

Eastler, Dow Dominate 20 Km Title Races

Indianapolis, June 24-25—No stopping the grand dames of racewalking. Joanne Dow at 42 and Teresa Vaill at 43 once again proved to much for the youngsters as they finished one-two in the USASTF National 20 Km racewalk. On this occasion, Dow was the master as she beat Vaill by more than 4 minutes to win her third title at the distance in 1:35:76. She also won in 1998 and 2002. Vaill, who won the last two years, was seeking her sixth 20 Km title, dating all the way back to 1984, but could match strides with Joanne on this day.

In a stirring race for third, Sam Cohen prevailed by just two seconds over Jolene Moore, just over a minute behind Vaill. Maria Michta was well back in fifth.

That was on Saturday morning. On Sunday, Kevin Eastler mastered a field that was spread far apart by the finish to take his second 20 Km title in 1:25:09.67. John Nunn was more than 2 minutes back in second, he was about 2:40 ahead of Tim Seaman, the winner the last two years and five-time champion, and Tim was about 1 ½ minutes ahead of Matt Boyles, who continues to improve with a personal best. Veteran Ray Sharp was another 3:40 back in fifth. Ray, at 46, improved by one spot and 20 seconds on his performance last year, when he came back from many years of retirement. However, he was 10 minutes off his best way back in 1986.

Junior titles at 10 Km went to Katy Hayes, who prevailed in a good race with Lauren Forgues and Tina Peters, and Jared Swehosky, runner-up last year, prevailed over Roberto Vergara, third last year. Both were slightly slower than last year, but the humid conditions in Indianapolis might have contributed to that. The results:

Jr. Women's 10 Km 1. Katy Hayes, Lake County, Wis. 53:22.94 2. Lauren Forgues, Maine RW 53:56.73 3. Tina Peters, Miami Valley TC, Ohio 54:22.44 4. Jenna Monahan, Walk USA 56:06.92 5. Le'erin Voss, un., Wis. 56:24.26 6. Susan Muraida, Albuquerque 57:05.52 7. Caroline Muraida, Albuquerque 59:29.01 8. Sarah Groat, un. 60:25.52 9. Amanda Johnson, un., Kentucky 61:19.71 10. Dana Vered, un. 63:59.60

Jr. Men's 10 Km: 1. Jared Swehosky, un. 48:47.50 2. Roberto Vergara, South Texas 49:09.95 3. Michael Kazmierczak, Rhode Island 50:17.29 4. Ricardo Vergara, South Texas 52:05.30 5. Michael Boucher, Maine RW 55:14.42 6. Abraham Villareal 60:22.23 7. Patrick Shaffer, un., Ohio 63:35

Women's 20 Km: 1. Joanne Dow, adidas 1:35:20.76 2. Teresa Vaill, Walk USA 1:39:24.07 3. Sam Cohen, Parkside AC 1:40:29.46 4. Jolene Moore, New York AC 1:40:31.77 5. Maria Michta, C.W. Post 1:47:53.59 6. Solomiya Login, un. 1:50:05.80 7. Laura Feller, un.

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.

1:55:06.40 8. Heidi Hauch, un. 2:01:45 DNF—Deborah Huberty, NYAC and Loretta Schuellein, Walk USA

Men's 20 Km: 1. Kevin Eastler, U.S. Air Force 1:25:09.67 2. John Nunn, U.S. Army 1:27:16.83 3. Tim Seaman, New York AC 1:29:56.84 4. Matt Boyles, Miami Valley TC 1:31:20.31 6. Ray Sharp, Varsano's Chocolates 1:34:58.33 7. Michael Tarantino, un. 1:36:40.13 8. Theron Kissinger, New Balance 1:36:40.13 9. Matt De Witt, un. 1:39:05.11 DNF—Patrick Collier, Athletics East 5. Ben Shorey 1:34:17

10 Km Titles To Seaman, Moore

Niagara Falls, N.Y., June 3—Tim Seaman defended his National 10 Km Racewalking title today and took his 29th Title overall in the process. His winning time of 42:23 left second-place Matt Boyles 42 seconds back. Boyles was closely pursued by Mike Tarantino for the first half of the race but pulled well clear over the final 5 Km as Tarantino finished in 43:56. Nearly another minute back was Allen James, who won this race at age 42 in 2004 in 45:54. He bettered that by 65 seconds today, but those younger guys had to show up. Another old guy—Ray Sharp—was fifth in 47:06.

In the women's race, Jolene easily bested Maria Michta, 46:47 to 48:56, as they finished fifth and eighth overall. Canad's Rachel Lavelle was third in 50:10. Moore, a distance runner at Michigan State before she took up racewalking. Led from the start and was never challenged.

James led the Niagara Walkers to the team title, putting the vaunted old men of Varsano's Chocolates to shame. The team of James, Mel McGinnis, and Dave Lawrence, with a combined age of 138, had a combined time of 2:27:07, more than 3 minutes ahead of Varsano's Sharp, Ian Whatley, and Dave McGovern who finished in 2:30:21 with a combined age of just 134. Pegasus (O'Brien, Knight, Phillip) was third in 2:56:01. Pegasus (Topham, Heinlein, and Tichy) won the women's team title with 3:05:20 ahead of Niagara Walkers 3:20:40.

John Soucheck, Zach Pollinger, and Joe Trapani continued on to 20 Km with times of 1:43:29, 1:46:42, and 1:56:04, respectively.

The results:

Women—1. Jolene Moore 46:47 2. Maria Michta 48:46 3. Rachel Lavelle, Canada 50:10 4. Laura Feller 52:41 5. Rebecca Christensen, Canada 55:45 6. Susan Randall 56:04 7. Kitty Cahsman, Can. 56:29 8. Nanci Sweazey, Can. 56:54 9. Erin Taylor 57:21 10. Amanda Johnson 58:53 11. Debbie Topham 58:56 12. Joanne Markle, Can. 59:34 13. Sarah Groat 59:39 14. Nathalie LaLonde, Can. 61:17 15. Kate Dickinson 61:58 16. Lynette Heinlein 62:10 17. Gloria Foley 64:14 18. Joyce Prohaska 64:15 19. Laurie Smith 64:53 10. Ginger Armstrong 64:55 21. Linda Wilson, Can. 65:38 22. Sharon Wright, Can. 65:43 23. Laura Houston, Can. 65:48 24. Sharri Stager 66:03 25. Sue Neumeister 66:56 26. Walta Tichy

68:03 27. Sarah Raetsen, Can. 68:14 28. June-Marie Provost, Can. 68:48 29. Chelsea Conway 69:05 30. Robin Olkowski 69:09 31. Fran Emanuel 70:05 32. Joan Murray 70:08 33. Margaret Walker (80+) 1:42:04
Men—1. Tim Seaman 42:23 2. Matt Boyles 43:05 3. Mike Tarantino 43:56 4. Allen James 44:49 5. Ray Sharp 47:06 6. Leo Romero 48:03 7. Nil Lavelle, Can. 48:55 8. Zach Pollinger 49:54 9. Mel McGinnis 50:03 10. John Soucheck 50:29 11. Ian Whatley 51:02 12. Dan O'Brien 51:37 13. Jussi Kiski 52:00 14. Joe Trapani 52:12 15. Dave McGovern 52:13 16. Dave Lawrence 52:15 17. Doug Johnson 53:57 18. Trevor Barron 53:43 19. Bil Vayo 55:37 20. Dvan Crowds 56:11 21. Kyle Shaffer 58:16 22. Hans Dinger, Can. 58:43 23. Marc Olshan 59:20 24. Patirck King, Can. 60:41 25. Don Knight 60:43 26. Lynn Philllips 63:41 27. Stuart Summerhayes, Can. 64:39 28. Marshall Sanders 64:56 29. Jack Starr 65:24 30. Bob Whitney 67:41 (3 DNF, 1 DQ Overall)

