

Borchin, Kaniskina, Schwazer Mine Olympic Gold

Beijing, China—Following 20 Km victories by Valeriy Borchin and Olga Kaniskina, Italy's Alex Schwazer prevented a Russian sweep of Olympic racewalking gold by Russia. Schwazer blistered the final 10 Km to leave Australia's Jared Tallent and Russia's Denis Nizhegordov more than two and three minutes back as he won the 50 in 3:37:09 after a race long battle with the other two. Russia, who had won nine of fifteen medals at the World Cup races in May with four gold, three silver, and two bronze had to settle for the two gold and one bronze here. The big surprise was Tallent, who had earlier raced to a bronze medal in the 20. The Aussie filled in admirably for injured countryman Nathan Deakes. Only tenth in the World Cup 20 in May, albeit in 1:19:48, and with a pre-2008 50 Km best of 2:55:08, he was not looked on as a medal contender in either race. Apparently, he knew better.

The men's 20 was the first race on the docket. Borchin proved too strong for 1996 gold medalist Jefferson Perez over the final 4 Km as he won in 1:19:01. The 34-year-old Perez, who has won the last three World Championship as well as three World Cup 20s, had his best Olympic finish since that 1996 gold, finishing in 1:19:15, well clear of Tallent, who crossed the line in 1:19:42.

Borchin was walking under a shadow of suspicion. His teammate, Vladimir Kanaykin, who broke the world 20 Km last year and finished second to Sergey Morozov in another world record race in June, was dropped from the Russian team (he was slated for the 50 Km race) because of a positive test for EPO. Alex Voevodin was also reported as testing positive in the April out-of-competition tests. Morozov was also dropped from the Olympic team for an undisclosed reason. It had originally been reported that Borchin was also dropped. Russia's coach acknowledged that Kanaykin had tested positive but insisted that Borchin had not. Whatever, he was more than Perez could handle on the day.

With a starting temperature of 84, sunny skies, and relative humidity at 45% everyone was cautious in the early going, knowing that the temperature would be rising as the morning progressed. Thus, when Italy's defending champion, Ivano Brugnetti, went through the first 10 Km in 40:42 in the lead, there was still a group of 20 walkers within 2 seconds of him. As Brugnetti began to apply pressure, dropping from 8:04 on the fifth of the 2 Km laps to 7:54 on the sixth and 7:52 on the seventh, the pursuing pack dropped to 13 members at 12 Km and then just nine at 14 Km. Besides the leader, Borchin, Perez, and Tallent, that group included China's Hao Wang, Australia's Luke Adams, Spain's Francisco Fernandez, the pre-race favorite of many, Ireland's Robert Heffernan, and Columbia's Luis Lopez.

Then Borchin took charge, dropping the to a 7:36 matched only by Perez. Tallent and Brugnetti were trying to hang on, just 2 and 4 seconds back. The other five were quickly dropping away. When Borchin stepped it up even further with a 7:17 on the ninth lap, Perez, too, began to drop away, trailing by 3 seconds as they started the final 2 Km. Tallent was now 16 seconds back, but nine seconds of a fading Brugnetti.

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Borchin maintained well and closed with a 7:29 to leave Perez 14 seconds behind at the finish. Wang overtook Brugnetti for fourth and closed to within 5 seconds of Tallent, who just hung on for the bronze. Adams was close in sixth, but Fernandez, not having one of his better days, slowed to 8:03 and 8:17 on his final two laps, just beating Heffernan for seventh. Mexico's Eder Sanchez, third in the World Cup and considered a medal contender here, struggled over the second half of the race and dropped from seventh at 12 Km to 15th at the finish. Kevin Eastler, still short on training from early season injuries, walked a steady race to finish 43rd in 1:28:44.

Inevitably, Borchin, who was suspended for 12 months in March 2005 after testing positive for the stimulant ephedrine, was questioned in post-race interviews about the doping situation. He said he had no details about Kanaykin's case or Morozov's absence. "I did not even know what it was all about", he said. "For the last month I have been training all alone. I know some of my teammates have fallen ill, and it just happened...that they couldn't make it here.. I'm not sure what's going on. I barely saw any of my teammates before I came, so I don't know anything about it."

Turning to the race itself, the 21-year-old Borchin said: "I was absolutely sure, even before the start, that I was walking for a medal—but for the gold medal I was not so sure. I have been working with my coach for five years and, if it was not for him, I would never have made it. Here he helped me a lot—he prompted me, he gave me nutrition and good advice.

"Racewalking is unpredictable", he added, noting that he felt vague because of the heat on the course. "Obviously the others had more experience than I have, but I was fortunate today...I do feel lucky."

Perez said he is retiring from international competition to undertake a masters degree and is leaving on a good note. "I want to thank God for the opportunity to be in five Olympic Games and to end my career like this", he said. "Silver is not bad, but silver is silver. Sometimes I heard an athlete say silver tasted like gold—but to me, silver is silver and bronze is bronze."

Conditions were completely different for the women's 20 five days later. The temperature was only 78F, but in a torrential rain the relative humidity was listed at 90%. The heavy favorite, Olga Kaniskina, winner of last year's World Championship and this year's World Cup race, took command from the gun. By the time she reached 2 Km in 8:26, she had opened a 17-second gap on a pack of 19 walkers, with another eight just 3 or 4 seconds back. Spain's Maria Vasco was leading the pursuers along with her teammate Beatriz Pascual and Italy's Elisa Rigaud.

Kaniskina slowed slightly, walking in the low to mid 8:30s, but continued to build on her lead. When she reached 10 Km in 42:43 the lead had grown to 45 seconds, with Ryta Turava, Belarus; Vasco; China's Hong Liu; and Russia's Tatyana Kalmykova together just ahead of Norway's Kjersti Platzer, China's Mingxia Yang, and Rigaud.

On the next lap, Turava began to make a move and took 4 seconds out of Kaniskina's lead, while opening a gap on the rest of the field. Platzer, Vasco, and Kalmykova were together, eight seconds behind Turava and nine seconds ahead of Rigaud, Liu, Pascual, and Yang.

Turava couldn't continue her assault, however, and two laps later, Kaniskina's lead had grown to 59 seconds. Platzer was third, along with Vasco, now 10 seconds behind Turava. Another 11 seconds back, Liu was just ahead of Rigaud and six seconds behind them, Portugal's Ana Cabecinha was leading Ireland's Olive Loughnane. Kalmykova and Yang had both gotten third red cards before they reached 14 Km.

Turava's race was essentially over at that point. With a 9:23 on the ninth lap she faded to seventh with 2 Km to go and lost another eight places on the final lap, which she covered in just 9:33. Kaniskina was also slowing rather drastically, going from 8:32 on her seventh lap and 8:40 on the eighth to 8:53 on the ninth. But, as they started the final lap, she still had a 61 second lead on Platzer. Vasco was just a second behind Platzer in third and with a 10 second lead on Rigaud and 21 seconds on Liu appeared to be on her way to the bronze, if not silver, medal.

That final lap took Kaniskina a labored 9:07, but her lead was insurmountable and she reached the finish in an Olympic Record 1:26:31, still 36 seconds ahead of Platzer, who set a Norwegian National Record and won a well-deserved silver. But not by much. Rigaud and Liu both blistered their final lap to move past Pascual. Rigaud came within five seconds of Platzer at the finish and was only five seconds of Liu, who covered the final 2 Km in 8:30. Actually, everyone in the top 10 was faster than Kaniskina over the last 2, but she earned her gold with her solo effort over the first 16 Km.

For the U.S. Joanne Dow paced herself well and was rewarded with a seasonal best and the fastest time by a U.S. woman in the Olympic arena. Her 1:34:15 was 11 seconds faster than Michelle Rohl walked in 2000, the first time the 20 Km was contested. The women's event was first introduced in 1992 and was contested at 10 Km in both 1992 and 1996.

