Allie Berry (12) 9:28 3. Sara Fraley (16) 9:32 **Boy's 1600 meters, same place—1.** Kyle Shaffer (15) 8:29.42 **Ohio Indoor 3 Km, Ada, Feb. 18—1.** Lindsey Hipp, Malone Col. 14:55.47 2. Ashley Thomas, Malone 15:09 3. Tina Peters 15:39, Miami Val. TC 4. Melissa Walker, Malone 16:05 5. Susan Randall, MVTC 16:29 6. Kelly Steingass, Cedarville U. 18:08 7. Joyce Prohaska (55), OverTheHill TC 18:23 (12 finishers) Men—1. Matt Boyles, MVTC 12:20.76 2. Jim Robinson, MVTC 14:34.71 3. Brad Sinick, Malone 15:50 4. Ed Fitch (45), MVTC 15:58 5. Patrick Shaffer (16) 16:48 6. James Lager (65) 18:04 7. Bryan Lopes (19), Malone 18:24 8. Jeremiah Staffer (19), Malone 18:39 (10 finishers) **Indiana Indoor 3 Km, Jan. 29—1.** Thresa Amerman 18:10 2. Melissa 28:42 3. Janet Higbie (64+) 29:49 Men—1. Max Walker (55+) 15:39 2. Damon Clements (45+) 16:44 **Women's 3 Km, Kenosha, Jan. 20—1.** Amber Antonia 13:04.7 2. Sam Cohen 13:34.9 3. Katy Hays 14:08.5 4. Le'erin Voss 15:31.3 5. Lauren Davis 14:48 6. Tiff Belongia 16:13 Masters—1. Judy Myers 17:42.2 2. Ron Winkler (55) 19:33.2 **Men's 5 Km, same place—1.** Ben Shorey 20:57.3 2. Maike Tarantino 21:14.6 **Indoor 1 mile, Kenosha, Wis., Feb. 3—1.** Amber Antonia 6:45.1 2. Sam Cohen 7:05.4 3. Caitlin Ayers 7:41.2 4. Lauren Davis 7:46.3 5. Le'erin Voss (17) 7:50.4 6. Tiff Belongia 7:57 7. Jennifer Reekie 8:01 8. Molly Woodford (15) 8:17.9 9. Ali Bahr 8:19 10. Kristine Ewald 8:57 11. Judy Myers (50) 9:14 (13 finishers) Men—1. Mike Tarantino 5:59.3 2. Mark Sekelsky (47) 7:57.2 3. Geoff Karhoff 9:02.6 **Men's 3 Km, same place—1.** Patrick Stroups 12:39.9 2. Ben Shorey 12:44.6 3. Matt DeWitt 12:44.8 **Indoor 3 Km, Kenosha, Feb. 12—1.** Amber Antonio 13:09.27 2. Jolene Moore 13:16.55 3. Deborah Huberty 13:42.18 4. Katy Hayes 14:02.11 5. Le'erin Voss 15:13 6. Kristine Ewald 17:18 7. Judy Myers 17:19 8. Molly Woodford 17:43 (10 finishers) **Indoor 3 Km, Kenosha, Feb. 17—1.** Sam Cohen 13:34.2 2. Le'erin Voss 15:05.4 3. Lauren Davis 15:39.5 4. Ali Bahr 15:44.2 5. Tiff Belongia 15:52.5 6. Judy Myers 17:28 7. Kristine Ewald 17:43 8. (10 finishers) Men—1. Ark Sekelsky 15:38 2. Mike DeWitt (55) 16:01 3. Ron Winkler (55) 19:12 **4 Km, same place—1.** Ben Shorey 16:20.0 2. Matt DeWitt 17:33 **5 Km, same place—1.** Mike Traantino 20:45.4 **1 Mile, Marshall, Missouri, Feb. 12—1.** Kevin Conrey, Missouri Valley Col. 8:23.35 2. Geoff Karoff, Central Methodist U. 8:50 Women—1. Beth Lewis 9:47.12 **3 Km, same place—1.** Patrick Stroupe, Central Methodist 13:41.88 2. Tim Thruber, Concordia U. 15:19 3. Jon Ripke, Concordia 15:33 4. Nate Dreher, Concordia 16:36 5. Geoff Karhoff 18:04 **Heart of America Conference 1 Mile, Feb. 17—1.** Caitlin Ayers, Lindenwood U. 7:53.52 2. Jennifer Reekie, Lindenwood 7:57.84 (8 finishers, 1 DQ) Men—1. Patrick Stroupe 7:54.57 2. Kevin Conrey 8:38 3. Seth Carnell, Mid America 8:53 4. Lukasz Lach, Lindenwood 8:55 5. Geoff Karhoff 9:17 (8 finishers, 1 DQ) **3 Km, Columbia, Missouri, Feb. 18—1.** Gayle Johnson (57) 17:09.44 2. Kelsey Thurman (13) 18:42.37 (5 finishers, 1 DQ) **10 Km, South Padre, Texas, Jan.—1.** Ricardo Vergara (15)

