

Dunn Easy Winner of 50 Km Title

Santee, Cal., Feb. 15--The good news for two-time Olympian Philip Dunn is that he won his fourth U.S. 50 Km title, his second in a row, and that he qualified for the America's Racewalk Cup and the World T&F Championships. The bad news for U.S. racewalking is that he was completely unchallenged and that there were only three other walkers who even accepted the opportunity to challenge him.

The 37-year-old Dunn first won the title in 2001 when he walked a sparkling 3:57:18 (his best ever is 3:56:13 in 2002). He also won in 2006 (4:17:18) and last year (4:12:55). Most other years he was runner-up to Curt Clausen. This year, a 4:28:53 was sufficient, and that left him nearly 36 minutes ahead of runner-up Theron Kissinger. That's the second slowest winning time since 1970. (Curt Clausen won in 2003 with 4:29:32 when Dunn was not there to challenge him. There were only seven competitors that year, but they all finished under 4:45, so this year's four starters, three finishers, and only one under 5 hours was a new low from any perspective.) All of which is not to detract from Philip's accomplishments this year or in the past. He did what he needed to take the title and we are sure will go much faster in the races to come.

On the women's side, Karen Karavanic won in 6:24:22, with the only other starter, Dorit Attias, disqualified. Karavanic moved up from her second place finish last year when she was more than 3 minutes faster. Attias, who flew in from New Jersey the night before, was starting her preparation for a 24-hour race in France and led early in the race, before falling afoul of the judges before the half-way point.

Veteran racewalker Ray Sharp, whose 50 Km experience extends back to 1979 and who has represented the U.S. in two World Cups since coming back to the sport 5 years ago, was with Dunn through 25 Km (52:43 at 10, 1:45:24 at 20), but had arrived in California the day before with a nasty head cold, sinuses full, and eyes in pain. He had to drop away after 25 and was suddenly walking the 1250 meter laps in 10 or 11 minutes, a drop from the 6:35 pace they had been going at. He says he was mercifully DQ'd at 36 Km, since he didn't know how to drop out. Dunn pretty much held that pace to the finish. In second was Theron Kissinger at 5:04:33, well off his normal pace for the distance. The only other finisher was Stephen McCullough, who had arrived on a flight from the east at 2 am for the 7 am start. He showed some gutsy determination as he kept his weary legs moving for a 7:00:21 finish.

Accompanying races showed much greater future promise. In the 20 Km Western Regional race, veteran Tim Seaman paced Trevor Barron, still only 16, to a U.S. Junior record. Seaman won in 1:37:49, with Barron given the same time. The former Junior record was 1:42:15, set by none other than Philip Dunn in 1990. 18-year-old Jose Moncada, in his first 20, was third in 1:45:13.

The women's 20 went to Canada's Rachel Lavallee, who had a personal best 1:38:30. Solomiya Login was second in 1:48:43, winning the Western Regional title.

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Mike Tarantino, who had walked a 3 Km in 12:11 the night before to qualify for the National Indoor meet, won a 10 Km race in 44:43. The big story here was 14-year-old Tyler Sorensen who finished second in a personal best 47:06. Finally, Tyler's little sister, Nicolette (13) won the women's 10 Km race in a spectacular 55:10. So the day certainly had some positive tones. The results:

50 Km: 1. Philip Dunn 4:28:53 2. Theron Kissinger 5:04:33 3. Steven McCullough 7:00:21 DQ—Ray Sharp Women—1. Karen Karavanic 6:24:22 DQ—Dorit Attias
Men's 20 Km: 1. Tim Seaman 1:37:49 2. Trevor Barron (16) 1:37:49 (U.S. Junior record) 3. Jose Moncada (19) 1:45:13 4. Pedro Santoni (51) 1:55:53 5. Adrian Jaime 2:05:30 6. Norm Frable 2:07:26 7. Rick Campbell (62) 2:08:28 8. John Magnusson (56) 2:16:51 10. Wayne Wursburger (66) 2:25:33 DQ—Paul Johnson
Women's 20 Km—1. Rachel Lavalee, Canada 1:38:30 (personal record) 2. Solomiya Login 1:48:43 3. Darlene Backlund 2:23:06 4. Kathleen Frable 2:25:36
Men's 10 Km—1. Mike Tarantino 44:43 2. Tyler Sorensen (14) 47:06 3. James Paschall 67:06 4. Jack Cassidy 68:24 DQ—Matthew Forgues
Women's 10 Km: 1. Nicolette Sorensen (13) 55:10 2. Liz Salvato 57:20 3. Lillian Cordova 60:59

Before we depart discussion of the 50, a little history suggests that the situation is serious. Below, you will see the results of the 1979 National 50—the peak year in U.S. 50 Km history. There were 39 starters, 27 finishers, and 19 under 5 hours. During that year, 32 U.S. walkers completed a 50 in under 5 hours. Over the course of the year, at least ten 50 Km races were contested—the Pan-Am Trials in Walnut, Cal., the Nationals in San Francisco, plus races in Arlington, Va., Colorado Springs, San Diego (two races), Detroit, Houston, Acton, Mass., and Burlington, Vermont. U.S. walkers also competed in a Mexican race in April in the Pan-Am Games, and in the World Cup. Marco Evoniuk and Dan O'Connor both competed in five 50s; Vincent O'Sullivan, Carl Schueler and Wayne Glusker in four, and Augie Hirt,



50 Km winner Philip Dunn and Kathy Frable following their wins in Rose Bowl 10 Mile

Vincent O'Sullivan, Carl Schueler, and Wayne Glusker in four, and Augie Hirt, Karl Johanson, John Knifton, and Dennis Reilly in three. The 50 Km was king.

Since then, participation has descended. The last time that as many as 20 walkers

bettered 5 hours was in 1991, when there were 23. Since then the peak is 15 in 1999. And in that period there have been eight years with fewer than ten under 5 hours, something that had last occurred in 1976.

Jeff Salvage has pointed out that a drop in participation is the rule in post-Olympic years. That is generally true, but not always and often a very small drop. Surprisingly, the peak years are usually those preceding an Olympics. Here are numbers breaking 5 hours in Olympic years and their surrounding years since 1972 (I don't have numbers for 1970) 1972--20, 1973--14, 1975--1, 1976--8, 1977--14, 1979--32, 1980--24, 1981--23, 1983-26, 1984-23, 1985-16, 1987-21, 1988-24, 1989-13, 1991-23, 1992-12, 1993-13, 1995-18, 1996-12, 1997-7, 1999-15, 2000-8, 2001-7, 2003-12, 2004-11, 2005-5, 2007-11, 2008-6, 2009--1? (Will there be any more 50s contested this year?)

Why the pattern of greater participation in a year preceding the Olympics? Perhaps walkers are inspired to go for the Olympics and push themselves in the year before and then become discouraged when they see there are still 10 or 12 ahead of them.