The heavy rain continued throughout the race, but Kaniskina dismissed the weather conditions as an irrelevance. "It had no influence on me", she said. "It was better than a sunny or a hot day."

But, although she bettered the Olympic record by more than two-and-a-half minutes, she was disappointed with the time. "The problem was that I could not go as fast as I wanted, but it was enough under the circumstances", she said. "The one thing winning the World Championships gave me was confidence. However, winning a global title is easier than holding it, but it acts as a springboard for working harder. It makes you more determined to hand on to what you've got."

Following her World Championship win last year, Kaniskina was rewarded by the government of her home state of Mordovia with the keys to a two-room apartment in her home of Saransk, the Mordovian capital. When asked if she might get a car to go with her apartment now that she has added an Olympic gold, she replied: "No, I don't need a car. I prefer to walk."

The 23-year old's other interest, mathematics, is on hold. She is on sabbatical from the state university where she is in her fourth year. "My professors know that I take a serious approach to my studies, but at the moment I only work when I have time. But in the future, I shall devote my life to mathematics. There is no doubt about that", she said.

Dow, the 44-year-old mother of two from Manchester, N.H. was not as welcoming of the rain. "I did really well. It's the third-fastest time I've ever walked. I actually felt really great. It was wet. I felt pretty strong. I wonder how I would have done if it wasn't raining", she said. "But what a dream to step on that line this morning. I felt really ready. From the beginning, I felt strong. I kept picking people off. My family is having a blast. They've waited just as long as I have for this. For them to be at an age when they can understand what this means is pretty special." Dow's oldest daughter will be starting her first

year at the U. Of Pennsylvania this fall.

For the 50 Km race, heat was again a factor, but didn't seem to phase Italy's Alex Schwazer as he destroyed a strong field over the final 10 Km. The race started with the temperature at a comfortable 66F, but 87% relative humidity. By the finish, the temperature had risen to 82, and, while the humidity had dropped, it was still at 57%, not a comfortable condition.

The race began at a relatively conservative pace with Schwazer passing 5 Km in 22:40. Still, only France's Yohan Diniz, the 2006 European champion and silver medalist in the 2007 World Championship, was with him. A small group was 10 seconds back. That group closed in by 10 Km reached in 44:40, as the pace quickened. Along with Schwazer were Diniz, Jared Tallent, Denis Nizhegorodov, Yuki Yamazaki of Japan, and Jianbo Li of China. The rest of the field was already spreading out.

Enough fooling around. A 41:59 for the next 10 brought Schwazer, Tallent, Nizhegorodov, and Li through 20 Km in 1:27:39. Diniz had dropped seven seconds behind and Poland's Grzegora Sudol in sixth was 1:34 back, but pulling away from the rest. Reaching half-way in 1:49:00, the leading foursome continued to widen the gap behind them, having just covered 5 Km in 21:21. Diniz was trying to hang on at 1:49:17. But by 30 Km he had fallen nearly 2 minutes behind the 2:10:38 pace forged by the leaders. Sudol and Yamazaki were now three minutes back. At this point, Diniz dropped out with a hamstring injury and stomach pains. "I just cracked mentally and physically. The conditions were very hard", he said.

Apparently not for the leading foursome, although they slowed to a 22:00 for the next 5, going through 35 in 2:32:39. But Li cracked on the next 5, dropping a minute behind as the trio of medal aspirants recorded 2:54:36 at 40. He struggled from there an eventually finished 14th.

And that was where Schwazer made his move. Accelerating to 21:21 over the next 5, he left Tallent and Nizhegorodov 40 seconds back at 45 Km. Not content with that, he finished with a 21:12 to win by well over two minutes in 2:37:09. Tallent and Nizhegorodov both struggled on the final 5 but had secured their medals long before. Finishing fourth was Spain's ever-present Jesus Angel Garcia, the World Champion way back in 1993 and among the leaders in most international 50s since. He used his experience to move through the field—23rd at 10, 14th at 20, 11th at 30, and 8th at 40. He finished in 3:44:08, a minute ahead of Norway's Erik Tysse, who came from even further back. Both were faster over the second half of the race, as, of course, was Schwazer, who had a 1:49:00 followed by 1:48:09.

Philip Dunn, probably closing out his international career in his third Olympics finished 39th in 4:08:32, moving up from 51st at 25 Km in 2:04:08.

Schwazer finally opened the door he has been knocking on. He was third in the last two World Championships and in this year's World Cup.

During the post-race press conference, four-time Olympic gold medalist (three at 50, one at 20) Robert Korzeniowski was curious to know about a silver wrist band worn by the new Olympic champion. He got an appropriate reply, which made him even more convinced that the young Italian (23) has the abilities to dominate racewalking for a long period.

"You were a great athlete yourself. You will know about this—it is about belief", answered Schwazer. Back in 2005 he had told Korzeniowski that he was his idol.

"All that he says here reminds me of myself. Alex had a very positive attitude, which is very important in this sport. If he does not get any problems, stays healthy, and can handle the media and PR attention, which he will now get, then he will continue to be very strong", said Korzeniowski.

Referring to last year's World Championship, Schwazer noted his frustration about that result. "Tactically, I made a big mistake", he said. He had started his move to catch the leaders too late. After that, he was so determined to make up for this at the Olympics that he could barely wait for the start of the race. "My goal was to win today. When I came here I was in good form and had no problems", he said. "Of course, it is very hard to train for a 50 Km race. You have to push yourself to a maximum, but I got used to it. The decisive thing is that you are always happy with what you are doing. I like working with the people involved in my training. We get on very well with each other and there is a lot of support", he added.

Schwazer is coached by Sandro Damilano who has guided athletes to 44 medals at major championships, including his younger brother Maurizio who won the 1980 Olympic 20 Km. In the build-up to the Olympics spent six to seven months in Saluzzo north of Torino (known as the 'University of Walking' in Italy). "Alex has been doing up to 280 Km of training in peak weeks. We also went to high altitude, where he trained at 1870 meters to prepare of Beijing", says Damilano. "For me it was no surprise that Alex took the gold today."

Living near the Austrian border, Schwazer played ice hockey, but his first serious sport was cycling. The problem was that as in racewalking, he always wanted to take the lead. That did not work in cycling and Schwazer was removed from the team. He then turned to athletics and the individual sport has suited him better.

Tallent was pleased with his second medal. "This is what you do it for. Just warming up this morning and thinking of all the years of hard work that come down to this. I can't believe it—two medals at the Olympics", he said. As for Nizhegorodov, he said: "I feel very disappointed. I don't think I had any technical problems or mistakes. I got silver four years ago, but now it's only a bronze. It's such a pity."

