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Dunn Overcomes Determined Boyles In 50 Km Trials

Miami, Florida, Feb. 9 (Thanks to Steve Vaitones and Tom Surber for input to this story)—Philip Dunn won his third National USATF 50 Km title today and took a step toward his third Olympic berth in a race that also served as the Final Olympic Trial. But not before a race-long dual with Matt Boyles, walking just his second 50 Km race. On a humid day with the temperature rising into the 80s, Dunn walked a very respectable 4:12:55, finishing 1:35 ahead of Boyles, who challenged him for the first 38 Km. Neither walker has met the Olympic qualifying standard, but both will have a chance to do so at the IAAF World Cup at Cheboksary, Russia in May.. Well back in third and fourth, and also qualifying for the World Cup team, were Parkside AC teammates Benjamin Shorey and Stephen Quirke.

Dunn and Boyles were alone in the lead after just two of the 25 laps of the flat 2 Km course. Only 47-year-old Ray Sharp and the comebacking Yariv Pomeranz tried to stay with the pair, but they started to drop back after the first lap. Sharp was just 6 seconds behind after two laps. By 10 Km (49:40 for the leaders), he was 21 seconds behind and by 20 km (1:39:50), the gap was 31 seconds. At that point, Sharp started to fade and the two-man race was on.

The 36-year-old Dunn and 25-year-old Boyles were glued together through 28 Km. At that point, Boyles tried to make a break and was four seconds ahead at 30 (2:30:41). They were both walking a bit cautiously considering the conditions and with the qualifying standard (4:00 "A", 4:07 "B") seemingly out of reach by that time it became a race for the National title.

Boyles maintained a slight lead through 36 Km, but Dunn was back on his shoulder by 38 Km and then made a move of his own that Boyles was unable to match. By 40 Km ((3:21:16) Dunn had a 22-second lead, having dropped from 10:09 on the 19th lap to 9:49 on the 20th. Boyles had maintained his own pace, but that was to no avail. When Dunn threw in another lap of 9:55, he established what proved to be an insurmountable lead, as Boyles began to feel the effects of the heat and the unaccustomed distance. (Matt's only other 50 was a 4:17:14 last October.)

Meanwhile, the Parkside duo were having their own friendly race as they pushed each other to personal bests to take third and fourth, Shorey winning by just one second in 4:27:14, 14 seconds faster than he walked in 2004. Both Shorey (24) and Quirke (26) had been pretty much absent from the racewalking scene for a couple fo years until they came back with a 50 in Kenosha last October, which Stephen won in 4:30:24, 3 minutes ahead of Benjamin. Today, they caught Sharp and Pomeranz at about 29 Km, and while slowing markedly over the last 20, came up with their personal best. Quirke explained Shorey's one-second lead at the finish: "He needed the money more than I did." (A \$2500 difference between third and fourth in the largest payday in US racewalking history.)

Sharp struggled home a distant fifth and a couple of weeks later reported his second

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retirement from the sport. But it was a great comeback while it lasted. He did hang on to beat Marco Evoniuk, who will be 50 in the fal.l Marco was walking in his seventh Olympic 50 Km Trial. (Why? "Because it's the Trials.") The four-time Olympian (1980, 1984, 1988, and 1992) missed only the 2004 Trials since 1980. He is still fourth on the all-time U.S. 50 Km list with his 3:56:55 at the 1988 Olympics.

Three-time Olympian and U.S. record holder at 3:48:04, Curt Clausen, now 40 and semi-retired finished tenth today. Defending Champion Kevin Eastler, who does have an Olympic B standard, is still recovering from a sports hernia and walked less than two laps of the race before deciding he was not ready and might only jeopardize the rest of his season by continuing. Tim Seaman was also out early. Pomeranz, in only his third race in the last 8 or 9 years, cramped up badly and after fading out of contention and was DQ'd at about 49 km. Hopefully, this won't discourage him from continuing with the promise he showed in his 4:38:41 comeback race last fall.

After the race, Dunn noted: "I came in here with expectations of making the time standard, but I knew the key was winning the race. The organizing committee did a wonderful job here, but they can't control the weather. It was a little warm and a little humid. I've heard the course in Russian is fast, the weather conditions should be good, and the quality of the field is going to be awesome. I'm not going to be the only one chasing after the time standard. With company, I'll be able to relax a little bit, sit in the pack, let other guys set the pace. Today, Matt and I took some chances dictating the pace and that can be a little bit of a drain sometimes."

Dunn faced the same scenario of having of having to come up with a qualifying standard following the 2004 Trials. And he did it with a 3:59:12 in Tijuana, Mexico in March. He hopes to repeat this year. To do so he needs a 4:07, the "B" standard. Boyles could still make the team if he can break 4:07 and Dunn does not. Or, both could go if they can better the 4:00 "A" standard.

Boyles noted that the final portion of the race is the toughest to get used to. "You don't understand what it feels like with 10 to go. It feels absolutely awful (laughter)' he said. "To put on a surge like that in a race like this, that takes a lot of guts and I hand it to him. It was a very courageous race on his part. You have a lot of anxiety leading up to these races, but after you cross that finish line you can let your hair down and eat bad food and rest and just sit around and be lazy, and that's what I'm looking forward to."

"The move came from the heart. I know the 50 really begins at 40", said Dunn. The prize money was significant with the first eight being rewarded. Dunn got \$14,000 and Boyles \$10,500. Covers expenses, that's for sure. And Benjamin Storey's one second margin over Stephen Quirke was worth an additional \$2500, \$7,500 to \$5,000. And, I doubt that Marco Evoniuk ever matched the \$2250 he won for sixth place back in the days when he was walking nearly an hour faster. I'm not sure where future prize money of this magnitude might come from, but it would be a good incentive to bring more people into the sport and keep others there. And then the old-time purists might say: "They should do it for the love of the game and the joy of the competition like we did." I say more power to them.

That from one who once rejoiced because Jack Blackburn and I came home from a weekend trip to the Drake Relays on Saturday and a race in Chicago on Sunday with \$!5 of the \$75 expense money Drake had provided still in our pockets—the only cash I ever took away from the sport.

The results:

1. Philip Dunn, San Diego 4:12:55 (49:40, 1:39:50, 2:30:45, 3:21:16) 2. Matt Boyles, Cedarville, Ohio 4:14:30 (49:40, 1:39:49, 2:30:41, 3:21:38) 3. Ben Shorey, Zion, Ill 4:27:14 (53:35, 1:44:27, 2:35:42, 3:29:06) 4. Stephen Quirke, Kenosha, Wis. 4:27:14 (53:35, 1:44:27, 2:35:42, 3:29:06) 5. Ray Sharp, Atlantic Mines, Mich. 4:49:25 (50:01, 1:40:20, 2:36:18, 3:37:32) 6. Marco Evoniuk, San Francisco. 4:53:39 (54:46, 1:51:11, 2:50:07.3:50:53) 7. Theron Kissinger, Southbury, Conn. 5:04:15 (54:40, 1:50:22, 2:49:00, 3:54:51) 8. John Soucheck, Little Silver, N.J. 5:10:22 (56:52, 1:55:25, 2:55:47, 4:01:28) 9. Mark Green, Reno, Nev. 5:13:22 (56:37, 1:56:51, 3:01:12, 4:07:04) 10. Curt Clausen, New York, N.Y. 5:17:50 (54:40, 1:51:13, 2:55:52, 4:07:47, 5:17:50) DNF–Dave McGovern, Locust Valley, N.Y.; Tim Seaman, Chula Vista, Cal.; Kevin Eastler, Aurora, Col. DQ–Yariv Pomeranz, New York, N.Y. (The results showed Marco Evoniuk in Little Silver and John Soucheck in San Francisco, but unless there was a last -inute trade before the deadline, I think the reverse is true.)