52:38 2. Roberto Vergara (15) 53:09 3. Abraham Villareal (17) 53:40 4. Mia Hovi (18) 53:51 5. Adrian Jaime (18) 56:58 6. Alex Chavez (12) 59:02 7. Ernesto Vergara (17) 60:05 8. Jessica Reybal (12) 62:09 9. Nicolle Gomez (13) 52:25 **5 Km, Surora, Col., Jan. 14-1.** Daryl Meyers (63) 29:38 2. Jerry Davis (43) 31:31 3. Mike Heymans (58) 31:58 4. Rita Sinkovec (66) 32:37 (13 finishers) **5 Km, Denver, Jan. 29-1.** Daryl Meyers 31:28 2. Rita Sinkovec 33:44 (12 finishers) **2.8 Miles, Seattle, Jan. 14-1.** Bob Novak (57) 25:53 2. Stan Chraminski (58) 25:54 3. Ann Tuberg (46) 27:55 4. Simon Locke (46) 29:31 5. Bev LaVeck (69) 30:36 (8 finishers)

Australian Championships, Feb. 4: Women's 20 Km-1. Jane Saville 1:33:19 2. Natalie Saville 1:35:25 3. Cheryl Webb 1:35:59 4. Lisa Grant 1:36:40 5. Kellie Wapshott 1:37:22 6. Claire Woods 1:37:43 7. Magan Aszirom 1:39:47 8. Michelle French 1:41:19 (13 finishers, 2 DNF) **Men's 20 Km-1.** Nathan Deakes 1:22:13 2. Luke Adams 1:23:09 3. Jared Tallent 1:25:23 4. Adam Rutter 1:26:51 5. Duane Cousins 1:27:54 6. Darren Brown 1:29:31 7. Chris Erickson 1:30:30 8. Thomas Barnes 1:33:28 (13 finishers, 1 DNF) **Women's Junior 10 Km-1.** Tanya Holliday 47:41 2. Susan Knapton 49:57 3. Fiona Alldis 50:42 (8 finishers) **Junior Men's 10 Km-1.** Jan Rayson 45:37 2. Daniel Coleman 46:47 3. Brendon Reading 51:28 (1 DQ) **5 Km, Melbourne, Aust., Feb. 18-1.** Natalie Saville 21:51 2. Michelle French 22:06 3. Kellie Wapshott 22:35 4. Megan Szirom 22:44 (25 finishers, 2 DQ) **Men-1.** Jared Tallent 19:12.27 2. Adam Rutter 19:45.57 3. Michael McCaigh 20:12.14 4. Chris Erickson 20:16.33 5. Duane Cousins 20:31 6. Tom Barnes 21:12. . . 9. Lachlan McDonald 22:35 former UWP walker) (23 finishers) **New Zealand 20 Km, Jan. 27-1.** Craig Barrett 1:30:50 2. Tony Sargison 1:32:08 3. Graeme Jones 1:36:34 (5 finishers, 2 DQ) **Spanish 50 Km, Feb. 19-1.** Mikel Odriozola 3:53:04 (48:02, 1:35:27, 2:21:36, 3:07:17-or 48:02, 47:25, 46:09, 45:41, and 45:47, a good, strong, accelerating effort) 2. Juan Manuel Molina 3:55:12 3. Jose Alejandro Cambil 3:56:44 4. Jorge Ignacio Silva 4:03:30 5. Jose Francisco Gutierrez 4:07:26 6. Bruno Crandjean 4:16:36 (13 finishers, 2 DQ, 14 DNF) **Spanish Women's 20 Km, Feb. 19-1.** Beatriz Pascual 1:36:31 2. Maria Poves 1:36:43 3. Maria Teresa Garcallo 1:37:30 4. Maria Isabel Perez 1:38:44 5. Ainhua Pinedo 1:40:12 (16 finishers, 2 DQ, 1 DNF) **Spanish Men's Under 20 Km, Feb. 19-1.** Benjamin Sanchez 1:27:49 2. Luis Manuel Corchete 1:28:34 3. Francisco Arcilla Aller 1:31:04 (11 finishers, 1 DQ, 2 DNF) **Spanish Junior 10 Km, Feb. 19-1.** Miguel Angel Lopez 44:40 2. Francisco Ruiz 46:22 3. Abdellah Jaadar El Kadaoui 46:50 (41 finishers 5 DQ, 6 DNF) **Italian 50 Km, Feb. 5-1.** Marco De Luca 4:01:38 2. Cafagna 4:05:32 3. Garozzo 4:17:27 (8 finishers (reportedly a heavy rain around 25 Km made the course very slippery, but one wonders, if this was the Italian Championship, where were all the top guns?) **Italian Junior 25 Km, Feb. 5-1.** Maatteo Giupponi 1:56:37 2. Cattaneo 2:01:49 3. Pierri 2:06:15 **Women's 10 Km, Italy, Feb. 5-1.** Elisa Rigauda 46:30 2. Perilli 48:25 3. Fidanza 49:00 4. Cristiana Pellino 49:13 5. Lidia Mongelli 49:35 **Belorussian Indoor 10 Km, Mogilyov, Jan. 29-1.** Ivan Trotsky 40:14.91 2. Sergey Chernov 40:31.51 3. Nikolay Seredovich 41:18.07 **belorussian Women's Indoor 10 Km Championship, Jan. 29-1.** Elena Ginko 44:07.43 (National record) 2. Elena Rusak 49:22.71 3. Ekaterina Lobashova 50:22 **Irish Indoor Championships, Feb. 19: Women-1.** Ann Loughnane 13:18.71 2. Laura Reynolds 14:46.57 **Men's 5 Km-1.** Colin Griffin 20:24.02 2. Jaimie Costin 21:51.25

