

Three National Title Races In October

October was a month for National titles, but unfortunately, the dearth of elite walkers at these races continued and master's competitors dominated the results. One of those masters, however, was the still dominant Teresa Vaill, who, at age 45, added two more titles to bring her record total to 33 (I think; having trouble keeping track). Teresa scored walkaway wins in the 5 Km in Kingsboro, Tenn and the 1 Hour in Waltham, Mass. Tim Seaman, seemingly teetering on the brink of retirement, added what I think is his 33rd title with an easy win in the 5. The men's 1 Hour title went to Theron Kissinger, who beat 16-year-old Matthew Forgues.

The other National was the 30 Km held in Hauppauge, N.Y. In that one, Ecuador's Mesias Zapata was an easy winner, with Patrick Stroupe, in his first race of over 20 Km, grabbing his first U.S. National Championship while finishing second. In the women's race, 55-year-old Debbie Topham garnered a National title while finishing second to Columbia's Lina Cruz.

The results of these races:

National 5 Km, Kingsboro, Tenn., Oct. 4-1. Teresa Vaill (45) 23:45 2. Susan Randall 26:58 3. Lynn Tracy (56) 28:09 4. Hannah Kisley (15) 28:33 5. Debbie Topham (55) 28:49 6. Rebecca Garson (44) 29:07 7. Darla Graff (41) 29:12 8. Becky Benjamin (43) 30:07 9. Panseluta Geer (61) 30:16 10. Cathy Mayfield (57) 30:47 11. Kathleen Frable (63) 32:20 12. Jolene Steigerwalt (64) 32:40 13. Darlene Backlund (63) 33:28 14. Elizabeth Main (57) 33:34 15. Rita Sinkovec (69) 33:43 16. Katherine Fincher (50) 34:20 17. Walda Tichy (68) 34:32 18. Jandy Hulte (66) 35:43 19. Joce Curtis (70) 36:53 20. Barbara Hensley (64) 38:20 21. Ruth Ketron (78) 39:22 22. Susan Whatley (49) 40:07

Men: 1. Tim Seaman 21:38 2. Roberto Vergara (18) 24:38 3. Ricardo Vergara (18) 24:49 4. Evan Crowdus (18) 24:49 5. Ian Whatley (49) 25:00 6. Andrew Smith (59) 26:42 7. Klaus Thiedmann (54) 26:49 8. John Randall (16) 26:50 9. Michael Blanchard (47) 26:57 10. Leon Jasionowski (63) 27:10 11. Max Walker (62) 27:35 12. Rod Craig (50) 27:52 13. Bill Reed (56) 28:10 14. Paul Johnson (71) 28:12 15. John Fredericks (60) 28:27 16. Norman Frable (63) 30:06 17. Larry Windes (50) 31:15 18. Peter Armstrong (63) 30:55 19. Ron Salvio (60) 31:15 20. Michael Roth (38) 31:28 21. William Hosken (71) 32:24 22. Alfred DuBois (76) 32:33 23. Jack Starr (80) 32:43 24. Walter Ogelsby (161) 32:56 25. John Backlund (68) 33:14 26. Robert Nichols (69) 33:14 26. Robert Nichols (69) 34:28 27. Steve Durrant (69) 34:49 28. Bernie Finch (66) 37:32.

National 1 Hour, Waltham, Mass., Oct. 12- 1. Teresa Vaill (45) Walk USA 12,162 meters 2. Solomiya Login (28), SEPa Walkers 11,254 3. Linda Wilson, Canada 9812 4. Christie Bernier (16, Maine RW 9745 5. Ginger Armstrong (46), Conn. Walkers 9215 6. Nicole Court-Menendez (14), Maine RW 8980 7. Abby Dunn (14), Maine RW 8868 8. Itzi Garcia

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

(48), Cambridge Sports Union 8627 9. Pat Godfrey (62), Cambridge SU 8460 10. Sharon Chishold (38, Canada 8345 11. Joanne Harriman (65) New England Walkers 8216 DQ—Panseluta Geer (61), Shore AC and Mari Ryan (53), Cambridge SU. Team: 1. Maine Racewalkers

Men: 1. Theron Kissinger, Conn. RW 12,514 2. Matthew Forgues (16), Maine RW 11,180 3. Dave Talcott (48), Shore AC 11,131 4. Leon Jasionowski (64), Pegasus RW 11,007 5. Andrew Smith (59), Whittier, N.C. 10,704 6. Robert Keating (61), NE Walkers 10,370 7. Richard McElvery (51), NE Walkers 9982 8. Evan Vincent (16) Maine RW 9947 10. Larry Epstein (49), NE Walkers 9743 11. Matthew Bolton (18) Maine RW 9737 12. Edoardo Sorrenti (65), Park Walkers 9737 13. Bill Harriman (61) 9158 14. Tom Knatt (68), NE Walkers 8908 15. Charles Mansbach (64), NE Walkers 8870 16. Jack Starr, (80), Florida AC 8781 17. Thomas Fitzgerald (67), Fleet Feet 6884 DQ—Josef Dellagrote and Stephen Peckiconis. Team: 1. New England Walkers

National 30 Km, Hauppauge, N.Y., Oct. 26—1. Mesias Zapata, Ecuador 2:19:00 2. Patrick Stroupe 2:35:53 3. Theron Kissinger 2:40:52 4. Don Lawrence (49) 2:48:20 5. John Soucheck (43) 2:49:09 6. Alexis Davidson (53) 3:09:28 7. Rod Craig (50) 3:12:15 8. Bill Vayo (44) 3:15:58 9. Bruce Logan (43) 3:23:24 10. Edoardo Sorrenti (65) 3:26:34 11. Ron Salvio (60) 3:39:36 12. Don Knight (62) 3:41:23 13. Marshall Sanders (67) 3:44:59 DQ—Vivar Robinson, Ecuador and Juan Yanes (59) DNF—John Backlund (68 and Luc Bussieres (55), Canada Women—1. Lina Cruz, Columbia 3:15:58 2. Debbie Topham (55) 3:21:11 3. Yvonne Alimaras (47) 3:22:37 4. Susan Fassett (45) 3:30:16 5. Kathleen Balser (66) 3:33:05 6. Darlene Backlund (63) 3:41:31

Judges: Bill Pollinger (Chief), Ron Daniel, Maryanne Daniel, Bruce MacDonald, John Shilling, Diane Martin, Gary Westerfield.