Remembering Al

February 2004. An earlier year and an earlier Olympic 50 Km Trial for the Ohio Racewalker to report. It was a front page story as it is this month. But above that story on page 1, was the following note in large bold type: In the following article of the Olympic 50 Km Trial you will find that Al Heppner finished fifth. Three days later, Al took his own life, jumping off a bridge. During his 29 years, Al brought much joy to many and lived a full, productive life, touching many both in our sport and beyond it. That he felt his performance in this race was cause to end that life is something none of us can comprehend. "We will all remember your talent, your drive and commitment to the sport. Those of us whose paths you have crossed will remember you fondly. Your tortured soul is now silent. May your rest in peace." Stella Cashman. "Don't dwell on the last four days. Remember who he was when you saw him in his element, the man you knew for years." Cheryl Rellinger

Al was an outstanding racewalker, coming out of the Wisconsin-Parkside program, where he won two NAIA titles. After college, he won three national titles at 15 Km and one at 5. He was second in the National 20 in 2002 and in 1999, became the seventh U.S. walker to go under 4 hours at 50, finishing second in 3:58:45 in the National title race. He was on two Pan-Am Cup teams and one World Cup team. But the Olympics were his ambition. In 2000 he had led the 50 Km Olympic Trial race for 35 Km, only to done in by bone-chilling wind and rain and finally a DQ. He went through a bout of depression for several months after that, but was back for another try in 2004, after enlisting in the U.S. Army Elite Athlete program and getting back on track Again he took command of the race and was in front at sub-4 hour pace at 30 Km before strugling in over 4:23. He apparently fell back into depression—this time fatally.

Al had been a sometime correspondent for the Ohio Racewalker, reporting on races, providing information, and contributing witty columns. In that Feb. 2004 issue, following a more extensive review of Al's career and several eulogies from others in the racewalking world, I said: "Perhaps we should all walk a mile or two for Al at some serene spot we know.

Here is a way I will honor Al. He loved to write and wrote well. He was witty and entertaining. I never had room to print all he sent, but had some things still on file. Here in his memory, are a couple of his postings during a European trip with his Olympic Training Center mates." Let me repeat one of those now as a further tribute to Al and the memories we share of him.

Bridges and Buckingham

by Al Heppner April 17, 2002

Contrary to what you sang as a child, London Bridge is not falling down. John Nunn and I went there yesterday and it looked just fine, thank you. The only things that were falling down were John and I from the 8-hour time change. Fortunately, England has Red Bull everywhere. I had seven. Forget the wings, Red Bull turned me into Sonic the Hedgehog. John Doesn't consume caffeine, so I drank another one, hoping he wold catch some of the drink radiating from my pores.

Since I was wide awake, I dragged John down to the Wimbledon Championship Tennis Courts, or so I thought. The home of the Grand Slam tennis tournament was not at the Wimbledon subway stop, nor was it at the Wimbledon Park stop. We should've known better than to get directions from Chinese tourists in England who speak English, "Very, very bad" as they put it. The courts were actually at the Southfield exit.

It turned out to be worth the effort after all. The Wimbledon Tennis Museum was awesome and I even took Anna Kournakova home with me. That poster will look great on my wall.

In the morning, we racewalked by Buckingham Palace where the Queen lives, during the daily changing of the guard. As a result, there were thousands of people lining the streets to watch the guards march in. To avoid the crowd, we racewalked right down the middle of the street. At first, a couple of people started laughing, but then the crowd erupted into a roar of applause. Later, we walked by a girl who yelled out "Korzeniowski". Sometimes, I'm mistaken for the three-time Olympic gold medalist. Or maybe it was John.

Because the cars here drive on the wrong side of the road, crossing the street is very confusing. And it's even more dangerous when you're with John, because he just runs across the street regardless of whether cars are coming or not.

When Sean Albert pointed out to John that you're supposed to cross when the little green guy appears on the crosswalk signal, John replied, "But I like the red guy. He has courage. He just goes!"

Even though I'm way less confused than I'll be in my other stops (Spain, Germany, and Switzerland), because, well, they speak English here, it can be a little tricky if you don't know the lingo.

Ans since John was making fun of my dictionary.com word of the day e-mail I receive daily, I'm sending you the johnnunnwhatsacrosswalk?.com words of the day.

English word: Hump. American translation: speed bump

English word: mind the gap. American translation: watch your step.

I'll try to watch mine. God thing it says "LOOK LEFT" or "LOOK RIGHT" in huge letters in the street or I would've been run over by now.

I added: "And now I find myself asking again, What happened to that zest for life on that fateful Wednesday evening?" And, I ask yet again

At the time, the North American Racewalking Institute established the Al Heppner Memorial Scholarship Fund to aid college age walkers who demonstrate Loympic level promise. That fund is still alive–Maria Michta was this year's recipient–but the Institute's address has changed as Elaine Ward passed the reins on (as reported in the ORW earlier). Contributions to the fund are always welcome. You can send them to NARI, 621 North 10th Street, McAllen, TX 78501-4513. Attn: A.C. Jaime.

Boyles Comes Back Strong

Boston, Feb. 23–Just two weeks after his strong 50 Km performance, a period in which he said he would sit around and be lazy (see above), Matt Boyles found a little speed in his tired legs to rebound with a win in the USATF National Indoor 5 Km title race. As Matt crossed the finish line in 20:30.00, he ended a string of 10 straight wins in the event for Tim Seaman. It helped, of course, that Tim did not come to defend his title. In second was Patrick Stroupe in just under 21 minutes, as he continues a march into the elite group of U.S. walkers. Well back of Patrick was Stephen Quirke, also coming back from the arduous 50, as were the next two, Theron Kissinger and Curt Clausen. Another 50 Km survivor, Benjamin Shorey, was the race's only DQ.

Not to belittle Matt's performance, but it is only fair to note that this was the slowest winning time in the race since 1985, and it was 34 seconds off his personal best, set last year when he finished third behind Seaman and Kevin Eastler. Tim never failed to break 20 minutes in his 10 wins and probably felt that his American record time last year–19:15.88–was a good one to end the string on. The meet record is 18:53.25 by Canada's Guillaume Leblanc in 1988. Russia's Mikhail Schennikov set the World Record of 18:07.88 in 1995.