Other Results

53. Miles, Brunswick, Maine, June 4—1. Dale Doody (64) 67:29. 2. Bob Whitney, (53) 67:29 (Doody in his first-ever racewalk, so Bob accompanied him.) **H.S. Girl's 1500 meters, Port Jefferson, N.Y., June 2**—1. Heather Buletti 6:26.79 2. Jenna Monahan 7:02.94 3. Diane Slack 7:04.75 4. Amy Richards 7:16.30 5. Samantha Maiori 7:32.00 6. Kristina Halverson 7:38.50 (15 finishers) **H.S. Girl's 1500 meters, New York City, June 4**—1. Elisa Lee 7:51.9 2. Jing Sh Dai 7:52.89 (15 finishers) **Metropolitan 20 Km Championship, June 17**—1. Curt Clausen 1:46:48 (53:56 at 10) 3. Jussi Koski 1:48:08 (stayed with Clausen through 12 kilometers) 3. Juan Yanes (56) 1:57:54 4. Lisa Marie Vellucci 1:59:24 5. David Wolf (47) 1:59:54 6. Edorado Sorrenti (63) 2:07:14 7. Po man Alex Lo 2:11:21 8. Alan Sangeap (44) 2:40:25 9. Cervin Robinson (75) 2:45:20 (1 DQ) **15 Km, same place**—1. Leo Romero 1:12:52 2. Bruce Logan (41) 1:28:10 **Buletti Beters U.S. High School 1 Mile Record at Eastern States Chaampionships, Bellmore, N.Y., June 14**—1. Heather Buletti 6:49:63 (previous best 7:16.02 by Maria Michta in 2004) 2. Sdatra Meade 8:09.95 3. Amit Aharon 8:23.51 **5 Km, Randall's Island, N.Y., June 18**—1. Maryann Daniels 27:08.6 2. Erin Taylor 27:08.8 3. Indiana Ripoli 30:58 4. Ellen O'Shaughnessy 31:15 5. Elanna Osbody 32:14 6. Yi Deng 33:43 (8 finishers) **10 Km, Hauppauge, N.Y., June 18**—1. Maria Michta 51:17 2. Tim Seaman 51:25 3. Mike Kazmierczak (19) 53:25 4. Joe Trapani 58:14 5. Dave McGovern 59:13 6. Loretta Schuellein 59:13 7. Lori Shienwold 65:23 (12 finishers. Outh 2 Km, same place—1. Katie Michta (10) 13:12 **10 Km, Baldwinsville, N.Y., June 24**—1. James Miner 55:23 Women—1. Margaret Perry 65:23 **5 Km, same place**—1. Caitlin Pike 30:23 2. Margaret Perry 30:32 **Sandy Kalb 14 Km, Lakewood, N.J., May 28**—1. Manny Eisner (65) 1:44:28 2. Elliott Denman (72) 1:55:46 3. Deanna MacLean (55) 1:50:12 (net times shown) 4. Maria Paul (41) 1:47:51 5. Tom Quattrocchi (55) 1:36:51 (Fast time) **Nike H.S. National 1 Mile, Greensboro, N.C., June 16 Girls**—1. Heather Buletti, New York 7:00.87 (meet record) 2. Lauren Forgues, Maine 7:33.27 3. Jenna Monahan, N.Y. 7:51.57 4. Shani Brown, N.Y. 8:02.87 5. Lyvia Gaewsky, Maine 8:07.33 6. Amanda Johnson, Kentucky 8:16.76 7. Lindsay, Conway, N.Y. 8:17.95 8. Amit Aharon 8:19.61 9. Allison Snochowski, N.J. 8:36.31 10. Celsea Conway, N.Y. 8:40.94 (18 finishers) Boys—1. Evan Crowds, Missouri 7:13.79 2. Taylor Burns, Maine 7:20.11 3. Michael Boucher, Maine 7:25.19 4. Brian Andrew Adams, S.C. 7:25.50 5. Allen Cox, Maine 7:35.81 6. Patrick Shaffer, Ohio 7:36.89 7. Ricky Michaud, , Maine 7:44.31 8. Aaron Carroll 7:47.44 9. Padric Gleason, Maine 7:49.69 10. Tyler Campbell, Maine 7:50.61 11. Ren Morse, Maine 7:52.17 12. Thomas Esponnette, Ark. 8:00.91 **North Region 8 Km, Indianapolis, May 27**—1. Max Walker 44:51 2. Ed Fitch 45:40