Other Results

Half Marathon, Hartford, Conn., Oct. 11—1. Theron Kissinger 1:52:23 (warming up for the next day's National 1 Hour) 2. Bill Vayo (44) 2:12:11 3. Gary Griffin (52) 2:22:24 4. Ted Dobieski (65) 2:25:06 (7 finishers) Women—1. Maryanne Daniel (50) 2:30:09 2. Ginger Armstrong 2:30:10 3. Debra St. Germain (52) 2:34:30 (8 finishers) **5 Mile, Orlando, Fla., Oct. 17—1.** Juan Moscoso 43:49 2. Tom Forman 51:40 3. Robert Carver 53:14 4. Ray Jenkins 53:56 (11 finishers) **Half Marathon, Columbus, Ohio, Oct. 19 (Unjudged)—1.** Melissa Carlson 1:57:63 2. Chris Schmid 2:05:35 3. Sherri Idings 2:04:35 4. Alare Geiser 2:13:22 (884 finishers) **Marathon, Columbus, Oct. 19—1.** Don Slasser 4:27:46 2. Larry Smith 5:02:39 3. Bill Fuchs 5:05:34 (108 finishers) **Half Marathon, Detroit, Oct. 19—1.** Kristen Furseth (48) 1:55:42 2. Becky Benjamin (43) 2:14:24 3. John Thomas Linden (53) 2:15:23 4. Lori Lindquist (42) 2:15:39 5. James Lupton (50) 2:15:39 6. Richard McGuire (61) 2:16:23 7. Suzanne Gordon (54) 2:16:27 **1 Hour, Berkely, Mich., Sept. 28—1.** Dan O'Brien (43) 11,454 meters 2. Leon Jasionowski (63) 11,027 3. Bill Reed (56) 10,188 4. Lynn Phillips (58) 9580

5. Marshall Sanders (67) 8908 6. Max Green (76) 8836 Women—1. Debbi Topham (55) 10,185 2. Walda Tichy (67) 8792 3. Julia Puzdrowski (56) 8097 4. Vilma Dennis (40) 8097 **5 Km, Wheat Ridge, Col., Sept. 16—1.** Mike Blanchard (47) 27:40 2. Dan Pierce (52) 28:59 3. Darla Graff (40) 29:50 4. Marianne Martino (58) 30:29 **Doc Tripp Memorial 10 Km, Broomfield, Col., Sept. 28—1.** Mike Blanchard 56:58 2. Jose Villegas 60:47 **5 Km, same place—1.** Francisco Pantoja 26:36 2. Jon Rolstad (58) 31:05 3. Daryl Meyers (65) 33:31 **Huntsman World Senior Games, Ivins, Utah: 1500 meters, Oct. 6: 1.** Sean McMullin (2) 8:00.29 2. Norm Frable (63) 8:26.66 3. Lynn Hall (53) 8:27.53 4. Tom Gerhardt (57) 8:36 5. Doug Vermeer (55) 8:47 6. John Backlund (68) 9:27 7. Daryl Meyers (67) 9:32 8. Boyd Rollins (80) 9:59 (15 finishers) Women's 1500—1. Yoko Eichel (61) 8:45.67 2. Donna Graham (59) 8:47.92 3. Veta Batson (59) 8:58.92 4. Kathleen Frable (63) 9:08 5. Darlene Backlund (63) 10:00 (20 finishers) Women's 3 Km, Oct. 7—1. Yoko Eichel 18:02.37 2. Donna Graham 18:19.21 3. Veta Batson 19:16.47 4. Kathleen Frable 19:25 (9 finishers) Men's 3 Km—1. Paul Johnson (71) 16:26.15 2. Sean McMullin 17:08.81 3. Tom Gerhardt 17:56.70 4. Lynn Hall 18:06 5. Daryl Meyers 19:14 (11 finishers) Women's 5 Km, Oct. 8—1. Donna Graham (From Ohio, by the way) 30:58.5 2. Veta Batson 31:53.6 3. Jolene Steigerwalt (65) 32:34.7 4. Kathleen Frable 33:08 5. Darlene Backlund 35:13 (14 finishers) Men's 5 Km—1. Sean McMullin 29:40.4 2. Lynn Hall 30:04 3. Tom Gerhardt 30:32 4. Norman Frable 30:34.6 5. Daryl Meyers 33:16 6. John Backlund 33:49 7. (10 finishers) **5 Km, Kentfield, Cal., Sept. 28—1.** Desmond Canning 33:43 2. Doris Cassels 34:22 3. Joe Anderson 34:35 (8 finishers) **1 Hour, Banks, Oregon, Oct. 19—1.** Rob Frank (56) 10,721 meters 2. Shawn Magee 10,438 3. Bob Novak (59) 10,318 4. Norm Frable (63) 10,213 5. Dennis Robeson (61) 9799 6. Dick Vaughn (77) 7882 Women—1. Nana Bellurud (49) 9084 2. Kathy Frable (63) 8880 3. Darlene Backlund (63) 8821 5. Dora Choi (42) 8634 **5 Miles, Portland, Oregon, Oct. 5—1.** Rob Frank (56) 45:53 2. George Opsahl (66) 48:11 3. Dennis Robeson (61) 50:01 4. Doug Ver Meer (54) 51:45 (6 finishers) Women—1. Carmen Jacinsky (45) 51:43 2. Maureen Robeson (59) 55:02 3. Donna Lafayette (66) 55:04 4. Barbara Stratton (51) 56:08 (6 finishers) **Portland Marathon, Oct. 5—1.** Ron Babcock (51) 4:42:26 2. Dave Daubert (62) 5:16:07 Women—1. Kathryn Grimes (44) 4:58:42 2. Patty Gehrke (44) 5:12:19 3. Nana Bellurud (49) 5:20:24 4. Franceesca Rosemeyer (55) 5:30:02 (12 finishers, 1 DQ) **2.8 Miles, Seattle, Sept. 13—1.** Bob Novak (59) 26:07 2. Stan Chraminski (60) 26:08 3. Ann Tuberg (48) 26:13