1. Matt Boyles, Miami Valley TC 20:30.00 2. Patrick Stroupe, un. 20:59.83 3. Stephen Quirke, Parkside AC 22:31.90 4. Theron Kissinger, new Balance 23:00.07 5. Curt Clausen, New York AC 23:16.2 6. Michael Kazmierczak, Walk USA 23:32.09 DQ–Benjamin Shorey, Wisconsin-Parkside

Vaill Edges Out Dow

Boston, Feb. 24–It seems youth is still waiting to have its day in the U.S. women's racewalking world. Tonight, 45-year-old Teresa Vaill held off 43-year-old Joanne Dow to win her fourth National Indoor 3 Km title-her first since 1991. When she won her third title in 1991 at age 28, she did 12:49.95. She hasn't slowed a lot, covering the distance in 13:08.40 tonight. Dow, who was seeking her sixth title at the distance, was just behind in 13:09.61 She had won in 1999, 2002-04, and 2006. Her fastest was a 12:36.76 in 2004.

Defending champion Sam Cohen, a mere 30 years of age, was third in 13:44.91, a 7 second improvement over last year. The youngsters followed. The meet record is Michelle Rohl's 12:28.32 in 2001 and the American record Debbi Lawrence's 12:20.79 in 1993. Claudia Iovan of Romania has the fastest time in history with a11:40.33 in 1999. The results:

. Teresa Vaill, Walk USA 13:08.40 2. Joanne Dow, adidas 13;09.61 3. Sam Cohen, Parkside AC 13:44.91 4. Maria Michta, Walk USA 14:03.56 5. Lauren Forgues, Maine RW 14:10.74 6. Le'erin Voss, Parkside AC 14:28.39 7. Miranda Melville, un. 14:28.45 8. Solomiya Login, un. 14:56.42

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V For Victory

New York City, Feb. 1-Both the young and the 'mature' were well served at the National Indoor 1 Mile Racewalks held as part of the historic Millrose Games tonight. And, it was a great night for those with names starting with V. It was V vor victory in both the men's and women's races. In the men's race, 17-year-old Ricardo Vergara became the second high-schooler and the youngest ever to capture the title as he won decisively in 6:29.92. A great night for the Vergara's as twin brother Roberto took second.

In the women's race, 45-year-old Teresa Vaill prevailed and became the most senior person to capture the title. Teresa's first National title came at the Indoor 1 Mile in 1984. This marked at least her 27th title-I'm losing count, so correct me if I'm wrong. Anyway, she has more than any other woman in history. On this night, she was an easy winner in 7:01.17 (11 seconds faster than in 1984) with Solomiya Login more than 10 seconds back in second, followed closely by junior walker Lauren Forgues

In the men's race, Michael Kazmierczak set a blistering initial pace and led Richard Luettchau and the semi-retird Curt Clausen in the early going. The Vergaras, accompanied by another veteran, 42-year-old Dave McGovern, were not far back.

Luettchau took over the lead about half-way through and the Vergara twins, trading places on alternate laps, moved into third. By the time they entered the final quarter, the Vergara twins were on Luettchau's heels with McGovern in close pursuit.

Ricardo took the lead with two laps to go, and Luettchau tried in vain to get back in front. Really in vain, as he found he had picked up a third red card for his efforts, after finishing just over two seconds back. That gave the Vergaras their unprecedented sweep of the first two places. McGovern just held of Kazmierczak for third with Clausen in fifth. Matthew Forgues, just 15, was impressive in sixth as he missed going under 7 minutes by less than a second. The results:

Women's 1 Mile: 1. Teresa Vaill, Walk USA 7:01.17 2. Solomiya Login, Southeastern 7:11.81 3.Lauren Forgues, Maine RW 7:13.54 3. Leah Buletti, un. 7:29.84 5. Diana Rado, Southastern 7:40.69 6. Michelle Clarke, Mansfield State 7:42.44 7. Olivia Lampham, un. 7:55.30 8. Amanda Johnson Lindsey Wilson U. 8:03.86 9. Mary Dutkoski, Viking RC 8:11.92 10. Chelsea Conway, Mansfield State 8:18.86 11. Pamela Alva, Southeastern 8:28.62 DO-Kristin Furseth-Mullaney, Pegasus TC

Men's 1 Mile-1. Ricardo Vergaro, South Texas 6:29.92 2. 2. Roberto Vergara, South Texas 6:37.17 3. Dave McGovern (42) New Balance 6:39.64 4. Michael Kazmierczak, un. 6:40.15 5. Curt Clausen, New York AC 6:51.95 6. Matthew Forgues, Maine RW 7:00.68 7. Doug Johnson, Kentucky Racers 7:10.99 9. Julio Alva, Southeastern 7:27.41 9. Geroge Karhoff, Central Methodist 7:30.48 DQ-Richard Luettchau, Shore AC (6:32.29)

Other Results

3 Km, Cambridge, Mass., Feb. 16-1. Michael Kazmierczak 13:40.58 2. Maryanne Daniel (49) 15:25.92 3. Tori Cooper 16:05.28 4. Christie Bernier (15) 16:10.86 5. Larry Epstein (49) 16:39.73 6. Stephen Peckiconis (48) 16:44.76 7. Allison Snochowski (18) 18:10.21 8. Bill Harriman (60) 18:32.32 9. Nicole Court-Menendez (13) 18:37.92 10. Tom Knatt (67) 18:57.18 11. Charlie Mansback (63) 19:20.59 12. Joanne Harriman (65) 21:02.95 17th Annual Mall 3 Km Racewalk, Milford, Conn., Feb. 17-1. Theron Kissinger 13:28 2. Bill Vayo (43) 16:51 3. Lee Chase (54) 17:46 4. Kara Steele (17) 18:37 5. Ginger Armstrong (45) 18:45 6. Joe Light (60) 18:56 7. Bob Watkins (59) 20:27 8. Gus Davis (70) 20:42 9. Luke Torrellas (13) 21:51 (15 finishers) 3.8 Miles, Brockton, Mass., Feb. 18-1. Mark Fenton