3. Damon Clements 47:36 4. Tery Snoeberger 49:47 5. Allen Albert 51:12 6. Craig Woodall 52:32 7. Don Huff 63:09 Women-1. Tori Cooper 45:02 2. Theresa Amerman 50:16 3. Cathy Mayfield 53:06 4. Janet Higbie 53:57 5. Donna Green 54:44 6. Doris McGuire 55:25 7. Rebecca Gilman 56:40 8. Barbara Amerman 61:09 **20 Km, Kenosha, Wis., June 10-1.** Patrick Stroupe 1:38:44 2. DNF-Matt DeWitt (46:45 at 10 Km); Brian Olszewski, and Ron Winkler **Wisconsin 5 Km, Waukesha, June 18-1.** Katy Hayes 26:15 2. Tori Cooper 27:34 3. Lynn Tracy (53) 28:34 4. Judy Myers (50) 31:04 5. Alfred DuBois (74) 34:16 6. Katherine Marrs (77) 37:04 Junior-1. Le'erin Voss (17) 26:50 **Gulf 10 Km, Houston, May 28-1.** Albert Medina (45) 56:28.9 2. Rusty Gorman (52) 66:06.6 3. Lojza Vosta (67) 69:19.3 5 Km, same place-1. Medina (no time given, on his way to 10) 2. Mario Alanis (42) 28:44.2 3. Bob Cella (68) 31:40 4. Rusty Gorman 5. Randy Surratt (57) 33:42 (9 finishers) **1 Mile, Houston, June 16-1.** Lojza Vosta 9:58.8 2. Sydnie Kleinhenz (51) 10:22.5 **Cal. Senior Games, Los Angeles, June 3: 1500 meters-1.** James Beckett (67) 8:19.37 2. Rick Campbell (60) 8:34.18 3. Carl Acosta (72) 9:47.09 4. William Moremen (78) 9:55.95 (9 finishers) Women-1. Duba Reiko (61) 9:50.16 2. Shirley Capps (71) 10:41.96 (5 finishers) 5 Km-1. Larry Walker (63) 27:32.72 2. Stan Chraminski (58) 28:54.543. Rick Campbell 30:29 4. Alan Ede (65) 31:45 5. Carl Acosta 33:11 (9 finishers) Women-1. Donna Cunningham (59) 31:07.08 (5 finishers) **NAIA Men's 5 Km, Fresno Cal., May 26-1.** Patrick Stroupe, Central Methodist 23:16.38 2. Nate Hughes, Malone 26:11 3. Tim Thruber, Concordia 26:16 4. Christopher Diaz, Northwood 26:33 (strained quadricep muscle during race and struggled to finish) 5. Jon Ripke, Concordia 26:50 6. Nathan Comden, Cornerstone 26:52 7. Nathan Dreher, Concordia 27:26 8. Kevin Conrey, Missouri Valley 28:01 9. Geoff Karhoff, Central Meth. 28:37 10. Joe Carmany, Malone 28:42 11. Matthew Harriman, British Columbia 29:26 12. Mike Groholy, Walsh 30:02 13. Joshua Montenegro, Tiffin 30:38 14. Bryan Lopes, Malone 30:47 15. Jeremiah Stauffer, Malone 31:48 (DQ-Brad Sinickm Malone, David Terenzoni, Geneva; and Brandon Hislop, Dakota Wesleyan Women's 3 Km, same place-1. Megan Huzzey, British Columbia 13:53.57 2. Amanda Gorst, Virginia Intermont 14:15.54 3. Lindsey Hipp, Malone 14:51.06 4. Jennifer Reekie, Lindenwood 14:58 5. Alex Lo, Virginia Intermont 15:12 6. Caitlin Ayers, Lindenwood 15:30 7. Erica Brown, Brit. Col. 15:43 8. Ashley Thomas, Malone 16:03 9. Amanda Sullivan, Roberts Wesleyan 16:43 10. Missy Walker, Malone 16:54 11. Rachel Rhodes, Houghton 17:34 12. Ashfey Hauge, Geneva 17:35 13. Raven Pilgrim, Vir. Inter. 17:49 14. Maria Mudd, Walsh 18:50 15. Brittani Lyons, Malone 19:01 **Western Regional 5 Km, Soquel, Cal., May 7-1.** Kelly Wong 27:42 2. Leslie Sokol (48) 28:59 3. Nicole Goldman (47) 29:55 4. M.J. Baglin (59) 32:02 5. Vicky Cady (47) 32:50 6. Louise Walters (66) 32:56 7. Andree Enos 33:42 (10 finishers) Men-1. Joe Berendt (50) 27:58 2. Daniel Coupal (40) 28:46 3. Ted Moore (67) 29:19 4. Dick Petrucci (73) 33:28 5. Jon Price (56) 33:36 (7 finishers) **Pacific 5 Km, San Mateo, Cal., May 28-1.** Ted Moore 29:01.30 2. Alex Price 30:57 3. Dick Petrucci 33:23 (5 finishers) Women-1. Leslie Sokol 29:13 2. Kelly Wong 30:02 3. Nicole Goldman 30:25 4. M.J. Baglin 32:36 5. Andree Enos 33:51 (7 finishers) **13th Annual Alongi 5 Km, Marin, Cal., May 28-1.** Susan Armenta 27:32 2. Jolene Steirgerwalt (60+) 31:44 3. Louise Walters (65+) 32:13 4. Doris Cassels (65+) 33:26 (9 finishers) Men-1. Kevin Killingsworth (50+) 26:04 2. Joe Berendt (50) 28:19 3. Jack Bray (70+) 29:28 4. James Beckett (65+) 29:52 5. Stewart Canning (45+) 32:21 (10 finishers) **Oregon 5 Km, Gresham, June 10-1.** Tommy Aunan (47) 26:47 2. Rob Frank (53) 27:23 3. Bob Novak (57) 27:40 4. Steve DiBernardo (53) 28:21 5. Stan Chraminski (58) 28:36 6. George Opsahl (64) 29:04 7. Bart Kale (50) 30:52 8. Ron McPike (73) 34:43 Women-1. Carmen Jackinsky (42) 29:33 2. Karen Karavanic (43) 34:55 3. Susan Bristow (59) 35:16 **Oregon 1 Mile, Gresham, June 11-1.** Carmen Jackinsky 8:45.29 Men-1. Tommyh Aunan 9:04.35 2. Rob Frank 8:13 3. George Opsahl 8:48 4. Doug VerMeer (52) 8:58 5. Ron MacPike

10:36 6. Dick Vaughan (75) 10:49 **5 Km, Banks, Ore., May 7-1.** Bob Novak 27:43 2. Stan Chraminski 28:26 3. George Opsahl 28:57 (5 finishers) Women-1. Carmen Jackinsky 28:51 (4 finishers) **2.8 Miles, Seattle, May 13-1.** Bob Novak 25:32 2. Stan Chraminski 25:32 3. Steve DiBernardo 26:10 4. Ann Tuberg (46) 26:54 5. Coco Beuchet (57) 27:17 (7 finishers)

Masters 1500 meters, Seattle, June 3-1. Tommy Aunan 7:37.9 2. Richard Newman (50) 8:01 3. Richard Zerbe (65) 9:41.1 **3 Km, same place-1.** Tommy Aunan 16:04.5 2. Bob Novak (55) 16:20.7 3. Steve DiBernardo (50) 16:45.5 (Meant to mention above where Steve's name appears, he is launching comeback. Steve won the National 40 Km in 1976 during his first career while representing the U.S. Army with a time of 3:35:36.) 4. Bart Kale 17:35.6 5. Ann Tuberg 17:39.7 6. Richard Newman 18:59.7 7. Bev McCall 19:27.6 (10 finishers) **2.8 Miles, Seattle, June 17-1.** Bob Novak 24:51 2. Steve DiBernardo 25:00 3. Stan Chraminski 25:13 4. Ann Tuberg 26:41 (y finishers) **1 Mile, Seattle, June 14-1.** Steve DiBernardo 8:29 2. Bob Novak 8:37 3. Stan Chraminski 8:49 4. Ann Tuberg 8:51

Art Keay Walks, Toronto, May 28 Women's 10 Km-1. Kitty Cashman (45) 47:07 2. Joan Christensen (66) 67:50 3. June-Marie Provost (72) 69:29 **20 Km** (continuation of the 10) 1. Menard 1:36:35 (70:53 at 15) 2. James 1:37:24 (1:10:52 at 15, then youth prevailed) 3. Cote 1:51:37 **Men's 10 Km-1.** Allen James (41) 45:35 2. Pierre-Luc Menard (19) 45:38 3. Nil Lavallee (50) 48:41 4. Donald Cote 52:25 5. Dave Keenan (56) 54:47 6. Hans Dinger (49) 58:57 (9 finishers) **Women's 5 Km-(enroute for those who walked 10)-1.** Rebecca Christensen 27:07 2. Kitty Cashman 28:13 3. Nancy Leo (56) 31:12 4. Joan Christensen 31:44 5. Sarah Raetsen 32:09 6. Laura Houston (50) 32:28 7. Aggie Ramsden (57) 33:13 (13 finishers)