Russian Winter Championships, Adler, Feb. 19: Men's 20 Km-1. Victor Burayev 1:19:27 (19:43, 39:30, 59:34-came from well back on the final 5) 2. Igor Yerokhin 1:19:32 (19:35, 39:03, 59:07) 3. Stepan Yudin 1:19:51 (19:43, 39:23, 59:20) 4. Sergey Bakulin 1:19:54 (19:35, 39:03, 59:20) 5. Dmitry Esipchuk 1:20:23 (19:43, 39:43, 60:13) 6. Alexander Prokhorov 1:20:51 (20:29, 40:48, 60:33) 7. Georges Sergeev 1:20:57 8. Alexey Kronin 1:21:42 9. Sergey

Chernov 1:21:54 10. Sergey Safarov 1:22:08 11. Peter Trofimov 1:23:35 12. Paul Nartov 1:23:41 13. Vasily Trofimov 1:23:59 14. Nikolay Seredovich 1:24:26 15. Ivan Smiths 1:24:34 (49 finishers, 35 under 1:30, 45 under 1:35) **35 Km-1.** Vladimir Kanajkin 2:21:31 (41:17, 1:21:20, 2:01:13) 2. Denis Nixhegorodov 2:24:50 (41:17, 1:22:45, 2:05:08) 3. Jury Andronov 2:26:51 (41:12, 1:24:25, 2:06:30) 4. Vladimir Potemin 2:29:00 (41:27, 1:23:15, 2:05:28) 5. Andrey Krivov 2:29:44 6. Vladimir Parvatkin 2:31:33 (second at 30 Km in 2:03:50) 7. Sergey Melentyev 2:34:47 8. Vyacheslave Golovin 2:35:22 9. Sergey Peters 2:37:05 10. Victor Ginko 2:39:30 11. Sergey Korepanov 2:40:11 12. Andrey Stepanchuk 2:43:05 (20 finishers) **Women's 20 Km-1.** Olga Kaniskina 1:26:02 (21:51, 43:12, 1:04:39) 2. Irinas Petrov 1:26:14 (21:51, 43:12, 1:04:39) 3. Lyudmila Efimkina 1:26:57 (22:09, 43:12, 1:04:39) 4. Tatyana Kozlova 1:28:20 (22:09, 43:58, 1:05:57) 5. Alains Nartova 1:28:51 6. Julia Vojvodina 1:29:01 7. Marina Smyslova 1:29:31 8. Tatyana Gudkova 1:29:46 9. Lyudmila Arhipov 1:29:49 10. Galina Kolpakova 1:30:46 11. Natalia Shiverova 1:31:18 12. Larissa Yemelyanov 1:31:51 (40 finishers, 26 under 1:40) **Jr. Men's 10 Km-1.** Sergey Frost 39:45 2. Alexey Grigoriev 40:55 3. Sdmitry Shorin 41:00 4. Andrey Rjabushev 41:15 5. Artem Vestyokov 41:43 6. Andrey Makolov 42:01 7. Andrey Trofimov 42:08 8. Denis Bulikov 52:09 (44 finishers, 32 under 45:00) **Under 17 Men's 10 Km-1.** ? 41:54.0 2. Anton Sivakov 42:41 3. Alexey Bartsajkin 43:15 4. Denis Strelkov 44:10 6. Dmitry Miller 44:25 (28 finishers, 19 under 48) **Jr. Women's 10 Km-1.** Elena Ladanova 43:23 2. Alexanders Kudryashov 43:28 3. Belief Sokolov 43:49 4. Olga Mazurenok 44:30 5. Oksana Kirillov 44:47 6. Tatyana Sherjanina 44:51 (25 finishers, 14 under 48:00) **Under 17 Women's 5 Km-1.** Tatyana Kalmykova 21:28 2. Anisya Kornekova 21:44 3. Natalia Graber 22:18 4. Elena Prituzhalova 22:32 5. Christina Kroptova 22:40 (27 finishers, 18 under 25:00)