37:09 2. Steve Vaitones 37:09 3. Charlie Mansbach 39:35 4. Paul Schell 40:22 5. Justin Kuo 40:35 Girl's H.S. 1500 meters, Staten Island, N.Y., Feb. 2-1. Alyse Osher 9:01.57 2. Erica Gil 9:16.51 (7 finisehrs, 2 DQ) Girl's H.S. 1500, Bronx, Feb. 2-1. Elzbieta Mechel 8:55.46 2. Augustina Boateng 10;44:48 (16 finishers, 6 DQ) Girl's H.S. 1500, Queens, Feb. 3-1. Kelly McCann 8:14.74 2. Amy Cha 8:20.78 3. Monica Rodriguez 9:09.29 (8 finishers, 2 DQ) 1 Mile, Reading, Penn., Feb. 10-1. Joel Bubois (64) 9:37.9 2. John Morrison (59) 9:39.7 3. Panse Geer (61) 9:42.3 5 Km, Winter Park, Fla., Jan. 26-1. Tom Forman 31:44 2. Ray Jenkins 33:56 (6 finishers) Women-1. Cheryl Lemon (nee Rellinger) 25:29 2. Edna Ramsey 32:32 3. Janine Campbell 33:43 (17 finishers) 5 Km, Winter Park, Feb. 10-1. Cheryl Lemons (41) 26:55 2. Edna Ramsey (54) 33:11 3 Km, Findlay, Ohio, Janl. 27-1. Tina Pegters, Goshen Col. 15:12.09 2. Amanda Johnson, Lindsey Wilson 15:50.70 3. Allison Chin. Miami Valley TC 16:35.98 4. Allie Berr, MVTC 16:44.04 5. Katie Malinowski, Cornerston Col. 18:11.78 6. Janelle Brown, Cornerstone 18:18 7. Maggie Dade, MVTC 19:09.15 8. Megan Furnish, Lindsey Wilson 19:34 9. Laura Stoesz, Goshen Col. 19:45 DNF-Susan Randall, MVTC Men-1. Brad Sinich, Malone Col. 14:34.41 2. Grant Bacon, Cedarville Un. 15:23.04 3. John Randall, MVTC 15:25.17 4. Trent Gardner, Malone 16:48 H.S. 1 Mile, Cedarville, Ohio, Feb. 9-1. Allie Berry 8:32.0 2. Allison Chin 8:43.22 3. Maggie Dade 9:37.83 (Berry is just a freshman, the other two sophomores) Boys-1. Jake Gunderkline 7:29.15 2. John Randall 7:29.57 3. Nick Niehaus 8:47.72 (A junior and two sopphomores) Ohio Indoor 3 Km Championships, Findlay, Feb. 17-1. Matt Boyles 12:36 (Went on to finish 5 Km in 20:49.82) 2. Trevor Barron (15), Pittsburgh, Pa. 13:42.61 3. Grant Bacon (19) 15:18.50 4. John Randall 15:39.28 5. Chris Schmid (61) 17:03.30 6. Kyle Green (13) 20:18:24 (first race) 7. James Lagger (67) 20:47.24 8. Jack Shuter (78) 22:37 3 Km, Kenosha, Wis., Feb. 10-1. Sam Cohen 13:33.98 2. Miranda Melville (18) 14:31.90 3. Le'erin Voss (19) 14:32.13 (Personal bests for all three) 4. Ali Bahr 15:25.63 5. Lynn Tracy (55) 16:32.79 Men-1. Ron Winkler (57) 18:51.19 2. Bill Hoskins (70) 19:09.52 Heart of America Conference 3 Km, Feb. 23-1. Thiago Ferreira, Missouri Valley 14:25.00 2. Peter Muldoon, Central Methodist 15:04.19 3. Geoff Karhoff, Central Methodist 16:07.00 (6 finishers) USATF North Region Indoor 3 Km, Columbia, Missouri, Feb. 24: Boys-1. Evan Crowdus, Morganfield, Ken. 15:24.69 Men-1. Chris Tegtmeier 12:53.40 2. Thomas Stolee 14:50.53 Women-1. Erin Gray 17:00.03 (First walking race for the 20-year old and she finished with no red cards.) Masters Men-1. Doug Johnson, Morganfield, Ken. 14:31.15 20 Km, Houston. Jan. 6 (In conjunction with the 50 Km reported last month)-1. Patrick Stroupe 1:38:21 2. Ricardo Vergara 1:43:33 3. Chris Tegtmeier 1:50:30 4. Robert Vergara 1:51:33 5. Cheryl Lemons 1:53:10 6. Solomiya Login 1:53:22 7. Diane Rado (17) 1:57:01 8. Pamela Alva 2:03:18 9. Lauren Forgues 2:06:13 (11 finishers, 2 DQ, 1 DNF)-First 20 for the 17-year-old Vergara twins, Rado, and Forgues. The twins apparently didn't enjoy the 20 Km, as Ricardo was quoted: "This is the first and last 20 Km racewalk I will ever do" and Roberto agreed. Let's hope they forget they ever said that. Too much promise there to not have them go on when they leave the junior ranks. 5 Km, Aurora, Col., Jan. 19-1. Daryl Meyers (65) 32:07 Rose Bowl 10 Km, Pasadena, Cal., Jan. 10-1. John Nunn 1:18:01 2. Philip Dunn 1:18:02 3. Pedro Santoni (50+) 1:32:57 4. Joe Nieroski (40+) 1:34:)8 6. Norm Frable (60+) 1:35:32 (10 finishers, 1 DQ) Women-1. Kristen Furseth-Mullaney (40+) 1:26:45 2. Jolene Steigerwalt (60+) 1:46:48 (4 finishrs) 5 Km, same place-1. Sylvia Ellis 29:54 2. Yoko Eichel 29:57 3. Donna Cunnngham 31;15 4. Carol Bertino 32:40 (10 finisehrs, 2 DQ) Men-1. Alex Kararyan 28:24 2. Wayne Wurzberger 29:59 3. Eric Fischer 30:23 4. Alan Ede 31:15 (7 finishers) 2.8 Miles, Seattle, Jan. 12-1. Bvob Novak (58) 26:49 2. Stan Chraminski (60) 26:52 3. Anne Tuberg (48) 17:13 (7 finishers)