The results:

Men's 20 Km, Aug. 16, 9 am—1. Valeriy Borchin, Russia 1:19:01 (2 Km splits—8:15, 8:09, 8:06, 8:09, 8:04, 7:54, 7:52, 7:36, 7:27, 7:29) 2. Jefferson Perez, Ecuador 1:19:42 (8:14, 8:09, 8:06, 8:10, 8:03, 7:55, 7:52, 7:36, 7:30, 7:40) 3. Jared Tallent, Australia 1:19:43 (8:15, 8:09, 8:06, 8:10, 8:03, 7:55, 7:51, 7:38, 7:41, 7:54) 4. Hao Wang, China 1:19:47 (8:15, 8:09, 8:08, 8:09, 8:04, 7:55, 7:51, 7:44, 7:46, 7:48) 5. Ivano Brugnetti, Italy 1:19:51 (8:14, 8:09, 8:08, 8:09, 8:04, 7:54, 7:52, 7:40, 7:49, 7:54) 6. Luke Adams, Australia 1:19:57 (8:14, 8:09, 8:06, 8:10, 8:01, 7:55, 7:52, 7:49, 7:51, 7:48) 7. Francisco Fernandez, Spain 1:20:32 (8:14, 8:09, 8:06, 8:10, 8:03, 7:54, 7:52, 7:44, 8:03, 8:17) 8. Robert Heffernan, Ireland 1:20:36 (8:15, 8:09, 8:10, 8:10, 8:03, 7:55, 7:52, 7:44, 8:08, 8:38) 9. Luis Lopez, Columbia 1:20:59 (8:15, 8:08, 8:06, 8:10, 8:04, 7:54, 7:52, 7:44, 8:09, 8:38) 10. Yufie Chu, China 1:21:17 (8:14, 8:10, 8:05, 8:10, 8:04, 7:54, 7:56, 8:06, 8:21, 8:17) 11. Yuke Yamazaki, Japan 1:21:18 (8:16, 8:10, 8:05, 8:10, 8:03, 8:00, 8:06, 8:10, 8:09, 8:09) 12. Juan Manuel Molina, Spain 1:21:25 (8:16, 8:09, 8:05, 8:10, 8:04, 7:54, 7:55, 8:08, 8:19, 8:25) 13. Benjamin Sanchez, Spain 1:21:38 (8:15, 8:09, 8:06, 8:04, 7:54, 7:55, 8:20, 8:14, 8:31) 14. Jose Bagio, Brazil 1:21:43 15. Eder Sanchez, Mexico 1:21:53 16. Koichiro Morioka, Japan 1:21:57 17. Ilya Markov, Russia 1:22:02 18. Giorgio Rubino, Italy 1:22:11 19. David Rotich, Kenya 1:22:21 20. Rolando Saquipay, Ecuador 1:22:32 21. Erik Tysse, Norway 1:22:43 22. Ivan Trotski, Belarus 1:22:55 23. Nyunsuk Kim, Korea 1:22:57 24. Andrie Kovenko, Ukraine 1:22:59 25. Andre Hohne, Germany 1:22:13 26. Matej Toth, Hungary 1:23:17 27. Hatem Ghoul, Tunisia 1:23:44 28. Dzianis, Simanovich, Belarus 1:23:53 29. Rafal Augustyn, Poland 1:24:25 30. Jimin Dong, China 1:24:34 31. James Rendon, Columbia 1:24:41 32. Jose Vieira, Portugal 1:25:05 33. Chilsung Park, Korea 1:25:07 34. Hasanine Sebei, Tunisia 1:25:23 35. Marius Ziukas, Lithuania 1:25:36 36. David Mejia, Mexico 1:26:45 27. Jean Nkouloukidi, Italy 1:26:53 38.

Andrea Chocho, Ecuador 1:27:09 39. Allen Segura, Costa Rica 1:27:10 40. Juan Cano, Argentina 1:27:17 41. Predreg Filipovic, Serbia 1:28:15 42. Rustam Kuvatov, Kazakhstan 1:28:25 (leading at 4 Km and still in the front of the pack at 6 km before reality sunk in) 43. Kevin Eastler, USA 1:28:44 (8:41, 8:51, 8:52, 8:51, 8:53, 8:55, 9:49, 8:56, 8:52, 9:04) 44. Siarhei Charnou, Belarus 1:29:38 45. Sergio Vieira, Portugal 1:29:51 46. Jakub Jelonek, Poland 1:30:37 47. Fedodei Ciunacenco, Moldova 1:31:17 48. Muhamud Ameer, Algeria 1:32:21 49. Recep Celik, Turkey 1:33:54 (DQ—Chris Erickson, Australia (33:35 at 8 Km) and Tani Takayski, Japan (8:16 at 2 Km))

Women's 20 Km, August 21, 9 am—1. Olga Kaniskina, Russia 1:26:31 (8:26, 8:34, 8:31, 8:38, 8:34, 8:36, 8:32, 8:40, 8:53, 9:07) 2. Kjersti Platzer, Norway 1:27:07 (8:44, 8:43, 8:41, 8:42, 8:39, 8:44, 8:48, 8:48, 8:45, 8:42) 3. Elisa Rigaud, Italy 1:27:12 (8:43, 8:44, 8:41, 8:43, 8:41, 8:45, 8:47, 8:48, 8:44, 8:36) 4. Liu Hong, China 1:27:17 (8:43, 8:44, 8:41, 8:43, 8:37, 8:50, 8:49, 8:44, 8:56, 8:30) 5. Maria Vasco, Spain 1:27:25 (8:43, 8:44, 8:41, 8:43, 8:37, 8:40, 8:44, 8:48, 8:46, 8:59) 6. Beatriz Pascual, Spain 1:27:44 98:443, 8:44,, 8:41, 8:43, 8:41, 8:46, 8:45, 8:55, 8:55, 8:51) 7. Olive Loughnane, Ireland 1:27:45 (8:44, 8:44, 8:53, 8:56, 8:51, 8:46, 8:43, 8:41, 8:47, 8:40) 8. Ana Cabecinna, Portugal 1:27:46 (8:45, 8:43, 8:40, 8:43, 8:42, 8:45, 8:50, 8:49, 8:59, 8:50) 9. Athanasia Tsoumeleka, Greece 1:17:54 (8:48, 8:57, 8:52, 8:50, 8:52, 8:47, 8:44, 8:40, 8:43, 8:40 10. Vera Santos, Portugal 1:28:14 (8:43, 8:44, 8:41, 8:50, 8:59, 8:56, 8:53, 8:48, 8:54, 8:46) 11. Ryta Turava, Belarus 1:28:26 (8:44, 8:43, 8:41, 8:42, 8:38, 8:32, 8:39, 8:51, 9:23, 9:33) 12. Tatiana Sibileva, Russia 1:28:28 (8:44, 8:44, 8:43, 8:46, 8:49, 8:51, 8:57, 8:59, 9:04, 8:51) 13. Shi Na, China 1:29:08 14. Mayumi Kawasaki, Japan 1:29:43 15. Sabine Zimmer, Germany 1:30:19 16. Sonata Milusauskaite, Lithuania 1:30:26 17. Vira Zozulya, Ukraine 1:30:31 18. Maria Jose Poves, Spain 1:30:52 19. Kristina Saltanovic, Lithuania 1:31:03 20. Jane Saville, Australia 1:31:17 21. Shylwia Korzeniowska, Poland 1:31:19 22. Johanna Jackson, Great Britain 1:31:33 23. Melanie Seeger, Germany 1:31:56 24. Ana Maria Groza, Romania 1:32:16 25. Evaggella Zinou, Greece 1:32:19 26. Sachiko Konishi, Japan 1:32:21 27. Zuzana Schindlerova, Czech Republic 1:32:37 28. Claire Woods, Australia 1:33:02 29. Mijeone Kim, Korea 1:33:55 30. Svetlana Tolstaya, Kazakhstan 1:34:03 31. Joanne Dow, USA 1:34:25 (9:13, 9:29, 9:22, 9:19, 9:21, 9:24, 9:29, 9:32, 9:32, 9:35) 32. Zuzana Malikova, Slovakia 1:34:33 33. Sniazhana Yurchanka, Belarus 1:35:33 34. Nadiva Borovska-Prokopuk, Ukraine 1:35:50 35. Sandra Zapata, Columbia 1:36:18 36. Johana Ordonez, Ecuador 1:36:26 37. Tania Spindler, Brazil 1:36:46 38. Veronica Colindres, El Salvador 1:36:52 39. Edina Fusti, Hungary 1:37:03 40. Kellie Wapshott, Australia 1:37:59 41. Despina Zapoudou, Greece 1:39:11 42. Jolanta Dukure, Latvia 1:41:03 43. Evelyn Nunez, Guatemala 1:44:13 DNF—Susana Feitor, Portugal (in 23rd with 54:04 at 14 Km), Yu Fana Yuan, Malaysia (59:14 at 14 Km) DQ—Elena Ginko, Belarus (15th at 14 Km in 52:57), Tatyana Kalmykova, Russia (5th at 14 Km in 52:15) Mingzia Yang, China (10th at 14 in 52:18)