Anyway, here is where we were 30 years ago—the National 50 in San Francisco, Aug. 25, 1979—1. Marco Evoniuk, Colorado TC 4:15:07 2. Dan O'Connor, NYAC 4:19:38 3. Carl Schueler, Pot. Valley 4:24:16 4. Vince O'Sullivan, East Side TC 4:25:39 5. Ray Somers, NYAC 4:27:13 6. Augie Hirt, U. of Chicago TC 4:30:42 7. Wayne Glusker, West Valley TC 4:31:16 8. Karl Johansen, in Seattle 4:33:25 9. Bob Falciola, Shore AC 4:35:39 10. Alan Price, Potomac Val. 4:37:55 11. Roger Brandwein, Cal. Walkers 4:39:57 12. Bill Ranney, WVTC 4:48:53 13. Brad Jacobs, Woodside Striders 4:49:18 14. Ron Laird, NYAC 4:52:47 15. Sal Corrallo, Pot. Valley 4:53:11 16. Steve Vaitones 4:54:26 17. Jerry Brown, Colorado TC 4:54:48 18. Greg McGuire, Colo. TC 4:54:48 19. Ray Floriani, Shore AC 4:55:38 20. Roger Loder, Motor City Striders 5:07:03 21. Sam DeLosSantos, Shore AC 5:12:07 22. Gerry Bocci, MCS 5:16:54 23. Manny Adriano 5:16:54 24. Jeanne Bocci, MCS 5:17:22 25. Steve Schneider 5:42:47 26. Chuck Hunter, Colo. TC 5:45:36 27. Harry Siitonen 7:05:39 DQ—Dennis Reilly, Steve Pecinovsky, and John Allen DNF—Jim Heiring, Randy Mimm, Tom Dooley, Bob Rosencrantz, Glenn Sweazy, Gerry Willwerth, Ed Bouldin, Jerry Young, and Dillon Teams: 1. New York AC 13:49:38 2. Potomac Valley TC 13:55:22 3. Colorado TC 14:04:43 4. Shore AC 14:43:34 5. Motor City Striders 15:40:04

A comment on this situation from Dave McGovern's blog:

"The USATF National 50k took place last weekend in Santee, CA and the results were less than stellar. With marathon walking becoming more and more popular, this shouldn't be the case. There are more people walking long distances now than there were thirty years ago, but whereas we had 39 male starters in the National 50k in 1979, we had four (4!) this year with only one finisher under 5 hours compared to 19 under 5:00 in 1979. As recently as 1999 we had 15 finishers at the USATF 50k under 5 hours. The problem (?) may be that marathon walking has become so popular that now most of the racewalkers who enjoy walking long distances are racing Disney and the Rock & Roll series instead of our National 40k and 50k Championships. I've racewalked a lot of marathons over the years, but for the most part I've done them as training for the 50k—one of the two Olympic distances for male racewalkers. We had five spots open for a free trip to the Pan Am Cup in El Salvador in April and only Philip Dunn earned a spot on the team. Aren't there some marathon walkers out there who want to step up to 50k? And what about half-marathoners? Why not try a 20k?—the other Olympic distance for men, and the only Olympic racewalk distance for women. Half-marathon walking and marathon walking are thriving in the US, but elite racewalking seems to be withering on the vine. It's okay to continue walking in running races, but every once in a while, please, support your local racewalks and National Racewalking Championships!"

Ed. If we could get more of these people from this source, it could help. Dave, who is conducting marathon walking camps, probably knows about this than I, but I would question how many of these people are doing training to walk a competitive 50? And, how many are walking legally, since these marathons are largely unjudged? Results I see of racewalking divisions in marathons, except where competitive walkers get involved, generally show times for the walkers from the 4:40 range to over 6 hours--not ready for prime time in a 50. So, you not only need to get them to attend our races, but to train for much quicker speeds. My perception is that most people walking in marathons--as well as most people running in them--are interested in the rewards of finishing the course, not in beating others. And that is admirable in itself, and to be commended, but not the formula for being on a national racewalking team. I'm not trying to throw cold water on the concept, just pointing out that there is much more involved than merely getting a lot of recreational walkers to participate seriously in our races.

Seaman Wraps Up Another National Title

New York City, Feb. 28—The two Millrose Mile Racewalks, which also served as USATF National Indoor Championships, saw impressive wins by Canada's Rachel Lavallee and Tim Seaman. of the New York AC. Lavallee set a Millrose Mile record of 6:47.45 as she built a slim lead on Teresa Vaill, still very spry at age 46. Vaill also finished under Loretta Schuellein's record time of 6:52.12, set in 2007. Vaill, who gets the U.S. title, recorded the fastest time by a U.S. woman since Jolene Moore's 6:50.81 in 2006. This is her 34th National title as she extended her record for the most by any woman.

In the men's race, Tim Seaman, a youngster compared to Vail at 36, also won his 34th U.S. title, a number exceeded only by Ron Laird (65) and Henry Laskau (42). Tim had to hustle to stay ahead of Sweden's Andreas Gustafsson as he won in 6:02.58. Gustafsson crossed the line 6:04.54. In third, Mike Tarantino showed a real turn of speed with his 6:08.58, but wasn't far ahead of 16-year-old Trevor Barron, who finished in 6:14.12. That other young phenom, Tyler Sorensen, 14, was next in a stunning 6:37.44.

Post-race comments from the two National Champions:

Teresa Vaill: "It was a great race today. I'm happy I did it. I like coming to New York because I'm from here. But I'm not really training for indoors, just preparing for outdoors. I'm working towards outdoor Nationals to secure a spot on the World Championships team. I've been walking for 25 years. I'm starting to get into coaching to get more people involved in the walk. We need more young people in the sport."

Tim Seaman: "That's No. 34 in the bag. I had two paddles there at the end, so I just tried to be cautious in the last 400 meters. I slowed a little and really concentrated on my form and I got it."

Results:

USATF Indoor 1 Mile Championship, Millrose Games, New York City, Jan. 30:
Women—1. Rachel Lavallee, Canada 6:47.45 2. Teresa Vaill, Walk USA 6:51.33 (U.S. Champion) 3. Solomiya Login, Southeast Penn. AC 7:09.21 4. Tina Peters, Goshen College 7:35.12 5. Erin Taylor, South Texas RW 7:43.09 6. Diana Rado, SEPAC 7:47.58 7. Maryanne Daniel, Conn. RW 7:51.53 8. Melissa Moeller, Indiana RW 7:57.82 9. Catie Davis, SEPAC 7:58.08 10. Molly Josephs, Carden City TC 8:09.48 (Susan Randall, Miami Valley TC DQ'd for lane violation at start) **Men**—1. Tim Seaman, NYAC 6:02.58 2. Andreas Gustafsson, Sweden 6:04.54 3. Mike Tarantino, World Class RW 6:08.58 4. Trevor Barron (16), Soutp Park TC 5. Tyler Sorensen (14), Pleasanton Heat TC (16) 6:37.44 6. Richard

