

## Vaill 'Pre-vaills'; Eastler Likewise

Palmetto Bay, Florida, March 17 (With input from Vince Peters)—Withstanding the challenge of two guest competitors, Teresa Vaill easily won her way onto the U.S. Pan Am Cup team in trials held here today. Still not ready to slow down at age 44, Vaill finished the 20 Km race in 1:35:44, 38 seconds ahead of Turkey's Yeliz Ay. At the same time, Kevin Eastler won the Men's race in 1:24:12, just 9 seconds ahead of Tim Seaman. Junior 10 Km Trials went to Lauren Forgues in 50:35 and Ricardo Vergara in 48:02.

In the women's race, Vaill moved out quickly, covering the first 2.5 Km in 11:39 and quickly opening a 40-second gap on other contenders for the U.S. Team. However, Ay and Ecuador's Ramon Cuenca were right on her heels. Maintaining her pace, Vaill reached 10 Km in 46:48, with a 16 second margin on the two guest competitors. Sam Cohen led the other U.S. walkers in 50:45, 10 seconds ahead of Jolene Moore, with Loretta Schuelein fourth in 51:30. She was followed by Maria Michta and Deb Huberty.

Vaill had nearly a minute advantage entering the final 2.5 Km lap. The guests closed some, but never challenged, with Ay, who has been training at altitude in Colorado, second in 1:36:22 and Ramon third in 1:36:29. Cohen grabbed the second US Team spot in 1:42:48. Jolene Moore was next in 1:43:41, 26 seconds ahead of Loretta Scheullein, who earned her first spot on a US international team. Michta slipped past Carolyn Kealty on the last lap to finish as fifth American.

In the men's race, Seaman and Eastler separated themselves from the rest of the field and went through 10 Km in 42:10, well clear of John Nunn, Matt Boyles, and Philip Dunn. They stayed together until the final straight, when Eastler pulled clear for the win, with both achieving the Olympic "B" standard. John Nunn finished third in 1:27:55, nearly a minute ahead of Boyles who achieved a big improvement on his personal best with a 1:28:50. Matt has been very consistent in the low 1:30s for 5 years, but had never improved on the 1:30:26 he did in his first ever 20 back in 2002. So this was a real breakthrough and promises even better things to come.

The Junior fields were disappointingly small with only five in the men's race and seven in the women's. But that didn't slow the winning times any. The Vergara twins, Roberto and Ricardo, both set off at a quick pace and were together at 5 Km in 23:46. They slowed slightly the second half with Ricardo pulling away at the end to win in 48:02, 8 seconds ahead of his brother. Their South Texas teammate, Abraham Villareal, captured the third spot.

In the women's Junior race, U. Of Maine freshman Lauren Forgues hit the halfway mark in 25:02 with the race well in hand. Le'Erin Voss was next in 26:18, with Tina Peters, and Jenna Monahan close behind. The sunny Florida took its toll on all the leaders the second half, but Forgues was able to move to a huge lead, finishing in 50:35. Voss, a U.W.-Parkside freshman, hung on for second ahead of Goshen College freshman Peters, who got the final spot on the Pan-Am team. The results:

*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.*

**Women's 20 Km**—1. Teresa Vaill, Walk USA 1:35:44 (Guests: Yeliz Ay, Turkey 1:36:22 and Miriam Ramon, Ecuador 1:36:29) 2. Sam Cohen, Parkside AC 1:42:48 3. Jolene Moore, New York AC 1:43:31 5. Loretta Schuellein, Walk USA 1:44:17 5. Maria Michta, Walk USA 1:48:55 6. Carolyn Kealty, South Florida RW 1:49:01 7. Dorothy Slentz, un. Durham, N.C. 1:50:52 8. Susan Randall, Miami Valley TC 1:51:55 9. Deborah Huberty, New York AC 1:53:15 10. Erin Taylor, un., Hackensack, N.J. 1:53:24 11. Tori Cooper, Chicago Walkers 1:56:16 12. Lorraine Horgan, Walk USA 1:58:43 13. Laura Carnegi, Un. 2:07:41 DNF—Solomiya Login, un., Philadelphia

**Men's 20 Km**—1. Kevin Eastler, US Air Force 1:24:12 2. Tim Seaman, New York AC 1:24:21 3. John Nunn, US Army 1:27:55 4. Matt Boyles, Miami Valley TC 1:28:50 5. Philip Dunn, un., San Diego 1:34:45 6. Mike Kazmierczak, Walk USA 1:41:03 7. Mike Bartholomew, Walk USA 1:50:43 8. Juan Yanes, South Florida RW 2:03:06 DQ—Manuel Tort, US Army DNF—Curt Clausen, New York AC and Ed Fitch, Miami Valley TC

**Jr. Women's 10 Km**—1. Lauren Forgues, un. Boothbay, Maine 50:35 2. Le'erin Voss, Parkside AC 53:18 3. Tina Peters, Goshen College 53:51 4. Jenna Monahan, Walk USA 55:25 (Guests: Pamela Alva, Peru 56:06 and Diano Rado, Poland 58:49) 5. Nina Yang, un. 67:44

**Jr. Men's 10 Km**—1. Ricardo Vergara, South Texas WC 48:02 2. Roberto Vergara, South Texas 48:10 3. Abraham Villareal, South Texas 54:52 5. Evan Crowds, Kentucky Racers 57:22 5. Patrick Shaffer, un. Howard, Ohio 61:36

## Domestic Walkers Dominate Opening Challenge Races As Few Choose To Travel

The 2007 IAAF Racewalking Challenge got underway with competitions in Naucalpan, Mexico on March 10 and 11 and in Shenzhen, China on March 24 and 25. Neither competition drew a large number of competitors from outside the host country. The largest foreign fields were at the women's 20 in Mexico and the men's 20 in China.

In Mexico, the home side swept the first seven places in the men's 20, led by Omar Segura, Cristian Berdeja, and Eder Sanchez. These three will represent Mexico in the Pan-Am Cup. They left the rest of the field after 8 km and walked together through 15, with splits of 20:14, 40:53, and 1:02:13. Segura was able to accelerate slightly on the final 5 to win in 1:23:20, leaving Berdeja and Sanchez 23 and 40 seconds behind. Slovakia's Matej Toth was the first finisher from outside of Mexico with 1:28:26 in eighth place. China's Pengfei Fang and Slovakia's Peter Korcok finished 12th and 13th.

Segura plans to focus on technique to avoid disqualifications in future international competitions. "You can only achieve a good technique with exercises. You have to make it a habit," he said. Segura was 18th in the Athens Olympics.

The women's 20 drew a much more representative field as Norway's Kjersti Platzer celebrated her 20th season of racewalking and her first Challenge win in 1:32:30. She was followed by Elena Ginko of Belarus (1:33:04) and Australia's Jane Saville (1:33:09).

These three were joined for the first 5 Km by Susan Feitor, Claudia Stef, and Ines Henriques, with Saville and Feitor leading in 23:14. As the leaders maintained that pace to

reach 10 km in 46:29, the three pretenders began to drop away. Platzer stepped things up and covered the next 5 in 22:54 to open an 18 second lead, as Ginko and Saville were just able to maintain the earlier pace. While Platzer slowed to 23:07 on the final 5, she continued to pull away as the other two also slowed. However, they were in no danger from Feitor, who finished fourth in 1:34:16.

The 35-year-old Platzer had missed the 2005 season when her second child was born and most of 2006 with injury. "I want to thank the weather. I felt well and really enjoyed the last kilometer," she said. Platzer won a silver medal in the 2000 Olympics.

The 50 Km on the second day, was another Mexican affair; they swept the first four places and seven of the first 10 spots. Omar Zepeda, 29 and runner-up last year, confirmed his favorite's status to win in 3:59:49. He was followed by Jesus Sanchez (4:00:40) and Erasmo Vargas (4:04:10). Andrei Stepanchuck, Belarus, was the first non-Mexican in fifth.