Chinese National Championships, Xintai, Oct. 23-25: The highlight of this three-day meet was the performance of 19-year-old Hao Wong, who had finished fourth in the Olympic 20 Km on his birthday back in August. Here, Wang bettered the World Junior 10 Km record with a 39:32, 25 seconds under Aleksey Bartsaykin's pending record. (Vladimir Kanaykin walked a 38:16 in 2004 and Hafei Chu a 39:00 in 2006, but neither was ever ratified as a world record.) Wang beat Kun Wang, also 19, by just 3 seconds, as the runner-up took more than 3 minutes off his personal best. Hao Wang came back two days later to win the Under 20 30 Km race in a world-class time of 2:08:43. Another brilliant performance was that of 15-year-old Zhen Wang who won the under 18 10 Km race in 40:03, equaling the World Record for Under 18 athletes. **Men's 20 Km—1.** Jianbo Li 1:20:47 2. Gaobo Li 1:21:06 3. Hafei Chu 1:21:46 4. Chao Sun 1:22:10 5. Xingde Xu 1:22:34 6. Yong Liu 1:22:42 7. Lei Li 1:22:53 8. Jimin Dong 1:23:12 9. Wei Yu 1:23:35 10. Rui Li 1:23:49 11. Yunpeng Du 1:23:54 12. Xuezhi Zhang 1:24:11 13. Xuejin Bai 1:24:45 14. Ronglong Zhang 1:24:52 15. Xiaoxin Gou 1:25:06 16. Shucai Xing 1:25:24 17. Hu Ge 1:25:25 18. Kai Guo 1:25:58 19. Chaohong Yu 1:26:04 20. Zhiping Wang 1:26:36 21. Chengling Zhao 1:26:39 22. Yucheng Han 1:26:44 23. Yanxi Miao 1:27:06 24. Hongjun Zhu 1:27:07 25. Zhiyao Geng 1:27:09 (43 finishers, 30 under 1:30, 7 DNF, 2 DQ) **Men's 50 Km—1.** Tianfeng Si 3:46:55 2. Changliang Zhao 3:50:25

3. Xiaoxin Gou 3:58:24 4. Faguang Xu 4:00:13 5. Wei Yu 4:03:54 6. Cuizhi Zou 4:05:24 7. Hu Ge 4:08:07 8. Jimin Dong 4:08:29 9. Yieying Wang 4:08:57 (18 finishers, 21 DNF, 6 DQ) **Women's 20 Km**—1. Jing Jiang 1:27:23 2. Na Shi 1:28:50 3. Yawei Yang 1:30:14 4. Yang Shi 1:31:16 5. Li Li 1:32:12 6. Limin Sun 1:32:33 7. Ihua Sun 1:33:13 8. Shanshan Wang 1:34:05 9. Xiao Yang 1:34:17 10. Jingjing Nie 1:34:31 11. Shuang Li 1:35:46 12. Guangcai Zhang 1:36:24 13. Jing Huang 1:36:42 14. Dan He 1:36:57 15. Chun Ye 1:38:31 (20 finishers, 4 DNF, 4 DQ) **Men's Under 20 10 Km**—1. Hao Wang 39:32 (World Junior Record) 2. Kun Wang 39:35 3. Tao Yang 40:10 4. Leilei Wang 40:16 5. Yang Wei 40:20 6. Lingfu Geng 41:44 7. Ende Zhan 42:19 8. Kechao Jiang 42:22 9. Guangfei Wang 42:41 10. Hongwei Wang 43:58 **Men's Under 30 Km**—1. Hao Wang 2:08:43 2. Rui Zhang 2:12:59 3. Kun Wang 2:14:28 4. Lingfu Wang 2:15:49 5. Guangfei Wang 2:16:57 6. Hongwei Wang 2:20:03 **Women's Under 20 20 Km**—1. Yanfei Li 1:31:26 2. Mingxia Yang 1:31:37 3. Kang Zhou 1:32:08 4. Huanhuan Sun 1:32:11 5. Miao Yu 1:34:54 6. Chengcheng Tong 1:35:41 7. Liqin Xu 1:38:09 **Men's Under 18 10 Km**—1. Zhen Wang 40:03 2. Lei Li 32:23 3. Fudong Cong 42:46 4. Hang Zhang 42:54 5. Mingjun Cao 43:15 6. Hang Shao 43:34 7. Feng Sun 43:37 **Women's Under 18 10 Km**—1. Hua Li 47:36 2. Ni Gao 47:44 3. Guangha Qi 48:06 4. Shuangyan Chen 48:22 **Italian Club Championship 10 Km, Lodi, Sept. 29**—1. Ivan Brugnetti 40:21.31 **50 Km, Ivano-Frankivsk, Ukraine, Oct. 4**—1. Donatas Skarnulis, Lithuania 3:56:55 2. Oleksiy Shelest 4:01:45 3. Oleksandr Romanesko 4:10:02 4. Vladimir Savanovich 4:18:06 **30 Km, Ogre, Latvia, Oct. 5**—1. Ingus Janevic 2:19:48 2. Arnis Rumbeniks 2:20:03 **20 Km, Chiasso, Switzerland, Oct. 5**—1. Mirko Dolci, Italy 1:27:43 2. Milos Batovsky, Slovakia 1:28:21 **Women's 10 Km, same place**—1. Eleonora Giorgi, Italy (19) 47:42 2. Marie Polli 48:08 **Korea Sports Festival, Yeosu, South Korea, Oct. 11-14: Men's 20 Km**—1. Kim Hyun-Sub 1:19:41 (National record) 2. Park Chil-Sung 1:20:17 3. Lee Dae-Ro 1:22:45 4. Byun Young-Jun 1:22:59 5. Shin Il-Yong 1:24:59 6. Lim Jung-Hyun 1:27:42 7. Oh Se-Hyun 1:29:11 **Women's 20 Km**—1. Kim Mi Jung 1:29:38 (National Record) 2. Jeon Yong-Eun 1:37:46 3. Cho ong'Lan 1:39:23 **High School Boys 10 Km**—1. Jung Duk 43:07.71 2. Choi Byung-Kwang 42:42 3. Kim Bun-Jik 44:06 4. Kang Jong-Ha 44:41 **Girl's 10 Km**—1. Weon Aseas-Byeol 44:57.89 (National record) 2. Kim Ku-Jung 48:51 **French 100 Km**—1. David Regy 10:03:40 2. Pascal Keifer 10:15:15 3. Gilles Beloir 10:28:00 (16 finishers, the last in 11:24:31) **French Women's 50 Km**—1. Corinn Fauqueur Duda 5:38:10 2. Claudine Anxionnet 5:54:41 3. Monique Cadoux 5:57:00 Following are a series of ultra-distance race results from France, England, and the Netherlands. They mostly feature English woman Sandra Brown, who we featured several years ago for her outstanding feats as a Centurion (those who walk 100 miles in under 24 hours) and one of the leading ultra-distance walkers in the world, man or woman. We had an article on Sandra in the Nov. 1999 issue supplied by New Zealand's Dudley Harris who was writing a biography on Sandra, who he regarded as the world's greatest endurance walker. She was born on April 1, 1949, which she means she is now 59. At that time she had completed 26 100-mile races. Perhaps some one will update me on how many she has now. Note that in the races that follow what are billed as 200 Km races don't go the whole distance. I think that has to do with not starting another lap (they are rather lengthy, if it can't be finished by the 24 hour mark. **200 Km, Chateau-Thierry, France, March 29-3**—1. Kora Boufflert 170,200 meters in 21:49:14 (Kora is another long-distance fanatic and a one-time subscriber to the Ohio Racewalker during the time she was in Washington, D.C. with her husband and was competing in races there.) 2. Sandra Brown, England 170,200 in 21:59:35 **Men**—1. Sergei Kvoresski 173,400 in 19:53:39 2. Phillipe Thiboux 173,400 in 20:08:37 **200 Km Dijon, France, May 3-4**—1. Sandra Brown 170,617 km in 21:24:50 **Men**—1. Alexei Rodionov 196,314 in 24:06:22 **100 miles, Schiedom, Netherlands, May 31-June 1**. Sandra Brown 20:14:23 2. Ten van Aundel 21:09:03 3. Huid