Luettschau, Shore AC 6:39.50 7. Ricardo Vergara, Lindsey Wilson U. 6:41.69 8. Roberto Vergara, Lindsey Wilson 6:44.24 9. Alejandro Chaves, South Texas RW 6:52.90 10. Curt Clausen, NYAC 6:54.62 11. Michael Kazmierczak 7:05.95 12. Don Lawrence 7:31.69

Other Results

3.8 Miles, Brockton, Mass., Feb. 16—1. Brian Savilonis (58) 37:14 2. Steve Vaitones (53) 37:32 3. Joseph Light (61) 39:15 4. Charlie Mansbach (64) 40:18 5. Justin Kuo (54) 40:42 6. Paul Schell (71) 49:19 7. Tom Knatt (68) 43:06 (10 finishers) **Indoor 3 Km, Boston, Feb. 14**—1. Evan Vincent (Maine high school sophomore) 14:53.73 **Women**—1. Erin Taylor 14:59.56 3. Maryanne Daniel 15:18.95 ... 4. Abby Dunn (Maine high school freshman) 16:49 15 **New England 3 Km Championship, Boston, Feb. 22**—1. Don Lawrence (49) 14:26.43 2. Tyler Campbell (17) 14:46.73 **Women**—1. Joanne Dow (44) 13:09.24 2. Erin Tyler 14:43.71 3. Abby Dunn (14) 15:53.61 4. Nicole Court-Menendez (14) 16:37.17 **H.S. 1500 meters, Brentwood, N.Y., Jan. 25: League 1**—1. Ashley Shea 7:43.18 2. Jessica Michaels 8:13.66 3. Diana Battaglia 8:33.50 (8 finishers, 3 DQ) **League 2**: 1. Amy Cheung 7:22.42 2. Erin Bresnahan 7:28.52 3. Destiny Lalane 8:04.47 4. Jennifer Halloran 8:23.13 5. Melody Penny 8:31.30 (13 finishers, 5 DQ) **League 3**:—1. Katie Pabisch 8:24.26 2. Margaret Doyle 8:35.63 (9 finishers, 2 DQ) **League 4**: 1. Rachael Sigismondi 8:03.09 2. Donna Macaluso 8:16.88 3. Christina Kornrich 8:36.74 (13 finishers) **League 5**: 1. Kristen Magliola 8:01.60 2. Sarah Weigand 8:28.77 (11 finishers, 2 DQ, 66 total competitors) **H.S. 1500 meters, New York City, Jan. 30**—1. Amy Cha 7:54.21 2. Natalie Hernandez 8:16.22 3. Sandi Cheng 8:21.38 4. Yiru Li 8:27.60 5. Erica Chiu 8:28.01 6. Samantha Vila 8:32.85 (11 finishers, 3 DQ) **H.S. 1500 meters, Brentwood, N.Y., Jan. 31**—1. Amy Cheung 7:15.81 2. Lalane Destiny 7:19.26 3. Ashley O'Shea 7:21.68 4. Werin Bresnahan 7:27.07 5. Diana Battaglia 7:38.65 6. Suzy Farber 7:40.23 7. Jessica Michaels 7:40.39 8. Jennifer Halloran 8:16.51 9. Melody Penny 8:18.90 10. Genevieve Spuhler 8:28.70 (23 finishers, 1 DQ) **H.S. 1500 meters, New York City, Feb. 1**—Catie Davis 7:20.0 2. Tyesha Savage 7:35.8 3. Crosby Tillman 7:39.8 4. Erica Gold 8:03/9 5. Caroline Herman 8:12.5 6. Amanda Brook 8:20.9 7. Catherine Connor 8:23.7 8. Kathryn Hoffberg 8:24.8 (33 finishers) **Florida 15 Km, Coconut Creek, Feb. 1**—1. Juan Moscoso 1:26:26 2. Juan Yanes (59) 1:30:56 3. Ann Harsh (58) 1:36:53 4. Gary Null (63) 1:40:09 5. Gerry Gomes (76) 1:45:29 6. Peter Bayer (70) 1:45:36 **Open race**—1. Pamela Allie-Morrill (46) 1:32:12 2. Jack Bray (76) 1:38:43 **10 Km, same place**—1. Miriam Gordon (83) 1:25:05 **6 Km, same place**—1. Mite Moscoso (13) 35:38 2. Maite Moscoso 37:40 3. Lou Polley (78) 47:32 (6 finishers) **Indoor 3 Km, Findlay, Ohio, Jan. 30**—1. Janelle Brown, Cornerstone Col. 16:32.40 2. Allison Chin, Miami Valley TC 16:55.76 3. Laura Stoesz, Goshen Col. 17:29.96 4. Tessa Horst, Goshen 17:31.24 5. Kortney Sekulich, Malone U. 18:18.11 6. Reini Erickson, Miami Valley 18:22.16 7. Annie Godette, St. Xavier 18:22.28 DQ—Katie Malinowski, Cornerstone (finished first only to be notified of DQ) **Men**—1. Thiago Ferreira, Missouri Valley 13:07.77 2. Seth Campbell, Cedarville 13:35.15 3. Josh Wiseman, Cedarville 14:16.34 4. Mike Mannozi, Notre Dame (Ohio) 14:30.62 5. Zachary Adams, Houghton 14:26.40 6. Kule Jively, Rio Grande 15:00.27 7. Jake Gunderkline, Miami Valley 15:05.31 8. Mike Meekhof, Notre Dame 15:44.55 9. Dan Serianni, Buffalo State 16:06.08 10. Kyle Shaffer, Malone 16:15.15 11. John Randall, Miami Valley 16:17.08 12. Kris Shear, Cornerstone 16:18.70 13. Josh Meadows, Miami Valley 17:26.55 14. Zach Flink, Cedarville 17:39.61 (1 DQ) **Indoor 1 Mile, Cedarville, Ohio, Feb. 7**—1. Jake Gunderkline 7:25 10 2. John Randall 7:40 77 3. Nick Niehaus 8:30 13 4. Josh Meadows 8:31.48 **Women**—1. Erika Shaver 7:57.46 2. Allison Chin 8:28.68 3. Sarah Kenney 8:33.09 4. Reini Erickson 9:26.84 **Ohio USATF Indoor 3 Km, Ada, Feb. 15: Women**—1.

