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## Racewalking Challenge Continues With Five Races At Two Sites; Platzer Scores Second Win

Following the races in Mexico reported last month, the 2009 IAAF Racewalking Challenge moved to Rio Maior in Portugal on April 4 and then to Wuxi, China two weeks later. Rio Maior hosted 20 Km races for both and women.

In China, a men's 50 Km was added. In Portugal, Norway's Kjersti Platzer, the women's winner in Mexico, made it two in a row as she broke up a tight race in the final 5, finishing in 1:30:35, 3 minutes faster than in Mexico. She was joined in victory by China's Hao Wang, who walked a swift 1:19:27 in the men's race.

In China, Russians Valeriy Borchin (1:19:31) and Olga Kaniskina (1:28:00) prevailed in the 20 Km races and China's Chengliang Zhou took a 50 that was nearly devoid of non-Chinese athletes.

It was a very powerful performance by Olympic silver medalist Platzer as she walked from the front throughout and then dropped all the pretenders in the second half of the race. Platzer led a lead pack of seven through the first 10 Km with splits of 22:50 and 45:53. When she attacked at the 12 Km mark only the two Portuguese walkers Vera Santos and Ines Henriques were able to stay with her.

Platzer went through 15 Km in 1:08:16, with the Portuguese 2 seconds back and fourth place Kristina Saltanovic of Lithuania another 17 seconds behind. A final move at the 17 Km mark took Platzer to a 14 second margin at the finish, with Santos second and Henriques, who was second in Mexico, 16 seconds behind Santos. Saltanovic was fourth, just ahead of Claudia Stef and Taryana Sibileva.

"I wasn't comfortable during the race", said Platzer. "The other competitors proved to be very strong. And I was afraid of the Portuguese also. In the last kilometer, the cold made me be most afraid of all. But it was good winning." There were strong winds and cool temperatures during the race.

In the Rio Maior men's race, Norway's Erik Tysse, Platzer's brother who won last year's Challenge race here, was among the leaders, but Hao Wang of China, who was fourth in the Beijing Olympics, proved the strongest on the day. The race turned into a battle between Wang and Italy's Giorgio Rubino, with Wang finally prevailing by 10 seconds in a personal best 1:19:27. Tysse was another seven seconds back in third.

A leisurely first 5 Km in 20:14 saw a pack of nine walkers together. That was down to four at 10 Km, as the pace quickened, with China's Yafei Chu leading in 40:04, a second ahead of the three eventual medalists. When that trio continued the quick pace to pass 15 in 59:57, Chu dropped back by five seconds and then quickly dropped away, as the others spread out over the final 5.



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The first five all had seasonal bests and Mexico's Jesus Sanchez, third in the MexicoChallenge 50, finishing fifth to drop his personal best from 1:23:02 to 1:21:14.

In China, Russia's two Olympic Champions prevailed, Kaniskina more easily than Borchin. Borchin faced some good competition, including Olympic double medalist Jared Tallent and his Australian teammate Luke Adams, as well as Mexico's Eder Sanchez, who won the initial 2009 Challenge race in Mexico. Not to mention a horde of fast Chinese walkers, including Wang and Chu, who finished first and fourth in Rio Maior. It was Borchin, Sanchez, and Jianbo Li who took control of the race early and finished in that order, Borchin beating Sanchez by just 5 seconds.

In the women's race, only China's Jiang Jing was able to stay with Kaniskina, but the Russian easily pulled away over the final two laps for a 56 second victory. Only six walkers made the trip from outside of China. There were only 12 non-Chinese in the men's 20.

There was an even greater absence of walkers from outside of China in the 50—just four. And they were all survivors from the 20—Luke Adams, Hatem Ghoul, Eder Sanchez, and Juan Manuel Molina—all probably seeking workout since none finished. Adams did lead the race early but dropped out about half-way.

Chengliang Zhou had no trouble, winning by nearly 10 minutes in 3:45:16, well off his personal best of 3:36:13 from his second place in the 2005 National Games. He finished fifth in the World Championships that year. Only two others finished under 4 hours with Faguang Xu second in 3:55:04.

Results of the five races:

#### **Rio Maior, Portugal, April 4:**

**Women's 20 Km**—1. Kjersti Platzer, Norway 1:30:35 (22:50, 45:53, 1:08:16) 2. Vera Santos, Portugal 1:30:49 (22:50, 45:53, 1:08:18) 3. Ines Henriques, Portugal 1:31:05 (22:50, 45:53, 1:08:18) 4. Kristina Saltanovic, Lithuania 1:31:26 (22:50, 45:53, 1:08:35) 5. Claudia Stef, Romania 1:31:54 (22:51, 45:53, 1:08:41) 6. Tatyana Sibileva, Russia 1:31:59 (22:51, 45:53, 1:08:43) 7. Ana Cabecinha, Portugal 1:33:05 (22:50, 45:53, 1:09:05) 8. Ana Maria Groza, Romania 1:35:03 (23:16, 46:23, 1:10:48) 9. Tania Regina Spindler, Brazil 1:35:43 (23:17, 46:50, 1:11:08) 10. Cisiane Dutra Lopes, Brazil 1:35:43 (23:36, 47:26, 1:11:11) 11. Rocio Florido, Spain 1:36:25 12. Lorena Luaces, Spain 1:36:43 13. Julia Takacs, Spain 1:36:52 14. Maribel Goncalves, Portugal 1:36:59 15. Alnhua Pinedo, Spain 1:37:54 16. Alessandra Picagevicz, Brazil 1:38:12 17. Erica Rocha de Sena, Brazil 1:44:39 18. Ana Claudia Conceicao, Portugal 1:46:53 19. Veronica Colomo Diez, Spain 1:57:44 (2 Dq, 5 DNF, including Susana Feitor, Port., Sabine Zimmer, Ger., Olive Loughnane, Ireland, and Sonata Miluskauskaitė, Lith.

**Men's 20 Km**—1. Hao Wang, China 1:19:27 (20:14, 40:05, 59:57) 2. Giorgia Rubino, Italy 1:19:37 (20:14, 40:05, 59:57) 3. Erik Tysse, Norway 1:19:44 (20:14, 40:05, 59:57) 4. Yafei Chu, China 1:21:10 (20:25, 40:04, 60:02) 5. Jesus Sanchez, Mexico 1:21:14 (20:15, 40:10, 60:32) 6. Andre Hohne, Germany 1:21:30 (20:25, 40:32, 61:08) 7. Ivan Trotski, Belarus 1:22:33 (20:25, 40:33, 61:25) 8. Jose Alessandro Bagio, Brazil 1:22:53 (20:15, 40:33, 61:25) 9. Sergio Vieira, Portugal 1:23:34 (20:25, 41:12, 62:10) 10. Faguang Xu, China 1:25:06

(20:25, 40:59, 62:41) 11. Maik Berger, Germany 1:25:12 12. Francisco Arcilla, Spain 1:25:13 13. Augusto Caerdoeso, Portugal 1:25:15 14. Antonio Pereira, Portugal 1:25:34 15. Pedro Isidro, Portugal 1:25:37 16. Christopher Linke, Germany 1:26:05 17. Jose Ignacio Diaz, Spain 1:27:57 18. Ali Amrouche, Algeria 1:29:35 19. Jorge Costa, Portugal 1:30:16 20. Dionisio Ventura, Portugal 1:30:28 21. Jose Manuel Sanchez, Spain 1:32:51 22. Goncalo Bejinha, Portugal 1:33:57 (29 finishers, 3 DQ, 12 DNF)