van Broekhaven 21:12:35 4. Marcel Dekker, Latvia 21:14:03 (27 finish including 5 women) **100 Miles, Milton-Keynes, England, Aug. 16-17**—1. Marcelino Sobczak, Netherlands 19:00:53 2. Viktor Mennen, Netherlands 19:33:40 3. Ian Richards 19:37:10 4. Sandra Brown 19:59:29 (17 finishers) **24 hours of Thiebault, France, Sept. 6-7**—1. Sandra Brown 190,702 meters in 23:59:21 2. Kora Boufflert 181,853 in 23:49:59 (Kora is reportedly more a runner than walker now but is using the long walks in her training directed toward the World 24 Hour Rn Championship) (7 finishers) **Men**—1. Stephane Paille 190,702 in 23:56:10 2. Gernard Frechengues 186,278 in 23:59:40 3. Daniel Faubert 184,068 in 23:42:53 (6 finishers) Obviously, Sandra much enjoys spending full days on the road.

Some Delightful Events For Your Racing Enjoyment

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)
	5 Km, Littleton, Col., 8 am (H)
	Conn. 10 Km, Clinton, CT, 10:30 am ((Q))
Sat. Nov. 8	5 Km, Minneapolis (V)
	Indiana 20 Km, also 5 and 10 Km races, Indianapolis (K)
Sun. Nov. 16	10 Mile Handicap, Coney Island, Brooklyn, N.Y., 9 am (F)
Sun. Nov. 23	5 Km, New York City, 8:30 am (G)
Sat. Nov. 22	5 Km, Brighton, Col., 8:30 am (H)
Sun. Nov. 23	1 Hour, Pasadena, Cal., 6:45 am (R)
Sat. Nov. 29	5 Km, Aurora, Col., 10 am (H)
Sun. Dec. 7	5 Km, New York City, 8:30 am (G)
Sat. Dec. 13	2.8 Miles, Seattle, 9 am ©)
Sun. Dec. 14	5 Km, New York City, 8:30 am (G)
	1 Hour, Pasadena, Cal., 6:45 am (R)
Sat. Dec. 20	5 Km, Denver, 9 am (H)
Sat. Dec. 27	5 Km, Aurora, Col., 10 am (H)
	1 Hour, Pharr, Texas, 7 am (O)
Fri. Jan. 2	1 Mile, Pharr, Texas (O)
Sat. Jan. 3	5 Km, Pharr, Texas, 8 am (O)
Sun. Jan. 11	50 Km, Houston, Texas (L)
	Marathon and Half Marathon, Mobile, Alabama (P)

Contacts:

A—Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B—Daniel Koch, South Florida Racewalkers, 954-970-9634, racewalker@bellsouth.net
 C—Bev McCall, 511 Lost River Road, Mazama, WA 98833
 D—www.USATF.org
 E—Jim Hanley, 805-496-1829
 F—Lon Wilson, 718-588-0441
 G—Stella Cashman, 320 East 83rd St., New York, NY 10028
 H—Bob Carlson, 2261 Glencoe St., Denver CO 80207
 I—Mike DeWitt, uwpccoach@yahoo.com
 J—Art Klein, 324 Alta Vista, Santa Cruz, CA 95060
 K—Indiana Racewalking Club, P.O. Box 1302, Indianapolis, IN 46206
 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--L'Arche Mobile Foundation, 151 South Ann Street, Mobile, AL 36604
 Q--Connecticut Racewalkers, 47 Broad Street, Guilford, CT 06437
 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
 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

From Heel To Toe

Engle to coach Army team. Former racewalker Troy Engle has been named head coach of the men's and women's cross country and track teams at the U.S. Military Academy, West Point, N.Y. He leaves Division III Occidental College in Los Angeles, where he was Assistant Athletic Director and athletic department business manager, as well as track and cross country coach. He was an assistant track coach at Army in the middle '90s, and has also coached at Kansas State and Washington U. in St. Louis. He was the National Coach for Papua New Guinea from 1987 to 91, was on the staff of the US National men's team for the 1995 World Indoor Championships in Barcelona, and coached the men's team at the 1994 Pan American Racewalking Cup. Troy first emerged on the national scene in racewalking in 1982 when he finished fifth in the Indoor 2 Mile in 13:47.68. He also finished fifth in the National 40 Km that year. In 1983, when a senior at Amherst College, he finished fifth indoors again, had fourth place finishes at both 35 and 40 Km (3:34:43) and had a 20 Km best of 1:36:58. In 1984, he had his best race ever in the National 50 Km, finishing fourth in 4:18:11 and walked a 1:32:42 for 20 on the track. He finished sixth in the Olympic Trials at 50 Km (4:25:00) and eleventh at 20 (1:34:57). He gave up the sport for his coaching career after that, but has maintained contact with the sport. I'm sure he realizes that Army has a wonderful tradition in the sport from the early to mid 1960s when Ron Zinn, Akos Szekely, and Art Mark were the among the elite of U.S. walking and several others from the Academy competed in walks. Any chance of reviving that tradition Troy? . **Retirements.** Russia's 1996 Olympic silver medalist and 1999 World champion at 20 Km, Ilya Markov has ended his international career. Markov has ranked in the world's top five several times in his career. He married late in August in Poland and will continue to live there. Coached by Robert Korzeniowski, he managed to qualify for the Beijing Olympics at age 36, but due to problems with breathing finished 17th there. And 1964 Olympic 50 Km silver medalist Paul Nihill walked his final race in a 5 Mile in Moulton, England in June. Nihill was a fixture on the International scene into the early '70s and has continued racing on the club level. In his final race he finished 28th in a field of 60 with a 56:16 for the 5 miles. . **World Championship standards.** Qualifying standards for the 2009 World Championships have been announced. For the racewalks they are: Men's 20 Km--A 1:22:30, B 1:24:20; Men's 50 Km--A 3:58:00, B 4:09:00; Women's 20 Km--A 1:33:30, B 1:38:00. Each country is entitled to enter, two, three or four athletes per event (but only three may compete) as follows: 1,2,3, or 4 athletes with an A standard; 1 athlete with the B standard and 1,2, or 3 with the A standard. If there are no A standard athletes, each country can enter two athletes with the B standard, but only one can compete. The qualification period for the walks in from September 3 2007 to August 3 2009.