Men's 50 Km, August 22, 7:30 am—1. Alex Schwazer, Italy 3:37:09 (22:40, 44:40, 1:06:08, 1:27:39 1:49:00, 2:10:39, 2:32:39, 2:54:36, 3:13:57) 2. Jared Tallent, Australia 3:39:27 (22:50, 44:40, 1:06:08, 1:27:39, 1:49:00, 2:10:38, 2:32:40, 2:54:36, 3:16:37) 3. Denis Nizhegorodov, Russia 3:40:14 (22:51, 44:39, 1:06:07 1:27:38, 1:49:01, 2:10:39, 2:32:40, 2:54:36, 3:16:38) 4. Jesus Angel Garcia, Spain 3:44:08 (23:35, 46:12, 1:08:34, 1:31:01 1:53:18, 2:15:36, 2:37:33, 2:59:36, 3:21:52) 5. Erik Tysse, Norway 3:45:08 (23:41, 46:36, 1:09:12) 1:31:46, 1:54:00, 2:16:16, 2:38:25, 3:00:19, 3:22:26) 6. Horacio Nava, Mexico 3:45:21 (23:01, 45:30, 1:08:15, 1:31:02, 1:53:18, 2:15:35, 2:37:33, 2:59:36, 3:22:32) 7. Yuki Yamazaki, Japan 3:45:47 (22:51, 44:40, 1:07:01, 1:25:14, 1:51:19, 2:13:29, 2:35:53, 2:58:57, 3:22:17) 8. Rafal Fedacynski, Poland 3:46:51 (24:03, 47:44, 1:11:05, 1:33:55, 1:56:28, 2:18:52, 2:41:11, 3:03:05, 3:24:43) 9. Grzegorz, Poland 3:47:18 (22:55, 45:09, 1:07:14, 1:29:13, 2:13:28, 2:35:52, 2:58:32, 3:22:28)

10. Luke Adams, Australia 3:47:45 (22:58, 45:30, 1:08:15, 1:31:01, 1:53:29, 2:15:51, 2:37:41, 2:59:31 3:23:18) 11. Antonio Pereira, Portugal 3:48:12 (23:41, 46:37, 1:09:13, 1:31:46, 1:54:01, 2:16:16, 2:38:58, 3:01:46, 3:25:11) 12. Andre Hohne, Germany 3:49:52 (23:05, 46:13, 1:09:05, 1:31:46, 1:54:01, 2:16:17, 2:38:37, 3:02:13, 3:26:10) 13. Mikel Odriozola, Spain 3:51:30 14. Jianbo Li, China 3:52:20 15. Jarkko Kinnunen, Finland 3:52:25 16. Igors Kazakevics, Latvia 3:52:38 17. Tianfana Si, China 3:52:58 18. Jesus Sanchez, Mexico 3:52:58 19. Marco deLuca, Italy 3:54:47 20. Antti Kempas, Finland 3:55:19 21. Chengliang, China 3:56:47 22. Luis Garcia, Guatemala 3:56:58 23. Maria Flores, Mexico 3:58:04 24. Serigy Gudza, Ukraine 3:58:21 25. Fausto Quinde, Ecuador 3:59:28 26. Santiago Perez, Spain 3:59:41 27. Olekaly Shelest, Ukraine 3:59:46 28. Eddy Riva, France 4:00:49 29. Takayuki Tani, Japan 4:01:37 30. Nenda Filipovic, Serbia 4:02:16 31. Dong-young Kim, Korea 4:02:32 32. Tades Suskevicius, Lithuania 4:02:45 33. Hatem Ghoul, Tunisia 4:03:47 34. Rodrigo Moreno, Columbia 4:03:52 35. Milos Batovsky, Slovakia 4:06:30 36. Xavier Moreno, Ecuador 4:07:04 37. Konstadinos Stefanopoulos, Greece 4:07:43 38. Tim Berrett, Canada 4:08:18 (23:14, 46:33, 1:09:58, 1:57:09, 2:21:40, 2:46:50, 3:12:57, 3:40:38) 39. Philip Dunn, USA 4:08:32 (24:47, 49:50, 1:14:29, 1:39:17, 2:04:08, 2:29:10, 2:54:05, 3:18:43, 3:43:33) 40. Augusto Cardoso, Portugal 4:09:00 41. Mario do Santos Jr., Brazil 4:10:25 42. Ingus Janevics, Latvia 4:12:45 43. Andrei Stepanchuk, Belarus 4:14:09 44. Jamie Costin, Ireland 4:15:16 45. Roman Bilek, Czech Rep. 4:18:32 46. Zoltan Czukur, Hungary 4:20:07 47. Kazimir, Verkin, Slovakia 4:21:26 DNF—Oleksiy Kazanin, Ukraine (2:47:21 at 35 Km; Yohan Diniz, France 2:12:26 at 30 Km in fifth place; Trond Nymark, Norway 2:17:13 at 30; Donatas Skarnulis, Lithuania 2:03:16 at 25 Km; Sergey Kindyapkin,, Russia 1:31:29 at 20; Adam Rutter, Australia 44:39 at 10; and Peter Korcok, Slovakia, 47:29 at 10. DQ—Artur Brzozowski, Poland 1:10:53 at 15; Diego Dafatna, Italy 1:11:24 at 15; Colin Griffin, Ireland 1:10:32 at 15; Salvador Mira, El Salvador 1:32:16 at 20; and Darius Skarnulis, Lithuania 24:18 at 5.

Stroupe, Casey Win National Titles

USATF National 15 Km, Minneapolis, Aug. 17—1. Patrick Stroupe 1:10:26 (21:56, 45:21) 2. Patrick Collier 1:14:03 (24:07, 48:53) 3. Dan O'Brien (43) 1:23:03 4. Leon Jasinowski (63) 1:23:22 5. Pedro Santoni (51) 1:24:23 6. Rod Craig (50) 1:28:51 7. John Randall (16) 1:33:36 8. Don Knight (62) 1:38:02 9. Dave Daubert (62) 1:38:49 10. Marshall Sanders (67) 1:46:53 11. Bernie Finch (68) 2:04:23 (2 DQ)
Women—1. Stephanie Casey 1:17:52 (24:57, 50:50) 2. Kristen Furseth (48) 1:19:17 (25:30, 52:15) 2. Solomiya Login 1:21:09 4. Susan Randall 1:24:46 5. Tori Cooper 1:26:42 6. Jennifer Marlborough 1:31:09 7. Allison Chin (16) 1:34:47 8. Debbie Topham (55) 1:34:59 9. Susan Mora Fassett 1:36:43 10. Donna Green (56) 1:30:45 11. Jamie Burmeister 1:40:56 12. Doris McGuire (59) 1:44:34 13. Rebecca Gilman 1:52:13 (2 DQ)

USA-Canada Junior Match, Victoria, B.C., Aug. 17: Women's 5 Km—1. Miranda Melville, USA 25:44.57 2. Hope Christie, USA 26:45.75 3. Heather Warwick, Can. 26:59.84 4. Nicollette Sorenson, USA 17:12.3 (non-scorer) 5. Catie Davis, USA 27:48.83 6. Marie-Helene Ratel, Can. 28:19.02 7. Jenna Monahan, USA 28:25.6 9. Christine Bernier, USA 28:35.9 9. Bev Larssen, Can. 28:49.11 Score: USA 15 Canada 7