#### **Wuxi, China, April 18-19:**

**Men's 20 Km**: 1. Valeriy Borchin, Russia 1:19:31 2. Eder Sanchez, Mexico 1:19:36 3. Jianbo Li, China 1:19:57 4. Hao Wang, China 1:20:20 5. Jard Tallent, Australia 6. Luke Adams, Australia 1:21:17 7. Yang Wei, China 1:21:51 8. Yafei Chu, China 1:22:13 89. Hyun Sub Kim, Korea 1:22:17 10. Wei Yu, China 1:22:43 11. Lellei Wang, China 1:22:50 12. Christopher Erickson, Australia 1:22:53 13. Xuezhi Zhang, China 1:23:41 14. Li-Yong Shin, Korea 1:23:54 15. Kai Guo, China 1:23:57 16. Jincai Zhou, China 1:24:07 17. Xiaohong Wang, China 1:24:22 18. Rui Zhang, China 1:24:36 19. Jamin Dong, China 1:24:47 20. Xingde Xu, China 1:25:03 21. Zhide Cui, China 1:25:16 22. Ronghua Lu, China 1:25:45 23. Chaohong Yu, China 1:25:45 24. Hatem Ghoul, Tunisia 1:26:12 25. Yanxi Miao, China 1:26:28 26. Gaobo Li, China 1:26:39 27. Rui Li, China 1:26:41 28. Xiangdong Bao, China 1:26:47 29. Guoqiang, Ceng, China 1:27:04 30. Hongjun Zhu, China 1:27:04 31. Hui Ge, China 1:27:28 32. Ian Rayson, Australia 1:27:29 33. Wei Wang, China 1:27:42 34. Guosong, Wu, China 1:27:47 35. Guanfei, Weang, China 1:27:58 36. Zuejin Rai, China 1:28:02 37. Jiaoxin Gou, China 1:28:50 38. Ronglong Zhang, China 1:28:50 39. Tao Yang, China 1:29:27 40. Shucai Xing, China 1:29:49 (40 finishers, 6 DNF-including Juan Manuel Molina, Spain, 1 DQ)

**Women's 20 Km**: 1. Olga Kaniskina, Russia 1:28:00 2. Jiang Jing, China 1:28:56 3. Liu Hong, China 1:30:01 4. Yawei Yang, China 1:30:05 5. Shi Yang, China 1:32:33 6. Shanshan Wang, China 1:32:41 7. Limin Sun, China 1:32:48 8. Lihua Sun, China 1:33:02 9. Yanmin Gai, China 1:33:13 10. Xueping Sun, China 1:33:10 11. Claire Tallent, Australia 1:33:39 12. Li Li, China 1:34:11 13. Ludmila Arkhipova, Russia 1:34:39 14. Dan He, China 1:34:46 15. Shuang Li, China 1:35:36 16. Xue Chai, China 1:36:26 17. Jinzhao Zong, China 1:36:45 18. Qing Xu, China 1:36:55 19. Jinmgjing Nie, China 1:38:21 20. Miao Yu, China 1:38:24 21. Chun Ye, China 1:39:55 (6 DQ, 4 DNF)

**Men's 50 Km**: 1. Chengliang Zhao, China 3:45:16 2. Faguang Xu, China 3:55:04 3. Lei Li, China 3:58:39 4. Jianguo Zhao, China 4:02:43 4. Jimin Dong, China 4:06:10 6. Xuejin Bai, China 4:06:22 7. Guoping Yu, China 4:07:46 8. Latangadasu A, China 4:08:48 9. Wenduo Kang, China 4:12:46 10. Yang Hou, China 4:16:53 11. Yaen Cui, China 4:18:35 12. Pengfei Fang, China 4:20:21 13. Defu Zhang, China 4:21:57 14. Wenbing Hu, China 4:23:19 15. Mingzing Yin, China 4:25:25 (25 DNF, 7 DQ)

**Challenge Standings after three events: Women:** 1. Kjersti Platzer, Norway 30 2. Ines Henriques, Portugal 18 3. Claudia Stef, Romania 14 4. Vera Santos, Portugal 13 Olga Kaniskina, Russia 12 6. Jiang Jing, China and Susan Feitor, Portugal 10

**Men:** 1. Eder Sanchez, Mexico 22 2. Hao Wang, China 19 3. Jesus Sanchez, Mexico 16 4. Erik Tysse, Norway 14 5. Jared Tallent, Australia 13 6. Valeriy Borchin, Russia, Trond Nymark, Norway, and Chengliang Zhao, China 12

## **Stroupe, Michta Win Qualifying Races**

Pharr, Texas, March 29 (From National Chair Vince Peters)—The U.S. completed its



selection today of the national team that will participate in the first ever America Racewalk Championships. This IAAF successor competition to the Pan American Racewalk Cup will take place May 1-2 in San Salvador, El Salvador.

Leading the U.S. team in the 20 Km will be Patrick Stroupe, Stroupe broke away from Tim Seaman with just a few kilometers to go to win in a personal record 1:27:34. Superb weather conditions definitely contributed to the success of the competition as Stroupe's win earned him \$800. Seaman finished in 1:28:04, good for \$700. Ageless Ian Whately (49) was third.

In the women's 20, Maria Michta of Walk USA caught the fast starting Philadelphian Solomiya Login with 5 Km to go. The first year grad student then held on to win in 1:46:02.9. Login was a very close second in 1:46:10. Miami Valley Track Club's Susan Randall was third in 1:51:37 with Erin Taylor fourth in 1:53:23.

In the Junior men's 10 Km race, the U.S. will send a sure medal contender to the face the top walkers from Central and South America in the tall, slender frame of 16-year-old Trevor Barron. Barron won in a superb time of 44:26.4. Joining him on the team will high school junior Matthew Forgues from Manen and Lindsey Wilson U. Freshman Ricardo Vergara. All top five finishers broke 50 minutes.

The Junior women's race was led from start to finish by Miami Valley TC's Allison Chin. Chin's winning time of 54:28.4 was a three minute personal best. Earning their qualifying times for this summer's USATF Junior Nationals in Eugene, Oregon were Claudia Ortiz and Molly Josephs. Ortiz walked 57:11 with the young Josephs having a very respectable 58:28 outing.

A.C. Jaime and South Texas Walking Club, the city of Pharr, its Parks and Recreation Department, and the PSJA school district hosted and sponsored the races and did a tremendous job. All the elementary kids (and it was a huge group) that cheered on their home town and adopted favorites were fantastic.

*(Ed. The only downside is, once again, the paucity of elite walkers that chose to participate, particularly considering that an attractive trip and a few dollars besides were on the line. Only the Junior men's race had anything approaching a field representative of the country's talent.)*

The results:

**Jr. Women 10 Km**—1. Allison Chin (17), Miami Valley TC 54:28.4 2. Claudia Ortiz (17) South Texas WC 57:11 3. Molly Josephs (15), Walk USA 58:28.4 4. Mercedes Mancha (18) Elgin Sharks TC 60:59 5. Jessica Reybal (16) South Texas 61:35 **Jr. Men 10 Km**—1. Trevor Barron (16), South Park TC 44:26.4 2. Matthew Forgues (16), Maine RW 48:04 3. Ricardo Vergara (18) Lindsey Wilson College 48:05 4. Roberto Vergara (18), Lindsey Wilson 48:41 5. Alejandro Chavez (15), South Texas WC 49:31 6. John Randall (16), Miami Valley TC 55:35 **Women 20 Km**—1. Maria Michta, Walk USA 1:46:02.9 2. Solomiya Login, Southeastern PA AC 1:46:10 3. Susan Randall, Miami Valley TC 1:51:37 4. Erin Taylor, South Texas WC 1:52:23 5. Margaret Ditchburn, San Diego 1:54:14 6. Lina Cruz (19), Walk USA 2:01:31 7. Katie Malinowski, Cornerstone Univ. 2:02:46 **Men 20 Km**—1. Patrick Stroupe, un., Armstrong, Missouri 1:27:34 2. Tim Seaman, NYAC 1:28:04 3. Ian Whately, Varsano's Chocolates 1:50:21 4. Jose Moncada, un., Brea, Cal. 1:55:15 5. Albert Medina (48), un., Cedar Creek, Texas 1:56:15 6. Ray Funkhouser (58), Shore AC 2:14:29