Zepeda survived two warnings in the first 20, but maintained a very even pace throughout, going through 25 km in 2:00:19, with three countrymen in close attendance. Actually, Sanchez took the lead at about 41 Km, and threw in a 23:27 spli to widen that lead by 45t. But, Sanchez paid the price on the final 5 as he slowed to 24:52 while Zepeda motored in with 23:44, the same as on his next to last 5. That was his fastest 10 of the race.

Zepeda noted: "It was a tough race for me as I was injured, but I felt better as the race went on. I have been walking for 10 years already and I am feeling better the more I compete. I already had two warnings and this disconcerts you psychologically. I decided to hold on and save some energy for the end. Sepeda was sixth in the 2005 World Championships. Sanchez said: "As time goes by, you improve steadily and learn to better manage race situations. My tactics failed this time, but the most important thing is to be on the podium." 20-Km ace, Bernardo Segura, made only his second try at 50 (the other was in 1994) and finished sixth in 4:10:17, after hanging close for 35 km.

In China two weeks later, Spain's Francisco Fernandez accentuated his spot at the top of the world's 20 Km walkers with a win in 1:18:51, but not without challenge from China's sensational junior (now 17), Gaobo Li, who was just 12 seconds back at the finish as he sought to defend in the race he won last year. Mexico's Eder Sanchez came third in 1:20:08. Li mounted a spirited challenge to stay with the double-European champion and defending Overall Challenge titleholder, but could not match the 30-year-old Spaniard's finish.

"The humidity made this race hard," said Fernandez. "The weather conditions were tough. But this helped my concentration. By the last lap I already knew I had won, and in the end I set a better time that I had expected." Li noted: "I'm competing for a dream—the dream of the Olympic Games. I love racewalking, so I consider the training an enjoyment instead of a hardship." He plans to compete in the May Challenge leg in Italy and in the World Championships in Osaka. Jefferson Perez has apparently decided he is not retired and finished sixth in 1:21:14, so we might look for him to contend by the World Championships. Two other highly ranked walkers Ilyan Markov and Haatem Ghoula—did not fare as well, in twelfth and eighteenth.

The other two races saw little challenge from outside China. The women's 20 was won by China's Liu Hong in 1:29:41m followed by 14 of her countrywomen. Aussies Cheryl Webb and Claire Woods were the first from other lands in 16th and 17th.

The top five finishers separated themselves quickly, with Hong following Yanmin Bai and Jiang Jing much of the way before asserting herself on the final lap. "The weather was too hot, so I'm not satisfied with the results, even though I won the gold medal," she said. "I'm excited that I won it if Futian District in Shenzhen. It's the first medal I've won in Shenzhen, and many people from the city came out today to support me, so I want to thank

them.”

In the 50, only Spain's Jesus Garcia was on hand to challenge walkers from the host country and he came up short, finishing third behind Chaohong Yu and Chao Sun. Yu, who was fourth in the Athens' Olympics and second in the 2004 World Cup, crossed the line in 3:49:27, more than a minute ahead of Sun and nearly 3 1/2 ahead of Garcia.

“It was hard work for me to finish this race,” said the gold medalist. “I thought today would be cooler than yesterday but I misjudged the weather, and I took the wrong strategy at the start of the race to walk very fast in the first half. When the sun came out the thick air felt like a pot steam around me, so finishing was tough. But I did my best. The medal makes me happy but I am not content with the time. I could have done better.”

The great veteran Garcia, 1993 World Champion crossed the finish line looking fresh. “The first time I came to China to compete was in the World Cup in 1995,” he said. “From then on, I felt China was a friendly and comfortable place to compete. Today's cheers and applause during the race made me feel as though I was in a familiar old place.”

The weather apparently took its toll as only 14 of 51 starters finished. Sixteen of those non-finishers were disqualified.

### Mexico Results

**Women's 20 Km**—1. Kjersti Platzer, Norway 1:32:30 2. Elena Ginko, Belarus 1:33:04 3. Jane Saville, Australia 1:33:09 4. Susan Feitor, Portugal 1:34:16 5. Claudia Stef, Romania 1:35:56 6. Ines Henriquez, Portugal 1:38:11 7. Ester Sanchez, Mex. 1:40:25 8. Rosario Sanchez, Mex. 1:40:59 9. Lihua Sun, China 1:41:21 10. Rocio Alcantara, Mex. 1:41:45 11. Daisy Gonzalez, Mex. 1:41:45 12. Claudia Ortega, Mex. 1:42:26 (18 finishers, 3 DQ)

**Men's 20 Km**—1. Omar Segura, Mex. 1:23:20 2. Cristain Berdeja, Mex. 1:23:43 3. Eder Sanchez, Mex. 1:24:00 4. Erick Guevara, Mex. 1:25:13 5. Daniel Garcia, Mex. 1:25:44 6. Antonio Ortiz, Mex. 1:26:14 7. Alejandro Rojas, Mex. 1:28:22 8. Matej Toth, Slovakia 1:28:26 9. Noracio Nava, Mex. 1:28:32 10. Adrian Herrera, Mex. 1:28:48 11. Alvaro Nava, Mex. 1:30:30 12. Pengfei Fang, China 1:30:59 13. Peter Korcok, Slovakia 1:31:00 14. Isaac Vasquez, Mex. 1:31:30 15. Armanco Martinez, Mex. 1:32:37 (31 finishers, 2 DNF, 6 DQ all Mexican)

**Men's 50 Km**—1. Omar Zepeda, Mexico 3:59:49 2. Jesus Sanchez, Mex. 4:00:40 3. Claudia Vargas, Mexico 4:04:10 4. Rodrigo Flores, Mexico 4:04:44 5. Andrei Stepanchuck, Belarus 4:08:30 6. Bernardo Segura, Mex. 4:10:17 7. Frederik Svensson, Sweden 4:13:35 8. Jorge Segura, Mex. 4:13:54 9. Alvaro Garcia, Mex. 4:15:37 10. Defu Chang, China 4:16:09 11. David Lopez, Mex. 4:16:33 12. Jose Sous, Mex. 4:31:26 (15 finishers, 4 DNF, 4 DQ including Guangjun Liu, China)

### China Results

**Men's 20 Km**—1. Francisco Fernandez, Spain 1:18:51 2. Gaogo Li, China 1:19:03 3. Eder Sanchez, Mexico 1:20:08 4. Ronghua Lu, China 1:20:16 5. Luke Adams, Australia 1:20:30 6. Jefferson Perez, Ecuador 1:21:14 7. Jared Tallent, Australia 1:21:25 8. Yang Wei, China 1:21:26 9. Guoqiang, China 1:21:36 10. Hyun-Sup Kim, Korea 1:21:37 11. Robert Heffernan, Ireland 1:21:52 12. Ilya Markov, Russia 1:21:55 13. Jimin Dong, China 1:22:06 14. Park Sung, Korea 1:22:09 15. Zhiping Wang, China 1:23:05 16. Zhili Cui, China 1:23:07 17. Horacio Nava, Mexico 1:23:08 18. Hatem Ghoula, Tunisia 1:23:27 19. Zhong Chen, China 1:23:28 20. Hong Zhang, China 1:23:32 21. Guosong Wu, China 1:23:36 22. Lianzuo Gao, China 1:23:46 23. Ghao Gao, China 1:23:46 24. David Hernandez, Mex. 1:23:55 25. Wenduo