The standards must be met in competitions on a list of designated by the IAAF, the list to be released in January. That's a simplification of 2 ½ pages describing all of the details. . **World Youth Championships.** The World Youth Championships (for athletes who will be 16 or 17 on Dec. 31, 2009) will be held in Bressanone, Italy from July 8-12, 2009. The Boy's 10 Km racewalk is scheduled for July 10 and the Girl's 5 Km for July 11. Qualifying standards are 48:40 for boys and 25:25 for girls. . **Bray moves.** Super master walker Jack Bray, the driving force behind the highly successful Marin (Cal.) Racewalking club and promoter of many races in the Bay area, has relocated to Wisconsin and hopes to start another club there. His new address is W6930 Highway P, Pardeeville, WI 53954. . **Another book.** Later in this issue you will see my review of Shaul Ladany's biography *King of the Road*, which we have mentioned before. This very morning, an e-mail arrived announcing another racewalking book. This from Claudia Wilde, Publisher, Bedazzled Ink Publishing Company: "A racewalk book for kids! Exciting news for the racewalking world! Not sure if your warm-ups are right? Or if you're walking correctly? Check out this fully illustrated, easy-to-read book by our very own Dr. Specific, Tom Eastler and illustrated by master's walker Vern Mauk. It's a great way to introduce racewalking to the young at heart. A perfect gift for those who haven't decided whether to be pro basketball player or Olympic athlete. And if that's not enough incentive to buy one, a portion of the proceeds go to the North American Racewalking Institute where your donation will help the next racewalking superstar!" Contact www.dragonfeatherbooks.com/racewalk-book-order.html. A further communication from the author himself tells us that the book's dedication reads: "This book is dedicated to a visionary, Elaine Ward of Pasadena, CA, who has devoted her life to assisting young athletes to become the future of racewalking in North America. A prolific writer, a producer of books and videos on racewalking, and a great athlete in her own right, Elaine Ward has played a significant role in helping former elementary school racewalkers earn their way to the Olympic Trials and to the Olympics."

Commentary

A commentary on the racewalking scene from former racewalker and current coach Viisha Sedlak, now in Arizona.

The past 15 years, I have been working almost sequentially in nine foreign countries coaching walkers, runners, and corporate and government entities in performance strategies and training, and competitive and fitness walking. I speak four languages, so have had an exceptional opportunity to learn the coaching methods of some of the best walk teams and individuals in the world, many of whom do not speak English.

One training issue I share now regards drugs, since I read your latest printing on the Olympic results and the drug suspicions or suspensions. My national coaching contracts included a major competitor whose athletes use drugs. I made it strongly clear that I competed for 18 years as a runner and racewalker without any drug use and I successfully beat drug users. A drug-free athlete CAN beat a drug user in the sport or walking or distance running, because I did so and other athletes have done so. However, blood doping and EPO and substances that are and aren't in the USA yet DO give an advantage. Correct training, focused discipline in all aspects of daily life, and superior mental attitude ALSO give an advantage.

I agreed to coach only one national team that acknowledged their drug use to me; I worked with them because of their high consistent world standings, their excellent training elements, their efficient national support program, and their understanding of my coaching

specialties; mental training and biomechanical correction, and my higher salary request. I believe their team problems in the first two areas are a direct byproduct of their drug use.

I would like to encourage any USA racewalk athletes to ignore the drug issues and focus on their own clean lives and committed training. If your only goal is to win worldwide, I think you should quit sport. I never coach athletes to win, I always coach athletes to perform at their highest level.

There are many reasons why USA athletes are not at the top of the world standings in the walk, and two of the most influential are lack of support for the sport in public and private schools and the focus on coaching racers rather than grassroots fitness walkers (using the Olympic technique). I am impressed by Ian Whatley's plans for a major training center for walkers (see September issue). He is a great athlete and the perfect person for this project and I hope USOC and the walk community will support him and that his effort will transfer to young walkers and racewalkers for fitness.

The last point I mention, because this is in stark contrast to the top-ranked countries, is our athlete's or potentials athlete's envelopment in and surrender to, in whatever degree, our USA culture of too often taking the easy path, too often lacking dedication because we have so many alternative opportunities to achieve satisfaction and financial earnings, and disrespect in our culture for our bodies, mind, and spiritual development. Most of the top athletes I have met in the world make their training a full lifestyle commitment, and many of these also hold jobs and are responsible family leaders, live cleanly and do not indulge in inhibiting and destructive distractions.

Your mention of Kevin Eastler shows him to be a prime example of the fully successful athlete in my personal view. He is a great athlete, he has been well-supported by his work life, and he is of strong character. He made it work, and I tip my hat to this young man personally and as a coach.

Kaniskina Enjoys New Car and Apartment

(From European Athletics website) Olympic walk champion Olga Kaniskina is being encouraged to rest her weary legs after her regional government in Mordovia awarded the 23-year-old star with a luxury car in recognition of her impressive performance in Beijing. However, Kaniskina has only ever known one kind of transport—the legs that won her gold this summer—and so, before the hard working university math student can get behind the wheel of her brand new Lexus, she will have to pass her driving test!

"It's true. I haven't really had the time to learn as I've been concentrating on my training and my studies. (Ed. See Viisha's statement above about the problem of succumbing to the culture. Not Olga.) But with a car like this, I have an extra incentive to get a driving license. I'm certain I will start taking lessons in the coming months," said Kaniskina, who also holds the World 20 Km title from Osaka last year. "I haven't really needed a car until now as I'm used to walking everywhere", she joked.

With training slowing down post-Olympics, Kaniskina admitted that she will now have more time on her hands to study road signs rather than mathematical symbols. "I'm back in Adler (Russia's training camp for walkers on the Black Sea), but I'm only doing one training session a day, so it's a bit like a holiday as well. The weather has been nice and warm and Adler is a seaside town, so I'm recovering from my Olympic efforts", added a happy Kaniskina, who also received a three-bedroom apartment from her proud home city.

The young walker, who is based in Saransk, the venue for next year's IAAF World Racewalking Challenge final deserves a rest after a year that saw her win not only Olympic gold, but the World Cup title and the Russian Championship in a new best time of 1:25:11.