## Other Results

**8 Km, Misquamicut Beach, R.I., April 19**—1. Maryanne Daniel (50) 46:39 2. Larry Epstein (50) 47:08 3. Brian Savilonis (58) 47:37 4. Dot Zullo (49) 51:05 5. Ann Percival (50) 52:53 6. Jay Diener (60) 53:04 7. Mark Zullo (56) 54:10 8. Ginger Armstrong (46) 54:19 9. Barry

Fowler (51) 54:24 10. Charles Mansbach (64) 54:37 (15 finishers, 4 DQ) **5 Km, New York City, April 12**—1. Lina Cruz (19) 26:38 2. Jorge Torrelba (44) 26:44 3. Bruce Logan (44) 27:45 4. Alexis Davidson (53) 29:36 5. David Lee (54) 32:53 6. Andrea Fernandez (56) 33:44 (17 finishers, 1 DQ) **Penn Relays, Philadelphia, Pa., April 25: Men's 10 Km**—1. Richard Luettchau, Shore AC 46:24.50 2. Theron Kissinger, Conn. RW 49:53.12 DQ—Chris Tegtmire, Concordia **Masters Men's 10 Km**—1. Allen James, Bond Lake AC 45:26.73 2. John Soucheck, Shore AC 51:15.94 Dave Talcott, Shore AC 51:19.75 **Junior Men's 10 Km**—1. Alejandro Chaves, South Texas WC 49:26.26 2. Bruno Caiere, Club d'athleisme Petite Nation 51:12.38 DNF—Dan Serianni, Buffalo Goats AC; Josh Haertel, n; and John Randall, Miami Valley TC (Due to lap counting error and not their inability to finish) **Women's Olympic Development 5 Km**—1. Joanne Dow, un. 23:17.33 2. Lauren Fougues, un. 25:34.55 3. Erin Taylor, South Texas 25:41.29 **Masters Women's 5 Km**—1. Maryanne Torrellas, Conn. RW 26:53.68 **Junior Women's 5 Km**—1. Abby Dunn, Maine RW 27:07.41 2. Amy Cheung, Washingtonville 27:14.02 3. Olivia Lpham, un. 27:31.40 4. Kimberly Slagus, un. 28:20.09 5. Hanna Kiskey, Raleigh Walkers 28:23.30 6. Christie Bernier, Maine RW 28:45.77 7. Nicole Court-Menendez, Maine RW 29:07.81 8. Tyeasha Savage, New Rochelle HS 29:39.62 9. Allison Snochowskim, Montclair State 31:03.98 10. Shannon Donnelly, Washingtonville 31:55.43 **USATF National Masters Indoor 3000 meters, Landover, Maryland, March 27: Women 40**—1. Darla Graff, Denver 17:28.78 **Women 45**—1. Ginger Armstrong, Conn. RW 18:38.59 2. Paula Graham, Virginia 20:36.60 **Women 50**—1. Maryanne Daniel, Conn. RW 15:35.71 2. Susi Vassallo, Nye, N.Y. 18:51.56 **Women 55**—1. Cathy Mayfield, Indianapolis 18:26.92 2. Donna Green, Chicago Walkers 19:49.92 3. Barbara Amerman, Indianapolis 2007.28 **Women 60**—1. Yoko Eichel, So. Ca. Track 17:50.23 2. Doris McGuire, Chicago Walkers 19:29.29 **Women 65**—1. Jolene Steigerwalt, So. Cal. Track 19:17.13 2. Lois Dicker, Potomac Valley 19:49.82 **Women 80**—1. Miriam Gordon, So. Cal. Track 24:56.93 **Men 40**—1. John Soucheck, Shore AC 14:49.95 2. Art Morrow, So. Cal. Track 17:43.70 **Men 45**—1. Don Lawrence, Albany, N.Y. 14:30.06 2. Dave Talcott, Shore AC 15:09.37 3. Joseph Ola, Los Gatos, Cal. 17:37.87 (1 DQ) **Men 50**—1. Stephen Peckiconis, Cambridge Sports 15:59.75 2. Klaus Thiedmann, Chicago Walkers 16:09.05 3. Tony Hackney, un. 16:25.05 4. Peter Blank, Pot. Valley 17:20.50 5. Barry Fowler, Conn. RW 17:42.31 (2 DQ) **Men 55**—1. Andrew Smith, un., Cal. 16:13.59 2. James Wass, Potomac Valley 18:54.54 (1 DQ) **Men 60**—Robert Keating, New England RW 15:12.95 2. Chris Schmid, Wooster, Ohio 15:42.56 3. John Fredericks, Freehold, N.J. 17:33.14 4. John Gersh, Pot. Valley 16:16.35 5. Francis Bain, un. 18:52.69 6. John Morrison, Pot. Valley 19:52.37 **Men 65**—Art Lebosky, Florida AC 18:27.79 2. Joel Dubow, Philadelphia 20:42.11 **Men 70**—1. Paul Johnson, Florida AC 18:27.79 2. William Hosken, Zion, Ill. 19:20.62 3. Gus Davis, Conn. RW 21:41.16 4. Roger Webb, Pot. Valley 22:49.35 5. Terry Copeland, Pot. Valley 24:00.99 **Men 75**—1. Alfred Dubois, Florida AC 20:39.64 (2 DNF) **Men 80**—1. John Starr, Florida AC 20:40.40 **Men 85**—1. Charles Boyle, Pot. Val. 22:35.13 **Mid-South Conference Championships, Williamsburg, Kentucky, April 25: Men's 5000 meters**—1. Roberto Vergara, Lindsey Wilson 24:29.15 2. Ricardo Vergara, Lindsey Wilson 25:21.48 3. Evan Crowdus, Lindsey Wilson 26:13.67 4. Dennis Sparks, Berea 32:31.67 (8 finishers, 1 DQ) **Women's 3000 meters**—1. Amanda Johnson, Lindsey Wilson 16:03.97 2. Megan Nicole Furnish, Lindsey Wilson 16:56.07 3. Ciatlyn Ambrose, Berea 17:24.07 (6 finishers) **Women's 3 Km, Raleigh, N.C. March 27**—1. Miranda Melville, U.W. Parkside 15:02.72 2. Hannah Kiskey, Raleigh Walkers 17:41.40 3. Paula Graham, Tidewater Striders 20:24.38 4. Nancy Hallingse, TS 21:35.23 **5 Km, same place**—1. Miranda Melville 25:07.63 2. Andrew Smith, un. 27:34.58 3. Mike DeWitt, Parkside 27:41.08 4. Danny Spell, The Pedestrians 31:39.23 45. William Lipford, Tidewater Striders 33:24.33 6. Walter Ogelsby, un. 33:39.06