Kaniskina Betters World Record, Acceptance Doubtful

Alder Russia, Feb. 23-Russia's Olga Kaniskina, the reigning World Champion at 20 Km, bettered the World Record at that distance while winning the Russian Winter Championships here. Her 1:25:11 bettered Oliampiada Ivanova's recognized World Record of 1:25:41 set at the World Championships in 2005. However, the Russian Federation reports that that there were not three certified judges on hand, as required for world record recognition. It's not a unique situation for these championships. Ivanova herself did a 1:24:50 here in 2001 that was never recognized. Kaniskina's previous best was set here in 2006. Today, second place Anisya Kirdyapkina also bettered the record with a 1:25:30 with Tatyana Shemyakina 1:25:46 In the men's race, Valery Borchin turned in a quick 1:17:55. World record holder Vladimir Kanaykin opted for the 35 Km race today, which he won in 2:25:59. Spanish Road Championships, Feb. 17: Men's 50-1. Jose Cambil 3:53:42 2. Francisco Pinardo 3:36:42 3. Jose Gonzalez 4;01:26 (8 finished, 2 DQ, 6 DNF Men's 20 Km-1. Juan Manuel Molina 1:22:10 2. Benjamin Sanchez 1:24:24 3. Francisco Arcilla 1:24:34 4. Manuel Angel Lopez 1:24:43 5. Luis Corchete 1:25:14 6. Jamie Costin, Ireland 1:26:38 7. Mikel Odriozola 1:29:00 8. Ferran Cololados 1:30:36 (22 finished, 4 DQ, 7 DNF Women's 20 Km-1. Beatriz Pascual 1:30:09 2. Maria Vasco 1:32:11 3. Maria Poves 1:32:20 4. Rocio Florido 1:33:43 5. Maria Gargallo 1:35:36 6. Ainhoa Pinado 1:38:13 7. Lorena Luaces 1:40:20 8. Teresa Linares 1;41:58 Jr. Men's 10 Km-1. Luis Torla 42:57 2. Juan Antonio Porras 43:57 3. Luis Amezcua 44:39 4. Imanol Martin 45:51 (67 finished (23 under 50:00), 6 DQ, 3 DNF Jr. Women's 10 Km-1. Julia Takacs 48:00 2. Raquel Gonzales 49:56 3. Sara Alonso 50:12 (50 finished, 1 DQ, 4 DNF) Irish Indoor Championships, Dublin, Jan. 26: Men's 5 Km-1. Robert Heffernan 18:51.46 2. Jamie Costin 20:56.49 3. D. Kidd 21:38.19 (8 finishrs) Women's 3 Km-1. Zuzanna Malikova, Slovakia 12;55:50 2. Olive Loughnane 13;)5.16 3. Anne Loughnane 14:01.12 (6 finishrs) French Indoor Championships, Feb. 15: Women's 3 Km-1. Sylwia Korzeniowska, Poland 12:24.06 2. Christine Guinaudeau 13:19.13 3. Sandra Mitrovic 13:30.75 4. Febienne Chanfreau 13:32.77 5. Stephanie Iund-Herledan 13:40.01 6. Anne-gaelle Retout 13;47.73 7. Melissa Cartier 13:50.38 Men's 5 Km-1. Antonin Boyez 20:01 2. Denis Langlois 20:09.59 3. Emmanuel Boulay 20:11.47 4. Damien Molmy 20:20.70 5. Johan Augeron 20:59.86 Finnish Indoor Championships, Joensuu, Feb. 23: Men's 5 Km-1. Jarkko Kinnunen 20:53.09 2. Jani Lehtinen 21:05.27 3. Risko Nogelainen (18 Estonia (but racing for a Finnish club) 21:47.11 4. Aku Partanen (17) 21:50.21 Women's 3 Km-1. Karoliina Kaasalainen (19) 14:08.63 2. Tiina Muinonen 14;28.77 3. Anne Halkifaha 14:38.62 5. Elisa Neunonen 14;56.93 20 Km, Canberra, Australia, Jan. 27-1. Jared Tallent 1:24:20 2. Chris Erickson 1:27:00 3. Duane Cousins 1:30:44 4. Darren Brown 1:31:48 Women-1. Jess Rothwell (18)1:37:34 2. Claire Woods 1:38:47 3. Joanna Jackson 1:41:14 Victorian 5 Km, Sudney, Australia, Feb. 8-1. Chris Erickson 19:35.71 2. Duane Cousins 21:06.53 3. Thomas Barnes 21:32.93 Under 20-1. Rhydian Cowley (16)21:41:36 Women-1. Kellie Sapshott 21:46.70 Women Under 20-1. Jess Rothwell 22:08.76 5 Km, Melbourne, Aust., Feb. 8-1. Luke Adams 19:38.55 2. Marc Mundell 21:01.86 3. Ian Rayson 21:24.68 Women-1. Jo Jackson, England 22:12.31 2. Natalie Saville 22:52.99 2. Michelle French 23:15.24 4. Cheryl Webb 23:26.56 Australian National 20 Km and Olympic Trials, Melbourne, Feb. 23: Men-1. Jared Tallent 1:19:41 2. Luke Adams 1:20:32 3. Adam Rutter 1:21:49 4. Chris Erickson 1;23:49 5. Duane Cousins 1;27:47 6. Marc Mundell 1:28:55 7. Thomas Barnes 1:30:21 8. Ian Rayson 1:31:16 9. Glenn Burrell, New Zealand 1:33:14 10. Tony Sargisson, NZ 1:37:08 11. Andres Jamieson 1:38:59 Under 20-1. Rutter 2. Rayson Women-1. Jo Jackson, Grezat Britain 1:31:40 2. Kellie Wapshott 1:32:57 3. Claire Woods 1:33:02 4. Natalie Saville 1:35:10 5. Megan Szirom 1;36:37 6. Cheryl Webb 1:38:09 7. Juss Heazlewood 1:41:55 8.

Bekki Lee 1:43:37 9. Lynette Bannister 1:46:43 Under 20–1. Heazlewood 2. Lee 3. Bannister Women's Under 20 10 Km-1. Jessica Rothwell 45:45 Men's Under 20 10 Km-1. Daniel Coleman 44:24 2. Rhydian Cowley 44:47 (While billed as the Olympic Trials, the final selection of the Aussie team will not be made following the World Cup in May, where Australia will send a full teamFor themen, Adams was already pre-selected and Tallent and Rutter have picked up an "A" qualifier in this race. But, Rutter is already pre-selected for the 50 and will not want to walk both. Nathan Deakes did not compete here because of an injury, but also has an "A" qualifier. But will he want to double in Beijing, or pick either the 20 or 50. So, with ample athletes with an "A" standard at both distances, the Australian men's team will sort itself out by their finishes at the World Cup in Cheboksary. As for the women, Jane Saville was also absent from this race due to injury. Wapshott and Woods have "A" standards from this race, so the presumption is that those three will make up the Olympic team. Wouldn't it be nice if we had so many athletes meeting the qualifying standards and trying to sort themselves otu.)

Experience the euphoria of competition at these venues

Sun. March 2	Los Angeles Marathon (R)
	3 Mile, Denver, 9 am (H)
Sat. March 8	2.8 Miles, Seattle (C)
	Metropolitan Indoor 3 Km/1 Mile, Youth 1500 m, New York City (G)
	Indoor 5 Km, Indianapolis (B)
	3 and 5 Km, Kentfield, Cal. (P)
Sun. March 9	5 Km, New York City, 8:15 am (G)
Sat. Marach 15	5 Km, Denver, 9 am (H)
Sun. March 16	5 and 20 Km, Huntington Beach, Cal. (R)
Sat. March 22	Indoor 5 Km, Indianapolis (B)
	10 Km, Denver, 9 am (H)
Fri. March 28	USATF National Masters Indoor 3 Km, Boston (D)
Sat. March 29	5 Km, Decarville, Ohio (M)
Sun. March 30	World Cup 20 Km Trials, Men and Women, Eugene, Oregon (D)
Sat. April 5	5 Km, Canton, ohio (M)
Sun. April 6	Wolrd Cup Jr. 10 Km Trials, Men and Women, Hauppauge, N.Y. (D)
	Mt. SAC Relays 5 and 10 Km (R)
	5 Km, Kentfield, Cal., 8 am (P)
	4 Miles, Denver, 9 am (H)
Sat. April 12	Indiana 5 Km, Indianapolis (B)
	2.8 Miles, Seattle ©)
	5 Km, Stapleton, Col., 9 am (H)
Sun. April 13	Metropolitan 10 Km, New York City, 8:30 (G)
Sun. April 20	1 Hour, Ottawa, Ontario (K)
Sat. April 26	Penn Relays 10 Km (
	5 Km, Indianapolis (B)
	10 Km, Seattle (C)
Sun. April 27	USATF National Masters 20 Km, Orlando, Florida (D)
Sun. May 3	Henry Laskau 5 Km, Coconut Creek, Florida (N)
Sun. May 4	Mortland Walks (5, 10, and 20 Km0, Dayton, Ohio (M)
Fri. May 9	Last Chance Walks, Cedarville, Ohio (M)