Kang, China 1:23:58 26. Ivano Brugnetti, Italy 1:24:26. . .35. Duane Cousins, Australia 1:26:10. . .37. Andres Choco, Ecuador 1:26:57 39. Rolando Saquipay, Ecuador 1:27:18. . .44. Adam Rutter, Australia 1:29:22 (62 finishers, 27 DNF, including Trond Nymark, Norway, 14 DQ, all Chinese)

**Women's 20 Km**—1. Liu Hong, China 1:29:41 2. Yahmin Bai, China 1:30:12 3. Jiang Jing, China 1:30:22 4. Quiyan Jiang, China 1:20:37 5. Na Shi, China 1:30:58 7. Xiaoling Song, China 1:31:44 8. Jinzhao Zong, China 1:34:29 9. Lihua Sun, China 1:35:39 10. Rongna Zong, China 1:35:57 11. Limin Sun, China 1:36:22 12. Miao Yu, China 1:36:34 13. Tianshu Shi, China 1:36:47 14. Yang Shi, China 37:10 15. Jie Han, China 1:37:31 16. Cheryl Webb, Australia 1:37:37 17. Claire Woods, Australia 1:37:50 18. Qing Xu, China 1:38:46 19. Xue Chai, China 1:39:10 20. Chun Ye, China 1:39:11 21. Guangcai Zhang, China 1:39:23 (32 finishers, 13 DNF, 8 DQ—all Chinese)

**Men's 50 Km**—1. Chaohong Yu, China 3:49:27 2. Chao Sun, China 3:50:46 3. Jesus Angel Garcia, Spain 3:52:54 4. Chucai Xing, China 3:54:19 5. Zhide Cui, China 3:54:42 6. Jianguo Zhao, China 3:59:00 7. Yucheng Han, China 4:03:53 8. Faguang Xu, China 4:04:59 9. Guosong Wu, China 4:05:05 10. Yang Hou, China 4:06:41 11. Wenduo Kang 4:06:59 12. Jianbo Li, China 4:20:04 13. Rui Li, China 4:20:59 14. Yingkui, China 4:21:53 (21 DNF, 16 DQ all Chinese.)

### Vergara Boys Trade 1 Mile Wins

**Nike Indoor H.S. Nationals 1 Mile, Landover, Maryland, March 10:** Girls—1. Christie Bernier, Auburn, Maine (age 14) 7:59.93 2. Olivia Lapham, Penfield, N.Y. 8:02.81 3. Chelsea Conway, Rochester, N.Y. 8:05.58 4. Allison Snochowski, Fair Lawn, N.J. 8:10.36 5. Miranda Melville, Rush N.Y. 8:12.29 6. Ganbaum, Somers TC 8:12.91 7. Jessica Reybal, McAllen, Texas 8:14.87 8. Anna Windman, Somers TC 8:21.57 9. Carly O'Keefe, Rochester N.Y. 8:22.48 10. Allison Chin, Tipp City, Ohio 8:25.68 11. Eileen Patterson, Penfield, N.Y. 8:34.88 12. Nicole Gomez, McAllen, Texas 8:42.74 (20 finishers; Leah Buletti disqualified. She tore away from the field with a 1:36 for the first 400 meters, but had slowed to 61 seconds on the fourth 200 and was disqualified before she finished the fifth lap, her form having gone of with the initial effort.)

**Boys**—1. Roberto Vergara, Edinburg, Texas 6:32.62 2. Ricardo Vergara, Edinburg 6:37.25 3. Trevor Barron, Bethel Park, Penn. 6:47.98 4. Matthew Forgues, Bvoothbay, Maine 7:18.03 5. Trler Campbell, Lisbon, Maine 7:18.49 6. Abraham Villareal, Donna Texas 7:21.88 7. Brian Adams, Spartanburg, S.C. 7:22.29 8. Taylor Burns, Scarsborough, Maine 7:36.32 9. Aldjandro Chavez, Pharr, Texas 7:39.45 10. Patrick Shaffer, Howard, Ohio 8:10.26 (DQ—Christoph Roshinsky the German National Junior 10 Km champ, an exchange student at Washington C.H., Ohio, came from third in the final 150 meters to pass both of the leaders, but was judged to be lifting.)

**National Scholastic Indoor 1 Mile, New York City, March 11:** Boys—1. Ricardo Vergara 6:30.44 2. Roberto Vergara 6:38.00 3. Tyler Campbell 7:08.36 4. Abraham Villareal 7:08.46 5. Taylor Burns 7:20.35 6. Brian Adams (2 DQ—Matthew Forgues and Alejandro Chavez Girls—1. Jenna Monahan, Holbrook, N. 7:38.16 2. Mary Dutkoski, West Nyack, N.Y. 7:45.44 3. Jessica Reybal 7:54.14 4. Emilija Vaskyte, Frankoin Square, N.Y. 7:54.16 5. Chelsea Conway, Rochester, N.Y. 7:56.99 6. Shayna Michaels, Farmingville, N.Y. 7:58.40 7. Sara Meade, Pearl River, N.Y. 8:00.07 8. Christie Bernier 8:14.54 9. Allison Snochowski, Fair Lawn, N.J. 8:18.13 10. Kalie Albrecht, Lagrangeville, N.Y. 8:18.15 11. Catie Davis, Peekskill, N.Y. 8:15.80 12. Nikole Stevens, Blue Point, N.Y. 8:38.21 12. Nicole Gomez

8:38.29 14. Kelly Ccann, Wueens, N.Y. 8:42.01 15. Jessica Michaels, Farmingville, N.Y.  
8:42.63 16. Elizabeth Hoffberg, Harrison, N.Y. 8:42.71 (23 finishers, 3 DQ)

### Other Results

**National Masters Indoor 3 Km, Boston, March 25: Women:** 40-44-1. Rebecaa Garson, Vermont 17:14 2. Ginger Armstrong, Mass. 18:02 45-49-1. Maryanne Daniel, Conn. 15:38.84 2. Leslie Sokol, Cal. 16:57 50-55-1. Sandra DeNoon, Fla. 18:00.02 55-59-1. Ann Gerhardt, 18:24.27 60-64-1. Panseluta Geer, N.J. 17:58.17 2. Mary Baglin, Nev. 18:06.14 3. Jolene Steigerwalt, Cal. 18:12 4. Joanne Harriman, Mass. 10:16 5. Kathleet Frable, Texas 23:24 65-59-1. Sandra Hults, Fla. 20:45.62 75-79-1. Katherine Marrs, Wis. 21:56.61 80 plus-Miriam Gordon, Fla. 18:28.86 **Men:** 40-44-1. Bill Vayo, N.Y. 15:40.34 2. David Burns, Mass. 15:48 45-49-1. Dave Talcott, N.Y. 15:32.40 2. Larry Epstein, Mass. 21:12 50-54-1. Tony Hackney, Mass. 16:45.97 2. James Wass, D.C. 18:14 3. Peter Glank, D.C. 22:35 55-59-1. Andrew Smith, Cal. 16:00.83 2. Bill Harriman, Mass. 18:48 60-64-1. Norm Frable, Tex. 16:13.87 2. Joel Dubow, Penn. 19:00 3. Charles Mansbach, Mass. 19:03 65-59-1. Paul Johnson, Ark. 17:21.31 2. Tom Knatt, Conn. 18:36 3. Gus Davis, Conn. 20:55 70-74-1. Spencer Parrish, Mass. 22:07.22 75-79-1. Jack Starr, Del. 19:09.09 2. Alfred DuBois, Wis. 19:09.50 3. Robert Pine, Fla. 20:27 4. Charles Williams, Georgia 20:55 80 plus-1. Charles Boyle, Maryland 21:54.76

**New York State Indoor H.S. 1500 meter Championship, Ithaca, March 3-1.** Leah Buletti 6:46.66 2. Jenna Monahan 7:05.96 3. Emilija Vaskyte 7:15.63 4. Olivia Lapham 7:15.85 5. Maryh Dutkoski 7:19.11 6. Elizabeth Giorgio 7:34 7. Miranda Melville 7:41 8. Kalie Albrecht 7:43 9. Mary Kelly 7:53 (18 finishers, 4 DQ)