Places for Races at Different Paces

Fri. March 3	East Region and Metro Indoor 1 Mile, Metro 3 Km, New York City (G) Indoor 1 Mile, Kenosha, Wis. (F)
Sat. March 4	Indoor 3 Km, Jersey City, N.J. (A)
Fri. March 10	NAIA Indoor 3 Km, Johnson City, Tenn.
Sat. March 11	2.8 Miles, Seattle, 9 am (C) Nike Indoor Scholastic 1 Mile, Townsend, Maryland
Sun. March 12	National Scholastic 1 Mile, New York City 5.3 miles, Brunswick, Maine, 1 pm (D) 5 and 20 Km, Huntington Beach, Cal. (Y) 7 Km, Denver, 10:20 am (H) 50-Plus 5 Km, Palo Alto, Cal. (J)
Sat. March 18	10 Km, Twin Lakes Park, Denver 9 am (H) 1500 meters and/or 3Km, 5 Km, Clermont, Fla. (B)
Sun. March 19	5 Km, New York City, 9 am (G)
Sun. April 2	5 and 10 Km, Walnut, Cal. (Y) 5 Km, Kentfield, Cal., 8 am (P)
Sat. April 8	2.8 Miles, Seattle, 9 am (C) 5 Mile, Denver, 9 am (H) 1500 meters, and/or 3Km, 5 Km, Clermont, Fla. (B)
Sun. April 9	6.3 Miles, Brunswick, Maine, 1 pm (D)
Sat. April 15	5 and 10 Km, Washington, D.C., 7:30 (S)
Sat. April 22	10 Km, Seattle ©)

Sun. April 23 Metropolitan 10 Km, New York City, 8:30 am (G)
 Fri. April 28 Ron Zinn Memorial 10 Km, Wall Twp., N.J. (A)
 Sat. April 29 5 Km, Fair Oaks, Cal. (E)
 Fri. May 5 5 and 10 Km, Denver, 8 am (H)
 Sun. May 7 5 Km (track), Sioux Falls, S.D., 1:30 pm (K)
 Western Regional 5 Km, Sequel, Cal. (J)
USATF National Masters 15 Km, Riverside, Cal. (Y)
 Sat. May 13 2.8 Miles, Seattle, 9 am (C)
 Ssun. May 14 5.3 Miles, Brunswick, Maine, 1 pm (D)
 3 Km, Arlington, Vir. (S)

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Don DeNoon, NTC, 1099 Citrus Tower Boulevard, Clermont, FL 34711
 C--Bev LaVeck, 511 Lost River Road, Mazama, WA 98833
 D--Bob Whitney, 93 Maine Street, Apt. 101, Brunswick, ME 04011t.
 E--Sierra Race Walkers, P.O. Box 5221, Fair Oaks, CA 95628
 F--Mike DeWitt, uwpcowh@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--Glen Peterson, 1906 S. Hawthorne Avenue, Sioux Falls, SD 57105
 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
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Daniel Koch, 3331 NW 22nd Street, Coconut Creek, FL 33066
 S--Potomac Valley TC, 3140-D West Springs Drive, Ellicott City, MD 21043
 T--Gary Westerfield, garyw@optonline.net
 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
 y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)

From Heel To Toe

Eastler honored. Kevin Eastler's win in the National 30 Km last month in record time brought him IAAF Racewalker of the Month honors. Probably the first time a U.S. walker has won that honor. . . **National championship qualifying times.** USATF has set qualifying times for the outdoor national track and field championships. For the 20 Km, men need a 1:36:00 and women a 1:48:00 for automatic qualifying. Women with a 1:50:00 can petition for entry. . . **Brunswick Series.** Here's an opportunity for New England walkers and those vacationing there. Brunswick, Maine will be the scene of a 5.3 Mile racewalk the second Sunday of each month, beginning March 12. The series aims to encourage and develop racewalkers of all ages and abilities. Sponsored by Brunswick Parks and Rec Department, the races will be held on the Androscoggin River Pedestrian Path. The paved path measures 2.65 miles and the races will go out and back. Starting time each Sunday is 1 pm. Contact Bob