Bruno Junk Walks, Latvia, May 27-(Bruno Junk was a Latvian walker who competed for the Soviet Union. He collected two Olympic bronze medals-at 10 Km in 1952 and 20 Km in 1956. Best times of 43:20.6 in 1958 and 1:28:04 in 1958): 10 Km-1. Jared Tallent, Australia 40:41.5 2. Ingus Janevics, Lat. 41:37 3. Ugis Bruvelis, Lat. 42:49 **Jr (under 29) 10 Km-1.** Arnis Rombenieks, Lat. 43:47.7 **Jr. (Under 17) 10-1.** Evalds Petkevicius, Lithuania 48:06 **Jr. Girls (under 15) 3 Km-1.** Anna Skorodumova, Russia 14:38.8 2. Bernadita Buzaitis, Lith. 15:15.6 **Jr. Boys (under 16) 3 Km-1.** Lukas Dabravolskas, Lith. 13:30.9 **Jr. Girls (under 17) 5 Km-1.** Julia Davydenko, Ukraine 23:44.5 **Jr. Girls (under 19) 5 Km-1.** Svetlana Vavilova, Ukraine 22:58.3 **Women's 5 Km-1.** Jolanta Dukure, Lat. 21:13.3

Kenya Police championships 20 Km, Nairobi, June 17-1. Josephat Sirma 1:30:23 2. Obadia Nyagah 1:35:52 **10 Km, Nakuru, Kenya, May 27-1.** Julius Sawe 45:16.3 2. Daniel Shikuku 47:21.3 3. Joseph Ndegwa 47:24.3 **20 Miles, Australia, June 15-1.** Dyane Cousins 2:32:48 2. Jared Tallent 2:37:41 3. Tom Barnes 2:40:40 4. Troy Sundstrom 2:41:52 **Finnish Championships, Oulu, June 11: Women's 20 Km-1.** Marja Penttinen 1:39:31 2. Outi Sillanpaa 1:41:16 **Men's 19 20 Km-1.** Sakari Arffman 1:44:04 **Men's 22 20 Km-1.** Jarkko Kinnunen 1:31:47 **Women's 19 10 Km-1.** Karoliina Kaasalainen 49:46 **Men's 17 10 Km-1.** Risko Nogelainen 48:45 **Men's 50 Km-1.** Timo Viljanen 4:25:41 **10 Km, Leppavirta, Finland, May 25-1.** Marja Penttinen 48:40 2. Jaana Eskelin 50:00 Men-1. Timo Viljanen 45:05 2. Nillo Halonen (19) 45:47 3. Sakari



Bruno Junk (SU)
(1952)

Arffman (18) 47:35.

Some Places With Races For Old and New Faces

Sun. July 2	5.3 Miles, Brunswick, Maine (D)
Mon. July 3	5 Km, Long Branch, N.J. (A)
Tue. July 4	5 Km, Evergreen, Col., 8 am (H) 8 Km, Washington, D.C. (S)
Sat. July 8	3 Km, Arlington, Vir. (S) 5 and 10 Km, St. Louis Park, Minn., 7:30 am (I) Masters 5 Km, Edmonds, Wash. (C)
Sun. July 9	1 Mile, Davis, Cal. (E) 5 Km, Lakewood, Col., 8 am (H) 5 Km, Tinton Falls, N.J. (A)
Mon. July 10	5 Km, Long Branch, N.J. (A)
Sat. July 15	Pac. Assn. 3 Km, Reno, Nev. (J) 5 Km, Sterling, Ill. 2.8 Miles, Seattle, 9 am (C) 1 Mile, Pharr, Texas (O)
Sun. July 16	10 Km, Napa, Cal. (J)
Mon. July 17	5 Km, Long Branch, N.J. (A)
Sat. July 22	3 Km, Arlington, Va. (S)
Sun. July 23	1 Hour, Kentfield, Cal., 7:30 am (P) 5 Km, Denver, 8 am (H) Metropolitan 15 Km, New York City, 9 am (G)
Mon. July 24	5 Km, Long Branch, N.J. (A)
Fri. Aug. 4	5 Km, Littleton, Col., 6:30 pm (H)
Sat. Aug. 5	3 Km, Arlington, Va. (S)
Sun., Aug. 6	National USATF Masters 10 Km, Charlotte, NC 5 Km, Evergreen, Col., 8 am (H) 5.3 Miles, Brunswick, Maine (D) Canadian National 20 Km, Ottawa (open to foreign athletes) (R)
Mon. Aug. 7	5 Km, Long Branch, N.J. (A)
Sat. Aug. 12	2.8 Miles, Seattle, 9 am (C)
Mon. Aug. 14	5 Km, Long Branch, N.J. (A)
Wed. Aug. 16	Colorado Masters 5 Km, Fairmount, 6:30 pm (H)
Sat. Aug. 19	3 Km, Arlington, Va. (S)

Sun. Aug. 20	USATF National 15 Km, Minneapolis Minnesota (I) Metropolitan 5 Km, New York City 9 am (G)
Mon. Aug. 21	5 Km, Long Branch, N.J. (A)
Sun. Sept. 3	5.3 Miles, Brunswick, Maine
Sun. Sept. 10	Pacific 20 Km, Oakland (J) National USATF 40 Km, Ocean Twp., N.J., 8 am (A)

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, uwpccoach@yahoo.com
 G--Stella Cashman, 320 East 83rd St., New York, NY 10028
 H--Bob Carlson, 2261 Glencoe St., Denver CO 80207
 I--Bruce Leasure 651-330-9355
 J--Art Klein, 324 Alta Vista, Santa Cruz, CA 95060
 L--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424
 N--Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445
 O--A.C. Jaime, acjaime@sbcglobalnet.net
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Daniel Koch, 3331 NW 22nd Street, Coconut Creek, FL 33066
 R--Roger Burroughs, 34 Oakhaven Private, Ottawa, Can K1K 4K1
 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

NACAC Team. National Chairman Vince Peters has announced that the collegiate racewalkers named to the US Team competing at the NACAA (North America, Central America, Caribbean Islands) track and field meet on July 7-9 in Santo Domingo, Dominican Republic are: Maria Michta, C.W. Post; Laurie David U. Of Wisconsin-Parkside; Patrick Stroupe, Central Missouri; and Zachary Pollinger, Harvard. The women will race at 10 Km and the men at 20. . . **Fadejevs a marathoner.** Latavia's Aigars Fadejevs who won the silver medal in the Sydney Olympics 50 Km and ranked as high as third in the world at 20 Km (1998), ran a 2:28:30 for 10th in the Stockholm Marathon in early June. He started fast and went through the halfway point in sixth place with 1:09:05. He ran his fastest marathon in Milan in 2001 with a 2:27:20, a year in which he was still ranked fifth in the world at 50 Km. He walked his last race in September of last year, but apparently decided he has achieved all he could as a racewalker. He had a best 20 of 1:20:55 last year, so was still walking well. . . **Laird honored.** Each year the Mt. San Antonio Relays in Walnut, Cal. Names one athlete to

its Hall of Fame. This year, Ron Laird, who 20 years ago became the first Racewalker to enter the USA Track and Field Hall of Fame, became the first to enter the Mt. SAC Hall of Fame. Their citation read: One of history's great walkers, Ron won eight Mt. SAC titles during the years 1964 through 1973. He captured the 5 Km walk in 1968, '69, '70, and '73, the 2 Mile crown in 1964, and the 10 Km in 1969, '71, and '73. Laird's great career spanned three decades during which time he won an astounding 65 national championships. His first title came in 1958 and his last in 1976. Ron was a member of four Olympic teams, competing in the 50 Km in 1960 and the 20 in 1964, '68, and '76. He was the Pan American Games champion in the 20 Km event in 1967. Laird held 81 American records at distances ranging from 1 Km to 25 miles and was named the outstanding US racewalker on six occasions. Ron was inducted in the USA Track and Field Hall of Fame in 1986. He is a great addition to the Mt. SAC Hall of Fame and we salute his efforts here in Walnut as well as his amazing national and international career. *(They didn't mention his two bronze medals in World Cup 20 Km races.)* . . . **Erickson book.** Last month I had a note about a book by Tim Erickson on the history of Australian walking. I have been asked about the price. All I can tell you is that I remember a figure of \$15 and then another of \$20 in parentheses, but I'm not sure what that means in US \$. So again I refer you to Tim: Phone 03 9379 2065, terick@melbpc.org.au.