**5 Km, New York City, March 18-1.** Leo Romero 24:13 2. Alexis Davidson (51) 29:00 3. Arame Mbodj (16, female) 30:18 4. David Lee (52) 30:58 5. Hannah Littman (15) 31:15 6. Amy Cha (15) 31:38 7. Morgan Giles (15) 31:43 8. Lucia Hsiao (16) 32:08 9. Marianna Vadukul 32:08 10. Stephanie Eng (16) 32:09 11. Ellen O'Shaughnessy (46) 32:13 12. Huili Zhu (16) 32:16 13. Connie Cheng (15) 32:27 14. Natash Plotkin (17) 32:54 15. Andres Fernandez (54) 33:08 (33 finishers, 1 DNF 1 DQ) **N.J. Indoor 3 Km, Jersey City, March 4-1.** Rich Luettchau 13:11.55 2. John Soucheck 14:18 3. Dave Talcott 15:27 4. Bill Vayo 15:53 5. Manny Eisner 18:39 (7 finishers) **Women-1.** Allison Snocowski 16:40.28 2. Dana Vered 17:19 3. Panseluta Geer 18:09 **Eastern Regional Masters Indoor 1 Mile, Collegeville, Penn., March 10-1.** David Talcott (46) 15:01.08 2. Jim Carmines (63) 16:57 3. Jack Starr (78) 18:42 4. Joel Dubow (64) 19:06 **Mid-Atlantic Masters Indoor 3 Km, Bethlehem, Penn., Feb. 24-1.** Solomiya Login 15:00.83 2. Jim Carmines 15:42.40 3. Pamel Alva 15:50 4. Diana Rado 15:55 5. Pansuleta 18:19 6. Jack Starr 19:11 7. Peter Blank 19:44

**3 Km, Berea, Kentucky, March 17 (outdoor)-1.** Amanda Johnson 16:01.35 **Mason-Dixon Games, Louisville, Kentucky, March 2: 1500 meters-1.** Evan Crowds (16) 7:07.05 3 Km-1. Doug Johnson (46) 14:19.26 2. Amanda Johnson (18) 16:21 3. Jeff McClung (51) 18:24 4. Caitlin (18) 19:32 **NAIA Collegiate Indoor 3 Km, Johnson City, Tenn., March 9-1.** Tina Peters, Goshen College 14:50.36 2. Amanda Sullivan, Roberts Wesleyan 15:10.47 3. Po-man Lo, Virginia Intermount 15:11.56 4. Amanda Johnson, Lindsey Wilson 16:31 5. Sara Peak, Cedarville 17:22 6. Rachel Rhodes, Houghton 17:31 7. Raven Pilgrim, Virginia Intermount 17:44 8. Lindsey Connolly, Wsstmont College 18:15 **Men-1.** Patrick Stroupe, Central Methodist 13:44.42 2. Chris Teftmeier, Concordia 14:03.76 (Reportedly in just in his eighth week of racewalking. A more than promising start.) 3. Chris Diaz, Malone College 14:06.38 4. Thiago Ferreira, Missouri Valley 14:32 5. Kevin Conrey, Missouri Valley 14:32 6. Paul Grieve, Concordia 14:39 7. Geoff Karhoff, Central Methodist 14:42 8. Nathan Dreher, Concordia 14:50 9. Jon Ripke, Concordia 15:11 10. Brad Sinick, Malone 15:28 11. Joe Carmany, Malone 15:33 12. Tom Stollie, Concordia 15:48 13. Chris Dehning, Concordia

16:19 14. Josh Montenero, Riffin 16:21 (3 DQ) **5 Km, Orlando, Fla., Feb. 17-1.** Juan Moscoso 28:14 2. Tom Forman 30:25 3. Ray Jenkins 33:32 **Women-1.** Cheryl Rellinger 30:12 2. Sandra DeNoon 31:07 3. Sandra Holtz 33:34 **Henry Laskau 5 Km, Coconut Creek, Fla., March 3-1.** Carolyn Kealty 27:09 2. Sandra DeNoon (55) 32:02 3. Peter Bayer (65) 33:58 (10 finishers) **Michigan Indoor 3 Km, Ypsilanti, March 3-1.** Debbie Topham (54) 17:08.99 2. Lynette Heinlein (50) 18:10 (5 finishers) **Men-1.** Jan Klas, Poland (47) 14:24.94 2. Bill Reed (54) 15:31 3. Gary Morgan (47) 16:37 4. Jeffery Heath (45) 16:58 5. Don Knight (60) 17:41 6. Marshall Sanders (66) 18:45 7. John Thomas (51) 20:23 **Indoor 1 Mile, Kenosha, Wis., March 2-1.** Le'erin Voss 7:27.4 2. Sam Cohen 7:28 3. Stephen Quirke 7:28.5 4. Lynn Tracy (54) 8:17.3 5. Ron Winkler (56) 9:37 (8 finishers) **5 Km, Edinburg, Texas, Feb. 27-1.** Susan Brooke, Can. 28:34 2. Jessica Reybal (14) 29:54 3. Nicole Gomez (14) 30:51 4. Diana Mejia (12) 32:53. . . 10. Martha Vergara (45+) 38:05 (Mother joins the boys) (31 finishers) **Men-1.** Ricardo Vergara 23:42 2. Roberto Vergara 23:42 (both 15) 3. Abraham Villareal (16) 26:21 4. Alex Chavez (14) 29:03 5. Jorge Herrera (65+) 30:52 (20 finishers) **20 Km, Houston, March 18-1.** Susan Brooks (41), Canada 1:58.24 **5 Km, Denver, Feb. 18-1.** Ay Yeliz, Turkey 24:44 2. Daryl Meyers (64) 31:22 3. Jerry Wischmeyer (65) 32:37 4. Rob McGuire (52) 33:00 **5 Km, Huntington Beach, Cal., March 18-1.** Donna Cunningham (60+0 29:31 2. Yoko Eichel (50+) 29:36 3. Sylvia Ellis (50+) 31:43 4. Janet Robinson (60+) 32:09 5. Carol Bertino (50+) 32:23 (17 finishers) **Men-1.** Joe Nieroski (40+) 24:15 2. Rick Campbell (60+) 28:58 3. Alex Kararyan (50+) 30:06 4. Mario Lopez (40+) 30:53 5. Raymond Billig (50+) 32:16 6. Daniel Fort (50+) 32:35 76. Carl Acosta (70+) 33:15 (16 finishers) **20 Km, same place-1.** Julie Lucas 2:07:20 2. Carmen Jacinsky (40\_0 2:11:11 3. Bob Nyman (60+) 2:20:13 (6 finishers) **10 Km, Santa Ana, Cal., Feb. 25-1.** Philip Dunn 45:47 2. Pat Bivona 67:50 (6 finisehrs) **5 Km, same place-1.** Donna Cunningham 30:04 2. Sylvia Ellis 31:11 3. Carol Bertino 31:58 **Men-1.** Joe Nieroski 24:17 2. Paul Grieve 27:27 3. Rick Campbell 28:54 4. Wayne Wurzbarger 32:17 **Pacific Assn. 1 Hour, Los Gatos, Cal., Feb. 24-1.** Leslie Sokol (49) 9806 meters 2. Nicolle Goldman (48) 9086 3. Louise Walters (67\_ 8861 4. Kelsey Wolfgram (13) 8419 5. Andree Enos 8215 **Men-1.** Daniel Coupal (41) 10,306 2. Mike Conts (54) 10,093 3. Joe Berendt (51) 10,029 4. Alex Price 9727 5. Tyler Sorensen (13) 9268 6. John Mullane (68) 8442 7. Dick Petruzzi (740 8240 **½ Marathon, Chico, Cal., March 3-1.** Joe Berendt 2:14:26 2. Nicolle Goldman (48) 2:17:34 5 3. Louise Walters (67) 2:23:24 4. Amanda Ramirez 2:26:45 (16 finishers) **3 Km, Kentfield, Cal.-1.** Kevin Killingsworth 15:38.78 2. Jack Bray 17:47 3. Doris Cassals 20:06 (8 finishers) **5 Km, same place-1.** Peter Corona 32:27 2. Stu Kinney 33:55 (5 finishers)