**10 Km, Orlando, Fla., March 29**—1. Jose Henriquez 49:22 2. Marin Perez (44+) 57:03 3. Juan Morosco 59:27 (7 finishers) **5 Km, Cedarville, Ohio, March 29**—1. Evan Crowder, Lindsey Wilson U. 24:03.28 2. Josh Wiseman, Cedarville 24:07.84 3. Seth Campbell, Cedarville 24:12.57 4. Zach Adams, Houghton 24:33.24 5. Grant Bacon, Cedarville 26:52.85 6. Zach Klink, Cedarville 30:03.18 **Women's 3 Km, same place**—1. Amanda Johnson, Lindsey Wilson 15:47.96 2. Megan Furnish, Lindsey Wilson 17:14.24 **H.S. Meet, Tipp City, Ohio, April 18: Girls 800 meters**—1. Allison Chin, Tippecanoe 3:55.01 2. Reini, Yellow Springs 4:03.63 Boys 800—1. Jacob Gunderkline, Yellow Springs 3:25.15 2. Mitchell, Yellow Springs 3:56.02 2. Josh Meadows, Yellow Springs 3:57.88 **10 Miles, Yellow Springs, Ohio, April 19**—1. Jacob Gunderkline (18) 1:31:40 2. Chris Knotts (53) 1:32:05 3. Allison Chin (17) 1:37:30 4. John Randall (16) 1:40:02 5. Erika Shaver (15) 1:44:34 (7 finishers) **Indoor 3000 meters, Malone College, Canton, Ohio, April 4**—1. Tina Peters, Goshen College 15:20.53 2. Tessa Horst, Goshen 16:24.82 3. Maria Mudd, Walsh Un. 16:51.78 4. Reine Erickson, Miami Valley TC 17:42.45 5. Kortney Sekulich, Malone 18:03.26 **Men's 5 Km, same place**—1. Mike Mannozi, Notre Dame Col. (Ohio) 26:03.09 2. Grant Bacon, Cedarville 26:22.89 3. Mike Meekhof, Notre Dame 26:25.41 4. Paul Ikeda, Cedarville 27:09.61 5. Chris Schmid, un. 27:23.65 6. Kyle Shaffer, Malone 28:07.6 7. David Horst, Goshen 29:55.48 8. Mike Rodriguez, Notre dame 29:58.31 9. Zach Klink, Cedarville 30:02.39 10. Jon Walkup, Malone 32:12.43 **Women's 3 Km, Goshen, Indiana, March 28**—1. Tina Peters, Goshen 15:17.35 2. Tessa Horst, Goshen 16:10.79 3. Laura Stoesz, Goshen 26:44.24 4. Katie Burnett, William Penn, U. 17:12.31 5. Annie Godette, St. Xavier 17:59.29 **Men's 5 Km, same place**—1. Kris Shear, Cornerstone U. 26:22.01 2. David Horst, Goshen 32:09.03 **April Walks, Kenosha, Wis., April 5: Women**—Le'erin Voss 20 Km in 1:52:44; Sam Cohen, 5 Km in 27:09; Erika Kamp (18) 5 Km in 28:35; Ali Bahr 3 Km in 16:59 Men—Mark Sekelsky (53) 15 Km in 1:26:11; Mike DeWitt (58) 10 Km in 56:25; Larry O'Brien (54) 10 Km in 61:06; Bill Hoskins (71) 5 Km in 32:19 **Missouri Valley Outdoor Championships, Fayette, Mo.: Men's 5000 meters**—1. Patrick Stroupe, un. 22:20.14 2. Thiago Ferreira, Missouri Valley 22:25.37 3. Peter Muldoon, Central Methodist 22:36.48 4. David Lindemann, Lindenwood 28:32.01 5. Dan Martin, Missouri Valley 29:17.10 **Women's 3000 meters, same place**—1. Jessica Ching, Lindenwood 16:34.73 2. Stephanie Cowell, Baker U. 16:37.37 3. Alexis Gutterman, Lindenwood 19:21.49 (5 finishers) **7 Km, Denver, March 13**—1. Mike Blanchard 40:37.3 2. Jan Hill 44:54.4 **Mt. SAC Relays, Wlanut, Cal., April 5: 10 Km**—1. Tim Seaman 42:49.9 2. Trevor Barron (16) 51:07.1 **But, more important, Trevor had a 20:54 at 5 Km, bettering Ben Shorey's U.S. Junior record of 20:57!!!** Trevor went onto 10 Km, though obviously slowing considerably, since he had to finish the advertised distance in order have the 5 Km record recognized. Of course, he still has three more years as a junior, so getting the record at this time, while very significant, was not a must.) 3. Salvador Velazzy-Franco, Mexico 52:11.6 4. Pedro Santoni (51) 55:26.8 5. Alex Kazaryen (54) 60:48.9 6. Deo Jaravata (47) 62:16 **5 Km**—1. Rachel Lavalley, Canada 23:36.7 2. Daniel Law 26:08.1 3. Yoko Eichel 29:43.4 4. John Magnusson 30:42.3 5. Deo Jaravata 32:02.7 6. Janet Robinson (67) 32:19.6 7. Ray Billig (52) 32:35.4 8. Carl Acosta 975) 34:01.4 (21 finishers) **5 Km, Fair Oaks, Cal., April 19**—1. Shoja Torabain (60) 28:53 2. Joe Berendt (53) 30:29 3. Ron Walters (70) 33:09 (y finishers) Women—1. Louise Walters (69) 31:35 2. Karen Stoenowski (54) 31:53 3. Nicolle Goldman (50) 33:06 4. Doris Cassels (69) 34:14 **2.8 Miles, Seattle, March 14**—1. Bob Novak (59) 26:54 2. Ann Tuberg (49) 27:29 3. Stan Chraminski (61) 30:13 4. Rebecca Kettwig 31:43 **5 Km, Rurnaby, B.C., April 6**—1. Inaki Gomez 20:09.6 2. Evan Dunfee 20:21.02 3. Creighton Connolly 22:27.97