Some results, some of them important, that got lost in a stack of stuff while I prepared the May issue:

Penn Relays, Philadelphia, April 29: Women's 5 Km—1. Rachel Lavallee, Can. 23:22.93 2. Maria Michta 23:43.18 3. Solomiya Logan 24:15.65 4. Laura Reichenderfer 24:19.43 5. Loretta Schuellein 24:56 6. Megan Huzzey, Can. 7. Laura Feller 25:57 8. Susan Randall 27:15 9. Erin Taylor 27:59 10. Alice Tan 29:22 Jr. Women 5 Km—1. Heather Buletti 24:24.60 2. Lauren Forgues 25:10.26 3. Tina Peters 25:34.17 4. Jenna Monahan 26:00 5. Shanie Brown 27:19 6. Lo Poman 28:02 7. Sarah Groat 29:10 8. Ewelina Pezst 28:12 9. Chelsea Conway 28:53 10. Leah Buletti 28:30 11. Raven Pitgrim 29:18 12. Debbie Chen 29:19 13. Elisa Lee 29:53 14. Wan Rong Chen 30:50 15. Kristina Bonfiglio 31:35 Men's 10m—1. Matt Boyles 42:37.06 2. Matt DeWitt 45:00.49 3. Leo Romero 46:25 4. Rich Luettchau 49:36 5. Jussi Koski 49:39 6. Joe Trapani 51:32 7. Adrian Jaime 53:01 Jr. Men's 10 Km—1. Michael Kazmierczak 57:57.66 2. Ren morse 58:13 3. Taylor Burns 58:56 4. Aaron Carroll 59:44 Masters 10 Km—1. John Soucheck 48:35.86 2. Nil Lavellee, Can. 48:47.51 **5.3 Miles, Brunswick, Maine, May 7**—1. Kate Dickinson 52:13 2. Bob Whitney 55:01 **Collegiate Track Conference, Desales U., Pa.: Men's 5 Km**—1. Joe Trapani 23:47.90 2. Richard Luettchau 24:01 3. Anthony Walkill 32:57 (5 finishers, 2 DQ) **Women's 3 Km**—1. Maria Michta 14:16.90 2. Tricia Learn 15:44 3. Kristin Weller 16:19 4. Sarah Groat 16:29 5. Jamie Sweitzer 17:29 6. Emma Eilson 18:15 7. Heather Wida 18:15 **Pacific Northwest Regional 10 Km, West Seattle, Wash.**—1. Gerry Dragomir, Can. 35:42 2. Tommy Aunan (47) 55:45.6 3. Rob Frank (53) 56:45 4. Bob Novak (56) 57:35 5. Stan Chraminski (58) 59:13 6. George Opsahl (64) 60:31 7. John Bakclund (66) 60:52 8. Karl Johansen (59) 62:14 9. Richard Zerbe (67) 69:19 10. Ron MacPike (73) 71:50 **Women**—1. Carmen Jacinsky (42) 61:20 2. Bev LaVeck (70) 67:40 3. Darlene Backlund (60) 69:22 (6 finishers) **5 Km, same place**—1. Evan Dunfee (15), Can. 25:54.13 2. Matt Harriman, Can. 28:45 3. Bar Kale (49) 30:37 **Women**—1. Heather Warwick (15) 28:59 **3 Km, same place**—1. Megan Huzzey, Can. 14:50.88 2. Erika Brown, Can. 16:37

IAAF Challenge 20 Km, Sesto San Giovanni, Italy, May 2—1. Ilya Markov, Russia 1:20:28 2. Joao Virira, Portugal 1:21:21 3. Erik Tysse, Norway 1:21:20 4. Hatem Ghoulia, Tunisia 1:22:54 5. Roman Magdziarczyk, Poland 1:23:03 6. Juan Manuel Molina, Spain 1:24:20 7. Jose Antonio Gonzales, Spain 1:24:25 8. Juan Emilio Toscano, Mexico 1:24:30. Jesus Angel

Bragado, Spain 1:24:45 10. Luis Manuel Corchete, Spain 1:24:48 **Women**—1. Ryta Turava, Belarus 1:29:22 2. Claudia Stef, Romania 1:29:59 3. Sabine Zimmer, Germany 1:30:08 4. Melanie Seeger, Germany 1:30:19 5. Jane Saville, Australia 1:30:39 6. Norica Cimpean, Romania 1:30:41 7. Sonata Milausauskaite, Lithuania 1:31:02 8. Ines Henriques, Portugal 1:31:56 9. Vera Santos, Portugal 1:33:27 10. Veronica Budileanu, Romania 1:34:35

Wither Jefferson?

For 10 years, Ecuador's Jefferson Perez has proven himself the world's premier 20 Km walker. In 1996 he was a surprise winner of gold at the Atlanta Olympic Games in 1:20:07. He followed that up with three World Cup wins—1997 in 1:20:34, 2002 in 1:21:26, and 2004 in 1:18:42 (he did not compete in 1999)—and two World Championships—1:17:21 in 2003 and 1:18:35 in 2005 (he was second in 1999 and did not compete in 2001). He also holds the World Record for the event. While he was not as successful in successive Olympics (fourth in both 2000 and 2004, he has been ranked number one in the world three times and number two four times (he will probably get a number two ranking again this year). However, he was disappointed with his second place finish in this year's World Cup and is contemplating his future in the sport. The following IAAF release discusses his thoughts on the future.

After La Coruna Silver, Perez Mulling Over Decision To Walk Away

Paul Warburton for the IAAF, May 20 2006

What national radio station besides Ecuador's reports the entirety of a racewalk as if it were a World Cup final? None is the short answer, because there is not other country whose sporting fame revolves around a single walker like Jefferson Perez. *(Ed. Although I am sure they got quite excited over their soccer team who went through group play in the World Cup and gave England a tussle before falling 1-0 in the second round.)*

The man who brought Ecuador their first, and to date, only athletics Olympic Gold has hinted he will finally quiet a relatively poor showing in the IAAF World Racewalking Cup in La Coruna. Such a final declaration would be enough to take the commentator's decibels off the register, were it announced in the next week or two. But the athlete, 32 in July, has gone away to lick his wounds and decide whether the suffering that saw him helped from the podium after picking up second in the Spanish port is worth it.

Following his 1996 Olympic triumph in Atlanta, Ecuador issued a postage stamp in Perez's honor. Since then, fans have sent cards from three subsequent walking World Cups and two World Championships telling everyone their man was still King. Not in La Coruna. By his own admission, he prepared well, pushed for all his worth, and still didn't come within a half a minute of Spanish winner Francisco Fernandez. And the to gasps from Ecuadorians whose flags suddenly went limp, he admitted maybe it was time to go.