Contacts:

A--Elliott Denman; 28 N. Locust, West Long Branch, NJ 07764

B-Indiana RW Club, P.O. Box 1302, Indianapolis, IN 46206

C--Bev McCall, 511 Lost River Road, Mazama, WA 98833

D-www.USATF.org

E-Don DeNoon, 1507 Sundown Lane, Clermont, Florida 34711, 352-217-3966

F-Jeff Salvage, campsalvage2@yahoo.com

G--Stella Cashman, 320 East 83rd St., New York, NY 10028

H--Bob Carlson, 2261 Glencoe St., Denver CO 80207

I-Mike DeWitt, uwpcoach@yahoo.com

J-Art Klein, 324 Alta Vista, Santa Cruz, CA 95060

K-Roger Burroughs, 34 Oakhaven Private, Ottawa, Ontario K1K 4K1, Canada

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-South Florida Walkers3331 NW 22nd Street, Coconut Creek, FL 33066

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-Bruce Leasure, info@twincitiesracewalkers.org

W-Maryanne Daniel, ctracewalk@sbcglobal.net

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

2008 Racewalking Challenge Opens In Mexico, Perez Will Be There

After winning his third World Championship at 20 Km last August, Jefferson Perez left open the question of whether he was ready for retirement. That question is answered in the following press release from the IAAF.

Chihuahua, Mexico-Ecuador's three-time World champion Jefferson Perez and Spain's World and Olympic silver medalist Francisco Fernandez lead the 14-country field already confirmed for the first leg of the 2008 IAAF Racewalking Challenge, to be held in this northern Mexican city March 8-9. Former walker (1997 World bronze medalist) and head of Chihuahua's State Sports Institute Miguel Rodriquez announced the attendance of two of the world's best 20 Km specialists for the Mexican raace.

Osaka World Championships fourth place finisher Eder Sanchez carries the host country's hopes in a race that will help select the Mexican team for the IAAF World Cup in Cheboksary, Russia May 10-11.

"I am doing a different preparation towards Beijing, with less high altitude training and more endurance to speed work. I will race in Chihuahua with the hope to make the team for the World Cup and the Olympic Games"

Some of Mexico's top walkers are currently training at altitude in Bolivia, including veteran Bernardo Segura (Ed. 1999 World Cup winner and ranked number two in the world as far back as 1994 when he set a world record of 1:17:26 on the track), 2007 Challenge winner in Mexico Omar Segura, 2000 World Junior champion Cristian Berdeja, and Jesus Sanchez.

Chihuahua-born Horacio Nava and Gabriel Ortiz are also doing a one-month preparation in Boliva.

Nava, the 2007 Pan American Games 50 Km silver medalist and seventh at the 2006 World Cup, ranks as Mexico's best 50 Km specialist, together with Omar Zepeda, but is expected to contest over the shorter distance in his home town.

According to the organizers, athletes from 14 countries will compete in the first stop of the IAAF Challenge: Ecuador, El Salvador, Armenia, Sweden, Tunisia, Peru, Spain, Norway, Cuba, Ireland, Puerto Rico, Poland, Guatemala, and the United States (Ed. No word here on who will be going from the U.S.) Eight more nations are slated to send delegations.. Organizers also expect attendance of 2007 Challenge winners Luke Adams (Ed. and Jared Tallent, according to Australian reports) of Australia and Ryta Turava of Belarus. (Ed.. Turava is ineresting since we had reports last fall after she had passed on the World Championships that she was retired.)

Raul Gonzalez, the 1984 Olympic champion and head of the raceewalking commission in the Mexican Athletics Federation, said the Federation will pay tribute to Jerzy Hausleber, instrumental in Mexico's early success in racewalking. (Ed. Hausleber went to Mexico in 1966 as the National Coach and soon revolutionized the world of racewalking. Ron Laird had spent some time with him the year before in Poland, but there was no hint then that he would be leaving his native country.)

The race will be held along the Division del Norte Avenue on a course known as "Circuito Pancho Villa". Mexico has hosted the first leg of the IAAF Challenge since its inception in 2003 and was awarded the right to organize the 2010 World Cup, its first since 1993.

The seven-event Challenge series will end in September in a venue to be determined. Previous Challenge winners are: 2003–Robert Korzeniowski, Poland/Gillian O'Sullivan, Ireland; 2004–Korzeniowski/Elisa Rigaudo, Italy; 2005 Francisco Fernandez, Spain/Ryta Turava, velarus; 2006 Fernandez and Claudia Stef, Romania; 2007 Luke Adams, Australia, Turava.

From Heel To Toe

Leblanc honored. Athletics Canada announced that racewalker Guillaume Leblanc from Sept-Iles, Quebec will be part of the 2008 class inducted into the Canadian Olympic Committee Hall of Fame. Martin Goulet, Athletics Canada Chief High Performance Officer remembers Buillaume as an outstanding talent: "He was beyond doubt one of our exceptional National Team athletes in the late '80s and early '90s; exceptional from a talent standpoint and how intelligent and clever a competitor he was. There was something immeasurable in his demeanor and attitude that you knew he was truly a world class athlete." Born April 14, 1962, Guillaume competed at three Olympic Games, winning silver at the 1992 Barcelona Games in the 20 Km racewalk. He also won gold at the Jeux de la Francophonie in 1989 and at the Commonwealth Games. He is Canada's most decorated and successful racewalker, still holding the Canadian 30 Km and 10 Km senior racewalk records, as well as the junior 10 Km mark. The athletics facility in Sept-Iles was named after him following the 1992 Games; the sam honor bestowed upon him in Rimouski where a recreational center carries his name since 1993. . . Respected International Judge and World Cup Pioneer Dies. Armando Libotte of Switzerland, a distinguished race walking judge, passed away at age 90 in January. Libotte was a well-known walker before World War II and a respected sports journalist. For many years he was also the leader of the SA, Lugano, the club that organized some famous

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racewalking events inside the Swiss Canton of Ticino. Along with others, Libotte came up with the idea of an international Racewalking competition for national teams, and so the Lugano Trophy race was born in 1961. Then only for men's teams, it was eventually combined with a women's competition, the Eschborn Cup (established 1979), and so what we know today as the IAAF World Racwalking Cup was established. . .Jonathan Matthews Clinic. The Heartland Racewalkers announce that Jonathan Matthews will conduct a clinic in Overland Park, Kansas on April 12-13. Jonathan, who turned from running to walking in his early 30s competed in the World Championships in 1993, finishing 19th in the 50 in 4:02:52 and was on four World Cup teams from 1993 to 1999. He had bests of 1:24:50 for 20 Km and 4:01:36 for 50. Jonathan's clinic will stress technique problems and customized training, teaching you to be your own coach. For further information on the intensive two-day clinic email info@heartlandracewalkers.com. . . New Web Site. Chris Rael invites everyone and collegiate racewalkers and coaches in particular to visit naiarw.com to find information, results, news, and resources on the only internet resource devoted exclusively to college racewalking. Beginners canlelarn the basics of racewalk technique while the experienced walker can find information on how to become faster and ever improve on personal best through a comprehensive training program. There are video demonstrations of racewalk specific drills, proper stretching routines, mobility exercises to improve flexibility, and much more that walkers of every ability can use to improve. . . Go the distance. How far can you walk in 24 hours? Go to the FANS 24-hour event June 7-8 in Minneapolis and find out. USATF/MN, in cooperation with ultrawalking.com and with the permission of the FANS organizers is putting on a Centurion walking event at FANS. Any entrant of FANS 24 hour walk can also enter the Centurion at no extra cost by sending an e-mail to Bruce Leasure racewalk@usatfmn.org. There will be judges on the course for the whole 24 hours. While FANS is a charity event, you don't have to gather contributions is you don't want to or to be part of the Centurion section. . .