**Racewalking Cup of Belarus, Mesvish, April 11: Men's 20 Km**—1. Ivan Trotski 1:22:13 2.

Aliaksandr Kuzmin 1:22:21 3. Andrei Talashka 1:22:43 Men's 35 Km—1. Andrei Stepanchuk 2:38:22 2. Aliaksandr Kazakou 2:38:58 3. Alexey Litvinchuk 2:43:48 Junior Men's 10 Km—Szmityr Dziubin 43:01 2. Eugeny Zabyesky 43:19 3. Oleg Savchenko 43:47 Women's 20 Km—Sniaazhana Yurchanka 1:32:53 2. Hanna Drabenia 1:36:01 3. Nastassia Yatesvich 1:37:18 (Elena Ginko DNF) Junior Women's 10 Km—1. Alina Matve yuk 48:12 2. Nadzeya Darazhuk 48:25 3. Irina Zdanevich 49:15 **Moldava 10 Km Indoor Championship, Jan. 31**—1. Ciunacenco Fedosci 41:38.4 2. Tatrciuc Iuri 42:21.3 **Women's 10 Km, Rieti, Italy, March 29**—Rosella Giordano 43:52.39 2. Gisella Orsini 46:39 3. Sibilia DiVincenzo 47:33 (28 finishers) **20 Km, same place**—1. Matteo Giupponi 1:24:44.24 2. Fortunato D'Onofrio 1:25:20 3. Pasquale Sabino 1:27:46 4. Dario Privitera 1:28:22 5. Andrea Romanelli 1:29:30 6. Teoforico Caporaso 1:29:39 7. Federico Tontodonati 1:29:54 8. Alberto Contu 1:20:57 9. Daniele Masciadri 1:31:00 10. Andrea Rampa 1:31:41 (15 finishers, 2 DQ) **Junior 10 Km, same place**—1. Riccardo Macchia 43:25.81 2. Vincenzo Taliano 43:34.04 3. Alessio Wruss 44:55.17 (11 finishers) **50 Km, Dudince, Slovakia, March 29**—1. Yohann Diniz 3:38:45 (New National record for the 2006 European 50 Km Champion.) 2. Matej Toth, Slovakia 3:41:32 3. Jamie Costin, Ireland 3:50:51 4. Augustyn Rafal 3:52:16 5. Colin Griffin, Ireland 3:53:54 6. Tadas Suskevicius, Lithuania 3:54:40 7. Milos Batovsky, Slovakia 3:55:35 8. Predrag Filipovic, Serbia 4:06:02 9. Javier Gonzalez, Spain 4:09:14 10. Zoltan Czokore, Hungary 4:10:35 (21 finishers, 27 DNF) **20 Km, same place**—1. Jakub Jelonek, Poland 1:22:58 2. Vilius Mikelionis, Lithuania 1:23:39 3. Richardas Rekest, Lithuania 1:29:58 4. Kamil Piorek, Polans 1:30:33 (13 finishers, 7 DNF) **Women's 20 Km**—1. Lyudmyla Shelest, Ukraine 1:34:17 2. Monica Svejsson, Sweden 1:34:31 3. Vira Zozulya, Ukraine 1:35:52 4. Zuzana Malikova, Slovakia 1:37:40 5. Zuzana Schindlerova, Czech Rep. 1:38:00 (21 finishers, 3 DNF) **Under 23 35 Km, same place**—1. Vladimir Savanovic, Serbia 2:46:14 **Under 20 10 Km, same place**—1. Dawid Tomala, Poland 42:12 **Women's Under 20 10 Km**—1. Berta Krivan, Hungary 49:55 **Chinese Championships, Baoji, March 19-21: 20 Km**—1. Lei Li (21) 1:21:29 2. Zhiping Wang 1:21:42 3. Chengliang Zhao 1:21:54 **50 Km**—1. Shuca Xing 3:57:28 **Women's 20 Km**—1. Dan He 1:32:09 2. Xiaoling Song 1:32:43 3. Yawei Yang 1:32:45 **Junior Women's 20 Km**—1. Mingxia Yang 1:31:40 **Junior Men's 10 Km**—1. Lingfu Geng 42:07 **30 Km**—Lingfu Geng (Yes, the same guy) 2:12:14 **Under 18 Men's 10 Km**—1. Ding Cheng 40:56 **20 Km, Podebrady, Czech Republic, April 25**—1. Matej Toth, Slovakia 1:20:53 (Personal best to go along with his personal best 50 in Dudince—see above) 2. Jean-Jacques Nikouloukidi, Italy 1:23:55 3. Anton Kucmin, Slovakia 1:25:19 3. Matteo Guipponi, Italy 1:26:15 5. Veli-Matti Partanen, Finland 1:26:35 6. Dawid Wolski, Poland 1:26:02 7. Milan Rizek, Slovakia 1:28:07 9. Teodorico Caparosa, Italy 1:29:00 10. Ato Ibanez, Sweden 1:29:32 11. Johan Augaeron, France 1:29:36 12. Dusan Majden, Slovakia 1:30:57 13. Eddy Roze, France 1:30:57 14. Kevin Campion, France 1:31:03 15. Roman Bbilek, Czech Rep. 1:31:11 (39 finishers, 8 DNF, 4 DQ) **Women's 20 Km, same place**—1. Zuzana Schindlerova, Czech Rep. 1:35:04 2. Gisella Orsini, Italy 1:35:39 3. Maria Galikova, Slovakia 1:36:40 4. Marie Polle, Switzerland 1:38:24 5. Eleonora Giorgi, Italy 1:38:52 6. Zuzana Malikova, Slovakia 1:40:21 7. Karolina Kaasalainen, Finland 1:40:51 (16 finishers, 3 DNF, 2 DQ) **Under 20 Men's 10 Km, same place**—1. Riccardo Macchio, Italy 43:13 2. Vincenzo Talano, Italy 43:40 3. Genadij Kozlovsky, Lithuania 44:29 4. Perseus Ibanez, Sweden 44:30 (25 finishers, 1 DNF) **Women's under 20 10 Km, same place**—1. Antonella Palmisano, Italy 48:02 2. Laurene Deion, France 49:46 3. Emilie Menuet, France 49:56 4. Federica Curiazzi, Italy 50:26 (19 finishers) (There were also team competitions: Men—1. Slovakia 2. Italy 3. France, 4. Sweden 5 Czech Rep. 6. Belarus 7. Lithuania 8. Ireland. Women—1. Italy 2. Slovakia 3. Switzerland 4. Czech Rep. 5. Lithuania 6, France. Junior men and women winners were Italy.)



## Join Your Mates On These Racing Dates

Sun. May 3	5, 10, and 20 Km, Dayton, Ohio (M)
Fri. May 8	3000 meters women and 5000 meters men, Cedarville, Ohio (M)
Sat. May 9	5 Km, Denver, 8 am (H) 3 Km, Albuquerque, 8 am (Q)
Sun. May 10	Florida 8Km Championship (B)
Sat. May 16	56 Km, Denver, 8:15 am (H)
Sun. May 17	North Region 10 Km, Dearborn, Michigan (F) <b>USATF National 15 Km, Riverside, Cal. (Y)</b> 1500 meters and 3 Km, Arlington, Vir. (N)
Sat. May 23	Festival of Miles, St. Louis (T)
Sun. May 24	5 Km, San Mateo, Cal. (J) 10 Km, New York City, 8:30 am (G) Al Saner Walks 5, 10, and 20 Km, kPoint Pleasant, N.J., 8 am (A)
Sat. May 30	2 Mile Royal Oak, Mich. (F) 10 and 20 Km, Maryland Heights, Missouri ((T) <b>USATF National 10 Km, Albany, N.Y. (D)</b>
Sun. May 31	1500 meters and 3 Km, Arlington, VA (N) Art Keay Memorial 5, 10 and 20 Km, Toronto, Ontario (R) 5 Km, Indianapolis (K) Sanford Kalb, Lake Carasajo, N.J. (A)
Sat. June 6	1500 meters, Castro Valley, Cal. (J) 1 Mile, Holmdel, N.J. (A)
Sun. June 7	Florida Masters 5 Km, (P)
Sat. June 13	2.8 Miles, Seattle, 9 am (C)
Sun. June 14	1500 meters and 3 Km, Arlington, VA. (N) 3000 Meters, Terre Haute, Indiana (K)
Sun. June 21	New Jersey 5 Km, Pomona, N.J. (A) Western Regional Masters 5 Km, Los Angeles (Y)
June 25-28	<b>National USATF Junior 10 Km and Senior 20 Km, Men and Women, Eugene, Oregon (D)</b>
Sat. June 27	Indiana 5000 meters, Indianapolis (K)
Sun. June 28	1500 and 3000 meters, Arlington, Va. (N)
Mon. June 29	5 Km, Long Branch, N.J. 6:47 pm (A)
Sat. July 4	8 Km, Washington, DC (N)
Sun. July 5	1500 and 3000 meters, Arlington, D.C. (N)
Mon. July 6	5 Km, Long Branch, N.J., 6:47 pm (A)
Tue. July 7	1 Mile, Ocean Twp., N.J. 6:30 pm
Sat. July 11	2.8 Miles, Seattle, 9 am (C)
Tue. July 13	5 Km, Long Branch, N.J., 6:47 pm (A)
Tes. July 14	1 Mile, Ocean Twp., N.J., 6:30 pm (A)

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## Chris McCarthy

Racewalking lost one of its more memorable, and lovable, characters with the death of Chris McCarthy on April 22. As I reported a couple of months ago, Chris had a malignant brain tumor. He has been in and out of the hospital since, undergone radiation treatments and physical therapy, all without success.