Whitney, 93 Maine Street, Apartment 101, Brunswick ME 04011, 207-522-9422. . . **Stroupe.** Up and coming racewalker Patrick Stroupe is a senior at Central Methodist University. He got started in racewalking when the late CMU coach, Gary Stoner and former teammate Beth Lewis introduced it to him three years ago. He won the NAIA 10 Km in 2004 and was second in the NACAD Developmental 10 Km last summer. With a communications major and environmental science minor at CMU, Stroupe carries a 3.68 GPA. . . **World Class Clinic.** Dave McGovern will take his World Class racewalking/marathonwalking clinic to Ogden, Utah, March 23-25. Contact Jennifer Frongner at 801-731-6519, jfrong@comcast.net for further details. . . **Olympic Trials qualifying.** USATF Racewalk Committee Chairman Vince Peters reports: The Committee had established the beginning of the qualifying period for the 2008 50 Km Olympic Trials to be January 1, 2006 with a qualifying standard of 4:45:00 The qualifying period for the Men's and Women's 20 Km Trials will begin on January 1, 2007 The qualifying standards are not given, but are probably 1:36:00 and 1:48:00, respectively. . . **Turtle shirts.** In order to raise travel funds for their junior walkers, the Fighting Turtles of the South Texas Walking Club are offering South Texas Walking Club t-shirts for sale at \$15 a piece, including shipping. If interested, you can contact Coach Jaime at acjaime@sbeglobal.net or send checks to South Texas Walking Club, 621 N. 10th Street, Suite C, McAllen TX 78501. . . **Dean Ingram.** Racewalking lost a good friend and worker in early February when Dr. Dean Ingram passed away in Seattle. Recovering from a stroke, he had then fallen and hit his head. During recuperation, he went into a coma and never recovered. Dean was the first elected secretary of TAC/USA (predecessor of USATF), and was the AAU racewalk chair prior to that. Dean was a worker bee in many facets of USATF for many years and chaired the annual meeting of the site selection committee. He also worked long and hard on the local level and served two years as president of Club Northwest. He founded a 10 Km walk versus 15 Km run event, which Ollan Cassell at one point sold to a national sponsor. . . **Adopt-A-Racewalker.** Sierra Racewalkers is accepting nominations for their 2006 Adopt-A-Racewalker program. The criteria used in the selection include: -Athlete with the potential to compete at the elite levels of racewalking. -Demonstrated commitment to racewalking. -Financially situated so that the club's contribution can make a difference. In return for occasional modest financial support, the athlete promises to send the group a simple e-mail progress report every month or two. The updates are printed in the club newsletter to offer inspiration and build a sense of community. Nominations can go the club website at www.sierraracewalkers.org. Nominations close on March 31. With a little support from the fund and a lot of work from herself the club's 2004 Adoptee, Bobbi Jo Chapman, ultimately stood on the medal stand to accept a bronze at the 2004 Olympic Trials. The 2005 Adoptee, Loretta Schuellein, achieved new personal records and the list of Top 10 female racewalkers in the U.S. You can also contribute to the Adopt-A-Racewalker fund by sending a check payable to Sierra Racewalkers to P.O. Box 5221, Fair Oaks, CA 95628. Indicate on the check if the funds are to benefit Bobbi Jo, Loretta, or the new 2006 Adoptee. The athletes receive 100 percent of all donations. . . **N.Y. high school results.** Dave Talcott in Owego, N.Y. is trying to put together an all-time list of racewalking performances/performers in the New York State high school system. He is seeking any results--state championships, sectional championships, Invitational Meet results, dual meet results--for both boys and girls, indoors and outdoors. Send copies of anything you have to Dave Talcott, 566 McLean Road, Owego, NY 13827 or e-mail to dwtalcott@juno.com. . . **My roomie.** Speaking of Owego, it's not far from Owego (maybe a hundred miles or so) where my roommate for three years at Bowling Green State U. grew up. That was Larry Trask. We started rooming together our sophomore year and the arrangement lasted and even flourished until we graduated. Later, we ushered at each others weddings. Larry ran on our cross country at BG our freshman and sophomore and

then gave up the sport, but he actually got into racewalking before I did. In the early spring of our freshman year, Larry and Marv Crosten got interested in the sport from something they read and decided that they would compete in the National 40, which was scheduled for Cincinnati that spring. Marv was a graduate student at the time and holder of the BG 2 Mile record. He later coached track and cross country at my old high school, Upper Arlington, and did a little walking with us in early Ohio TC days (but not in any official races—he was a coach and thus a dreaded professional, not fit for amateur competition.) Anyway, Larry and Marv trained pretty seriously for a couple of months, getting up early in the morning and did make the race in Cincinnati. They weren't quite ready off that distance and neither finished, Larry going just short of 20 miles, as I recall, and Marv somewhat beyond. They seemed to enjoy the experience, but that was a career for each of them, except for Marv's informal participation and several years ago when Larry turned out for a few of our fun walks. Larry had one of the lowest heart rates I have ever encountered—regularly under 40 per minute, but it never translated to great performance. But, he ventured into many other endeavors—weight lifting, boomerang throwing, antique cars and motorcycles. Last week, Larry succumbed to cancer, which had spread throughout his body and he will be missed. . . **Speaking of Otego.** Not far from Binghamton. In the summer of 1954, following our freshman year, I went up that way to visit Larry and to run with him in the National 15 Km. Competing in that race were young John Kelly and Browning Ross, both Olympians. That inspired me to start a list of "Olympians I competed against", although I am stretching a point to say I "competed" against them on that day. Having started the list, I recalled that the previous winter, I ran a 600 yard race indoors at the U. of Michigan, and starting beside me was John Barnes, who had run the 800 in the 1952 Olympics. Another for my list. In the summer of '54, I traveled to College Park, Maryland to compete in the National AAU All-Around Championship and in that field was Olympic triple jumper George Shaw. At the Ohio Relays the next spring, I ran the 880 leg on our sprint medley relay, and anchoring for Pittsburgh was Arnie Sowell, who ran in Melbourne that summer. (As I recall, Arnie ran a 1:49.2 leg to my 1:58.2, but it didn't seem that bad as I wasn't too close to him when I got the stick.) That summer, I traveled to Los Angeles to watch the Olympic Trials and competed in the National AAU meet in Bakersfield a week earlier. Ran in the first heat of the first event, the 400 meter hurdles, and in my heat was Glenn Davis, who went on to win the event both in Melbourne and in Rome. Also in that heat was Lee Yoder, a veteran of the 1952 Olympic Team. (I got to compete against Glenn two more times—in the 440 at the Ohio AAU meet in 1957 and a few weeks later again in the first heat of the 440 hurdles at the Nationals in Dayton.) Also, in the summer of 1956, I competed in the National Pentathlon in Pasadena in a field that included Bob Richards. So, my list had amazingly grown longer than I ever expected. It was a cherished list, but never did I expect that one day I would be an Olympian. But then I found racewalking and quickly added a few more individuals to my list when I began going to National races. And then, perhaps some of the magic rubbed off, and I and in 1964 I found myself in Tokyo competing against a whole field of Olympians. . . **Sharp's 50.** Following Ray Sharp's tremendous in the 50, Ray noted: "I thought my time was 4:21:01, not 4:21:06. Here's why this is relevant (to me). In 1981, I walked what I believed was a 4:21:04 for third at the Nationals, but at the end of the year it was published as 4:21:06 and has remained at :06 to this day. Note that Gary Westerfield's best time is 4:21:05. I seemed fated to forever remain one rank below Gary on the alltime list. For 46 hours, I thought I had passed Gary by 4 seconds, but perhaps not. I'm laughing as I type this because maybe I never will get that time after all." . . . **Impact of rule change.** The following letter from subscriber Robert Van Uden raises some interesting questions. He writes: "As a long-time subscriber and avid