**Finnish Indoor 5 Km, Tampere, Feb. 24-1.** Heikki Kukkonen 21:13.69 **Under 19-1.** Risko Nogelainen, Estonia 22:22.33 **Finnish Qwomen's Indoor 3 Km, same place-1.** Jaana Eskelinen 14:14.02 **Under 19-1.** Karoliina Kaasalainen 14:19.20 **Estonia/Latvia/Lithuania Indoor, Kaunas, Lith., Feb.@3: Women's 3000-1.** Sandra Simkute, Lith. 14:43.41 2. Snieguole Sabutyte, Lith. 14:59 **Men's 5 Km-1.** Genadij Koslovskij, Lith. 23:26.78 **5 Km, Melbourne, Australia, March 7-3.** Andrew Jamieson (6) 22:38.60 (World Age 50 Record) **50 Km, Dudince, Slavakia, March 25-1.** Colin Griffin, Ireland 3:51:32 (50 Km debut. Irish record bettering Jamie Costin's 3:53:38. (Costin was on hand, finishing fourth in an accompanying 20, as summarized below.)) 2. Milos Batovsky, Slovakia 3:54:10 3. Donatas Skarnulis, Lithuania 3:54:23 4. Chris Erickson, Australia 4:04:10 5. Dusan Majdan, Slovakia 4:07:43 6. Zoltan Czukur, Hungary 4:09:31 **20 Km, same place-1.** Rafal Augustyn, Poland 1:23:37 2. Maik Berger, Germany 1:24:01 3. Predrag Filipovic, Serbia 1:24:18 4. Jamie Costin, Ireland 1:24:53 5. Carsten Schmidt, Germany 1:25:09 6. Tadas Suskevicius, Lith. 1:25:26 7. Peter Korcok, Slovakia 1:25:46 8. Hannes Tonat, Germany 1:26:02 **Women's 20 Km, same place-1.** Zuzana Malikova, Slovakia 1:32:19 2. Katarzyna Kwoka, Poland 1:35:49

3. Angieszka Dygacz, Poland 1:36:54 4. Paulina Buziak, Poland 1:37:17 5. Lucie Pelantova, Czech Rep. 1:38:06 6. Zuzana Schindlerova, Czech. Rep. 1:39:06 **Junior 10 Km, same place**—1. Tavydas Zekas, Lith. 44:42 2. Pawel Krawczyk, Pol. 44:53 **Jr. Women's 10 Km, same place**—1. Federico Ferraro, Italy 50:21 2. Anita Meszaros, Hungary 50:55 **Australian 20 Km, Brisbane, March 11**—1. Luke Adams 1:25:10 (Extreme heat and humidity left Adams well off his best of 1:19:19); Deakes stillout with hamstring injury) 2. Jared Tallent 1:30:57 3. Adam Rutter 1:32:13 Women—1. Claire Woods 1:41:56 2. Magan Szirom 1:46:46 (Jane Saville in Mexico for IAAF Challenge) **20 Km, Spain, March**—1. Maria Poves 1:33:14 2. Sonata Milusauskaite, 1:33:43 3. Maria Gargallo 1:35:43 4. Beatriz Pascual 1:36:51 5. Veronica Colindres 1:38:15 6. Teresa Linares 1:41:44 (20 finishers) **20 Km, Portugal, March 3**—1. Susana Feitor 1:31:35 2. Olive Loughnane, Ireland 1:32:25 3. Ines Henriques 1:33:32 4. Ana Cabecinha 1:33:53 (10 finishers) **50 Km, same place**—1. Tim Berrett, Canada 3:55:08 2. Jorge Costa 4:03:00 3. Augusto Pereira 4:12:02 4. Dionisio Ventura 4:14:17 5. Luis Gil 4:14:58

### “Spring” Into Competition (But, Don’t Spring Off the Ground)

Sun. April 1 Paul Smith Memorial 1 Hour, Kentfield, Cal., 9 am (P)  
Mt. SAC Relays 5 and 10 Km, Walnut, Cal. (P)  
Thu. April 5 3 and 5 Km, Central Methodist U. (Missouri) (F)  
Fri. April 6 3 Km, Stockton College, New Jersey (K)  
Sat. April 7 5 Miles, Stapleton, Col. (H)  
Sun. April 8 5, 10, and 20 Km, Kenosha, Wis. (F)  
Sat. April 14 10 Km, Seattle (C)  
Minn. 5 Km, Minneapolis (I)  
Sun. April 15 Frank Quilantang Memorial 5 Km, Fair Oaks, Cal. (J)  
Florida 10 Km, Orlando (B)  
5 Km, Golden, Col., 9 am (H)  
5 Km, New York City (G)  
Sat. April 21 American Mideast Conference Championships (M)  
Sun. April 22 15 Km, Surprise, Arizona (V)  
5 and 10 Km and ½ Marathon, Albuquerque, N.M. (T)  
Sat. April 28 Penn Relays 10 Km, Philadelphia (W)  
Michigan 5 Km, Kalamazoo (Z)  
Sun. April 29 Indiana 5 Km (AA)  
West Regional 5 Km (J)  
Sat. May 5 3 and 5 Km, Sioux Falls, S.D. (BB)  
Florida 8 Km, Coconut Creek (N)  
2.8 Miles, Seattle (C)  
Sun. May 6 5 Km, Kentfield, Cal. 8 am (P)  
10 Km, Albuquerque, N.M. (T)  
North Region 20 Km, Jack Mortland 5, 10, and 20 Km, Dayton, Ohio (M)  
5 Mile, Carson, Col. (H)  
Fri. May 11 3 Km Women, 5 Km Men, Cedarville, Ohio (M)  
Sat. May 12 2.8 Miles, Seattle, 9 am (C)  
Minnesota 20 Km (also 5 and 10), Minneapolis (I)  
Sun. May 13 5 Km, Eugene, Oregon (C)  
Sun. May 20 National Masters and West Regional 15 Km, Riverside, Cal., 7:30 am (Y)  
5, 10, and 20 Km, Kenosha, Wis. (F)  
Met 15 Km and Empire State 10 Km Trial, New York City, 8:30 am (G)

Sat. May 26 South Region 10 Km, Pharr, Texas (O)  
Sun. May 27 Alongi in Marin 5 Km, Kentfield, Cal. (P)  
Pacific Assn. 5 Km, San Mateo, Cal. (J)  
5, 10, and 20 Km, Toronto (Q)  
Sun. June 3 Pacific Assn 1 Mile, Stockton, Cal. (J)  
Sat. June 9 3 and 5 Km, Sante Fe, N.M. (T)  
2.8 Miles, Seattle (C)  
Florida 10 Km, Clermont (N)  
Indiana 3 Km, Indianapolis (CC)  
Sun. June 10 10 Km Kentfield, Cal. (P)  
Ohio 10 Km Yellow Springs (M)  
10 and 20 Km, Kenosha, Wis. (F)  
Sat. June 16 5 Km, New York City, 8 am (G)  
Sun. June 17 Met. 20 Km and 10 Km, New York City, 9 am (G)  
Sun. June 24 5 and 10 Km, Pasadena (R)