Susan Randall, Miami Valley TC 14:53.74 2. Tina Peters, Goshen Col. 14:59.59 3. Allison Chin, Miami Valley 15:56.64 4. Janelle Brown, Cornerstone U. 15:58.20 5. Erika Shaver, Miami Valley 15:48.56 6. Katie Malinowski, Cornerstone 16:56.61 7. Tess Horst, Goshen 17:14.26 8. Sarah Kenney, Miami Valley 17:33.96 9. Laura Sotesz, Goshen 17:56.67 10. Reine Erickson, Miami Valley 18:01.41 (12 finishers) **Men—1.** Mike Mannozi, Notre Dame Col. 14:27.97 2. Dan Seranni, Buffalo State 14:28.55 3. Kyle Hively, Rio Grande 14:33.01 4. Mike Meekhoff, Notre Dame CO. 14:48.19 5. Kris Shear, Cornerstone 14:57.86 6. John Randall, Miami Valley 15:48.58 7. Chris Schmid (62) 15:51.87 8. Josh Meadows, Miami Valley 17:06.90 (10 finishers) **Indoor 3 Km, Greencastle, Feb. 15—1.** Amanda Johnson 15:34.2. Melissa Moeller 16:14.3. Theresa Amerman-Mitchell 16:16.4. Nichole Furnish 18:39.5. Cathy Mayfield 18:20 (7 finishers) **Men—1.** Ricardo Vergara 13:17.2. Ricardo Vergara 13:23.3. Even Crowdus 13:41.4. Damon Clements 16:02 **Indoor 1 Mile, Kenosha, Wis., Jan. 30—1.** Ben Shorey 6:32.6.2. Sam Cohen 7:20.3. Miranda Melville 7:25.4. Le'Erin Voss 8:11.1 **Masters/Novice Section—1.** Ali Bahr 8:01.2.2. Mike DeWitt (58) 8:21.3. Ron Winkler (58) 9:31.3.4. Bill Hoskins (71) 9:35.5. Eerika Lamp (18) 9:39.4.6. Don Smith (52) 9:40.8 **5 Indoor 5 Km, Columbia, Missouri, Feb. 21—1.** Patrick Stroupe 12:02.36.2. Tom Stolee, Concordia U. 14:23.68.3. Nate Dreher, Concordia 14:28.30.4. Chris Dehning, Concordia 14:50.11.5. Jonathan Ripke 16:50 **Women's 3 Km, same place—1.** Rachel Kettner, Concordia 15:55.72.1. (Masters)—Gayle Johnson 19:41.01 **Heart of America Conference Indoor 3 Km, Lamont, Iowa, Feb. 21—1.** Jessica Ching, Lindenwood 16:28.44.2. Alexis Gutterman, Lindenwood 18:03.12.3. Renata Moleta, Lindenwood 18:33.31 (10 finishers) **Men—1.** Thiago Ferreira, Missouri Valley 13:12.32.2. Peter Muldoon, Central Methodist 13:12.67.3. David Lindemann, Lindenwood 15:48.88.4. Dan Martin, Missouri Valley 18:17.62 (7 finishers) **5 Km, Denver, Feb. 1—1.** Mike Blanchard (47) 31:19.2. Karl Schipper (53) 35:47 **Wisconsin Indoor 3 Km, Carthage Col., Feb. 8—1.** Miranda Melville 14:22.06.2. Sam Cohen 14:33.77.3. Le'Erin Voss 15:32.99 **Men's Masters—1.** Mike DeWitt (58) 16:18.91.2. Ron Winkley (58) 18:44.62.3. Bill Hoskins (71) 19:04.36 **10 Miles, Pasadena, Cal., Jan. 18—1.** Philip Dunn 1:25:19.2. Jose Moncado (19) 1:27:03.3. Pedro Santoni (51) 1:31:48.4. Norm Frable (63) 1:39:18.5. Paul Johnson (71) 1:39:21.6. Wayne Wurzbarger (66) 1:43:30.7. Rick Campbell (62) 1:46:58.8. John Magnussen (56) 1:48:50.9. John Backlund (68) 1:49:53.9 (17 finishers) **5 Km, same place—1.** Yoko Eichel (61) 29:52.2. Carl Acosta (74) 34:25.3. Martha Fitzpatrick (65) 34:37 (12 finishers) **5 Km, Brisbane, Australia, Feb. 7—1.** Johanna Jackson, England 21:01.24.2. Jessica Rothwell 21:12.63.3. Cheryl Webb 21:38.57 **Men—1.** Adam Rutter 18:54.65.2. Jared Tallent 19:12.81.3. Luke Adams 18:28.03.4. Chris Erickson 20:02.82.5. Dane Bird-Smith 20:22.81 **5 Km, Sydney, Australia, Feb. 15—1.** Johanna Jackson 20:46.58.2. Cheryl Webb 21:19.19.3. Lee Becki 22:51 **Men—1.** Ian Rayson 20:27.14.2. Kyle Malone (18) 22:53.84 **20 Km, Kobe, Japan, Jan. 25—1.** Koichiro Morioka 1:21:16 (20:21, 49:31, 1:01:15) 2. Yusuke Suzuki 1:22:08.3. Isamu Fujisawa 1:22:10.4. Yuki Yamazaki 1:22:16.5. Yusuke Yachi 1:23:46 **Women—1.** Masumi Fuchise 1:28:03 (22:16, 44:34, 1:06:32—National Record) 2. Mayumi Kawasaki 1:28:49 (22:03, 43:56, 1:06:12) 3. Sachiko Konishi 1:29:49.4. Kumi Otoshi 1:32:17.5 **5 Km, Melbourne, Australia, Feb. 21—1.** Jessica Rothwell 21:03.33.2. Szirom Megan 22:36.44 **Under—1.** Regan Lamble 23:15.73.2. Beth Alexander 23:45 **Men—1.** Chris Erickson 19:25.98.2. Thomas Barnes 20:57.68 **Under 20—1.** Rhidian Cowley 22:03.01.2. Daniel Payne 22:20.79 **10 Km, Mogilyov, Belarus, Feb. 13—1.** Ivan Trotskiy 40:18.19 **Women—1.** Elena Ginko 45:09.06 **10 Km, Jaen Spain, Feb. 15—1.** Francisco Fernandez 39:42.2. Robert Heffernan, Ireland 42:12 **French Indoor Championships, Lieven, Feb. 21: Women's 3 Km—1.** Slwia Korzeniowska, Poland 13:12.21.2. Christine Guinadeau 13:19.09.3. Sandra Mitrovic 13:31.16.4. Melissa Cartier 13:39.32.5. Anne-gaëlle Bouzidi 13:52.99 **Men's 5 Km—1.** Yohann Diniz

18:40.26.2. Antonin Bayez 19:28.98.3. Cedric Houssave 19:44.40.4. Damien Malmv 20:50.30.5. Mehdi Boufraine 21:02.10.6. Sebastien Delauray 21:05.80.7. Yvonnick Gavia 21:06.67.8. Xavier LeCoz 21:06.70 **Italian Indoor Championships, Turin, Feb. 21, Women's 3 Km—1.** Elisa Rigaud 12:40.75 **Men's 5 Km, same place—1.** Ivano Brugnetti 18:23.47 **Ukrainian Indoor Nationals, Men's 10 Km—1.** Andriy Kovenko 39:49.28 **Jr. Men—1.** Igor Yaschenko (15) 44:16.17 **Finnish National Indoor Championships: Women's 3 Km—1.** Karoliina Kaasalainen 13:50.43.2. Mikaela Lofbacka 14:18.29.3. Anne Halkivaha 14:21.33.4. Jutta Jolkonen 14:42.78.5. Saara Mondillo 14:51.41 (8 finishers) **Men's 5 Km—1.** Jarkko Kinnunen 20:17.30.2. Vesa-Matias Korpela (19) 21:52.22.3. Timo Viljanen 22:48.76 (Only three entrants, so perhaps they were worse off than us with four contestants in the 50)