racewalker, I have a few questions relating to the 1995 IAAF rule change. Presumably the reasons for the change were: 1. Many photos, videos, etc. clearly showed that elite racewalkers were briefly 'airborne'. 2. The changes were designed such that judges could more easily and fairly judge. I have never seen numbers, but I assume there have been more warnings/disqualifications since 1995. 1. What is the breakdown of warnings?, e.e. between loss of contact and straight on landing. 2. Do you think the changes have had any impact on the 'flight phase' or is it largely unchanged? 3. From my observations, the bent knee had never been a huge problem (compared to the loss of contact). The only reason I can see for this change is that it may be easier to see a contracted quadricep on impact (hence not a completely straight knee). I would be most interested in your thoughts." I posed these questions to those on the Yahoo Racewalking list, expecting that it would be a topic that would elicit a lot of discussion. However, there was only one response and that didn't address the questions posed, but harkened back to the "run alarm shoe" proposed many years ago, chastising the powers for not pursuing technology. So, would any readers care to weigh in on these questions?

National Strength in Racewalking

Each year, Roger Ruth compiles tables comparing national strength in all of the track and field events, including the walks. The tables show the number of athletes each nation places in the top 100 performers over the previous year and the position of each country's highest placed athlete. Following are 2005 tables for the racewalking events (men's and women's 20 Km, women's 10, and men's 50 Km) showing all nations with three or more athletes in the top 100. The U.S. does not make the tables in any of the events.

Men's 20 Km

Country	No. In Top 100	Highest placed
China	35	2
Russia	17	5
Mexico	8	17
Poland	7	44
Belarus	5	43
Spain	3	3
South Korea	3	79

22 countries represented; 100th=1:22:48

Women's 20 Km

Country	No. In Top 100	Highest placed
China	35	4
Russia	21	1
Belarus	8	3
Spain	4	19
Portugal	4	17
Romania	4	35
Italy	3	25
Japan	3	61

21 countries represented; 100th=1:34:11

Men's 50 Km

<u>Country</u>	<u>No. In Top 100</u>	<u>Highest placed</u>
China	41	1
Spain	8	11
Russia	7	5
Mexico	5	28
Italy	4	12
Australia	3	25
France	3	19
Japan	3	31
Poland	3	30
Ukraine	3	54

25 countries represented; 100th=4:05:01

Women's 10 Km

<u>Country</u>	<u>No. In Top 100</u>	<u>Highest placed</u>
Russia	25	5
Belarus	11	1
Spain	11	8
Ukraine	8	52
Australia	6	15
Japan	4	28
Lithuania	3	20
Romania	3	10

28 countries represented; 100th=43:54

LOOKING BACK

40 Years Ago (From the February 1966 ORW)—Don DeNoon, now directing the US Olympic Training Center in Clermont, Fla., walked the world's fastest ever Indoor 1 Mile, winning the L.A. Times meet in 6:10.2. Ron Laird sat back waiting for DeNoon to fold after a first ½ mile in 3:04, but it never happened and Laird finished some 20 seconds back. He got some revenge the next day, edging DeNoon in a 10 race that went in 44:47. . . Another Ron, Daniel, won a couple of East Coast Indoor 1 Mile races in 6:32.9 and 6:36.2..

35 Years Ago (From the February 1971 ORW)—Laird took the National Indoor 1 Mile title in 6:26.9, just one-tenth of a second ahead of Daniel. When Dave Romansky and Ron Kulik both took a DQ, Ray Somers captured third in 6:43.6, just ahead of John Knifton and Greg Diebold. . . Romansky broke the U.S. record for 1500 meters in an earlier race, leaving Daniel 12 seconds back as he did 5:49.8. . . Tom Dooley showed his versatility, winning a 5 Km race in 21:46 and a 35 Km in 2:56:54 a week later, both in the San Francisco area.