#### Contacts:

A—Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764  
B—Rob Carver, 1002 Catalpa Drive, Orlando, FL 32806  
C—Bev McCall, 511 Lost River Road, Mazama, WA 98833  
D—www.usatf.org  
E—Nate Rucker, nrucker@centralmethodist.edu  
F—Mike DeWitt, uwpcowach@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  
K—Bill Preston, Preston@stockton.edu  
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@sbcglobal.net  
P—Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914  
Q—Stafford Whalen, Staffordwhalen@rogers.com  
R—Southern Cal. Walkers Club, 358 W. California Blvd. #110, Pasadena, CA 91105  
S—Potomac Valley TC, 3140-D West Springs Drive, Ellicott City, MD 21043  
T—New Mexico Racewalkers, P.O. Box 16102, Albuquerque, NM 87191  
U—Gary Westerfield, garyw@optonline.net  
V—Cliff Elkins, cliff\_elkins@yahoo.com  
W—Jeff Salvage campsavalue@yahoo.com  
X—Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)  
Y—Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201  
Z—[info@kvwalkers.org](mailto:info@kvwalkers.org), [www.borgessrun.com](http://www.borgessrun.com)  
AA—Cheryl Sunman, [ianms@iquest.net](mailto:ianms@iquest.net)  
BB—Glenn Peterson, 1906 S. Hawthorne, Sioux Falls, SD 57105, 605-336-6715  
CC—Cheryl Sunman, [ianms@iquest.net](mailto:ianms@iquest.net)

### From Heel To Toe

**Jack St. Clair.** Former Temple U. Track and field coach Jack (“The Saint”) St. Clair died

recently at the age of 80 following a long illness. Elliott Denman remembers Jack: "Coach Jack St. Clair was a great friend of racewalking and thoroughly knowledgeable in our event. One of his stars at Temple was Howard Palamarchuk, one of the finest your walkers of his era (and now one of the nation's most eminent podiatrists). Jack was also a great official and supporter of the famed Penn AC walking team, which was one of America's most prominent, with many top competitors in its lineup, as well as a club that put on many events, usually at the classic Fairmount Park course in Philadelphia. Every time I'd see him at a meet, I'd ask, 'How's your team been doing?' The answer, always, was 'Still hooting.'". **Honors.** Both Maria Michta and Jenna Monahan were honored at half-time of a recent C.W. Post U. Basketball game. Maria received a commemorative CW Post ring in honor of her past achievements as USATF Junior Racewalking Champion. Jenna, a senior at Sachem East H.S. in Holbrook, N.Y., was awarded the NYSPHSA Section XI MVP award as the best girl's indoor track athlete. This is the second time in the history of Section XI that a racewalker has been so honored by the coaches of indoor track in Suffolk County. The first was Maria, also from Sachem H.S. The same two were among those honored as Long Island T&F Racewalk Athletes of the Year: Youth Female-Jenna Monahan; Youth Male-Michael Kazmierczak. Open Female-Maria Michta, Open Male-Michael Bartholomew, Masters Male-Bill Vayo, Masters Female-Donna Ehrenburg. Racewalkers also were prominent on the list of honorees at the Shore AC annual awards dinner. John Soucheck was named winner of the William Funkhouser Memorial Award as the clubs Walker of the Year. Maria Paul was presented the Don and Marie Henry Memorial Award as the club's Female Walker of the Year. Rich Luettchau earned the Matthew Stuper Memorial Award as the club's Young Racewalker of the Year. And, Tom Quattrocchi earned the Don Johnson Memorial Award as men's Masters Racewalker of the Year. **Dorit Attias.** After participating in the National 24 Hour Championship in Grapevine, Texas in November, where she completed 100 miles in 23:29:30 and 101.52 Km in the 24 hours and also competing in the Bourges Championship of France 170 Km, where she completed 100 miles in 23:01 and finished at 168 km (105 miles), Dorit Attias has qualified to compete in the Paris Colmar-Neuilly Sur Marne starting on June 6. The race covers over 360 km for women and over 500 for men. Dorit is the first American women walker to be invited to participate. Paul Hendricks and Eugen Kitts have competed in the men's race.

## LOOKING BACK

**45 Years Ago** (From the Feb. 1962 Race Walker published by Chris McCarthy)—(Note: Last month, in one of those rare ORW typos, I attributed 45 Years Ago to the Feb. 1953 issue of McCarthy's newsletter. Gosh, I hit two wrong keys. Obviously, it should have been Feb. 1962. And that wasn't all. Later, I said that 15 Years Ago was Feb. 1991, rather than 1992. But, I am sure my astute readership quickly made the proper adjustments.)—Ron Zinn won the IC4A Indoor Mile walk in an American record 6:18.3, bettering Henry Laskau's previous record by 0.9. Ron Daniel was a distant second in 7:07.4, a second ahead of Akos Szekely. . . McCarthy published the recipe for Dr. John Blackburn's racewalking elixir for in-race (or workout) pick-me-ups: 4 oz. Orange juice, 2 tbs sugar (or honey), ½ tsp salt, and enough water to make a quart. Chris then noted that he had tried it and found that: "It is much better if you use gin instead of water—and leave out the running or walking altogether, especially on hot days.. Doc Blackburn, a fine walker in his own right, was the father of ORW Publisher Emeritus Jack Blackburn, a national champion and eventually a Centurion, the 100 miles requiring much elixir, perhaps with gin.). . . A frequent entry in our results is a 2.8 miler

around Green Lake in Seattle. Apparently, an ancient tradition, as we note that Robert Hendrickson won that circuit on March 10, 1962 in 23:10. However, it was than billed as 2.83 miles. . . Two weeks later, Hendrickson won a 10 Km race on the track in 53:55.8. . . McCarthy himself journeyed from Chicago to finish second to Jeff Loucks in a 20 Km race in Columbus-Loucks 1:46:33, McCarthy 1:51:04. Blackburn strolled through a 50 Km at the same site in 5:31:17 and Linda DeLong edged Corinne Blackburn in a ladies' 5 miler, 56:30 to 56:33. Your editor was reported as missing the festivities because of Army Reserve duties. . . Pedestrian of the Month was the famous Elliott Harold Denman.

**40 Years Ago** (From the March 1967 ORW)—In the National Indoor 1 Mile in Oakland, Don DeNoon edged Larry Walker 6:28 to 6:29.9. Defending titlist Rudy Haluza was third in 6:34, with Ron Laird, Larry Young, and Bob Kitchen rounding out the top six. . . Walker turned in a quick track 10 Km with 46:21 to beat Laird by nearly a minute and Young by two. . . On the Columbus scene, Jack Blackburn slipped away from Jack Mortland in the last mile to win a track 10 between fading veterans (well, we were 31 and 32 at that time) 47:22 to 47:28. .

**35 Years Ago** (From the March 1972 ORW)—Bob Kitchen broke the American 50 Km record with a 4:13:26 on the track in San Francisco (others had gone faster on road courses). . . Larry Young won the National 35 Km in Hollywood with a 2:52:41, after passing 20 in 1:36:20. Bob Bowman was just 2 seconds over 3 hours in second, with Bill Ranney another 1:20 back. . . In an indoor dual meet with the USSR, Dave Romansky gave it a good go, but still came up short. Nikolai Smaga won the 3 miler in 20:08, Vladimir Golubnichy had 20:11.2 and Dave 20:12.8 Ron Laird was just under 21 minutes in fourth. Splits were 6:51 and 13:32, as the Soviet pair steadily built the pace.