Men's 10 Km—1. Evan Dunfee, Can. 44:34.97 2. Tyler Sorenson, USA 49:19.45 3. Ricardo Vergara, USA 51:01.54 3. Roberto Vergara, USA 41:07.23 5. Andre Marchand, Can. 53:01.62 6. Julien Voyer, Can. 53:13.21 7. Matt Forgues, USA 53:13.6 8. Evan Crowds, USA 53:17 9. Bruno Carriere, Can. 55:49 Score: USA 12 Canada 10

USATF Masters Championships, Spokane, Wash., 5 Km, Aug. 7: Women 35–1. Tamara Stevenson, Utah 28:36.23 W40–Kathryn Grimes, Ore. 28:35.69 2. Darla Graff, Col. 29:00 3. Stephanie Matthews, Mont. 29:07 W45–1. Ginger Armstrong, Conn. 32:09.25 W55–1. Lyn Tracy, Wis. 28:31.78 2. Marianne Martino, Col. 29:22 3. Mary Snyder, Ida. 29:42 4. Cathy Mayfield, Ind. 30:42 (1 DQ) W60–1. Panseluta Geer, N.J. 30:17.63 2. Yoko Eichel, Cal. 30:36 3. Jolene Steigerwalt, Cal. 32:34 4. Kathleen Frable, Utah 33:14 5. Darlene Backlund, Ore. 33:22 6. Diane Brandt, Ariz. 34:15 (1 DQ) W65–1. Louise Walters, Cal. 31:14.45 2. Kthleen Balser, Ariz. 31:52 3. Rita Sinkovec, Col. 33:47 4. Doris Cassels, Cal. 34:16 5. Sandra Hults, Fla. 36:52 6. Yvette Labigne, Cal. 37:37 (1 DQ) W70–1. Bev McCall, Wash. 33:41.15 2. Essie Faria, Fla. 37:14 W75–1. Shirley Dockstader, Cal. 34:46.41 2. Marcia Shafmaster, Fla. 42:33 3. Grace Moremen, Cal. 43:08 W80–1. Miriam Gordon, Fla. 42:43.96 M40–1. Art Morrow, Cal. 33:23 M45–1. Donald Lawrence, N.Y. 24:24.34 2. Jaames Kurszman, Cal. 24:28 3. Tommy Aunan, Wash. 26:21 4. Michael Blanchard, Col. 27:23 5. Albert Medina, Texas 27:24 M50–1. Jonathan Matthews, Mont. 23:32.55 2. Barton Kale, Wash. 33:00 3. Lynn Walker, Cal. 34:08 M55–1. Michael Wiggins, Iowa 25:33.34 2. Andrew Smith, N.C. 27:55 3. Mike DeWitt, Wis. 28:06 4. Steve Harper, Mont. 28:16 5. Robert Novak, Wash. 28:31 6. Michael Marshall, Ill. 33:26 M60–1. Max Walker, Ind. 27:47.78 2. Christoph Schmid, Ohio 28:03 3. Stan Chraminski, Wash. 28:20 4. Richard Campbell, Cal. 29:39 M65–1. Ted moore, Nev. 29:55.61 2. James Beckett, Cal. 29:59 3. Edoardo Sorrenti <N.Y. 30:58 4. Truvor Rodnar, Wash 33:27 M70–1. Pal Johnson, Ark. 29:52.56 2. Robert Cella, Texas 32:02 3. William Hosken, Ill. 32:22 4. L. Calvin Brown, Wash. 32:53 5. Ronald Walters, Cal. 33:25 6. Peter Bayer, Fla. 34:45 M75–1. Jack Bray, Cal. 30:29.17 2. Alfred Dubois, Wis. 34:07 3. Robert Fine, Fla. 36:04 (2 DQ) M80–1. Jack Starr, Del. 34:08.44 2. Bill Moremen, Cal. 34:25 **10 Km, Aug. 10:** W55–1. Lynn Tracy, Wis. 58:52 2. Marianne Martino, Col. 59:09 3. Mary Snyder, Ida. 60:54 4. Cathy Mayfield, Ind. 62:50 5. Carol Wilkinson, Wash. 68:39 W60–1. Yoko Eichel, Cal. 62:40 2. Paseluta Geer, N.J. 62:44 3. Mary Baglin, Nev. 64:20 4. Jolene Steigerwalt, Cal. 64:56 5. Kathleen Frable, Utah 67:22 6. Darlene Backlund, Ore. 68:04 7. Diane Brandt, Ariz. 69:10 8. Pat Walker, Ind. 80:08 W65–1. Louise Walters, Cal. 63:40 2. Kathleen Balser, Ariz. 64:20 3. Doris Cassels, Cal. 69:36 4. Sandra Hults 73:51 (1 DQ) W70–1. Bev McCall, Wash. 69:06 2. Essie Faria, Fla. 78:33 3. Julie Johnson, Ore. 81:00 W75–1. Shirley Dockstader, Cal. 71:17 2. Rita Hildreth, Ore. 81:11 3. Marcia Shafmaster, Fla. 85:41 4. Grace Moremen, Cal. 88:29 W80–1. Miriam Gordon, Fla. 87:48 M45–1. Donald Lawrence, N.Y. 51:58 2. James Kurtzman, Cal. 53:35 3. Michael Blanchard, Col. 55:38 4. Tommy Aunan, Wash. 55:33 5. Albert Medina, Texas 56:02 M50–1. Jonathan Matthews, Mont. 48:29 2. Lynn Walker, Cal. 77:28 M55–1. Michael Wiggins, Iowa 52:22 2. Andrew Smith, N.C. 56:09 3. Mike DeWitt, Wis. 57:10 4. Steve Harper, Mont. 57:51 5. Robert Novak, Wash. 58:03 6. Brian Savilonis, Mass. 67:44 M60–1. Max Walker, Ind. 56:04 2. Stan Chraminski, Wash. 59:03 3. Chrisoph Schmid, Ohio 58:53 4. Peter Armstrong, N.M. 62:45 M65–1. James Beckett, Cal. 61:06 2. Ted Moore, Nev. 62:26 3. Edoardo Sorrenti, N.Y. 63:15 M70–1. Paul Johnson, Ark. 58:16 2. Robert Cella, Texas 64:46 3. William Hosken, Ill. 66:05 4. L. Calvin Brown, Wash. 67:54 6. Carlos Acosta, Cal. 67:58 7. Peter Bayer, Fla. 69:28 8. Ed Lane, Cal. 70:37 M75–1. Jack Bray, Cal. 62:51 2. Alfred Dubois, Wis. 68:58 3. Charles Williams, Ga. 72:53 4. Robert Fine, Fla. 74:27 (1 DQ) M80–1. Jack Starr, Del. 69:02 2. William Moremen, Cal. 70:26 **5 Km, Cambridge, Mass., Aug. 10–1.** Rick McElvery (51) 28:11 2. Jay Diener (60) 33:23 3. Tom Knatt (68) 33:58 4. Paul Schell (70) 35:24 5. Josef DellaGrotte (71) 36:53 Women–1. Pat Godfrey (61) 35:49 **Metropolitan 3 Km, New York City, Aug. 24–1.** Leo Romero 15:55 2. Bruce Logan (43) 16:40 3. Alexis Davidson 17:21 4. Edoardo Sorrenti (65) 17:49 5. Ellen O'Shaughnessy (48) 17:57 6. David Lee (53) 18:11 7. Alice Tan 18:13 8. Myrian Rangon (40) 18:40 9. Jon Qalam (48) 18:44 10. Luannes Pennesi (53) 18:46 11. Andres Fernandes (56)