30 Years Ago (From the February 1976 ORW)—Todd Scully turned in a couple of quick miles down in Virginia—6:29.2 and 6:12.2. Ron Daniel did a 2 Miler in 13:35, with John Fredericks and Dave Romansky also under 14 minutes, and Sue Brodock had a 7:11 mile on the other

side of the country. . . Wayne Glusker did a nice early season 20 Km in 1:36:48.

25 Years Ago (From the February 1981 ORW)—Moving away from Jim Heiring over the last two laps, Ray Sharp, then just a youngster, won the National Indoor 2 Mile in 12:37.5. Jim was 3 seconds back with Todd Scully taking third in 13:00. . . Tom Edwards, Al Halbr, and Til Lewis rounded out the top six, all under 14:00. . . In the women's National 1 Mile, Susan Liers-Westerfield was never challenged as she breezed to a 7:05 win. Sue Brodock was 25 seconds back in second. . . In the Millrose Games, Evan Fox bested Tim Lewis by nearly 2 seconds, winning the mile in 6:13. Tom Edwards was third. . . Two days later, Edwards won the Metropolitan 2 Mile in 23:48. . . Liers-Westerfield preceded her National title win with a world best of 6:58.5. . . Brodock was also quick, winning the L.A. Times Mile in 7:04. . . Heiring had beaten Sharp earlier in a Madison, Wis. 2 Miler, 12:44.34 to 12:44.39, and also took him at 5 Km in 21:01.3. . . A week before the National 2 Mile, Sharp won the NAIA collegiate title in 12:56.89, with Sam Shick more than a minute back.

20 Years Ago (From the February 1986 ORW)—At the Millrose Games, Jim Heiring shattered Ray Sharp's 3-year-old 1 Mile record by nearly 5 seconds as he completed 11 circuits of the Madison Square Garden track in 5:41.25. Tim Lewis was just off the old record with his 5:46.61. Tom Edwards was also under 5:50. . . Heiring came back in the National Indoor 2 Mile to knock off another record, covering the distance in 12:05.94, nearly 2 seconds under the record he set a year earlier. Lewis was again second in 12:17.58 and Pat Moroney third. . . Teresa Vaill won the Women's National Indoor 1 Mile in an American record 6:53.38, with Lynn Weik (6:56.27) close behind. Debbi Lawrence was third in 7:08.93. . . In the L.A. Times meet, Gary Morgan beat Larry Walker by 5 seconds in 6:02.1

15 Years Ago (From the February 1991 ORW)—National Indoor titles went to Doug Fournier (5 Km) in 20:03.74 and Teresa Vaill (3 Km) in 12:49.95. Fournier was 21 seconds ahead of Tim Seaman with Dave McGovern another 10 seconds back. . . Sara Standley took second in the women's race in 13:09.72, just ahead of Victoria Herazo. . . Debbi Lawrence, sick at the time of the Nationals, bettered the World 1500 meter record earlier with a 5:54.35 win at the Meadowlands Invitational.

10 Years Ago (From the February 1996 ORW)—Canadian Tim Berrett won a 50 Km in Palo Alto, Cal. in 3:57.21, clinching a spot on his country's Olympic team. He walked a very well-paced race with 10 Km splits of 47:38, 47:43, 47:03, 47:02, and 47:55. Herm Nelson was second in 4:11:14 and Mark Green third in 4:17:21. Carl Schueler and Marco Evoniuk, shooting for an Olympic qualifying mark of 4:00 and possible fifth Olympic team berths, both dropped out, Carl after 25 Km in 2:01:58 and Marco with leg cramps after passing 30 Km in 2:24:08. Ian Whatley won an accompanying 20 Km in 1:32:31. . . Allen James blazed a 3 Km indoors in Boston in 11:30.36, followed by Tim Seaman in 11:39, Curt Clausen in 11:48, and Gary Morgan in 11:54. Maryanne Torrellas won the women's race 13:30.10, 16 seconds ahead of Sara Strandley.

5 Years Ago (From the February 2001 ORW)—Curt Clausen won the 1 Mile at the Millrose Games in 5:53.05, just over 2 seconds ahead of Al Heppner. Sean Albert was third in 6:03.63. . . Down under, Aussie Nathan Deakes blitzed a 10 Km in 38:53.82. . . Irishman Robert Heffernan did a quick 11:19.27 for 3 Km in England and then won the Irish Indoor 5 Km in 19:12.31. . . In Portugal, Pedro Martins edged Jorge Costa in a 50 Km, 3:55:54 to 3:56:14 to win the National title and Susanna Feitor won the Women's 20 in 1:32:40. . . In

Germany, Andreas Erm walked the fastest ever Indoor 3 Km with a 10:54.61.