Attention! We have in store, racewalks galore

Sun. March 1 10 Km, Elmwood, Louisiana, 8 am (I.)
 Fri. March 6 NAIA College Indoor 3 Km, Men and Women, Johnson City, Tenn.
 Indoor 3000 meter and Under 18 1500 meters, Louisville, Kentucky (V)
 Sat. March 7 10 Km, Westwego, La., 8:30 am (L)
 1500 meters, Baton Rouge, La. (I.)
 5 Km, Corpus Christi, Texas, 11 am (L)
 2.8 Miles, Seattle, 9 am (C)
 Sat. March 14 Indoor 3000 meters, Fayette, Missouri (P)
 10 Km, Denver, 9 am (H)
 5 Km, Brush, Col., 9 am (H)
 2.8 Miles, Seattle, 9 am (C)
 1500 meters, Houston, 8:30 am (L)
 Sun. March 15 Conn. Indoor 1 Mile Championship, New Haven (E)
USATF National Masters 20 Km, Huntington Beach, Cal. (V)
 Sat. March 21 **USATF National Masters Indoor 3 Km, Landover, Maryland (D)**
 Indoor 3000 meters, Fayette, Missouri (P)
 10 Km, Denver, 9 am (H)
 1 Mile, Houston (I.)
 Sun. March 22 Marathon and Half-Marathon, Virginia Beach, Va. (U)
 1500 meters, San Antonio, Texas (I.)
 Sat. March 28 5 Km men, 3 Km women, Raleigh, N.C. (S)
 1500 and 3000 meters, Round Rock, Texas (I.)
 Sun. March 28 5 Km, Aurora, Col., 89:30 am (H)
 Sun. March 29 **Pan American Cup Trials, Jr. 10 Km, Sr. 20 Km, Men and Women, Pharr, Texas (O)**
 Sat. April 4 5 Km, Destrehan, La., 8:30 am (L)
 Sun. April 5 1500 meters, Houston (I.)
 Fri. April 10 Women's 3 Km, Men's 5 Km, Fayette, Missouri (P)
 Sat. April 11 2.8 Miles, Seattle (C)
 5 and 10 Km, Washington, D.C.
 Sat. April 18 5 Miles, Stapleton, Col., 9 am (H)
 1500 meters, Las Cruces, N.M. (Q)
 Sun. May 10 Florida 8Km Championship (B)
 Sun. May 17 North Region 10 Km, Dearborn, Michigan (F)

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National Racewalk Championship Calendar For 2009

March 15	Masters 20 Km, Huntington Beach, California
March 20-22	Masters Indoor T&F Championships 3 Km, Landover, Maryland
May 17	Masters 15 Km, Riverside, California
May 30	10 Km, Albany, New York
June 25-28	Junior T&F Championships 10 Km, Eugene, Oregon
	20 Km, Eugene, Oregon
August 16	15 Km, Minneapolis, Minnesota
September 13	40 Km, Ocean, New Jersey
October 3	5 Km, Kingsport, Tennessee
October 11	1 Hour, Waltham, Massachusetts
October 18	30 Km, Happpauge, New York

From Heel To Toe

Another opinion. Last month we ran an article by Bob Carlson on knee straightening in which he suggested that age is no excuse for walking with bent knees. Here is a response to that article from 1960 Olympian and many times National Masters Champion, Bob Mimm—still young at 84. “Hey there. I just read Mr. Carlson’s comments on the straight legs rule. I’m sure you have received much feedback on that by now. *(Ed. Actually, bob’s is the only feedback we have received.)* He simply forgets that the essential difference between walking and runnings is groucn contact. If you observe individuals walking down the street you never see anyone walking with stiff legs. People only do this when they are trying to racewalk. Racewalking has become just

another form of runing. It is now running with stiff legs. It’s that simple. The words in the rule, as seen by the human eye, just allows ground contact to be ignored by many judgtes. The RW rule shoould at least be modified for masters. And why not? The rules differ for masters in other events. The weights are different in the thr throws. Hurdle rules are different, etc. etc.” *(Ed. Well, different weights for the throwing events and lower hurdles, but not different rules for conduct of the events. One still has to propel the weight without fouling and must go over, not around, the hurdles. And I’m not sure that many would agree that “it’s that simple”. There is a distinct between the mechanics of running and walking and I don’t think actually running with a straight leg is possible. Perhaps we will receive more reaction to Bob’s comments than we did to Mr. Carlson’s.. But then, we don’t receive a lot of coment on anything anymore, so Bob’s remarks are much appreciated.)* . . . **Youth Honor Roll.** The USATF Racewalk Committee annually honors the top young racewalkers in America. The following athletes were judged the best in their age groups by a panel of elite athletes and coaches based on times and places in major competitions: Young Men—Robert and Ricardo Vergara, South Texas WC and Evan Crowdus, Kentucky Racers. Young Women—Catherine Davis, Southeastern Pennsylvania Athletics Club; Melissa Moeller, Indiana Race Walkers; and Nina Yang, New York City. Intermediate Boys—Trevor Barron, South Park TC; Matthew Forgues, Maine RW; John Randall, Miami Valley TC, Ohio; and Alex Chavez, South Texas WC. Intermediate Girls—Christie Bernier, Maine RW; Allison Chin, Miami Valley; and Claudia Ortiz, South Texas WC. Youth Boys—Tyler Sorenson, Pleasanton Heat Track Club, Cal.; Steven Valadez, South Texas WC; and Santosh Dandi, Merriam, Kansas. Youth Girls—Nicolette Sorensen, Pleasanton Heat C; Lila Haba, Umoja TC, Cal.; and Molly Josephs, Walk USA, N.Y. Midget Boys—Nate Roberts, Salem TC, Oregon; Emilio Mancha, Elgin TC, Illinois; and Todd Daimon, Umoja TC. Midget Girls—Ashley Jacobs, Athletic TC, Texas; Katie Michta, Walk USA; and Jennifer Vargas, South Texas WC. Bantam Boys—Justin Liedke, Cornhusker Flyers, Nebraska; Adam Haba, Umoja TC; and William Katzman, Albuquerque TC. Bantam Girls—Caitlin Palacio, San Jose, Cal.; Sydney Beal, South Dayton Flyers, Ohio; Erin Jacobs, Athletic TC; and Cherylen Chaves, South Texas WC. . . **Jack Bray.** I fouled up the e-mail address for Jack Bray in last month’s issue. Jack is still in Florida and his e-mail address is racewalkerjack@gmail.com. Last month I left off the “er” on racewalker and got an “l” rather than a “r.” between mail and com. When Jack returns to Wisconsin he will probably be promoting some races and will then be added to the contacts list on my race schedules. . . **Chris McCarthy.** I have just learned from Ron Laird that Chris McCarthy is undergoing treatment for a malignant brain tumor. Chris was on the 1964 Olympic team and was our first finisher in the 50, placing 21st in 4:35:41.6. For three years prior to that, he published a monthly newsletter on racewalking, essentially the predecessor of the Ohio Racewalker, and at that time about the only source of information on our sport. I just talked to his wife, Betty, and found he has gone through intensive care and is a rehab center (apparently one with a great reputation) having lost most sensation in the left side of his body. When he leaves rehab, he will go into radiation treatment for the tumor. Chris’s address is 976 W. 19th Street, Chicago, IL 60608, his phone No.312-829-8578. Betty’s e-mail address is bettymc@ameritech.net. . . **An interesting note.** Before I knew about Chris’s present situation, I had come across what I believe to be the final edition of his newsletter, which had some way got separated from the rest of my collection of that august publication. The last issue in my collection had been No. 33, dated Spring 1964. This is No. 34, dated Late Spring 1964. In light of ongoing discussion about the dearth of elite walkers in the U.S. at present (like only three entrants in the National 50), his comments following the results of a 30 Km race on Long Island are interesting: “It has long been a contention of many of us that the United States could become the top racewalking country in the world in just 3 to 5 short years if we could only tap some of our almost unlimited talent. This rapid rise of guys like Szekely, Mark, and now Rassmussen