19:26 12. Seth Kaminsky (69) 19:42 13. Morris Gelman (59) 19:46 14. Joanne Freund (56) 19:56 (28 finishers) **Keystone State Games, York, Pa., Aug. 24–27:** 1500 meters–1. Sherry Obert (53) 10:25.68 (5 finishers) (Guest) Peter Blank (54), Vir. 8:40.03 Men–1. Ron Shields (65) 8:55.87 2. Arthur Lebofsky (66) 9:05.12 3. Thomas Cheffins (54) 9:08.17 4. James Ward (59) 9:24.57 5. James Riccio (71) 9:19.64 (Guest)–Frank Bergson (69), N.J. 9:37.89 6. Randy Fellow (65) 9:42.27 7. David Michael (61) 9:44.72 (20 finishers) **5 Km–1.** Joanne Freund (56) 32:21 2. Sherry Obert 35:08 ((4 finishers) Men–1. James Ward (59) 31:14 2. Thomas Cheffins (54) 32:07 (Guest) John Essex (60), Mary. 32:19 3. James Riccio (71) 32:23 4. Arthur Lebofsky (66) 32:38 (Guest) Frank Bergson (69), N.J. 34:32 5. Michael David (61) 34:45 5. William Obert (61) 34:55 (12 finishers) **Virginia Masters Championships, Virginia Beach, Aug. 16: Men's 3000 meters–1.** Steven Shapiro (54) 17:13.29 2. Scott Stakes (45) 18:37 3. Douglas Kirk (53) 19:07 4. Hartley Dewey (60) 19:47 ((8 finishers, 1 DNF, 1 DQ) Women–1. Rebecca Garson (44) 17:55.66 2. Linda Janssen (46) 20:41 3. Paula Graham (45) 20:51 (9 finishers) **5 Km, Ft. Collins, Col. July 4–1.** Mike Blanchard (47) 30:13 **1600 meters, Van Nuys, Cal., July 30–1.** Carl Acosta (74) 10:17.1 2. Hank Klein (55) 10:18.4 3. Cho Paquet (53) 10:25.3 (8 finishers) **5 Km, Eugene, Ore., July 2–1.** Rob Frank (55) 27:10.63 2. Stan Chraminski (60) 28:05 3. Paul Johnson (70) 28:17 4. George Opsahl (66) 29:02 5. Denny Robeson (61) 29:40 6. Doug VerMeer 954) 30:29 Women–1. Kathryn Grimes (44) 27:39.50 2. Kathy Frable (62) 32:36 3. Nana Bellerud (49) 32:45 4. Rita Sinkovec (68) 33:04 5. Darlene Backlund (62) 33:05 6. Donna Lafayette (65) 33:27 (10 finishers) **1 Mile, Eugene, Aug. 3–1.** Kathryn Grimes 8:35.71 2. Annmarie Bruning (43) 9:12.75 3. Rita Sinkovec 10:21 4. Donna Lafayette (10:44 (6 finishers) Men–1. Rob Frank 8:04.84 2. George Opsahl 8:44.17 3. Denny Robeson 9:07 4. Keith McConnell (64) 9:57 (6 finishers) **2.8 Miles, Seattle, July 12–1.** Bob Novak (59) 25:25 2. Stan Chraminski (60) 25:30 3. Darlene Backlund (62) 30:38 **5 Km, Seattle, Jan. 20–1.** Tommy Aunan (49) 26:03.65 2. Bob Novak 28:11.06 3. Stan Chraminski 28:17 4. Bill Bruner (63) 34:07 5. Bev McCall (72) 34:08 6. Dora Choi (42) 35:02 **10 Km, Everett, Wash., July 4–1.** Bob Novak 57:52 2. Stan Chraminski 59:02 **Portuguese Women's 10 Km, July 19–1.** Ana Cabecinha 43:08.17 2. Ines Henriques 43:22.05 3. Maribel Goncalves 43:59.27 4. Susana Feitor 44:06.10 5. Kristin Saltanovic, Lithuanis 44:30.66 6. Vera Santos 44:45.86 **Australian Championships, August 24 :** Men's 20 Km–1. Thomas Barnes (25) 1:26:40 2. Ian Rayson (20) 1:29:27.2 3. Andrew Jamieson (61!!) 1:35:38 4. Colin Heywood (54) 1:41:16 (12 finishers) Under 20 10 Km–1. Daniel Coleman (19) 44:19.1 2. Bfrendon Reading (19) 46:31 3. Daniel Payne (18) 46:59 4. Derek Mulhearn (18) 48:19 (8 finishers) Under 18 10 Km–1. Dane Bird-Smith (16) 45:00 2. Sean Fitzsimmons (17) 45:10 3. Rydian Cowley (17) 48:50 4. Malone Kyle (17) 49:05 6. Jordan Mulhearn (16) 49:44 (12 finishers, 1 DQ) Women's 20 Km–1. Cheryl Webb 1:34:58 2. Megan ?, 1:39:49 (4 finishers, 2 DNF, including Erin Taylor, USA)

Fernandez Cruises To World's Best

Santa Cruz de Tenerife, Spain–The Spanish T&F Championships were held on the Canary Islands for the first time and were highlighted by a world's best-ever performance in the 10 Km racewalk by two-time World Cup 20 Km winner Francisco Fernandez. (There is no official world record at 10 Km.) Fernandez turned in a 37:53.09 effort, eclipsing the previous best by Italy's 2004 Olympic 20 Km winner Ivano Brugnetti, who walked 37:58.6 in 2005. Benjamin Sanchez and Juan Manuel Molina were second and third, both under 40 minutes.

Fernandez was not looking for a record. "Exactly like last year (when he recorded 38:07.65) my only target was just to test myself to assess my form. My coach Robert Korzeniowski has advised me to perform in the 38:30 to 38:40 range, but everything was right. I felt extremely strong and I managed a clocking that gives me a lot of confidence thinking of the Olympics", said Fernandez. Fernandez was at 3:48.13 for the first Km and 1:23.11 at 3 Km. He hit 5 Km in 18:57.31 and then covered the second half in 18:55.78. He was coming off a 27-day training stint at an altitude of 1800 meters.

Looking forward to Beijing, he noted, "Of course, I'll be chasing gold but once more Ecuador's Jefferson Perez must be regarded as the hot favorite. I can't get obsessed with the gold medal. It's an Olympics and any podium place would be welcome. One thing is for sure: should I win, then I'll go up to the 50 Km event next year. Otherwise, let's see. I'm guessing that the final move will come around the 16th or 17th Km. Perez, Mexico's Eder Sanchez, and my training mate Ilya Markov, plus the usual surprise athlete at any championships, should be my strongest opponents." Well, as we have seen, he was right about when the move came, but Markov was already out of it and Sanchez was fading before it came. The surprise must have been Borchin, who made the move, along with four others who responded to it better than Fernandez.

Grab thos walkin' shoes and proceed to. . .

Sat. Sept. 13	1 Hour, Albuquerque, N.M. (T) 1 Hour, Minneapolis (V)
Sun. Sept. 14	USATF National 40 Km, Ocean Township, N.J. (A) 5 Km, Denver (H)
Sat. Sept. 20	5 Km, Denver (H)
Sun. Sept. 21	Metropolitan 25 Km, New York City, 8 am ((G)
Sun. Sept. 28	5 Km, Kentfield, Cal., 8 am (P) Doc Tripp 5 and 10 Km, Broomfield, Col., 8 am (H)
Sat. Oct. 4	National USATF 5 Km, Kingsport, Tenn. (D or K) 3000 meters, Santa Barbara, Cal., 9 am (E)
Sat. Oct. 11	2.8 Miles, Seattle, 9 am (C)
Sun. Oct. 12	National USATF 1 Hour, Waltham, Mass. (D or) 5,10,30,40, 50 Km, Minneapolis (V)
Sat. Oct. 26	1 Mile, Kentfield, Cal. (P) National USATF 30 Km and Jr. 20 Km, Hauppauge, N.Y.
Sat. Nov. 1	New Mexico 5 and 10 Km Championship, Albuquerque (T)
Sat. Nov. 1 or 8	2.8 Miles, Seattle, 9 am (C)
Sun. Nov. 9	RRCA National and Florida State 20 Km, Coconut Creek, Fla. (B)
Sun. Nov. 2	1 Hour, Kentfield, Cal., 9 am (P)
Sat. Nov. 8	5 Km, Minneapolis (V)

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*Note: Jack Bray has moved to Wisconsin and I'm not sure if this address will still reach the Marin Racewalkers

Eastler Announces Retirement

Beijing, Aug. 16--A journey that began 21 years ago when he took up racewalking to follow in his older sister's footsteps came to an end Saturday morning at the finish line in National Stadium. Kevin Eastler announced his retirement from the sport after finishing 43rd in the 20 Km race in a time of 1:28:48.