Why I Am A Racewalker

A January article in Parade magazine carried that title. The brief article was written by Maine high school walker Padric Gleason and he concluded: "In other parts of the world, racewalking is respected as a sport that takes skill and toughness—the races can be 50 Km long. But in the U.S. it's still considered a sissy sport. My goal is to compete in the 2008 Olympics. To the naysayers, the best revenge will be when I wiggle my way to the Olympic podium." Some writers on the Yahoo racewalking group took Padrick to task for being so brash as to think he was going that far that soon. He was branded by some as a dreamer, not a realist. It did seem a little bold. As the discussion went back and forth, I offered the following rather lengthy observation, which, with the Winter Olympics wrapping up, might be appropriate for other reasons as well. Anyway, I offer it to my readers.

My take is that dreams must be tempered with reality, but, likewise, reality needn't get in the way of dreams. We need goals to achieve anything and there is nothing wrong with setting those goals high. But, if we feel that anything short of those goals is failure, we should never start on that path. In the realm of athletic endeavors, if the sole reason for participating is the gold medal, one probably shouldn't even start.

Perhaps I can clarify that thought by quoting from something I put together several years ago. In the early summer of 1996, the associate pastor at our church was leaving for an appointment as senior pastor at another church. Planning ahead, he approached me to see if I would be willing to address his congregation at the time of the Atlanta Olympics on the general topic of what participation in the Olympics taught me about life. Here is part of what I said at two services on the day of the Closing Ceremonies in Atlanta.

What I carried from the Olympic experience, of course, is tied up with all I have drawn from a lifelong participation in sports. But in trying to answer that question specifically, I thought first of the principle that the founder of the modern Olympics, a French aristocrat Pierre de Coubertin, set forth as he conceived this celebration of sport: "The import thing in the Olympic Games is not to win, but to take part." It seemed to me that this is a principle for all life. Then I realized that Coubertin thought so too, because he added to that principle: "The important thing in life is not the triumph, but the struggle."

We continue to pay lip service to Coubertin's principle, but there are two bits of what has become conventional wisdom, I call them myths, things that we hear constantly from the commentators and from many competitors, that seem to contradict that principle, and also contradict each other. I don't want to disillusion any budding athletes or destroy dreams—dreams are important, as I will suggest, though maybe we follow them too obsessively. But what I have learned seems to fly in the face of those two bits of wisdom.

First, it bothers me that we are repeatedly told: "If you work hard enough and believe strongly enough, the gold medal, or whatever else, can be yours." And we see inspiring stories of those who succeeded despite some dramatic obstacles. Of course, it happens. But, how many people finish behind that individual having worked equally hard, maybe harder, wanting it just as badly, and also believing? That dream can't come true for everyone. Furthermore, the goal must be something that is within the talents you are given. Most of us are not blessed with the speed of Michael Johnson, and regardless of how hard we work and how badly we want to, we will not match that speed. And that is not to deny his work to develop that gift and reach the top.

Even those espousing this myth don't really believe it, because the second bit of wisdom constantly thrown at us as we watch the Games is about the tragedy of those who

have worked single-mindedly for four long years, or longer, and don't make the final, or have to "settle" for the silver, or suffer an injury, or fall. Two nights ago, we heard that Jackie Joyner-Kersey maybe got only the bronze, but... Third place in the world at anything is more than an only. The emphasis on these two myths, at the expense of Coubertin's principle, leads to such shoe company slogans as "Go for the gold" and "Second place is the first loser." There is nothing wrong with going for the gold, but neither is there anything wrong with not getting there. The important thing is the struggle.

I have learned that nothing is guaranteed in athletics, or in life, regardless of how hard you work, how badly you want it, or even how hard you pray. But, I have also learned that falling short of a goal despite your best efforts, even over four years, is not the end of life. It is not a tragic circumstance. It is a lesson of life.

I had a goal of making an Olympic team and was fortunate enough to achieve it. (I might add here that Dave McGovern, for example, hasn't been as fortunate, but he continues to reap rewards, to enjoy his sport, and to help many others along the way, and, I would hope, feels in no way a failure because of that one omission from his resume.) But that was just icing on the cake. The real rewards, as Coubertin knew and sought to instill in the Olympic ideal, come along the way, in the striving, in the continuing sense of accomplishment. These rewards include:

- o Appreciation of the gifts we have been given and in taking these gifts and using them in the best way we can
- o The nurture—from family, mentors, friends—that we receive along the way
- o Achievement of self-discipline through our efforts
- o Gaining greater self-assurance and confidence
- o Finding the joy of competition, camaraderie, and community
- o Discovering the joy of training and developing a healthier mind and body. Hard work with a purpose is not drudgery.

These are all lessons of life as well as sport that can be learned in whatever we strive for. And the greatest lesson to be carried from all of this is just that—this is all just a part of life. If we don't recognize this, the pursuit of excellence and the obsession with a single goal becomes a form of idolatry. That, not losing, is the tragedy and the waste. When I hear athletes say they will have wasted four years of training if they don't get the gold, I feel sorry for them not because they don't win the gold, but because their obsession blinds them to the real worth of their efforts.

So now I honor Padrick's goals as worthy but hope he can reap all the rewards along the way regardless of whether he ever reaches the podium or even competes in the Olympics. And I hope that he realizes the need for interim goals along the way. It's a long road, with many steps. Realistic? How can one know without setting forth.