A bit of history:

Great Scott One of the Best Walkers of All Time

by Alistair McMurran, Otago, New Zealand Daily Times, Sept. 20

Dunedin racewalker Joe Scott was a household name in his time, becoming New Zealand's first world champion athlete and world record holder in 1888. There is a special display on Scott at the New Zealand Sports Hall of Fame at the Dunedin Railway Station.

In his 700-page book, *King of the Peds*, (Arthur House, United Kingdom, 2008), on international professional pedestrianism during the 1870s and 1880s, author Paul Marshall devotes a chapter to Joe Scott and racewalking in Dunedin.

Pedestrianism (running and walking races) was a massive spectator sport and the big guns at that time were able to attract thousands of spectators to big indoor tracks in Britain and the United States, Marshall wrote. Scott, who was born in Ireland in 1859, came to Dunedin at a young age with his family and worked as a bootmaker. He came under the influence of Alfred Austin, an athletics handicapper for the Caledonian Society, who trained him to become a professional racewalker.

Young Joe was a wonderful athlete who, under the influence of Austin, became one of the best heel-and-toe racers of all time, Marshall wrote. In 1887, Scott traveled to England and beat the walkers of Europe to win the 72-hour Champion Belt of the World at the royal Agricultural Hall in London in May 1888. There were 29 walkers in the race and Scott was prepared to bide his time and did not take the lead until the fourth day.

The early leader was Englishman Jack Hibberd, of Bethnell Green, who led the field with 70.1 miles at the end of the first day. Scott was 10 miles behind in fourth place. Racewalking was a popular sport in the Victorian age with the lucrative prize money making the contest exciting for the spectators.

Hibberd led Scott by nine miles after two days and several hundred spectators watched the New Zealander reduce the gap to six miles by the end of the third day. Public interest grew and 3000 noisy spectators saw Scott take the lead on the fourth day.

Many a hat was flung into the air to celebrate what had seemed impossible only a couple of days earlier. Scott not only took the lead but gradually pulled away from the rest of the field. At the end of the fourth day, Scott led Hibberd by nearly two miles and increased it to eight miles after the fifth day. Scott eventually won the race by covering 363 miles 1510 yards in 71:51:23. Hibberd covered 337 miles.

Scott received 100 pounds and the R. Lewis Champion Belt for winning the event. Hibbard took the runner-up purse of 25 pounds, a lot of money at the time.

Scott arrived back in New Zealand on the steamship Ruapehu and he and his trainer, Alfred Austin, were given heroes welcome at the Caledonian Sports meeting in January 1889. The *Otago Witness* stated that Scott wore the pedestrian costume and the silver champion belt won in England. Scott and Austin led a procession around the ground and the band played "See the Conquering Hero Comes".

The long-distance walking races were not held on the road as they are today, but indoors and always attracted crowds of spectators. In 1875, Scott beat Australian champion William Edwards twice. In one race, the 120 pound Scott walked 25 miles around the Queens Theater in Dunedin on a track comprising 31 laps to the mile in a time of 4:47.

In 1879, Scott became the New Zealand champion after walking 106 miles in 24 hours against eight other competitors on the 22-laps-to-the-mile course at the Garrison Hall in

Dunedin. In 1995, he beat the visiting British champion Arthur Hancock by walking 114 miles in a 24-hour match at the Garrison Hall. When the match was delayed for a week, Scott reduced his racing weight to 114 pounds by training on the main road between Dunedin and Palmerston.

A few weeks later, Hancock did not turn up for a scheduled match race and Scott, by himself, set a world record of 17:59 for a 100-mile race at the Garrison Hall. It beat the old record by 8 minutes.

It was not easy and Scott suffered from nausea during the event. He also suffered from vomiting and diarrhea during his races. He often had a 30 minute break during his races when he took a warm bath to ease the pain in his legs. In one 100-mile race, he suffered from severe cramp in his legs after 92 miles, but still managed to complete the race.

In 1886, Scott competed in Australia and was declared the Australian national champion. Scott married Isabella Jarvis in 1881 and the couple had five daughters and two sons. He still kept training and at weekends would get up early and walk the 15 Km to Waitati from their home in Northeast Valley and get back in time to cook the family's breakfast. He died of cancer in 1980 at the age of 49. (Ed. If the dates are correct, he started his long-distance career at the age of 16.)

King of the Road

Following up on the above story and on the earlier information on Sandra Brown, what better time to discuss Shaul Ladany's book, *King of the Road-From Bergen-Belsen to the Olympic Games*. The coer describes it as "The autobiography of an Israeli scientist and a world record-holding race walker". Last month we published Neil Amdur's N.Y. Times review of the book, which was first published in Hebrew in 1997 and has recently come out in English. Here is my take on the book.

This is a fascinating read for anyone who has been involved in racewalking and also for anyone who has faced and fought life's adversities and won. Most of us are aware of Shaul's many accomplishments in racewalking, primarily in events of 50 Km and longer. Here we get vivid descriptions of many of his races, along with the stories behind them, the training leading up to them, and the machinations of sporting bureaucracies that often put barriers in his path. Shaul both amazes and inspires the reader throughout the book.

Shaul is a very principled, honest, and virtuous man, both in his professional and athletic lives and has steadfastly stood by those principals whatever the cost. As a result, he has often stood against the culture of the moment and has not yielded. I'm not sure that in every case of his battles with red tape and high-handedness, I fully agree with his stance, but I always admire his unbending nature in standing for what he believes is right.

As part of his story, he sheds new light on the terrorist attack on the Israeli compound at the Munich Olympics as one who survived. Shaul also served as a reserve artillery officer in the Israeli army. His immediate response to military crises, even though he wasn't called up, speaks again of his dedication to principle.

In one case, he was in the middle of a 100 mile race in Columbia, Missouri, when he heard there was fighting in Israeli. This was the beginning of the Yom Kippur War. He finished the race, received more definitive word on the situation, flew immediately back to New York where he was living at the time, and in a few hours was on a flight to Israel. He arrived there on Monday evening and by 4 am on Tuesday was commanding his artillery unit somewhere in the desert, having been without sleep for about three days, 19 ½ hours of which he was walking. He hadn't been called up. He wasn't required to be there. But his own principles told him he had to be.

Well, read the book. You will find humor along with inspiration, anger along with joy. Its available from www.israelbooks.com and from Amazon. Its ISBN Number is 978-965-229-421-0. The publisher's U.S. address is Gefen Books, 600 Broadway, Lynbrook, NY 11563, phone no. 1-516-593-1234.

Ohio Native Chases Fourth Straight Title

by Tom Reed

Columbus Dispatch, Sept. 20

(Excerpts by far-and-away the longest article on our sport to ever appear in the hallowed Dispatch sports pages.)