"I wish I could have ended on a better note, but I had so many injury issues coming into the Olympics that I didn't have any great expectations", said Eastler, a captain in the U.S. Air Force. "I just wanted to do my best and that's what I did--and I'm happy with that."

The Farmington, Maine native and Aurora, Col. Resident underwent surgery for a sports hernia in December 2007, and it took several months to recover. And after he did, he was forced to deal with injuries to his right hamstring and right knee.

"It's been a difficult season", the 30-year-old said. "I trained through it the best I could and raced through it as well as I can." Eastler, who finished 21st in the 20 Km at the 2004 Athens Olympics, will retire from the Air Force in October after nine years of service. "I wouldn't have accomplished what I have without the Air Force", said Eastler, who was the Air Forces's Male Athlete of the Year in 2003. "I owe then so much."

A graduate of the Air Force Academy, he will go to work for GE in New York, where he hopes to work on renewable energy projects. I can't wait to start that next phase of my life", he said. Eastler said he will continue to walk to stay in shape, but he won't be logging 100 miles a week like he did training for the Olympics. "I'm going to walk for fun, rather than for competition", he said.

Besides his two Olympics competed in two World Championships and four World Cups. In the World Championships, he finished 18th in 2003 with a 1:22:25 and 28th last year in 1:28:59. His best World Cup performance came in 2006 when he finished 21st in 1:22:47. Last year, he tackled 50 Km for the first time and won the National title in 4:05:44.

From Heel To Toe

Whatley training center. With another Olympics now history, and with our three Olympic walkers promising, or at least hinting at, retirement (not to mention the age of two of them along with our only other "B" qualifier), what about the future? In an internet message,

transplanted Brit Ian Whatley, who was on our 1993 U.S. World Cup team at 20 Km, asks what we can do to get our current young national class walkers up to Olympic A standard in 4 years? (Or, I might suggest, even "B standard, while adding that John Nunn, who had an A standard in 2004 has indicated that he might still be around in 4 years.) Ian goes on, "I think we need a custom designed racewalk training center since we don't have access to coaching and resident at the OTC anymore. Therefore, I have built a 24-acre, custom-designed racewalking training center in South Carolina. If anyone wants to come and see it with a view to taking a few months sabbatical to train here, we are only 3 hours from Kingsport, Tenn. Anyone would be welcome in the days before or after the national 5 Km in Kingsport." If you are interested in a visit or in discussing plans with Ian contact him at whatleyian@yahoo.com, 690 E. Suber Road, Greer, SC 29650, Phone 864-879-6682.

Nammy Awards. This has nothing to do with racewalking, but all but my most recent subscribers are familiar with my son Derek, who in 1997 at age 28 had a serious motorcycle racing accident that left him paralyzed from the waist down. His recovery and determination to get on with life were inspiring, and his interest in music was further heightened. As announced in these pages he released a solo CD of original 12-string guitar music, has appeared in International Music Festivals in Washington, D.C. and Brisbane, Australia, and just recently, with his friend Michael Joseph, a native-American flute player, released another CD. They call themselves SOTTW (Sounds of the Inner World—pronounced sotoo). SOTTW has now been nominated for two Nammy Awards, the Native American version of the Grammys. They are nominated in two categories—World, and Songwriter of the year. If you care to support them with a vote you can visit the website of the awards at www.votenative.com. You can also find out more about Derek and SOTTW by visiting www.derekmortland.com.

A Spectator's Guide To Racewalk Judging

by Ron Daniel, IAAF Racewalk Judge

As in most sports events, the officials play an important role in maintaining a balanced for all contestants. The following guidelines should help the spectator who is unfamiliar with the Athletics event of Racewalking become familiar with the superb athleticism of the walkers and the action of the judges.

How fast are the going: With racewalking world records at 1:16:43 for the men's 20 Km, 1:25:41 for the women's 20 Km, and 3:34:14 for the 50 Km, the regular weekend runner should be impressed with a sub 40 minute 10 km and sub 3 hour marathon while on the way to the longer distance. Perhaps even more amazing is the turnover rate of 3.5 steps per second for the men in a 20 Km event and over 3.0 steps per second for the 20 Km women and 50 Km men. By comparison, a 100 meter runner turns over approximately 45 steps per second for 10 seconds, not for more than one hour. These men and women racewalkers are quick and strong!

Definition (IAAF Rule 230): Racewalking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the vertical upright position." Simply stated, without any visual aids assistance, the judges watch the walkers for both feet off the ground or the failure to straighten the support leg at the knee from the moment of contact with the ground until it passes under the torso.

Judge's Actions: While observing the walkers, the judges take care to watch a 'progression of steps' before deciding if a walker is not complying with the definition. Also,

it is important that the judges work independently. The eight judges on the course have yellow paddles with the symbols \sim and $>$. A judge will show a walker a yellow paddle when the athlete is 'in danger' of failing to comply with the definition. The \sim represents lack of contact and $>$ represents a bent knee.

If a judge observes a walker failing to comply with the definition, the judge writes a Rec Dard (a proposal for disqualification). With the help of an assistant, that proposal is electronically transmitted to a Recorder (stationed near the stadium) where the information is displayed on a large Red Card Posting Board. When it is verified that at least three separate judges (three different countries in an international race) have written a Red Card against a walker, that walker is notified of his or her disqualification by being shown a Red Paddle by the Chief Judge or one of his Assistant Chief Judges (this accelerates the notification process). It is only the Chief Judge or Assistants that have the authority to notify a walker of their disqualification. It is important to understand that multiple yellow paddles do NOT add up to Red Cards.

In the stadium, during the last 100 meters, the Chief Judge has the authority to disqualify a walker who is obviously not complying with the definition regardless of any prior Red Cards, IAAF Rule 230.3a. (Note. Ron wrote this assuming an event that starts and finishes in a stadium, as the Olympics or World Championships. For an event that is walked solely on a road course, the Posting Board would be in a prominent position near the start-finish line and the Chief Judges authority over the final 100 meters would still apply.)

LOOKING BACK

40 Years Ago (From the August 1968 ORW)—Larry Young was hot at the Olympic Training Camp in Lake Tahoe's high altitude. He turned in a 1:16:53 for 10 miles, 1:34:32 for 20 Km, and 2:27:46 for 30 Km. Don DeNoon gave him a close race in the 20 and also did 21:50.5 for 5 Km, beating Tom Dooley by 1.5 seconds. . . The National 40 Km, firmly established in Long Branch, N.J., went to Dave Romansky in 3:30:34, with Goetz Klopfer less than 3 minutes back. The New York AC won the team title with Ron Daniel, Ron Kulik, and John Knifton finishing 2,4,6.