**30 Years Ago** (From the March 1977 ORW)—In a US-USSR-Canada indoor meet in Toronto, Anatoliy Solomin shattered the world's best for 3 miles, clocking 18:44.3. Pyotr Potschenchuk was 4 seconds back. Todd Scully hung close through a 6:10 first mile, but then had to yield and finished in 19:40. . . Jim Heiring scored an easy NAIA Indoor 2 Mile victory in 13:33.8, with his U.W. Parkside teammate Chris Hansen second in 14:03. . . Vincent O'Sullivan won the IC4A Indoor Mile title in 7:03.8 and Jack Boitano took the National Master's Indoor 2 Mile in 15:41. . . Susan Liers had a world's best for 20 Km with 1:48:19 at Kings Point, N.Y. (Note that women's racewalking was still in its infancy and there were very few races at more than 10 Km.)

**25 Years Ago** (From the March 1982 ORW)—Canada's Marcel Jobin led the field at the National 25 Km in Monterey, Cal., with a very swift 1:48:20. Sweden's Roland Nilsson came second in 1:52:35 with Dan O'Connor capturing the U.S. title in 1:57:23. Wayne Glusker was fourth, just 3 seconds over 2 hours. . . The IC4A mile went to Troy Engle in 6:27.6, some 7 seconds ahead of Ben Defibaugh. . . And, in Australia, Sally Pierson walked a 13:11 for 3 Km, a women's world best, and Dave Smith covered the same distance in 11:26.5. . . Maurizio Damilano, Italy, won the European Indoor 5 Km in 19:40.28, well clear of countryman Carlo Mattioli.

**20 Years Ago** (From the March 1987 ORW)—The World Indoor Championships were held in Indianapolis. In the men's 5 Km, Soviet Mikhail Schennikov edged Josef Pribilinec, Czechoslovakia, in 18:27.79. But after a smooth race, both appeared to be completely out of control and flying high in a desperate race over the last 100 meters. The judges let it go. Mexico's Ernesto Canto was 11 seconds back in third. Tim Lewis did 19:18.40 in eighth. The women's 3 Km went to Olga Kristop, USSR, in 12:15.49, with Italy's Giuliana Salce

second and Canada's Ann Peel third. Maryanne Torrellas (now Daniel) also finished eighth for the U.S. in 13:10.30. . . . Lewis and Torrellas were easy winners at the U.S. Indoor Nationals. Lewis had 19:30.70, 53 seconds ahead of Ray Sharp, with Paul Wick and Doug Fournier also under 20:30. Torrellas won in 13:05.41, 10 seconds ahead of Teresa Vaill. Lynn Weik was third. . . . Carl Schueler won the National 50 Km in Carmel Vally, Cal., with a superb 4:00:14. Marco Evoniuk was second in 4:06:42, Jim Heiring third in 4:10:36, and Dan O'Connor fourth in 4:12:21. Randy Mimm had a personal best in fifth with 4:13:40. . . . Lewis had a world record mile at the Millrose Games with 5:41.21, then bettered that in Los Angeles with a 5:38.2. . . . Torrellas had a world best over 1500 meters with a 6:01.16, just a second ahead of Ann Peel. The Canadian turned the tables in Fairfax, Virginia, winning a mile race in 6:35.47, 5 seconds ahead of Torrellas.

**15 Years Ago** (From the March 1992 ORW)—The National Indoor Championships in New York saw two outstanding performances. In the Men's 5 Km, Gary Morgan easily won, beating meet and American record holder Tim Lewis by 22 seconds with his 19:55.6. Only Lewis had ever gone faster in this meet. Don Lawrence was 36 seconds behind Lewis in third. Debbi Lawrence was equally impressive in the women's 3 Km, missing Maryanne Torrellas' American record by just 2.13 with her 12:47.51. Victoria Herazo (12:54.52) and Teresa Vaill (12:57.52) were nearly as fast in second and third. Michelle Rohl was fourth and Torrellas fifth. . . . Kerry Saxby had a fast 10 Km race in the Australian summer with 43:50.

**10 Years Ago** (From the March 1997 ORW)—Debbi Lawrence and Allen James captured National Indoor titles in Atlanta. In the women's 3 Km, Lawrence was 4 seconds ahead of Kristen Mullaney in 13:14.24, with Victoria Herazo another 7 seconds back in third, just ahead of Gretchen Eastler. James got a good tussle from Tim Seaman in the 5 Km before winning in 20:07.98. Seaman led for the first half of the race, covering the first 2 Km in 7:57, then dropped back by as much as 40 meters before closing the gap over the final 500 meters to finish in 20:12.06. Philip Dunn was third in 20:19.7, leaving Curt Clausen well back in fourth. . . . Canada's Arturo Huerta won the Natinal Invitational 20 Km in the nation's capital, finishing in 1:24:27, 1:32 ahead of Tim Seaman. Andrew Hermann (1:26:16), Curt Clausen (1:27:33), and Philip Dunn (1:28:08) followed. Dave McGovern and Al Heppner also ducked under 1:30. Canada also captured the women's 10 Km in the person of Tina Poitras, who finished in 46:16. Victoria Herazo (47:46), Gretchen Eastler (47:59), Sara Standley (48:08), Joanne Dow (48:34), Dana Yarbrough (48:53, and Canada's Joan Bender (48:58) followed. . . . The Italian indoor 5 Km went to Giovanni DiBenedictis in 19:10.91, with Alessandro Candellini (19:13.58) and Giovanni Perricelli (19:14.28) on his heels. Erica Alfridi won the women's 3 Km in 12:00.13.

**5 Years Ago** (From the March. 2002 ORW)—Joanne Dow and Tim Seaman captured U.S. Indoor titles, Dow covering 30 Km in 13:05.72 and Seaman 5 Km in 19:46.40. In the women's race, Amber Antonia (13:26.70), Susan Armenta (13:31.51), and Jill Zenner (13:44.07) followed. Sean Albert was second in the 5 with 20:43.98 with Jim Heys and Ben Shorey well back in third and fourth. . . . Antonia won the women's NAIA title in 13:56.06 well ahead of her UW Parkside teammates Robyn Stevens and Ann Favolise. Parkside also took one-two in the men's race with Lachlan McDonald returning 12:16.56 and Jim Heys 12:19.51. Mat Boyles was third in 12:26.87. . . . Australia's Nathan Deakes beat Spain's Francisco Fernandez in the Mexican Walk Week 20 Km, 1:21:07 to 1:21:21. Ecuador's Jefferson Perez was another 12 seconds back in third, well clear of Poland's Robert Korzeniowski. With a 1:35:41 effort, Mexico's Guadalupe Sanchez beat Australia's Jane Saville in the women's

race. Mexico's Rogelio Sanchez won the 50 in 3:53:49, beating Tomasz Lipiec (3:55:06). Mexico's German Sanchez and Edgar Hernandez followed in 3:55:32 and 3:56:58. . . . New Zealand's Craig Barrett did a 3:52:35 for 50 on the track.

## An Interesting Discussion

Following Nathan Deakes' world 50 Km record late last year, Jim Hanley sent an e-mail to Larry Young, 1968 and 1972 Olympic bronze medalist at 50, informing him of Deakes' performance. The e-mail was copied to many others including your editor. Larry replied as follows: "I heard about the new 50K WR from my brother-in-law who lives in Australia. In my opinion, all World Records should be video taped and viewed in slow motion by a panel of international judges before confirmation." Since the e-mails were going to others, a lively discussion resulted, with the primary protagonists being Larry and former IAAF Racewalk Chair (and National class 50 Km walker during Larry's era), Bob Bowman. We don't have room for all of the correspondence, but it lrf in the following two e-mails, which define the discussion quite nicely. The first, from Larry follows:

To the Racewalking Community,

Last December I responded to an E-mail notification of Nathan Deakes world record in the 50-kilometer walk. My comment was that I thought World records should be video taped and viewed by a panel of qualified judges before confirmation. I also suggested that an asterisk should be placed in the record book to inform people when the change in racewalking rules occurred. I subsequently received E-mails from several people, two in particular from Bob Bowman stating that:

- o Walkers are more legal today than they were in the 60s and 70s (my era).
- o Walkers in the 60s and '70s were "hikers"
- o The rule changes have lessened loss of contact, and
- o Loss of contact results in slower times.