tends to substantiate this theory. If we could get, say, 50 percent of the starters in the NCAA cross country meet to train for racewalking for the period between one Olympiad, we'd be willing to bet dollars against rubles that we'd come up with some really scorching pace setters. With our huge population, extensive leisure for youth, high caloric and protein diet, and similar factors working in our favor, we should be able to do in racewalking (and distance running) what we do in most track and field events—and other sports. All that's really lacking is some way to "tap our natural resources" in this area." . . . **Keeping up with Derek.** People ask from time to time how our son Derek is doing. Quite well, thank you. Last fall I mentioned that he and his musical partner had been nominated in two categories for NAMY Awards (the Native American music equivalent of GRAMMYS.) Well, they didn't win in either category, but had a great time at the ceremony in Niagara Falls and got to play at the reception following the awards dinner. And, here is the latest. Each year the Ohio Arts Council hosts the Governors Awards for the Arts in Ohio at an Arts Day Luncheon. Awards are given in several categories, including Individual Artist. The award in that category, to be presented at the Arts Day Luncheon April 1, is going to Derek Mortland and Michael Joseph Ulery. The announcement on the Ohio Arts Council website reads: "Ohio natives and musicians Derek Mortland and Michael Joseph Ulery have accomplished a depth of creativity and equal virtuosity stemming from 10 years of working together. By blending Native American musical traditions, Mortland and Ulery have created a Native American Music Awards nominated project called 'Sketches of the Inner World' (SOTIW) to further these traditions through modern music technology. Ulery, self-taught at the age of 12, demonstrates a variety of musical talents, including the mandolin, traditional Native American and drums. With a vision of combining spirituality with musical influences, he has developed a strong and unique style while exploring his Blackfoot ancestral roots. As he stated in an interview, "If music is truly from the heart, it should have the ability to move you." Ulery has been nominated for a New Age Reporter, Lifestyle Music Award in four categories, including one for cover art featuring a past OAC youth award recipients' work. His success has been written about in the articles of *Acoustic Magazine UK* and the national magazine, *The Indie Review*. Derek Mortland began playing at age eight and had formal lessons starting at 11. He continued a self-taught path when he played in a jazz band during high school. However, his life changed dramatically in 1997 (at age 28) due to a paralyzing semi-pro motorcycle racing accident. Mortland had to relearn guitar and break through new musical barriers. "I sustained a spinal cord injury and head injury," says Mortland. "I had to relearn how to do many things we generally take for granted. As a guitarist, he has a unique musical style and has been involved with public speaking and workshops, showing others their creative potential. Performing in festivals around the world through the Artists with Disabilities Network, Mortland's work has been recognized with numerous grants from the OAC and the National Endowment for the Arts. He also assists other artists with disabilities through his work as artist services coordinator for VSA Arts Ohio. Collaboratively, Ulery and Mortland's contributions continue to be vital to the growth and development of Ohio's artistic landscape. They are educational advocates with efforts not limited to those with disabilities, but with an overall focus on the musical arts. Both have worked with prison outreach programs, presented to statewide flute circles, and performed for the International Native American Flute Association. They continue to perform for festivals that encourage environmental causes and bring people together for celebration, education, and stewardship. Rewarding their continued efforts in bringing together cultures with their art, Ulery and Mortland are the 2009 recipients of the Individual Artist Governor's Award." For more information of Derek and SOTIW you can visit www.derekmortland.com listen to some of their music and even order CDs is desired.

Aerobic Training

by Jonathan Matthews

(Jonathan Matthews, an international class racewalker, hits our pages for the second month in a row. This article first appeared in the Southern California Walkers Newsletter.)

Aerobic training is the foundation of training for all distance athletes, including racewalkers. Aerobic training takes place when the heart rate is between 65 and 75 percent of an individual's maximum. The weekly or bi-weekly long walk and other shorter, base-building walking takes place in this heart rate zone. An exception would be those times when soreness and stiffness caused by a previous hard session make it advisable to walk at a pace that is too slow to elevate the heart rate into the aerobic training zone.

When you are in the base-building phase where virtually all training is in the aerobic heart rate zone, you should include some brief periods of faster cadence walking of 10 to 20 seconds several times a week. These fast intervals insure that your ability to walk fast will be maintained—perhaps improved—when the majority of your walking is considerably below your race pace.

As a general rule, an athlete in the aerobic training phase does 30 percent of his or her weekly mileage on one day of the week. The rest of the week's mileage is distributed over the other six days with the longest workout coming as far as possible from the long-walk day.

To start the base-building phase, you start at the mileage you are doing. You then add 10 percent to the distance walked each week, increasing the amount each week for no more than 3 weeks before taking a plateau week. During the plateau week, the mileage of the previous week is maintained. Or, if you are overly tired, you may take a week where you decrease the distance by 10 percent from the previous week.

Due to its moderate intensity, training in the aerobic zone can take place for months at a time. Training in this zone builds the cardiovascular system, the cellular mitochondria, the muscles, tendons, and ligaments. It is referred to as base training because it develops the necessary physiological foundation required to support more intense training and racing. Even though its pace and stress on the body is moderate, you cannot simply add 10 percent per week for 3 out of 4 weeks forever. Even with unlimited available time for training, an individual will experience an upper limit to the amount of training that is beneficial. This upper limit may increase over the years as one adapts to the life of a serious athlete. On the other hand, it may decrease as life's other responsibilities cause fatigue or as the body ages or suffers from overuse injuries.