In an e-mail memo to many friends of the McCarthys, one of many e-mails she had sent throughout their ordeal, his wife Betty reported: "Chris died today in hospice. He seemed to feel no pain, no anxiety. That is what hospice is all about. It was a good, a vigorous fight. Unfortunately, the tumor was the victor. You all know Chris' impish humor. When he was able, he joked with me that he had a short list of donors for his cancerous brain tumor. He did choose to be an organ and tissue donor. I am told that the organs and tissues of a 77-year-old cancer patient are not coin of the realm. Nonetheless, his neuro-oncologist did ask for permission to do an autopsy, permission for which I know Chris would have agreed to, and for which I agreed to. Chris' remains will be cremated. Neither he nor I had any wish for a funeral in the usual sense. We both agreed to an after-the-fact memorial." The plans for that have not been made.

Chris was a native of Massachusetts, but a resident of Chicago since he moved there to do graduate work at the U. Of Chicago in the late '50s. He was on the 1964 U.S. Olympic team and was our first finisher in the 50 Km, placing 21st in 4:35:41.6. He was national 50 Km Champion in 1963 and 1964 and also won the 40 Km in both those years, as well as the 35 in 1964. Beginning in 1961, Chris published a monthly newsletter on our sport, which went under various names during its three plus years' life. That newsletter was instrumental in holding us together and building our sport. A gadfly at heart, he was outspoken and often satirical--yes, even impish--in his comments on the administration of the sport, on judging issues, and on anything that came to his fertile mind. He didn't pull his punches. For example, in one of his final issues, referring to the 1964 20 Km Olympic Trial scheduled for July 4 in Pittsburgh, he said: "Zinn and Laird are both 'sweating' out the 20 Km--but nothing



like they will the day of the race, when it's going to be a cool 90 in the shade! Pretty damn silly isn't it? To put a trial on 4<sup>th</sup> of July for a race in October. Oh well, it's par for the course for the so-called walking committee." For those who knew Chris and wish to express their thoughts to Betty, her e-mail address is [bettymc@ameritech.net](mailto:bettymc@ameritech.net); address 976 W. 19th Street, Chicago IL 60608, phone 312-829-8578

For those who knew Chris and for those who are only now haring about him, we want to tell you more. Eighteen years ago, in the January, February, and March 1991 issues of the *Ohio Racewalker*, we published a memoir by Ron Laird, entitled "Chris McCarthy—Our Forgotten Olympian and Inspiration for the Ohio Racewalker". We are drawing from that for the following article about Chris. This will probably overflow into our next issue—there were 10 to 11 pages in the original, but some of that was autobiographical on Ron's part.

As a preface to that first installment of the article, we said: The following is the first installment of a memoir by Ron Laird. For those not familiar with Ron, he is a four-time Olympian (1960, 1964, 1968, and 1976), 65-time National Champion at all distances from 1 Mile to 50 Km, a member of two Pan-Am teams with one gold medal, member of 16 other U.S. national teams from 1958 to 1976, holder of 81 U.S. records at one time or another, and National Coach at the U.S. Olympic Training Center from 1981 to 1984. . . . And although he put Ohio Racewalker in the title of his memoir, it was into the third installment before this publication was mentioned. Ron began:

In the summer of 1961, Chris McCarthy was a 31-year-old, part-time racewalker who lived on the south side of Chicago and competed for the University of Chicago Track Club. He was also a part-time political science student at that prestigious school, working for a Ph.D. This led me to feel he had quite an intellectual mind because you needed one to get into the place. We had met at a few championship races between Chicago and the East Coast over the years. Our friendship and that large city's active and growing racewalking program gave me the best reasons for moving there in the summer of 1962. I had been living about 70 miles north of New York City at the time, but needed a change of environment. McCarthy was the kind of guy whose feet you would want to sit at once you got to know him. After hitch-hiking out, I found a small, inexpensive room in a fraternity house a few blocks from his apartment.

### The McCarthy mystique

Chris was a slow walker, even though he had done an excellent job of mastering the correct racing style. Going all-out, he couldn't break the 2-minute barrier for a quarter mile. *(Ed. Eventually he could, since he walked a 10-mile race here in just about 80 minutes.)* This bothered me. How could a guy who looked so good and so fast be going so slow? Maybe it was his semi-pot belly. I felt a serious, competitive walker shouldn't have this sort of body structure. Perhaps it was simply part of a large and powerful trunk with hung breathing capabilities. When he racewalked, he reminded me of watermelon tilted slightly forward with rapidly moving arms and legs attached to it. Because his technique was so efficient and legal, he moved faster than he appeared. This is one of the qualities of a champion athlete. If he'd had a slender body, I'm sure he could have easily developed a bit of a lift-off with each step. This would have caused him to go faster by increasing his stride length an inch or two, or even more, with each step.

Chris had lots of desire and wisdom, but little of the natural speed needed to become a serious 20 Kilometer contender. Once I realize this, I told him that if he really trained for the longer 50 kilometer event the way one should, he would have an excellent

chance at making the 1964 Olympic Team to Tokyo. McCarthy probably knew this and was already planning such a program, but I like to think I played a part in his future commitment to the toughest of all Olympic events.

### Preparing for the long haul

Back then, walkers did a couple of 20-mile workouts on occasional weekend afternoons, bot psyched up and hoped for the best when it came to getting through a 50 kilometer race. All racewalkers know it is the most demanding event in the Games



Chris soon trained hi way up to the full 50 km distance and even went a little beyond it now and then. In addition to normal 10 to 15 mile daily workouts, he did his long 50 to 55 km session every weekend, no matter how bad the weather. And Chicago does have lot of miserable weather, both in winter and summer. During really bad days, we would seek the shelter of the huge University of Chicago Fieldhouse. Within those warm, dry walls, we'd walk lots of laps on the 220-yard dirt track. I wold do speed work and Christopher would grind out steady 2- to 3-hour sessions.

He felt that correct hip movement was the most important thing to master and continuously perform over the entire 50 km distance. As long as the hips kept rolling along, the legs would follow an a decent rate of speed would be maintained. He knew that if, because of fatigue, he had to slow to a hiking style during his 50 km tryout race, he probably wouldn't make the team.

We often had interesting conversations during our longer workouts together. It must have been all the extra oxygen getting into our brains that stimulated our thinking and loosened our tongues. *(Ed. Neither individual was ever particularly noted for a tight tongue.)* Our pace was fairly strong and we always practiced good racewalking technique. TO keep from losing too much concentration on what ae were doing, we occasionally took off on accelerations of a few hundred yards. These quickly brought our minds and bodies out of the mental ruts we were grinding ourselves into along the way and kept us from slowing down by talking too much. A small loss of speed always accompanies a loss of concentration. Solo training is the best way for the endurance athlete to pay exclusive attention to what he or she hopes to become a champion at. Most of us end up training by ourselves, so it is best to use the solitude to develop the strong mental discipline needed for success. It will surely come in handy when trying to race at efforts beyond what we've done in training.

My favorite long distance session while living in Chicago was a point-to-point one that went east to Lake Michigan, then north all the way up to the campus of Northwestern University. The walk was nearly 23 miles long, dead flat and through many scenic parks. Once we finally arrived, Chris wold lecture me about how silly he felt many of the student's life styles and customs were. I though them pretty normal when compared to those back where we lived. To get home, we used the city subway and bus systems.