Matt Boyles acknowledges the techniques of competitive racewalkers appear a bit peculiar to the uninitiated. Elbows pumping furiously, hips rolling penguin-like, strides taken on stiffened legs. It's like watching the awkward gait of kids who have been told not to run around the pool.

"If you haven't seen it before, you would think it looks ridiculous", Boyles said. "Some say it's a duck walk. I've also heard it described as guys trying to run with two broken legs."

Appearance aside, Boyles's stride has taken the 25-year-old Rio Grande resident around the world. He finished runner-up in the 20 and 50-kilometer races in the U.S. Olympic Trials, and on Sunday he will defend his New Albany Waling Classic title. Boyles has won the 10-km race in each of its first three years. Boyles won last year's race by more than 11 minutes, coveing th distance in 43:42

A converted middle-distance runner, Boyles said it took him more than a month to grasp the techniques after he started racewalking as a college greshman at Rio Grande U. In 2001. He competed in running and walking eventsf

At first, his family wasn't sure what to think. "My grandfather said "You're not giving up running just to walk, are you?" Boles said.

As he accelerated through the ranks with the help of coach Vince Peters, the Boyles clan gained an appreciation for the sport. In peak training he logged more than 100 miles per week, taking off only Sundays.



Matt (272) in World Cup action,

"Matt has really good flexibility and that's key", Peters said. "Most distance runners have tight hips, but he has the flexibility of athletes who compete in field events."

Despite his two second-place finishes in the U.S. trials, Boyles failed to qualify for Beijing because he didn't meet the Olympic standard times in either the 20 or 50. "I think Matt became the first American walker to finish second at the trials in both events and not make it," Peters said. "It was definitely disappointing."

Boyles, who runs a small business and coaches cross country at Rio Grande, isn't sure if he will try out for the 2012 Olympics. He plans to keep walking competitively, however, and trying to raise the sports profile. "I never dreamed walking would take a kid

from rural Ohio so far", Boyles said. *(As reported last month, Matt won the New Albany race again in a rather pedestrian, for him, 45:04.)*

LOOKING BACK

45 Years Ago (From the Sept.-Oct 1963 Race Walker edited by Chris McCarthy. *(This issue was published very late, since it covered results from September through December. This was issue No. 30 of the publication Chris started in February 1961. I think it was the last "fancy" issue, i.e. with a cover and some photos. I do not seem to have issues 31 and 32, but do have 33, published in the Spring of 1964, and that was the final issue. Nearly a year later (March 1965) the Ohio Racewalker began to fill the void left when Chris turned his attention fully to his 50 Km efforts—he won the Olympic Trials and was the first U.S. finisher in the Tokyo Olympics in Oct. 1964—and then to other matters entirely.)*—In the second Lugano Cup competition (now World Cup), Great Britain's Ken Matthews and Hungary's Istvan Havasi were the individual winners and Great Britain was a walk-away winner of the team title. Matthews decimated the field in the 20 Km winning in 1:30:10 with his teammate Paul Nihill more than 3 minutes back in second. Antal Kiss of Hungary was third. Havasi won the 50 in 4:14:24, nearly 3 minutes ahead of Great Britain's Ray Middleton. Great Britain led the team battle in both races and totaled 93 points to second-place Hungary's 64. Sweden and Italy followed. The U.S. did not send a team. . . In domestic races, Ron Zinn won a 15 Km in Massachusetts in 74:38 with Paul Schell second; Bruce MacDonald won a 50 on Staten Island in 4:58:17, with Schell again second some 18 minutes back; Martin Rudow went 6 miles 1500 yards in an hour to beat Ed Gander in Seattle; and Rudow also won a 4 miler from Galnder with a 32:35 effort in Issaquah, Washington.

40 Years Ago (From the October 1968 ORW)—The Mexico Olympics saw an excellent performance by the U.S. racewalking contingent. In the 20 Km, Soviet ace Vladimir Golubnichiy won his second Olympic gold medal in 1:33:59 (at 7000 feet altitude in a smoggy city), holding off local favorite Jose Pedraza, who finished in a near flat-out run in 1:34:00 to the cheers of his countrymen and consternation of the judges, who apparently feared for their heads. Nikola Smaga, USSR, was third in 1:24:03 and Rudy Haluza a brilliant fourth for the U.S. in 1:35:01. Tom Dooley was 17th in 1:40:08 and a sick Ron Laird 25th. At 50, East Germany's Christoph Hohne was unchallenged as he overcame altitude and extreme heat to win by 10 minutes in 4:20:14. Antal Kiss of Hungary was second and Larry Young third in a gutsy 4:31:56 for the U.S. Eighth at the mid-point, Larry was able to hold his pace and move through the field over the second half. Goetz Klopfer passed three men in the final 5 Km to take 10th in 4:39:14. Dave Romansky, also sick, was a distant 26th, but refused to stop with every excuse to do so.

35 Years Ago (From the October 1973 ORW)—With Hans-Georg Reiman and Karl-Heinz Stadtmuller taking one-two at 20 Km, East Germany swept to victory in the Lugano (World) Cup. That performance gave them a nine-point edge on the USSR, which held up through a strong Soviet performance in the 50 for a final four-point margin. Italy was third, West Germany fourth and the U.S. fifth in a best-ever performance. Ron Laird outraced Nikolai Smaga to capture his second Lugano bronze in 1:20:45. With Todd Scully seventh in 1:32:23 and Jerry Brown 14th in 1:34:05, the U.S. was third after the 20. The 50 went to West Germany's Olympic champion, Bernd Kannenberg, in 3:56:51, with Otto Bartsch (USSR) and Christoph Hohne close behind. For the U.S. John Knifton had a 4:16:49 in 14th, Floyd Godwin 4:23:48 in 20th, and Bill Weigle 4:28:40 in 24th. . . East Germany also captured the Lugano-Chiasso Relay, an annual affair in Switzerland. The U.S. was sixth in this one as Ron

Laird ran into stomach problems on the first leg, and, after spending much time in the bushes, struggled in 16 minutes behind the leaders. . . Shaul Ladany won the 100 miler in Columbia, Missouri in 19:38:26 with Chuck Hunter, John Markon, and John Argo also going all the way. Jerry Brown captured the National 30 Km in Columbia, his third championship of the year, finishing in 2:28:12. Floyd Godwin was a minute and a half back, and promising newcomer, Dan O'Connor, edged Augie Hirt for third, another 10 minutes back. . . The day before that race, Ellen Minkow won the women's National 10 Km title, also in Columbia, in 56:19.