Above all, you need to listen to your body. Your body will tell you if you should decrease your training volume for a period of time, or if you should hold the current training volume constant for a while to allow the body to adapt to the new norm.

All of my training recommendations are based on an individual's maximum heart rate. In order to follow my training guidelines, you must have a quality heart rate monitor that will record heart rate during a workout and have upper and lower limit alarms that will alert you when your heart rate falls below or rises above the desired range. An athlete is likely to achieve maximum heart rate during a maximum intensity competitive effort. Those with cardiovascular disease should never enter maximum heart rate territory! Heart rate monitors foster honesty, precision, and success in training.

Saville finishes her long walk

(An article from the Australian, February by Nicole Jeffrev. I have appended to it another article from the internet sent to me by Elliott Denman.)

Jane Saville has walked the circumference of the Earth at least twice in her 20-year quest for excellence. Her routine for the past 12 years has involved covering between 130 km and 140km a week (some 80,000km in total), and she has worn out a pair of shoes every three weeks.

But at 34, Australia's queen of the walk has decided her battered feet deserve a rest. The four-time Olympian and triple Commonwealth Games gold medallist announced her retirement from competitive athletics yesterday. A nagging foot injury, which impeded her performance at the Beijing Olympics, finally convinced her that she had reached the end of the line. "In Beijing, I knew it was going to be my last Olympics but I was thinking maybe I would do one more year and go to (the) worlds (championships in Berlin in August) and finish on a high note," she said.

"My last worlds wasn't very good and my Olympics wasn't very good. But I am still injured, I haven't been able to walk more than 10km since then, I am 34, I've had a good go at it and Matt (White, her husband, the former professional cyclist) and I want to start a family."

Saville developed tendinitis in her left shin a month before the Beijing Games and needed a pain-killing injection to get through the 20-km race there. The injury then graduated down to her foot and she has found no relief.

"I have been radioactive for months, I've had so many scans," she said. "Sometimes your body says enough." The agony on Saville's face in the moment she was disqualified just 150m from winning the 20km walk at the Sydney Olympics will remain in Australia's collective sporting memory.

But she got her reward four years later when she became the first Australian woman to win an Olympic race-walking medal (bronze) at the Athens Games. The same year, she was ranked No 1 in the world by the IAAF.

That Athens triumph remains her favorite memory of a long and admirable career. "It was just amazing," she said. "To hit your peak on the one particular day is very difficult, more so for someone like me because I wouldn't call myself a super-talented athlete."

"Another highlight was when I beat (former world record-holder) Kerry Saxby at the 1998 Commonwealth Games. That gave me confidence that I could mix it with the best in the world. "Contrary to expectations, she does not regard that devastating moment in the tunnel of the Sydney Olympic stadium as the low point. Saville revealed that she had reached her darkest hour 12 months later.

"It was probably after the 2001 world titles, when I was disqualified for the third time in a year, first in Sydney, then at the 2001 nationals, then at the worlds, after I had worked so hard to improve my technique."

"Then I thought I was only going to be known as the girl who gets disqualified, and I couldn't see the light at the end of the tunnel." But that made Athens all the sweeter. "If I had won in Sydney, I may have retired, because you couldn't do better than an Olympic gold medal in your home

country, and I wouldn't have had Athens, or have carried the flag at the opening ceremony of the Commonwealth Games," she said.

Saville has stopped walking to win, but she won't be putting her feet up. She has already moved on to her next venture, a community health and indigenous athletics initiative in her local area of La Perouse in Sydney.

She is organizing the first Yarra Bay fun run and walk on March 1, to encourage her local community to keep active. "I wanted to organize something to take athletics to the community," she said. "I grew up in La Perouse and there were a lot of kids who were more talented than me in the indigenous community there, but I was the one who went to the Olympics."

She has also organized a coaching clinic for indigenous children on February 28, which will include free tickets and transport to the Sydney Track Classic at Sydney Olympic Park that night. Proceeds of her fun run (details at www.janesaville.com) will go to Ian Thorpe's Fountain for Youth charity, which supports indigenous health and education projects. She plans to make it an annual event.

(The following is added, starting with reference to her Sydney DQ -)

"But I think if I had won I wouldn't be remembered much at all. We had so many gold medals. So from a positive perspective, I was the only girl who nearly won and got disqualified while I was winning."

Saville has every reason to be proud of a career that includes four Olympics, four Commonwealth Games, and six World Championships. She has also captained the Australian athletics team in all three of these competitions and was the Australian flag-bearer at the 2006 Commonwealth Games.

Married to Mat White, her coach and a former professional cyclist who is not sports director of the Garmin-Slipstream team, Saville has also won 10 national titles.

She knows that the road ahead in the after-life of being an elite athlete will not be all rosy. Her husband, who also went through the process recently, warned her, "He said you will know what it feels like in the next couple of months. It is refreshing to move on but it also can be difficult," she said.

What will be most difficult? "Now, it is not being fit and knowing that at the Olympics that was the fittest I ever will be again. On the vanity stakes, it is not being able to fit into most of my clothes again!" *(Ed. But, Jane. You can still maintain fitness without all-out training. Hey, I can still wear the jacket of the 1964 Olympic parade uniform, which amazed George Wilson, a basketball player on that team when we sat together at an Olympic fund raiser leading up to the 2000 Games. I saw him again at a gathering about four years later, and he was still raving about how he had to tell all of his friends about the guy who could still wear that jacket.)*

She will also miss the camaraderie of being in a team. "Watching the girls race, and not being a part of that. . . That will be a little bit difficult," she said. Saville has much to look forward to, though. "We really want to start a family and move on the next part of our lives," she said.

LOOKING BACK

40 years Ago (from the February 1969 ORW)—Dave Romansky was crowned ORW National Postal 20 Km Champion with his 1:33:58. . . Dan Totheroh did a 6:36.6 mile in Los Angeles, just beating Ron Larid, Larry Young, and Larry Walker, who finished right together. . . Tom Dooley

won a San Francisco 30 km in 2:31:02.

35 Years Ago—(From the February 1974 ORW)—National Indoor titles went to Larry Walker (2 Miles) in 13:24 and Sue Brodock (1 Mile) in 7:28.6. Todd Scully was a very close second to Walker. . . Dave Romansky won the Olympic Invitational 1 Mile in 6:04.5.

30 Years Ago (From the February 1979 ORW)—Chris Shea became the first woman to break 7 minutes for 1 Mile, winning the National title in 6:58.4. The Men's 2 Mile title went to Todd Scully in 12:40, 10 seconds ahead of Jim Heiring. . . Canada's Marcel Jobin beat Scully in a Montreal Indoor 3 Km, 11:37 to 11:40.4. . . Scully won the Millrose Mile in a world best of 5:55.8.