When Chris trained on his own, he went out and back because he didn't like to



spend the additional time and money it took to get home from a one-way session.

### Clothing—used and otherwise

Chris would often check out the trash baskets during our various park and lakefront workouts. Sometimes, he'd make a quick stop to dig out something that caught his eye; there was always the possibility that it might be wearable. I would always complain, but he justified his affronting behavior by saying, "These people are throwing away better stuff than I'm wearing!" There was a lot of truth in that statement.

I shouldn't have criticized him because I was doing the same thing, only on a little higher level. My specialty was, and sometimes still is, collecting left over items at track and field meets, especially indoor ones. Athletes tend to be more nervous at these meets and forget to go home with everything they came with. New York City's Madison Square Garden was a real gold mine. The more important the competition, the better chance one has of finding wearable items. I did my best over the years to keep the janitors from keeping or throwing away some fine clothes and shoes. Both Chris and I felt it didn't matter how our training clothes looked. All that mattered was their comfort and ability to keep us warm. It's hard to find anything nowadays, because people aren't so careless with what they must spend so much of their hard-earned money to buy. Back then, I could outfit myself with new training shoes, socks, and sweats for under \$12. The shoes were a low-cut, white canvas sneaker that sold for \$4.95. I can't imagine McCarthy ever trading, giving away, or selling any of his Olympic clothing because it had to be the best stuff he had to wear. It also meant a lot to him because it came from the only national team he ever qualified for.

McCarthy's speed and stamina improved steadily over the month. Because of his wise and slowish training, he suffered no injuries. The 1964 Olympic Trials race was held in Seattle and Chris won it without too much trouble. All his long distance foundation work and lots of patience really paid off. Four years earlier, he'd placed eighth in the same tryout contest with a time about a half-hour slower (5:02:44). Earlier that summer, I'd won the 20 Km trial in Pittsburgh, so we ended up becoming Olympic teammates. Some nine months before our tryouts, I had left Chicago and moved out to Los Angeles area.

Chris thoroughly enjoyed his tour to Tokyo. Of our three U.S. representatives in the long walk, he was our top finisher. His 4:35:42 effort on a cold, rainy and windy day turned out to be one the best performances ever by an American at that time. After McCarthy returned to Chicago, he retired from serious training, but continued taking shorter walks for physical fitness and emotional stability. He still does. *(Ed. To update that nearly 20 years later, at some time Chris turned primarily to bike riding for his exercise and in her e-mails since his diagnosis, Betty often referred to his bike riding friends.)*

To be continued next month beginning with a section titled The McCarthy and U. Of C. Influence. And speaking of that influence, while typing this I had a call from Tom Dooley, 1968 and 1972 Olympic 20 Km walker, telling me how much help Chris had been to him through correspondence and brief contacts on Tom's rare visits from California to Chicago races. Working without a coach (as most of us did in those days) Tom credits much of the knowledge he picked up about training to Chris. I welcome any comments from others readers about memories and Chris' influence on our sport.

## From Heel To Toe

**Polish national coach.** The 1996 Olympic Games medalist and 1999 World Champion in racewalking, Russian Ilya Markov, will be appointed as senior coach for the Polish national

team for racewalking. His assistant will be Polish Olympian Roman Madyarchik. Markov is familiar with Polish racewalking, as in recent years he represented Krakow Club AZS and frequently participated in competitions in Poland. . **McGovern clinic.** From Dave McGovern: "With Loretta due at the end of May, I've had to cut back on my travel in May and June. With that in mind, I'll be conducting one of my World Class Racewalking clinics on Long Island June 19-21. It will feature all the some one-on-one technique work, heart rate analysis, training theory, and training schedule design as my clinics all over the U.S., plus it'll give us a chance to get the baby out and walking (Loretta wants him/her to be racewalking legally at no slower than 7/min per km by 6 weeks.) Details available at [www.racewalking.org/clinic.htm](http://www.racewalking.org/clinic.htm). . **Know your rules.** Jim Hanley's book *Track and Field Rule Book Differences*, which we have mentioned in the past, is still available in an updated edition. The lightweight, paperback book that can easily be carried with you at track meets shows, in easy-to-read chart format high school (NFHS), college (NCAA), open (USATF), and International (IAAF) rule differences. It covers all track and field events, including the racewalks. You can order the 2009 edition for \$12 (\$10 cost plus \$2 shipping) per book from Track & Field Rule Book Differences, Jim Hanley, editor, P.O. Box 6744, Thousand Oaks, CA 91359-6744. . **New web site.** Phil Howell has opened a new racewalking web site. Phil's site at [www.eRaceWalk.com](http://www.eRaceWalk.com) supports racewalking, ultra-distance walking, and marathon walking world wide. Some features are: An extensive discussion of racewalking technique at both the beginner and advanced levels—from a one-sentence starter to an overview of the physics and biomechanics or racewalking. Slow- and stop-motion studies of racewalkers. Slow- and stop-motion graphic studies of racewalkers featuring Icabod who has been teaching racewalking for over 10 years. The most extensive set of current links to fast/far walking web sites world wide, including clubs, athletics organizations, and other top sites. Four popular calculators: track, road course, age grading, and BMI. A newcomer introduction to racewalking and ultra-distance walking. An index and links to well over 300 of the best articles on racewalking and ultra-distance walking offered by 18 web sites world wide. The new home for the North American Racewalking Foundation and the North American Racewalking Institute. The site brings together a lot of material that already exists on a side variety of web sites, presents that material in a variety of ways, and then helps viewers link back to the existing web sites that fit their own particular needs.

## LOOKING BACK

**45 Years Ago** (From the Spring 1964 issue of the *Midwest Race Walker*, published by Chris McCarthy)—In an exciting 1 Hour Race (the first National 1 Hour Championship race), Ron Laird led three others beyond the national record, covering 8 miles 179 yards on Chicago's Rockne Stadium cinder track. Laird pulled away from Ron Zinn after 4 ½ miles, with Zinn missing the 8 mile mark by just 28 yards. Art Mark, with 7 miles 1649 yards finished just 9 yards ahead of your editor. In reality, the latter two probably missed Rudy Haluza's national record of 7 miles 1614 yards set in 1963 as the finishing gun misfired. McCarthy's article says it was finally fired an estimated 8 seconds late, which would be worth at least 30 yards. My recollection says it must have been a bit more than that. I recall passing 7 ¾ miles in just under 59 minutes. Finishing strongly after struggling mid-race, I had a 7:20 for my last mile and was still carrying that pace. So, I expected I would have 7 or 8 seconds left after another half-lap and perhaps get to 1570 yards—at about the end of the backstretch. As I entered the turn, I knew something was amiss and actually backed off because Art Mark was at a crawl and I didn't want to take a place away from him in what I knew was "overtime". So, I figured we had perhaps an extra 12 seconds, which would still put Laird well past 8 miles. Whatever, it was an outstanding race for that era, with



nine walkers going beyond 7 ½ miles. despite some noticeable absentees, including Haluza and Jack Blackburn. (I guess it would be outstanding in this era, also, since we seem to have trouble even getting as many as nine to a race.) .McCarthy himself won the Ohio 50 Km a few weeks earlier in 4:43:44, 3 minutes ahead of Blackburn. Phil MacDonald was another 2 minutes back on a very windy March day. Mortland (that's me) called it a day at 24 miles while leading McCarthy be about 5 minutes. .Laird went on a record rampage in San Diego, doing a track 20 Km in 1:35:26, an American record at that time. He broke records at 8, 9, and 10 miles, and at 15 Km on the way. (Records were recognized at about any distance one cared to contest in those days. In another race, Laird knocked down records at 4 (17:51.2) and 5 (22:14.4) Km.