"This result was very important because in some respects it will determine whether I was going to continue racewalking or not," he said. Perez has now suffered two major setbacks since he broke the world record at the 2003 World Championships in Paris with a scintillating 1:17:21. He was an odds-on favorite to decorate his mantelpiece with a second Olympic first when he lined up in Athens two years ago. He faded badly to fourth, and the race went to Italy's Ivano Brugnetti, who was as much a surprise as Perez had been when he

won in Atlanta. The Ecuadorian has had time off in the past between triumphs, and could only manage fourth in the 2000 Sydney Olympics. But the La Coruna silver medal is clearly one destined for the back of the cupboard.

He said: "The sad truth is I gave all I could and I was unable to push my body as much as I have done in the past. I couldn't draw the strength I normally get from my heart and my head, and I am upset I did not show the Ecuadorian people what I can do."

Second will do for most of us, and Perez was still able to muster the kind of finish that saw him two seconds ahead of China's Yucheng Han in a sprint finish.

But it isn't Perez's nature to crack a joke like Russian Ivanova about collecting silvers after she finished runner-up in the women's 20. Perez is poker-faced at the best of times, and to all intents and purposes, second might as well be last.

He said: "After the race in La Coruna, we saw the future Olympic champion in Francisco Fernandez. As for me, we will have to see about the future, but at the moment all I want to do is go away and rest."

Ladany Does Solo 100

Ashtabula, Ohio, May 20 (by Warren Dillaway, from the *Ashtabula Star Beacon*.) The support crew appeared out of nowhere Thursday evening and into Friday as Shaul Ladany completed his 100 mile walk in 21:45:34. Ladany, an Olympic racewalker from Israel, completed his mission around 9:45 am Friday as a small crowd applauded his efforts.

The record will be sent to the Guinness Book of Records for inclusion, but the experience is reality for Ladany and those who helped him "The last 10 miles I was very tired", he said. *(Ed. A note of explanation. Shaul was already U.S. Centurion #10, having done 100 on the track in Columbia, Mo. On Oct. 1973, finishing in 19:38:26. He was endeavoring to become the first age 70 Centurion—one who walks 100 miles in 24 hours or less and the oldest. However, it turns out that Larry O'Neil was 70 when he walked the last of his six centuries in 1977 and he was nearly 4 months older at the time than Shaul was when he finished the Ashtabula century. However, Larry had just 21:53:26, so Shaul is probably the fastest 70-year-old Centurion on record.)*

Only brief spells of sprinkling rain challenged Ladany who maintained a focus from beginning to end. "I can tell you something. My success is due not only to my efforts, but all the helpers who helped exceedingly well in the night", Ladany said.

Ladany held court on a chair as media interviewed the 70-year-old who is training to walk more than 180 miles in June from Paris to a suburb of Brussels, Belgium.

Some of the helpers just meandered into the unique world record attempt. "I was out for Walk last night and I saw a bunch of cars and I just got interested", said Corey Tadsen of Ashbula who spent from 6 pm Thursday to 10 am, except for a 2-hour break, Friday at Smith Field handing out food and drink to Ladany.

"I came down just to watch this guy make history. It's incredible", said Cyndy Sleight.

It's just an exceptional event in our town of Ashtabula. It's a priceless moment", said Chris Henshaw, who also stopped down to be a part of history.

Mallory Dragon, a cross-country runner University of Toledo and a graduate of Lakeside, walked most of the last 4 hours with Ladany and was amazed at his pace. "He's mazing. I had a tough time talying with him."

(Ed. Shaul had been staying with Ron Laird in Ashtabula for several weeks as he trained for the effort, doing about 11 1/2 hours every other day and about 3 hours on the in between "rest" days.)



WARREN DILLAWAY / Star Beacon

SHAUL LADANY, an Israeli Olympic race walker, is cheered by Chris Henshaw (foreground left) and Cyndy Sleight as he walked the last two miles of his 100 mile walk.

LOOKING BACK

(Note: Last month's Looking Back showed everything coming from April issues, when, of course, it should have shown May issues. My apologies to anyone who was hopelessly confused by my blunder.)

45 Years Ago (From Chris McCarthy's May 1961 Midwest Walker)—Ron Laird copped two national titles—the 40 Km and the 25 Km. The 40 was held in Los Angeles where Laird's 3:48:05 effort left Bob Hendrickson more than 23 minutes behind with Hans Aune third. Laird had more of a challenge in the 25 in Chicago two weeks later. Jack Mortland took control of the race after 3 laps (each about 50 yards under a mile) and started lapping in around 7:50. He moved away from Rimas Vacaitis and Laird and after 13 laps, led Laird by more than 2 minutes. Then he hit the wall and went from a 7:59 lap to a 9:41. Laird hauled him in with less than a mile to go and moved on to victory in 2:11:36 with Mortland second in 2:12:49 and Vacaitis third in 2:16:56. Chris McCarthy was fourth. . . A week before the 40 Km, the well-traveled Laird was third to Ron Zinn and Ron Daniel in a Philadelphia 12 miles—1:34:07, 1:37:53, and 1:39:17. Bob Mimm was fourth.

40 Years Ago (From the June 1966 ORW)—Rudy Haluza dominated in a couple of steaming Midwest races. First he toured the Stagg Field track in Chicago in very sultry weather to win the National 10 Km in 46:52. Don DeNoon was second in 47:42, after leading through the first mile in 6:53, Jack Blackburn beat Ohio TC teammate Jack Mortland for the next spot 48:29 to 48:38 with Ron Laird nearly another minute back and Ron Daniel and Larry Young capturing the next two spots. . . Six days later, it was the sizzling, shadeless blacktop f Eastland Shopping Plaza in McKeesport, Pa. For the National 20. Again, DeNoon shot into the lead, and was about 30 seconds up on Haluza at 2 miles. However, Rudy hauled him in by 4 miles and went on to another victory in 1:36:16. DeNoon dropped out around 8 miles. Laird handled the heat much better this time and cruised to second in 1:37:48. Mortland tooled into what he thought was an easy third in 1:40:40, only to find Ron Daniel, who he

didn't realize was anywhere near, threatening to barf over his shoulder about three strides past the finish. A young newcomer, Bob Kitchen, was very impressive in fifth, followed by Bob Bowman, Blackburn, and Young. . . On the Ohio scene, Blackburn pulled away in the second half to win the Ohio AAU mile over Mortland, 6:50.2 to 6:58.7. Chuck Newell had his all-time best in third with 7:23. . . With cooler weather than for National 10 two weeks earlier, Mortland won the Ron Zinn 10 Km on a dusty track in Chicago in 47:38 with Matt Rutyna a minute behind. . . In California, Haluza blasted a 1:12:38 for 10 miles on the track, with Laird well back. . . However, Laird did win the National 2 Mile in New York with a 13:52.6, followed by DeNoon, Daniel, and Young. (Walkers kept a busy schedule back then).