25 Years Ago (From the February 1984 ORW)—Jim Heiring was an easy winner of the National Indoor 2 Mile in 12:11.21 and Teresa Vaill won the Women's 1 mile in 7:12.85. . . In the Millrose Mile, Ray Sharp edged Heiring in 5:52.29.

20 years ago (From the February 1989 ORW)—The Millrose Games 1 Mile went to Tim Lewis in 5:56.17 with Curtis Fisher and Gary Morgan also under 6 minutes. Morgan won the 1500 meters at the Meadowlands Invitational in New Jersey in 5:32.56, a second ahead of Richard Quinn. . . In Arlington, Virginia, Quinn won a 2 Mile in 13:12 with Dave McGovern second in 13:44. In Fairfax, Virginia, Canada's Ann Peel beat Lynn Weik over 1 Mile, 6:54.23 to 6:56.57. . . Mike Stauch beat Mike Rohl 13:23 to 13:31 in a Milwaukee 2 miler. . . In Boulder, Colorado, Ray Sharp won at 3 Km with 12:33.4. Larry Walker covered the same distance in 12:16.4 in Los Angeles. . . And, in that issue we devoted nearly 8 pages under the title: Judging, Contact and Related Issues: The Great Rehash. Early in that discussion we said, "Those who are new to these pages and new to the sport may think they have just stumbled on to something new. They haven't. Long-time subscribers know that about every 5 years or so, we go through a few months of commentary back and forth on this continuing controversy and little really changes." The imminent demise of the sport was seen at that time, too. And several other times in the past. The article was a capsule review of the rise and swell of commentary over the previous 20 years.

15 Years Ago (From the February 1994 ORW)—Debbi Lawrence won two 1500 meter races in Canada in 6:14.84 and 6:14.0. . . Allen James won the Commonwealth Games 3 Km in Boston in 11:27.14, nearly 3 seconds ahead of Jonathan Mathews. Allen also captured the Millrose Mile in 5:48.82, beating Dough Fournier (5:51.84) and Time Seaman (5:57.35). . . And, there were about 8 pages devoted to "Alarming shoes, flying walkers, and all that. . ." The second month of commentary on a potential judging device, the "run alarm", and associated issues of contact and judging. Yes, it was time for another rehash.

10 Years Ago (From the February 1999 ORW)—Curt Clausen defended his National 50 Km title in Sacramento, breaking the U.S. road record in the process, as he finished in 3:54:38, covering the second half in 1:55:48. Al Heppner led through 35 Km and, although he succumbed to Clausen's blazing finish, turned in a superb 3:58:45 for second. Andrew Hermann was third in 4:02:30 and Philip Dunn fourth in 4:04:44. There were nine under 4:30 (including Ireland's Jeff Cassin) and 40-year-old Marco Evoniuk missed that mark by just 35 seconds. . . Allen James dipped under the 6 minute mark by just .36 seconds to win the Millrose Games 1 Mile, with Gary Morgan 7 seconds back. Steve Pecinovsky, at age 44, walked an impressive Indoor 3 Km in Arlington, Virginia, winning in 12:27. . . Jill Zenner had a 13:12 to win an Indoor 3 Km in Carbondale, Ill. . . Dion Russell was impressive with a 3:47:34 to win the Australian 50 Km title.

5 Years Ago (From the February 2004 ORW)—Clausen again won the National 50, held in Chula Vista, Cal., finishing in 3:58:24. Tim Seaman (4:08:06), Philip Dunn (4:10:37), and Sean Alber (4:18:33) followed. Sadly, we had to report the death of Al Heppner, fifth in that race, who jumped from a bridge just three days later. Thankfully, Al is remembered in many ways, including the NARI Racewalking Scholarship in his name. We quoted Cheryl Rellinger then, "Don't dwell on the last four days. Remember who he was when you saw him in his element, the man you knew for years." . . John Nunn won the Millrose 1 Mile in 6:03.37 and also did a 3 Km in 12:05.8 in Brentwood, N.Y. . . In Ireland, Poland's Robert Korzeniowski blistered an indoor 5 Km in 18:38.79 and Gillian O'Sullivan covered 3 Km in 11:59.79. . . Vladimir Stankin won the Russian 20 Km Winter Championships in 1:17:23 and Susana Feitor did a 1:29:32 in Portugal.

The Longest Walk

On January 26, 1977, a young Englishman and his Japanese girlfriend headed northward from the small Argentinian settlement of Ushuaia and began walking. Seven and a half years later, on September 18, 1983, George Meegan, former Merchant Marine seaman from Rainham, Kent, England, completed an epic marathon of a lifetime: he walked from the southernmost tip of South America to the northernmost reach of Alaska, Point Barrow, a total distance of 19,091 miles.

Starting in Tierra del Fuego, George wandered along deserts, jungles, prairies, and highways through 14 countries. During the journey, he married his traveling companion, Yoshiko, who then later gave birth to their children. (*Ed. Sounds like, how ever many there were, she some how stored them up during the trek for delivery after they were more settled.*) He encountered "enough crawly things with teeth and fangs to last several lifetimes", as well as bandits, hostile police and soldiers, and even a crazed jungle guide.

Four and a half years and 13,000 miles into the trip, talking to a reporter in the U.S., George pulled from his rucksack a stanza by the poet Robert Service:

"There's a race of men that don't fit in,
A race that can't stay still;
So they break the hearts of kith and kin
And then roam the world at will."

George then said to the reporter, "The English have a tradition in this sort of thing." Reprinted from *The Explorers Club Lecture Series by Heel & Toe, the official publication of the Walkers Club of America, Spring 1985. This was the second of three issues of Heel & Toe, the first being Fall 1984 and the third July 1986. An ambition venture started by Howard "Lake" Jacobson with Elliott Denman as Editor-in-Chief that quietly disappeared. As to Mr. Meegan's feat, when you think in terms of 7 1/2 years, or 90 months, he was only doing about 210 miles a month, not a huge training load and I am sure his progress was not at a training pace. But, of course, he actually got somewhere and had a lifetime of adventure.*

Last minute news that came as I was printing this out, so I'll throw it on the last page:
Indoor 3 Km, Greencastle, Ind, Feb. 22—1. Allison Chin (17) 15:55 2. Theresa Amerman-Mitchell 16:03 3. Melissa Moeller (18) 16:43 4. Nicole Furnish (19) 16:45 5. Erika Shaver (16) 16:49 6. Reini Erickson (17) 18:00 7. Cathy Mayfield (57) 18:08 Men—1. Josh Wiseman 12:50 2. Roberto Vergara 13:05 3. Ricardo Vergara 13:09 4. Evan Crowdis 13:13 5. Doug Johnson 14:13 6. Paul Ikeda 15:32 7. Damon Clements 15:42 7. Max Walker (62) 16:20 8. Vince Peters (55) 17:16. 10 Martin Moeller (49) 18:05 (1 DQ)