Sharp retires with no regrets

Though he had an up and down career, interrupted by injury, Ray Sharp was one of the leading U.S. walkers in the 1980s with best times of 1:2458 for 20 and 4:21:06 for 50. He won 13 U.S. titles at various distances and represented the U.S. in the World Championships, both indoors and outdoors in 1987 and in the World Cup in 1981 and 1987. Then he quietly disappeared from the scene until re-emergence at age 45 in 2004. Walking a 1:38:57 for 20 late that year, he was back for sure in February of 2005 when he finished fourth in the National 50 with a 4:40:53. He improved that to 4:38:53 in the Pan-Am Cup 50 and then finished sixth in the National 20 with 1:35:54. In 2006, he matched his personal record of 25 years earlier while finishing second to Philip Dunn in the National 50. He later repeated his sixth place finish in the National 20, improving to 1:34:59. Last year at 47, he was still good for 4:26:07 and fourth place in the National 50 and for 1:36:00 and seventh at 20. Over the three years he added several national titles to his earlier total. Several days after this years 50, he announced his second retirement on his website blog. He leaves in good spirits, as opposed to his earlier retirement, as you can hear in his retirement message, which includes tribute to many, many people who have touched his career. That list is sort of roll callof our sport over the past quarter of a century. I suppose his retirement will mean I might lose another subscriber, but it's been good having him back.)

I am finished with competitive walking (again). This time I leave with no regrets. I gave it my best effort, enjoyed great trips to Peru, Spain and Brazil, met a lot of wonderful

people, and fell short of some audacious goals, but I am satisfied. I know that there is a very slim possibility that I could qualify for the Olympics if I were named to the World Cup team, but I don't think I earned a World Cup berth in Miami and I don't feel any sadness that my quest is over. Actually I feel a bit of relief. It was more than I could accomplish, whether because of age, family and work obligations, or just because of living in a cold climate and training for a warm weather event. Note that my best race of the last 4 years, 4:21 for 50k, came in cold, windy conditions 2 years ago. As they say, it is what it is.

I am looking for a sport that will keep me in shape, but where I can compete in local and regional races. Imagine race walking if there were 20 or 30 good walkers living within 100 miles of me, and I could compete 10 times a year in low-key races. This is what I have in triathlon, trail running, mountain biking, nordic skiing. I can even pick a couple national-level goal races a year - like the Birkibeiner ski marathon and the Wisconsin Ironman -- and try to qualify for the Ironman World Championship in Hawaii, yet still enjoy local competition. In walking, it was at the point where I had a couple domestic races a year, and if I didn't win, it was a failure. That's not the kind of sport I want to be in any longer.

I might race again if there were a world masters in the U.S. or Canada. I'm sure I'd have a good chance to medal when I turn 50 in a year. After all, I just soloed 20:53 and 43:49 last month. I'm ready for about 1:31 for 20k. But there's no way I can walk 1:22 this year, of course. My best at age 26 was 1:24:58. So I won't be going to the 20k trials in June.

One life goal that intrigues me is 100 miles in 24 hours. I may try for that, the sooner the better since I have been walking a lot. If there's a walk in the FANS in Minneapolis, that would be a good fit.

Before I say goodbye to race walking, I should thank the hundreds of people, in this country and abroad, who helped me over the years, with friendship, coaching, a place to stay, a kind word, a plane ticket, a smile, a shared cup of vodka after a hard-fought race. I will not remember everyone. Here is a partial list. Thank you all for making my life in sport rich and satisfying.

Frank Alongi, Ehrling Anderson, Simon Baker, Bob Bowman, Arturo Bravo, Carole Brown, Bogdan Bulukowsi, Wendy Burman Sharp, Jay Byers, Ernesto Canto, Jimmy Carnes, Sue Cook, Sal Corallo, Curt Clausen, Maryann Daniel, Elliot Denman, Don DeNoon, Margaret Ditchburn, Gene and Audrey Dix, Tom Dooley, Raffaello Duccheschi, Bogdan Duda, Philip Dunn, Rich Eastman, Tom Edwards, Marco Evoniuk, Mark Fenton, Terilyn Flinders, Alvia Gaskill, Wayne Glusker, Felix Gomez, Raul Gonzalez, Donna Gookin, Siv Gustaffson, Heidi Hauch, Jim Heiring, Craig Hilliard, Deb Huberty, Dean Ingram, Bob Kitchen, Andrew and Lorraine Jachno, Howard "Jake" Jacobson, Allen James, Jim "Jamie" Janos, Leonard B. Jansen, Marcel Jobin, Ron and Don Laird, Bob Lawson, Jeff Levy, Tim Lewis, Sue Liers, Bruno Malinowski, Lori Maynard, Dave McGovern, Carlos Mercenario, Jolene Moore, Querubin and Hector Moreno, Mike Morris, Jack Mortland, Dan O'Conner, Vince O'Sullivan, Lars Ove Moen, Steve Pecinovsky, Vince Peters, Neil "Grim Reaper" Pickens, Will Preischel, Neal Pyke, Dennis Reilly, Martin Rudow, Mike Rummelhardt, Jeff Salvage, Sammy de los Santos, Kerry Saxby, Tim Seaman, Carl Schueler, Alfons Schwartz's girlfriend, Paul Schwartzberg, Richard and Judy Sharp, Sharon Sharp Guttman, Howard Shmertz, Anatoli Solomin, Dan Stanek, Gary Steier, Dale Sutton, Swedish family in Ost'a'mar before the race in Uppsala, Pete Timmons, Rich Torrellas, Marc Varsano, Gordon Wallace, Gary Westerfield, Ian Whatley, Paul Wick, Boris Yakolov, "Cousin" Jerry Young.