35 Years Ago (From the June 1971 ORW)—The first sentence of the lead story reads: "Larry Young quickly disproved some of the doubters, such as your editor, who figured he might have a tough time getting back to his 1868 form." Yes, it read 1868, typos were no stranger to the ORW in those days either. Anyway, Larry won a highly competitive National 50 in Nutley, N.J. in 4:18:29. John Knifton, a newcomer to the long distances at that time, was second in 4:19:23, Gary Westerfield third in 4:21:05, Goetz Klopfer fourth in 4:21:31, host Ron Kulik fifth in 4:28:29, and Bob Kitchen sixth in 4:30:17. . . In Rouen, France, England's Colin Young covered 134 miles 202 yards in 24 hours for a world's best, which qualified him for the 520 Km Paris-to-Strasbourg donneybrook. . . Ron Daniel did 1:13:15 for 10 Miles on Long Island, but lost to Kulik over 1 Mile in Bristol, Pa., 6:39 to 6:43. . . Larry Young proved

his versatility by adding the National 2 Mile crown. He did 13:49.5 to beat Ron Larid, Jim Hanley, Ray Parker, Bill Ranney, and Steve Tyrer.

30 Years Ago (From the June 1976 ORW)—The Olympic Trial at 20 Km had everyone there since the 50 had been eliminated from the Olympic program as apart of a move to reduce the number of participants (it was back in 1980). Unfortunately, the race came up about 7/8 of a mile short when an official directed the leaders back to the Stadium a lap too soon. Todd Scully won the less-than-19 Km race in 1:25:29, with Ron Laird (1:25:44), and Larry Walker (1:25:57) capturing the other two Olympic berths. It was Laird's fourth Olympic team. Two-time Olympic 50 Km bronze medalist Larry Young was a disappointed fourth in 1:26:41. Jim Heiring, Goetz Klopfer, Dan O'Connor, Tom Dooley, Bob Henderson, and Jerry Brown rounded out the top 10. . . A week earlier, Laird had won his sixth National title of the year at 5 Km in 21:09.4. Scully was close all the way and had 21:15.4. Larry Walker, Wayne Glusker, John Knifton, and Ron Daniel followed. . . Sue Brodock won the women's National 5 Km in 25:29, with the Ohio TC's Laurie Tucholski second in 25:56. Susan Liers was third and Carol Mohanco, from Kettering, Ohio, was fourth. . . Mexican Daniel Bautista walked an impressive 2:22:53 for 20 miles in England, leaving Raul Gonzales nearly 4 minutes back. Gonzales had won a 20 Km in Bergen, Norway a week earlier in 1:25:06. . .

25 Years Ago (From the June 1981 ORW)—Overcoming a drizzle and Seattle chill, Vince O'Sullivan won the National 50 Km in 3:12:11. He controlled the race all the way. Jim Heiring was a lonely second in 4:15:29 and young Ray Sharp third in 4:21:06. . . The National Junior 10 Km went to Tim Lewis in 50:56 with both temperature and relative humidity in the 90s in Knoxville. . . In Mexico's Walk Week, Soviet Valeri Sunstov won the 50 in 3:54:14 ahead of Canada's Marcel Jobin (3:56:25). The 20 went to Ernesto Canto in 1:24:32 ahead of Soviet Andrei Perlov (1:26:18). . . Italy's Maurizio Damilano, the 1980 Olympic gold medalist won an international 20 Km in 1:22:26. . .

20 Years Ago (From the June 1986 ORW)—Canada's Guillaume Leblanc scored an impressive win in the Canadian International Racewalking Classic. The Canadian beat Mexico's Ernesto Canto, winner at the 1984 Olympics, 1983 World Championships, and 1981 World Cup, over the final 5 Km to win in 1:23:17. Canto was 15 seconds back at the finish. Tim Lewis was with the leaders at 15 Km, but was beaten for third by Martin Bermudez. Tim finished in 1:23:58. Bermudez won the 30 Km three days later in 2:14:34, 24 seconds ahead of Felix Gomez. Marco Evoniuk was fourth in a sparkling 2:18:06. . . Four weeks later, Lewis won the U.S. Title in 1:25:22, but Carl Schueler, in his best ever 20, was closing at the finish to take second in 1:25:45. Ray Sharp had 1:26:46 in third. . . Debbi Lawrence won the women's National 10 Km in 50:28.9 with Teresa Vaill second in 50:56. . . Ron Laird became the first racewalker named to the U.S. Track and Field Hall of Fame, which, with the new class, numbered 118 athletes.

15 Years Ago (From the June 1991 ORW)—The World Cup, held in San Jose, Cal., produced some dramatic races. In the men's 20 on the first day, Mexico's Ernesto Canto tried to break loose from the USSR's Mikhail Schennikov and Frances's Thierry Toutain at the start of the final 2 km lap, establishing a quick 6 or 7 second lead. But Schennikov's finishing speed was too much and he won in 1:20:43, 3 seconds ahead of the Mexican. Toutain had 1:20:56, 4 seconds ahead of Spain's Daniel Plaza. Tim Lewis led U.S. walkers with 1:28:04 in 54th. . . The Women's 10 Km saw Irina Strakhova, USSR, winning in 43:55 ahead of Mexico's Graciela Mendoza (44:09) and the USSR's Elena Saiko (44:11). With Olga Kardopoltseva in fourth, the USSR was an easy team winner over Italy and Mexico. The U.S. was sixth, led by Debbie Lawrence (46:13) in 15th. . . In the 50 on the second day, the USSR met disaster when Andrei Perlov, leading by nearly a minute with a lap to go, was disqualified about 600 meters from the finish, giving Mexico's Carlos Mercenario the win in 3:42:03. Mercenario, who had won the 1987 World Cup 20 Km at age 19, made a strong international debut at the longer distance. The USSR's Aleksandr Potashov crossed the line after Mercenario, only to find he too had a third red card. Thus, Australia's Simon Baker took second and Germany's veteran Ronald Weigel third. The Soviets seemed to have the team title sewed up at the 45 km mark, but faded to sixth with the two red cards. Italy, the surprise leader after the 20, took the title ahead of Germany, who had a three, four, six finish at 50, and Mexico. . . National titles went to Tim Lewis in 1:29:55, with Gary Morgan second and Dave McGovern third, and Debbi Lawrence in 46:37, ahead of Lynn Weik and Victoria Herazo. . . Lewis (1:02:35) and Herazo (1:11:13) took national titles at 15 Km in Portland, Ore. Lewis was followed by Anfrzej Chylinski and Gary Morgan and Herazo by Wendy Sharp and Eebby Van Orden.

10 Years Ago (From the June 1996 ORW)—The Olympic Trials for both men (20 Km) and women (10 Km) were held in Atlanta on the same course to be used in the Olympics a couple of months later. On a very warm, humid day, Curt Clausen was a convincing winner in the 20, his 1:29:50 putting him 47 seconds ahead of Tim Seaman. Gary Morgan was another 33 seconds back and Allen James 17 seconds behind him. As it turned out, Clausen who had already met the B standard of 1:26:00 was the only U.S. qualifier, as no one approached the 1:23:50 A standard. . . The women's race saw a repeat for the three 1992 Olympians as Debbi Lawrence won in 46:05 with Michelle Rohl (46:37) and Victoria Herazo (48:12) following. Debbi Van Orden was another minute back in fourth. . . Earlier, Rohl had done an American record 44:06 on the track at UW-Parkside. . . In the Naumburg 50 Km, which served as the German Olympic Trial, Russia's Viktor Ginko won in 3:42:52 followed by Valentin Kononen, Finland in 3:45:19, and Mikhail Schennikov, Russia in 3:47:27. Ronald Weigel was fourth in

3:51:46, winning the German Trial. . . Kononen also had a 39:34.92 track 10 Km in Finland.