30 Years Ago (From the October 1978 ORW)—Alan Price won the National 100 miler in record time—18:57:01—with Paul Hendricks second in 19:10:37. The race saw a record 10 finishers, including the first woman Centurion in this country, Elsie McGarvey, who finished in 22:52:31. Leonard Busen and Bob Chapin joined the two leaders in finishing under 20 hours. . . The U.S. defeated Canada in a dual meet, which included races at 10 and 30 Km. Winners were Jim Heiring, U.S., in 44:44 and Marcel Jobin, Canada, in 2:19:33. . . Neal Pyke set an American 1 Hour record in San Francisco covering 8 mi 1081 yards, 335 yards better than Ron Laird's previous record.

25 Years Ago (From the October 1983 ORW)—In World Cup competition in Bergen, Norway, The USSR men and Chinese women prevailed. The Chinese women edged the Soviets by 2 points in the 10 Km race with Yuan Ju Xi taking individual honors in 45:14. Maryanne Torrellas led the U.S. with a 47:52 in 16th as the team finished eighth. Czech Josef Pribilinec beat Mexico's Ernest Canto by 11 seconds in 1:19:30 to win the 20. Jim Heiring had 1:24:51 in 16th. Mexico's Raul Gonzalez took command of the 50 early and drew steadily away to win in 3:45:37. Dan O'Connor was 18th in 4:09:50 as the U.S. team finished ninth. The Soviets had a third in the 20 and second in the 50 and finished well ahead of Mexico and Italy in the team race. . . Gonzalez also won the Alongi Memorial 20 Km in Dearborn, Michigan a week later in 1:27:55 with Carl Schueler second in 1:29:05.

20 years ago (From the October 1988 ORW)—Veteran walkers dominated the Seoul Olympics. In the 20, Josef Pribilinec, 1983 World Champion, blistered the final 5 in 19:18 to edge East Germany's Ronald Weigel with a 1:19:57. Weigel was just 3 seconds back. 1980 Olympic gold medalist Maurizio Damilano was third in 1:20:14. Gary Morgan had a personal best of 1:27:26 in finishing 37th, just 4 seconds ahead of Jim Heiring. In the 50, Soviet Vyacheslav Ivanenko emerged from the shadow of East Germany's Hartwig Gauder and Weigel to take the gold in 3:38:29. He discouraged the veteran pair with a 20:39 split from 35 to 40 Km and then pulled away over the final 10. Weigel finished in 3:38:56 and Gauder in 3:39:45. Marco Evoniuk, only 40 seconds off the pace at 30 Km, hung on for 22nd in 3:56:55, with Carl Schueler 23rd in 3:57:44. . . Canada's Tim Berrett won the Alongi 20 Km in 1:25:09 with Giorgio Damilano (Mauricio's brother) second in 1:27:30.

15 Years Ago (From the October 1993 ORW)—Italy's Annarita Sidoti and Mexico's Bernardo Segura were winners of the Alongi Memorial races in Dearborn. Sidoti took the women's 10 Km in 46:06 ahead of Debora Van Orden (46:52) and Lynda Brubaker (47:46). Though unchallenged, Segura blasted the 20 in 1:21:55 with Italy's Giovanni Perricelli a distant second in 1:27:09. Gary Morgan was the first U.S. finisher with a 1:29:31 in sixth. . . Czech Ivo Majestic, a student at the U. Of Houston, won a 100 mile race in Xenia, Ohio in 18:26:24. Alan Price was second in 21:03:07 and Bob Keating third in 22:01:46. . . Herm Nelson won the National 2 Hour in Cambridge, Mass., covering 16 miles 182 yards to Gary Morgan's 15 miles 905. In the Women's 1 Hour, Gretchen Eastler won the title with 11,165 meters, but

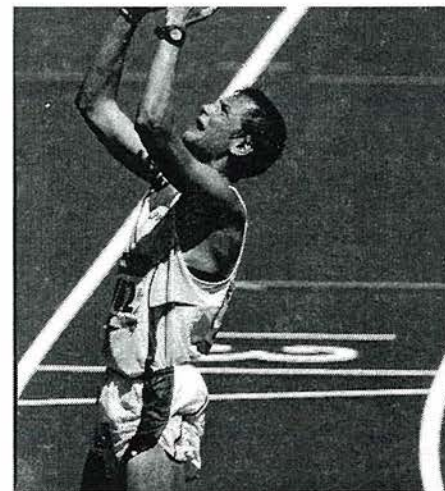
Canada's Pascale Grand won the race with 12,223 meters. (I'm not sure why one race was reported in English units and the other in metric, but I didn't bother to put them both in the same units then, nor will I now.)

10 Years Ago (From the October 1998 ORW)—Joanne Dow won the Pan-Am Cup women's 20 Km in 1:38:57, ahead of Teresa Vaill (1:41:02) and Mexicans Rosario Sanchez (1:42:22) and Aura Morales (1:43:03). Mexican men swept the medals in the men's 20, with Ignacio Zamudio winning in 1:28:33. Canada's Arturo Heurta was fourth, with Curt Clausen the first American at 1:37:11 in tenth. Mexico also swept the 50—Carlos Mercenario winning in 4:06:38. Philip Dunn was fourth in 4:25:30. . In the National 40, Gary Moran (3:21:37) and Cheryl Rellinger (3:40:38) captured the titles. Philip Dun followed Morgan in 3:22:58. Rellinger was 32 minutes ahead of second-place Dorit Attias. . Herm Nelson won the National 2 Hour going 23,694 meters and Gretchen Eastler-Fishman the women's 1 Hour with 11,656 meters.

5 Years Ago (From the October 2003 ORW)—Curt Clausen won his sixth U.S. 50 Km title in Happaug, N.Y. as he eased to a 4:29:32. Gary Morgan was second in 4:36:31 and Ben Shorey third in 4:37:43. Cheryl Rellinger won an accompanying women's 50 in 5:38:09. 20 Km races at the same site went to Dave McGovern in 1:31:51 and Teresa Vaill in 1:38:34.



A happy couple does Beijing. With the Bird's Nest in the background, John and Kati Kelly beam with the pleasure of their experience, John. Irish Olympian at 50 Km, conqueror of Death Valley in record time, marathon runner, hammer thrower, boxer, and a memorable, friendly competitor back in "our" day. Kati, classmate of your editor in the Upper Arlington Class of 1953, racewalker, Torch bearer in the relay to Atlanta in 1996, and a great lady.



The emotions of Olympic gold—joy, relief, thanks. Italy's Alex Schwazer (top) and Russia's Olga Kaniskina (bottom) react to their Olympic gold medal performances at 50 and 20 Km, respectively.