LOOKING BACK

45 Years Ago (From the February 1963 Race Walker published by Chris McCarthy)-The

- 40 Years Ago (From the February 1968 ORW)-In the National AAU Indoor 1 Mile, Ron Laird won in 6:16.9, after capturing one of two qualifying heats in 6:42.9. Dan Totheroh edged Larry Young for second with a 6:23.4 to 6:24.7. Larry Walker finished in 6:19.5, but was DO'd. . . In late news, we learned of a great 100 Km effort by the GDR's Christoph Hohne the previous fall. Passing 50 Km in 4:23:47, the German ace went on to win the Swiss race in 9:15:58. . . Tom Dooley did 20 miles on the track in 2:40:39, passing 30 Km in 2:28:47. . Laird, shooting for a world 30 Km record, called it a day after passing 15 miles in 1:54:51.
- 35 Years Ago (From the February 1973 ORW)-Ron Daniel prevailed in the National AAU 1 Mile race, covering the distance in 6:22. His NYAC teammate, Ron Kulik, copped second in 6:24.2, with Todd Scully just missing a chance to compete against the Soviets with his 6:25.7 in fourth. . . Lynn Olson won the women's title with a quick 7:39 ahead of Jeanne Bocci, who was then DQ'd. Thus, second went to Ellen Minkow in 8:06 with Carol Mohanco, Kettering, Ohio, just 2 seconds back in third. . . Daniel also won the Olympic Invitational 1500 meters in a close race with John Knifton, Kulik, Scully, and newcomer Dan O'Connor. Times were 5:57.2, 5:58.2, 5:58.5, 6:00.7, and 6:03.5. . . 16-year-old Sue Brodock showed some promise with a 7:55.7 mile in a girl's race in California. Later, she did 7:17 for 1500 meters.
- 30 Years Ago (From the February 1978 ORW)-We made a big mistake in our lead headline, which we didn't notice until 10 years later when doing the Looking Back feature. Apparently no one else had noticed either, or they just passed it off as another of the famour ORW typos. Anyway, the head reports "Liers Defends Indoor Title." The only problem-Sue Brodock won the race, which was the National Indoor 1 Mile, and it was she who was defending the title. (I guess when you've seen one Sue, you've seen them all.) Brodock's 7:01.7 bettered her own record of 7:05.9. Liers was a distant second in 7:34.9 with Tracy Trisco third. The Men's 2 Mile title went to Todd Scully in 13:07.6. Dan O'COnnor (13:20.3) edged Jim Heiring (13:21.2) for second. Ron Daniel and Dave Romansky were next, about 14 seconds back. . Neal Pyke walked an American record 6:04 mile in San Francisco and Scully did 1500 meters in 5:47.9 at the Olympic Invitational, another American record. Scully also won miles in the Millrose Games and in Philadelphia. . . Larry Walker won the LA Tmes mile in 6:26.5.
- 25 Years Ago (From the February 1983 ORW)-Leading all the way, Ray Sharp won the National Indoor 2 Mile title in a record 12:13.33. Jim Heiring stayed close, but could never quite challenge for the lead and finished second in 12:15.36. Dan O'Connor and Todd Scully were also under 13 minutes, with Troy Engle and Wil Preischel rounding out the top six. .The Women's Mile went to Sue Brodock in 7:14.67, less than 3 seconds ahead of Teresa Vaill. Susan Liers, Vicki Jones, Chris Anderson, and Carol Brown followed. . . Heiring set an American record for 3 Km in Chicago, winning in 11:32.15, better than a half-monute ahead

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of Tim Lewis. . . Sharp blasted a 5:47.98 for the mile in Albuquerque, beating Heiring by 7 seconds, and won the LA Times in a "pedestrian" 6:07.8, with Dan O'Connor, Tom Edwards, Gary Morgan, and Todd Scully on his heels.

- 20 Years Ago (From the February 1988 ORW)--. At Research Triangle Park, N.C., Carl Schueler scored an impressive National 50 Km victory in 4:02:55, his fifth title at the distance. Carl blasted the final 10 Km in 44:50 to move easily away from Andy Kaestner (4:11:10) and Jim Heiring (4:12:37). Dan Pierce (4:18:00) and Mark Green (4:18:47) were next, as 14 walkers went under 4:30 Just getting started on an illustrious career, Curt Clausen, just 20 years old at the time, was eleventh in 4:27:25. . . Maryanne Torrellas edged Teresa Vaill to win the National Indoor 3 Km in 12:45.38. Teresa had 12:47.32. Lynn Weik was third in 13:24.88. Canada's Guillaume Leblanc led the men's 5 Km in a Canadian record 18:53.25. Tim Lewis, in second, won the U.S. title in 19:56.05, 6 seconds ahead of Gary Morgan. Paul Wick (20:11.42) and Mike Stauch (20:25.05) followed. Leblanc's time place him seventh on the All-Time World List at that time. . . Tim Lewis had a World's best mile of 5:33.53 in winning the Millrose race by 20 seconds over Gary Morgan. He had another World best 5:13.53 in winning the Vitalis Invitational 1500 meters. . . Torrellas did 6:37.06 for 1 Mile in Fairfax, Virginia, beating Weik by 11 seconds.
- 15 Years Ago (From the February 1903 ORW)-Jonathan Matthews won the National 50 Km in Palo Alto with a 4:01.36. Next was Herm Nelson in 4:09:49, then Andrzej Chylinski in 4:14:14 and Paul Wick in 4;16:48. . . Great Britain swept the U.S. men in an indoor 3 Km in Birmingham, England. Martin Rush (11:40.54) was first, followed by Darrel Stone and Derek Bell. Dave McGovern led the U.S. with 11:57.41 and Ian Whatley had 12:13.56. In the women's race, Sara Standley won in 13:00.40 with Victoria Herazo second in 13:08.95. .Debbi Lawrence beat Standley in the Fairfax 1 Mile with a 6:20 .18. Dara had 6:35.18 and Victoria Herazo 6:47.82.
- 10 Years Ago From the February 1998 ORW)-The National 50 Km in Palo Alto saw Canada's Tim Berrett crossing the line first in 3:55:08. Second, and winning the U.S. title was Curt Clausen in 3:57:24. That bettered his personal best, dating back to 1988 (see above), by half-an-hour, as he became the sixth U.S. walker all-time to better 4 hours. Tim Seaman, in his 50 Km debut, was third in 4:05:35 and Andrew Hermann came fourth in 4:08:00. There were nine finishers). . . Clausen also had an indoor 3 Km win in 11:40.3. . . In Australia Nick A'Hern had a quick 20 Km in 1:24:40, beating New Zealand's Craig Barrett (1:22:20)
- 5 Years Ago (From the February 2003 ORW)-High schooler Zac Pollinger won the Millrose Games 1 Mile in 6:41.19. . . Michelle Rohl did 12:37.90 for an Indoor 3 Km in Findlay, Ohio. In the men's race, Adam Staier (12:07.4) edged Matt Boyles (12:07.7). . . In Wisconsin, Ben Shorey had a 12:22.74 for 3 Km and 43:55 for 10 km, both indoors. . . The Spanish 50 Km went to Mikel Odriozola in 3:42:03 ahead of Jesus Garcia (3:46:03). The women's 20 went to Maria Vasco in 1:30:52 with Eva Trujillo Maria Cruz Dias close behind in 1:31:15 and 1:31:30.