5 Years Ago (From the June 2001 ORW)—Curt Clausen won the U.S. 20 Km title for the fourth time in six years, easily beating an under-the-weather Tim Seaman in 1:24:50. Seaman, who had won the event in 1998 and 2000, was second in 1:26:15, just 19 seconds ahead of Sean Albert. Al Heppner beat Philip Dunn for fourth. . . In the women's National, Michelle Rohl scored an easy win in 1:32:49, nearly four minutes ahead of Amber Antonia (1:36:37). Jill Zenner (1:37:10), Debbi Lawrence (1:38:41), and Joanne Dow (1:38:52) followed. . . Rohl and Seaman won titles at 15 Km in 1:09:10 and 1:02:27, respectively. Lawrence (1:11:42), Zenner (1:11:49), and Antonia (1:13:33) followed Rohl. Sean Albert (1:03:00) was second in the men's race, ahead of Al Heppner (1:07:11), and Dave McGovern (1:08:22). . . Junior 10 Km titles went to Ben Shorey in 45:18.01 and Robyn Stevens in 53:19.50. Shorey managed to get by Matt Boyles in the stretch drive, winning by just .02. . . NAIA titles went to Sara Stevenson in 14:03.89 at 3 Km and Lachlan McDonald in 21:20.33 at 5 km. . . In Europe, Australia's Nathan walked 1:18:14 in Ireland, Andreas Werm did 1:19:32 in Germany, and Mexico's Alejandro Lopez had 1:20:59 in Finland.

In 1997, Ron Laird self-published a book *The Art of Fast Walking*, which he has updated several times since. Here is an excerpt from his April 2006 revision. He says that he has finally realized that racewalking is also a push—something he used to argue against, so the book now includes the push part of the technique in many places where that was ignored previously. This excerpt is from his section on Correct Technique. For information on purchasing the book, contact Ron at 4706 Diane Drive, Ashtabula, OH 44004

It is important to achieve and maintain proper body balance at all times. Keep an upright posture with hips directly underneath you. Whether race walking on level ground, uphill or down, maintain a posture that will constantly improve your forward progression and keep you within the rules of the sport. Don't let fatigue and loss of concentration cause you to lean back to where you are fighting your body weight and forward momentum. Good posture should be practiced wherever and whenever you walk.

Take care not to twist your body or tilt your head a little bit to one side or the other when you walk. This could be a burden to balance, posture, and momentum, and might cause discomfort if overdone. But then, a little twist here and there might be just what your particular body structure needs to balance itself out when moving quickly.

Don't give in to an urge to walk fast by bending at the waist and leaning forward, straightening and pumping your arms, and taking extra-long steps. These major faults usually cause a bent knee non-hip rolling and hiking kind of walking. Many use this strong hiking style because it feels so natural. However, its mechanics make it inefficient, slow, and tiring when compared with the efficiency and leg speed of correct race walking. Nevertheless, a hiking style is the safest way of walking up and down very steep inclines and rough and slippery surfaces, and will always give you good exercise.

The key to fast and legal race walking is correct technique and a lot of continual effort. The classic hip roll is the first thing to learn. Combine it with early leg straightening, 90-degree arm pumping and good posture and you will have mastered the basics of this grand fitness activity and competitive sport.

The hamstrings and hips are the prime movers of the race walker. Their vigorous combination of pulling and pushing is what creates and sustains the speeds needed for high levels of fitness and racing success on road and track. The hamstring pull comes when the heel digs in to pull the straightened leg back. The push takes place when the straightened leg sits back into its hip to forcibly push the race walker quickly and steadily forward. This leg pulling and hip pushing action create the race walkers' smooth powerful glide and distinctive hip motion.

A longer stride is achieved when some back-and-forth hip turning is added to your forward hip thrusting. Hip turning is not to be overdone because it can soon tire you out and slow you down. Hip drop/push and turning need to be just right for each individual and the walking situations encountered. To get a feeling of how this looks and works, study the many photographs and technique drawings throughout this book.

To walk your fastest, and satisfy the judges at the same time, your leg has to be straight when your heel lands. Even if your knee is slightly bent at heel contact, it must straighten very quickly. Once your leg has landed, it must stay straight until it is at least directly underneath you before it may be bent.

Be thankful if your legs can easily flop back into their knee joints when your heels first contact the ground. This hyper extended knee action plays a big part in allowing

your legs to race walk their fastest and smoothest. Even though this extreme leg straightening may feel uncomfortable at first, you'll get used to it with time and practice.

The working together of straight leg pulling and hip drop pushing are musts for fast and powerful leg turnover. Master them, and you'll be on your way to walking with the same style used by Olympians all over the world.



Keep your head up and facing forward. Don't let your chin drop down toward your chest. Keep jaw, face, and neck muscles relaxed. These muscles may be the first to tense up during times of stress. Stay aware of what they are doing so you can keep them under control.

Wearing sunglasses on hot sunny days can help you feel cooler because you don't see the sun at its strongest. Shading the eyes also helps keep your face and neck muscles relaxed by helping to eliminate squinting.

The arms are moved as in regular walking, swinging counter to the legs. Hold the elbows at a 90 degree angle and pump them vigorously. Their angle should close a bit when going fast, and open a little more when moving at a slower pace. Let them come across your chest in a pattern most comfortable for your body structure and the speed you're moving. When an arm comes across the chest it helps bring the opposite hip around thus increasing your stride length a little. Swinging your arms straight back and forth in a pattern that is parallel to the sides of your body can restrict the natural front-to-rear turning of the hips if overdone.

The faster you move your legs, the stronger and more economical your arm pumping wants to be. A shorter and quicker arm swing will always help speed you up. If you're going to walk at a slower pace, bend your arms more and swing them easier.

Driving the elbows back gives good lift and tone to the chest area. Extra exercise to this area is appreciated more by women because it helps firm and strengthen their breast muscles.

Hip motion must be uninhibited because it performs the most important part of the race walking movement. The rolling and forceful sitting back into the hip joint pushes you forward and makes it possible for you to move your legs quickly and efficiently. You must master this unique hip action in order to walk your fastest. Good flexibility and some back-and-forth hip turning improves stride length and helps you hold better ground contact during fast race walking.

Push straight forward with toes and ankles. Try not to twist your heel inward as your back foot comes up on its toes. Hip flexibility helps reduce much of the inward twisting of the heels as the toes push off. If the heel torques inward too much, the leg will be in a slightly twisted position when it comes forward. This could eventually cause strain, pain, and injury to hip and hamstring areas.

Most of the pulling back of the ground is done with the large muscles on the backs of your legs (hamstrings). You can really feel the work they do when race walking uphill, especially when using proper leg straightening, hip action, and upright posture with each step. Hill work is great for building hip and hamstring power and stamina.

Pulling your heel back just as it contacts the ground helps eliminate any breaking action of the leg as it lands out in front of you. This "digging in" at heel strike is also a good way to quickly straighten out the knee joint. Be careful not to overdo heel pulling at high speeds because it can easily bounce you up and off the ground.

Early snatching away of the rear foot before the advancing foot has had the extra instant it needs to contact the ground may also get the fast moving race walker into trouble. Premature leg swing will cause a loss of contact that may be detectable to experienced race walk judges. Always stay in control of your technique and how you apply it to your fitness and effort.