**40 years Ago** (from the April 1969 ORW)—Mr. Laird won his fifth consecutive National 15 Km title in the Columbus suburb of Worthington as he edged away from Dave Romansky in the final 5. Ron finished in 1:06:45 with Dave just 12 seconds back. Tom Dooley, Goetz Klopfer, Ron Daniel, and Gary Westerfield rounded out the top six, with Westerfield at 1:12:09, leaving aging race director Jack Mortland one place out of the top six. . In Point Pleasant, N.J., Bob Kitchen did a track 50 Km 4:19:41. .Romansky beat Kitchen by 2 minutes in a New Jersey 10 miler, finishing in 1:13:31. . On the West Coast, Laird set American records at 3 miles (20:51.8) and 5 Km (21:24.2). .Dooley beat Klopfer by about a half-minute in a quick (50:32) 7 miler. .The ORW postal 10 Mile Relay (alternate quarters) went to Dooley (1:36.7 average) and Klopfer (1:37.72) in 64:49.8. Klopfer also teamed with Bill Ranney (obviously not on the same day) to take second with a 67:07.2, followed by Gary Westerfield-Gerry Bocci (69:07) and Jack Blackburn-Jack Mortland (69:33). (Youth prevailed as these two teams went head-to-head on the Worthington track.)

**35 Years Ago**—(From the April 1974 ORW)—Within a 3-week period, Shaul Ladany won both the National 75 and 100 Km titles. The 100 came in Des Moines, Iowa, where he had a 10:12:53, leaving Augie Hirt 38 minutes back. Jerry Brown and Bill Walker took the next two places. In the 75 at West Long Branch, N.J., Shaul had 7:25:09. Gary Westerfield trailed by nearly 25 minutes in second, with Tom Knatt third and Alan Price fourth. . Jerry Brown beat Colorado TC teammate Floyd Godwin in the National 1 hour in Boulder's altitude, covering 7 miles 1671 yards, with Godwin just 34 yards back. Bob Henderson and Augie Hirt followed.

**30 Years Ago** (From the April 1979 ORW)—Jim Heiring broke Larry Young's American 20 Km record by 6 seconds with a 1:30:04 on the Grosse Pointe, Michigan track. Chris Hansen stayed with him for 5 miles and then slowly drifted away to finish in 1:31:45. Martin Kraft had 1:32:35 and Steve Pecinovsky 1:32:45. . Paul Hendricks took second in a 200 Km race in France with 23:08:18. Luxembourg's Josey Simon won in 22:55:48 (5:42 per 50 Km). . The Spanish 50 Km went to Jorge Llopart in a swift 3:50:03 ahead of France's Gerard Lelievre (3:56:49). . In England, Marian Fawkes set a women's world record with 48:37.6 for 10 Km.

**25 Years Ago** (From the April 1984 ORW)—Carl Schueler walked an impressive 4:07:23 in very muggy conditions to win the National 50 Km in Cleveland. Vincent O'Sullivan had a 4:10:00 in second and Tom Edwards 4:14:39 in third. . Teresa Vaill was an easy winner in the women's National 20 Km in Seattle with 1:45:20. Gwen Robertson was second in 1:51:46 and Carol Brown third in 1:52:52. . At the same site, Tim Lewis pulled away from Jim Heiring in the last 10 to win the National 25 Km in 1:49:36. Heiring had 1:50:49, Ed O'Rourke 1:54:57, Carl Schueler 1:55:40, Dave Cummings 1:58:38, and Tom Edwards 1:59:01.

**20 years ago** (From the April 1989 ORW)—In the U.S. World Cup Trials, Debbi Lawrence

prevailed in the women's 10 and Tim Lewis in the men's 20. In Tampa, Lawrence got away from Lynn Weik in the final 3 Km to win in 47:46. Weik had 48:10 and Teresa Vaill 48:35 in third. Wendy Sharp, Maryanne Torrellas, and Susan Liers rounded out the top six. In Washington, D.C., Lewis dominated the race, with Doug Fournier finally pulling away to capture second in 1:29:06, followed by Mark Manning 1:29:22, Gary Morgan 1:29:45, Steve Pecinovsky 1:29:42, and Curtis Fisher 1:29:47. Morgan won the Mortland Invitational 10 Km in Columbus with a 44:57.

**15 Years Ago** (From the April 1994 ORW)—Tim Seaman prevailed in the Easter Bunny 20 Km in Racine, Wis. In 1:29:47 ahead of Don Lawrence and Will Van Axen. . Gary Morgan won the Mortland 20 Km in 1:36:24 and Lisa Sonntag the women's 10 Km in 51:41.

**10 Years Ago** (From the April 1999 ORW)—A good month for Tim Seaman as he set an American road record while winning a 10 Km in Carlsbad, N.M. in 19:47 and then won the Penn Relays 10 Km with an American record 39:43.75. He beat Jefferson Perez by nearly a minute in the 5 and Curt Clausen by just over a minute in the 10. . In Italian 20 Km races, Giovanni DeBenedictis' 1:22:34 put him 17 seconds ahead of Massimo Fizialetti and Erica Alfridi finished 36 seconds ahead of Elisabetta Perrone in 1:31:52.

**5 Years Ago** (From the April 2004 ORW)—Tim Seaman won the 20 Km at the U.S. World Cup Trials in Overland Park, Kansas with a 1:26:09. Curt Clausen (1:27:30), Kevin Eastler (1:28:42, John Nunn (1:29:33) and Philip Dunn (1:30:41) were other qualifiers. Norway's ErikTysse finished fourth in the race with 1:28:54. Six others finished under 1:40. . The women's race went to Joanne Dow in 1:34:44, with Teresa Vaill second in 1:36:49 and Michelle Rohl third in 1:37:37. All three, however, passed up the World Cup trip to concentrate on training for the Olympic Trials. So Jolene Moore (1:39:56 in fourth) was to be joined by Sam Cohen, Susan Armenta, Deborah Huberty, and Margaret Ditchburn on the U.S. team. Junior races went to Canada's Megan Huzzey (50:23) and Zachary Pollinger (45:52). Maria Michta led the U.S. women with 50:46 in second with Katy Hayes and Erica Adams also making the team. Troy Clark (48:25) and Joe Trapani (48:43) were the other junior men to qualify along with Pollinger. And other than Michta, where are these juniors today? . In Bergen, Norway, Tysse won a 10 Km race in 39:22 with Seaman (39:23) and Kevin Eastler (39:32) second and third and both under the American record. . IAAF Challenge races in Rio Maior, Portugal went to Italy's Elisa Rigauda (1:29:57) and Alesszandro Gandellini (1:22:49). . At the Penn Relays, the women's 5 Km went to Amber Antonia in 23:14.66 and the men's 10 Km to Matt Boyles in 43:48.88

And one more result hot off my e-mail in-box with a bit of space left for it: 5Km, Kalamazoo, Michigan, April 25—1. Johnny Olsey (55) 29:10 2. Bill Reed (56) 29:30 3. Katie Maliowski 29:46 4. Debbie Topham (56) 30:13 5. Becky Benjamin (43) 30:40 6. Lori Short (43) 30:52 7. Lynn Phillips (59) 30:58 8. Jessica Ustishen 32:10 9. John Thomas (54) 33:10 10. Tom Belford Jr. (60) 33:42 11. Marshall Sanders (68) 33:56 (25 finishers)