While my involvement in the sport has been limited since my retirement in 1980, I feel that I owe it to the sport and my fellow racewalkers to address these erroneous claims. I agree that some walker's in our era had a hiking style. But there are many of us who do not fit that characterization, and to say that all walkers have always had a flight phase is simply not true! I can show you a DVD of my dad's original film of the 1972 Olympic 50 K walk, where there are several passes of all the top finishers. There is clear evidence of continuous contact with NO "flight phase" for all of the top finishers. I have no doubt that Bob has film of walkers off the ground throughout the history of the sport. So do I. That is the reason why we need to incorporate video technology. It would have made the sport more fair then, AND it will make the sport more fair now.

Bob says that he has looked at video of many recent major races and could find only a few examples of obvious rule violations. I don't know what he considers obvious, but I can show anyone who is interested video of the last three Olympics, and there is obvious continuous loss of contact by the top walkers. You have to stop action and advance the video one frame at a time in order to isolate the double contact phase. So I would invite Bob to come up with the video he says he has, so we can compare. His claim that video would be unfair because it couldn't be applied equitably is a weak argument. Judges have never been able to see all the walkers all the time. Video would increase the judge's ability to see more walkers more of the time and allow viewing in slow motion and stop action. Bob's claim that using video is not feasible also lacks credibility as numerous sports are using video technology to enhance fairness in sport.

Bob says that the human eye is incapable of seeing loss of contact (space between a walker's feet and the ground) that is less than approximately 30 milliseconds. I agree with this statement. This should make it obvious why technology is necessary. Technology advances make it possible to see what the human eye cannot see. This option is more cost-effective and more feasible today than ever before. This accountability would assist in validating the judging during a race for both the walkers and the spectators. I really believe it can enhance our sport's image.

Bobs' contention that a longer flight phase results in slower times just does not compute for me. To compare this to running the hurdles is a flawed analogy. I agree that if the flight phase time is exaggerated beyond a certain point, it would be a detriment not an advantage. However, the flight phase is caused by prematurely pushing off with the toe in combination with the arm and shoulder thrust. This pushing off and loss of contact result in catapulting the walker forward farther and faster. Loss of contact is also an advantage because there is less restriction on the body while in the air, allowing for faster turnover or leg speed. But of course another advantage of the flight phase is the distance gained during each stride.

Current walkers cannot be competitive without learning to maximize the advantage gained from the flight phase. Under the old rules, walkers were required to maintain contact with the ground. The line according to the rules was clear, even if the judges' ability to see it was not. The line according to the rules now is ambiguous, permitting loss of contact as long as the judges cannot see it with the human eye. The ambiguity has become worse as the contact rule has become blurred. The new rules and the general acceptance of a flight phase merely give the walkers a green light to be off the ground.

I think everyone knows there have always been infractions of the rules and that judging is challenging. But to accept a flight phase is to defy the definition of what walking is!! Bob's claim that all walkers have always had a flight phase and that walkers in the 60s and 70s had a longer flight phase is inaccurate and an insult to walkers who maintained contact and walked with integrity.

Video of contemporary races shows repeatedly that today's best walkers use a style that includes a flight phase. Video from the 60s and 70s shows that the best walkers of that time did not use a style that included a flight phase. While not as effective as stop action video, the attached photographs show gross loss of contact by medal winners in the 2004 Olympic 50 Kilo Walk. I am also attaching photographs of the medallists in the 1972 Olympic 50 Kilo Walk where you can see each of the medallists in clear double contact with the ground.

Bob Bowman responded:

I would like to clarify some of the statements made by Larry Young in his recent response to my earlier comments regarding race walking today versus some years ago.

First of all, it has always been against the rules to use video for judging purposes. The change in the rules that Larry refers to was not really a change but only a needed clarification. And this did not occur until the 1996-97 IAAF Rule Book. Judging by human eye has always been part of the basic rules on race walking (IAAF Rule 230.1). To suggest putting an asterisk in the record book for all records set in the last ten years is silly in that the basic rule on contact has not changed. In fact the records and best road performances for the men's 50Km walk has changed very little in the last 20+ years. For example, Ronald Weigel walked 3:38:31 in 1984. The 1988 Olympic 50Km winning time was 3:38:29, still the Olympic record. Nathan Deakes set the current best road mark last year at 3:35:47. That is only a 1.25% improvement in 23 years! This is one of the least improvements in all of the men's track and field events over that period. For

example, in the same period the 10,000 meter run record improved 3.44% and the Marathon 2.47%.

As to legality, it is probably more accurate to state that walkers today have on average less of a flight phase than walkers in the 60's and 70's, and are required to have a more substantial straight leg. The contact rule clarification has not lessened loss of contact. The technique used today by the leading walkers has contributed to this. And loss of contact as a percent of a walker's stride is often greater in slower walking by top walkers, and thus easier to detect.

When I said that we have looked at videos of recent major international races and could only find a few obvious examples of rule violations, I was referring to the inclusion of such examples in testing videos for judges. These examples need to be quite clear. It is very difficult to find these. These examples cannot be stop action as Larry suggests. That would defeat the purpose of the exam which is supposed to simulate actual race conditions.

Larry further suggests that we use video for judging. This has been looked into many times with the same conclusion: It is very impractical. Contrary to his statement, some sports have moved away from using video. It depends on the application.

When I stated that a greater flight phase results in slower times, I'm referring to normal race walking. I'm not talking about actual running, and of course this would indeed be easily detected by the judges. Larry states, "Loss of contact is also an advantage because there is less restriction on the body while in the air, allowing for faster turnover or leg speed." No. It has the opposite effect. The body is propelled forward by the feet when in contact with the ground, not when in the air where only the force of gravity acts on the body. Floating in the air does not contribute to faster turnover. And the distance gained during each stride while off the ground does not compensate for the loss of time associated with it. That is mainly why walkers today are walking much faster than walkers 30 or 40 years ago. Those walkers had a longer stride but also slower turnover and a greater flight phase associated with it.

Larry states that "Under the old rules, walkers were required to maintain contact with the ground but fails to mention that this could only be enforced by human eye. That is the same rule as today. The Rule has not changed! His further statements suggesting the rules today are ambiguous and give the walkers a green light to be off the ground are simply not true. Because of better wording in today's rule, the hypocrisy and confusion that existed in the previous wording is gone.

Contrary to what Larry further states, to state that walkers always had a flight phase does not insult walkers' integrity. This statement is a fact and does not mean I am accusing them of deliberately violating the rules. If it couldn't be detected by human eye judging, it was accepted then and now. There is no difference!

To compare video single frame photos of walkers from the 1972 Olympic 50Km walk and the 2004 Olympic 50Km walk is quite questionable because in 1972 you did not have the straight-leg rule of today. For example, Soldatenko had a distinct bent knee style and would have probably been disqualified today. His technique also required less energy to maintain. But more significantly, the Super 8 mm video of the 1972 50Km is 18 fps (frames per second) and the NTSC television video of the 2004 50Km is 60 fps. If you had the same frames per second of the 1972 50Km, you would get a much more valid comparison of both races. And to state that the smaller stride length of today's walker has a premature pushing off with the toe does not mean that the pushing off by the trail leg of a 1972 walker (i.e. longer stride) contributes less to the flight phase, especially if over striding.

*(Comments are welcome. More next month, since Larry has just re-responded and I might have some comments of my own. It's been quite a while since these issues were hashed and rehashed in these pages.)*