35 Years Ago (From the August 1973 ORW)—The feature story was on the possibility of waling being removed from the Olympics. As it turned out, we did lose the 50 Km in Montreal in 1976, but it was back in for Moscow in 1980 (minus any U.S. athletes, thanks to Jimmy Carter's ill-advised boycott). A lot of hard work by a lot of people over several years prevented something worse happening. In the absence of the Olympic event, the IAAF held a world championship 50 in 1976. . . Randy Mimm and Mitch Patton were walkers on the first U.S. Junior T&F team to tour in Europe. They had 10 Km races in West Germany, Poland, and the USSR, both turning in their best times in the final meet—49:47 for Paton and 49:52, for Mimm. . . In Long Branch, John Knifton overcame Ron Laird to win the National 40 in a course record 3:29:45. Ron had 3:31:14. Gary Westerfield and Todd Scully were way back in third and fourth. . . Shaul Ladany won both the 20 and 50 Km walks in the Maccabiah Games in 1:35:54 and 4:30.3.

30 Years Ago (From the August 1978 ORW)—Still in Long Branch for the 40 Km National, Dan O'Connor prevailed in 3:31:25. Carl Schueler was 8 ½ minutes back, beating Ron Daniel and Bob Kitchen. . . England's Olly Flynn won the Empire Games 30 Km in Edmonton in 2:22:03. Australians Willi Sawall and Tim Erickson came next. Canadian Marcel Jobin

had a bad day, and, after setting the early pace, settled for ninth. . . Jim Heiring, having previously concentrated on shorter races, moved up to 30 Km with some success, winning the National title in 2:30:50. Augie Hirt was well back in second, ahead of John Knifton. . . Otto Bartsch and Anatolily Solomin won Soviet titles at 50 and 20 Km respectively, in times of 3:56:36 and 1:23:30. The latter was the second fastest ever road 20 Km at the time. . . Dave Cotton won the British 50 in 4:14:25, with a U.S. contingent of Dan O'Connor, Augie Hirt, Bob Kitchen, and Knifton finishing 12th, 13th, 16th, and 24th. The British program was much stronger then than it is today.

25 Years Ago (From the August 1983 ORW)—In the first ever World Championship Track and Field Meet in Helsinki, Mexico's Ernesto Canto won the 20 Km walk in 1:20:49. He got away from Czechoslovakia's Josef Pribilinec in the last 2 Kilometers to win by 10 seconds. The Soviet Union's Yevgeniy Yesyukov beat Spain's Jose Marin for third. Canadian Guillaume Leblanc was eighth. Jim Heiring was the first U.S. walker with 1:25:49 in 19th. Five days later, East Germany's Ronald Weigel won the 50 in 3:43:08, as Marin came back to capture the silver (3:46:42). Eergei Junk of the Soviet Union was the third medalist in 3:49:03. Marco Evoniuk, who also walked the 20 (he dropped out in 13th place when he was told he had another loop to complete near the end when he did not) was the first U.S. finisher with a brilliant 3:56:57 in eighth. There was no women's race in those ancient times. . . Teresa Vaill won the 5 Km at an International Racewalking Festival on Long Island in 25:10.7. Susan Liers-Westerfield won the 10 Km in 52:09. Finally, we repeat won of many attempts at clever racewalking limericks we composed through the years:

Before going out for a stroll,
Heed this advice rather droll.
Put some grease where it's needed,
Let this not go unheeded,
Lest your skin pay a terrible toll.

20 years ago (From the August 1988 ORW)—In a 20 Km race in Vilnius, USSR, 13 Soviet walkers walked 1:23:47 or better in a race won by Aleksie Pershin in 1:20:39. Mexico's Ernesto Canto, the 1983 World Champion and 1984 Olympic Champion was ninth in the race. In two other races earlier that month, five other Soviet walkers had bettered 1:24. And in Leningrad, Frantz Kostyukovich did 1:19:39, with five others under 1:21 and five more under 1:23. These were all late arriving results from June. The competition was rather stiff in the Soviet Union at that time. . . Australia's Simon Baker walked 2:12:50 for 30 Km in Sweden. . . The Italian 50 Km Championship went to Raffaello Ducceschi in 3:44:27 with two others under 3:50. . . Latter, Ducceschi finished third in a 35 Km race in La Coruna, Spain in 2:34:26, behind Bernd Gummelt and Ronald Weigel, who both had 2:33:06, stellar at the time, but almost 30 seconds behind the leading trio during the 50 in Beijing. . . Weigel won the East German 20 Km in 1:20:57, easily beating Gummelt. . . The Soviet 50 went to Vyatcheslave Ivanenko in 3:44:01, 70 seconds ahead of Aleksandr Potaschov, with four others under 3:50.

15 Years Ago (From the August 1993 ORW)—The World Championships were held in Stuttgart and the Spanish men dominated with two golds and a bronze. In the 20, Valentin Massana left the field well in his wake as he won in 1:22:31. Italy's Giovanni DeBenedictis was 35 seconds back at the finish, 12 seconds ahead of Spain's Daniel Plaza. Jaime Barrose completed a near sweep for the Spanish in fourth. Allen James, the only U.S. entrant,

finished 17th in 1:26:53. In a closer race, Jeuss Garcia won the 50 in 3:41:41 with Finland's Valentin Kononen (3:42:02) and Russia's Valeriy Spitsin (3:42:50) getting the silver and bronze medals. Canada's Tim Berrett, 19th in the 20, finished seventh in 3:50:23. For the U.S., Jonathan Matthews had 4:02:52 in 19th and Herm Nelson 4:21:08 in 31st. Finland's Sari Essayah won the Women's 10 in 42:58, 10 seconds ahead of Ileana Salvador, Italy. Spain's Encarnacion Granados captured the bronze in 43:21. Teresa Vaill was 22nd in 46:58, Debbi Lawrence 37th in 48:53, and Sara Standley 43rd in 51:01. . . Gary Morgan won the National 25 Km in 2:02:51, 5 minutes ahead of Philip Dunn. . . Winners at the U.S. Olympic Festival were Deb Van Orden (47:20), Jonathan Matthews (1:32:52) and Andrzej Chylinski (4:19:48).

5 Years Ago (From the August 2003 ORW)—At the World Championships Paris, Ecuador's Jefferson Perez buried Spain's Francisco Fernandez over the final 3 Km to win the 20 in 1:17:21, with Fernandez finishing in 1:18:00, seven seconds ahead of Russia's Roman Rasskazov. Mexico's Noe Hernandez was another seven seconds back, with seven walkers under 1:20. Kevin Eastler walked a 1:22:25 in 19th place, a time bettered only by Tim Lewis among Americans. In the women's 20, 37-year-old Yelena Nikolayeva took command of the race early, leading by 20 seconds at 10 Km, and went on to win in 1:26:52, 42 seconds ahead of Ireland's Gillian O'Sullivan. Valentina Tsybulskaya, Belarus, was third in 1:28:10, with eight walkers under 1:30. . . In the 50, Poland's Robert Korzeniowski rallied in the final 5 Km to win in 3:36:03, with German Skurygin, Russia, second in 3:36:42 and Germany's Andreas Erm third in 3:37:46. Korzeniowski covered the second half of the race in 1:45:49. But Skurygin had closed a 20 second lead to just six at the 45 km mark. Korzeniowski simply went into another gear and sped away to victory. . . Curt Clausen and Michelle Rohl won U.S. 10 Km titles in Wilkes-Barre, Pa. Clausen finished 50 seconds ahead of Al Heppner in 43:57 and Rohl beat Teresa Vaill by 49 seconds, winning in 48:01. . . Perez also won the Pan-American Games 20 Km in 1:23:06, 25 seconds of Mexico's Bernardo Segura. Tim Seaman and John Nunn finished seventh and eighth in 1:33:24 and 1:35:34. The women's race went to Mexico's Victoria Palacios in 1:35:26. Joanne Dow was third in 1:35:48.

