

## **No Surprise: Vaill, Seaman Each Add Another Title; Barron, Chin take Junior Titles**

Eugene, Oregon, June 27-28—After the U.S. 20 Km Racewalk Championships, Tim Seaman holds 37 national titles and Teresa Vaill 36, as each added one here. Seaman overcame a determined Patrick Stroupe to win his sixth National 20 Km in 1:25:14.26, with Stroupe just 27 seconds back in a personal record. Seaman qualified for his fifth World Championships. Vaill easily beat arch rival Joanne Dow with her 1:37:12.84 effort in the women's race. Seaman is third on the list of all-time national titles, trailing Ron Laird and Henry Laskau. Vaill leads the women's list, but won't pass Seaman if he keeps matching her victory for victory. At ages 37 and 46, one wonders how many more either may have left. But, like the energizer bunny. . .

In the Junior 10 Km title races, Trevor Barron, only 16, had another very impressive performance as he won easily in 43:36.38, missing Ben Shorey's meet and national record by just 46 seconds. He has three more years to break that meet record (see following story regarding the national record.), although one might guess that three years from now he might be walking in the senior 20 seeking an Olympic berth. And not that far behind him is 15-year-old Tyler Sorensen, second here in 45:36.65. In the Junior women's race, Ohio's own Allison Chin, representing the Miami Valley Track Club out of Yellow Springs, got away from Maine's Abby Dunn in the final stages to win in 56:01.21.

The 20 Km races started on the Hayward Field track and after three laps headed onto the streets of Eugene. Ben Shorey and Steve Quirke led the field out of the stadium onto the 1 Km loop, with Seaman and Stroupe in close attendance and John Nunn not far back. By 5 Km, Shorey had gapped Seaman and Stroupe and Nunn was closing in on Quirke. Shorey reached 10 Km in about 43:25, with Seaman and Stroupe now on his heels. But when they did catch him, Shorey continued to hang with them through 15 Km.

With 3 Km to go, Seaman surged and a 4:10 for the next kilometer decided the race. Stroupe, while being dropped himself, managed to drop Shorey for a solid second. Nunn was fourth ahead of a fading Quirke, who still broke 1:30.

Seaman commented after the race: "We started and Ben took off from the beginning, which surprised me. Patrick and I were talking and he wanted to go after him right away. I told him to calm down and we slowly reeled Shorey in. It was very good. I'm very happy with the win. I want to be a good mentor to the young athletes that I coach and it helps when I win. I'm very thankful I had the New York Athletic Club as a sponsor. Without them, there would be no 37th national title today."

Vaill reversed the results of last year's Olympic Trials, when the youngster Dow, a mere 45, beat her by 79 seconds. This time she left no doubt, leaving Joanne nearly 3

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minutes back at the finish. Maria Michta was more than a minute behind Dow in third. Vaill commented: "I just went on and tried to push as hard as I could so I went out with a good 47:15 for the first 10. The second 10, I just did what I had to do. It was very nice weather. I just wish I could have gone faster. I still want to get up to the "A" standard."

In the Junior 10, Barron was solid and strong and sealed the race walking the second half under 21:00! Credit to Tim Seaman, who is working with both Barron and Sorensen. Behind that pair, three others went under 50 minutes and Joshua Haertel missed that mark by just 27 seconds.

Lap counters seem to have a thing for Haertel. He was given a DNF at the Penn Relays because the lap counters stopped him a lap too soon. Here, he was sent around for an extra lap at the end, but that mistake was quickly rectified. We would hope that these incidents won't sour him on the sport.

Barron noted: "I felt good the first half of the race. It was fun to walk the first half with some of my friends. Then, I decided I needed to pick it up a bit. I had to push myself the second half of the race and ended up with a 50 second PR, so that ended up being pretty good."

Chin and Dunn were unchallenged by others and appeared to be walking well within themselves, with Chin pulling clear in the final 800 meters. She said: "I decided to break away and Abby came with me and I just pushed through in the end of the race. My goal was to win. I wasn't concerned with the time or anything, just place. This is my first time in Oregon. It was fun. It's a good track and I liked the town."

The results:

**Women's 20 Km**—1. Teresa Vaill, Walk USA 1:37:12.84 2. Joanne Dow, un. 1:39:59.32 3. Maria Michta, Walk USA 1:41:16.24 4. Miranda Melville, Wisconsin Parkside 1:45:38.87 5. Erin Taylor, South Texas 1:50:12.22 6. Susan Randall, Miami Valley 1:50:46.61 7. Le'erin Voss, Parkside AC 1:51:21.51

**Men's 20 Km**—1. Tim Seaman, NYAC 1:26:14.26 2. Patrick Stroupe, un. 1:26:41.44 3. Benjamin Shorey, un. 1:27:17.59 4. John Nunn, U.S. Army 1:27:42.85 5. Stephen Quirke, un. 1:29:40.32 6. Michael Tarantino, un. 1:30:54.88 7. Chris Tegtmeier, Concordia 1:32:50.03 8. Theron Kissinger, Conn. RW 1:40:31.40

**Jr. Women's 10 Km**—1. Allison Chin, Miami Valley TC 56:01.21 2. Abby Dunn, Maine RW 56:47.86 3. Erika Lamp, Wis. Parkside 58:17.30 4. Claudia Ortiz, South Texas 59:17.37 5. Molly Josephs, Walk USA 60:09.18 6. Hannah Kisley, Raleigh Walkers 60:45.35 7. Nicole Court-Mendez, Maine RW 62:39.72

**Jr. Men's 10 Km**—1. Trevor Barron, South Park TC 43:36.38 2. Tyler Sorensen, Pleasanton Heat 45:36.65 3. Matthew Forgues, Maine RW 46:50.09 4. Dan Serianni, un. 48:48.52 5. Alejandro Chavez, South Texas 48:59.53 6. Joshua Haertel, Team Provo 50:27.55 7. Evan Vincent, Maine RW 53:14.11 8. Charles Swerdlow, Maine RW 53:30.58 9. John Randall, Miami Valley TC 55:25.84 10. Tyler Campbell, un. 56:56.78

## Barron Shines Brightly At World Youth Championships

Bressanone/Brixen, Italy, July 11-12—Others took the honors, but the U.S.A.'s Trevor Barron surprised the world with his a brilliant fourth place in the boy's 10 Km walk. Barron, still only 16, took more than a minute off the PR he had set two weeks earlier and shattered the American Junior record (for those 19 and under), previously held by Ben Shorey. He missed a medal by just 21 seconds as he finished fourth in 42:22.79. His time would have earned a medal in all previous World Youth Championships.

Ahead of him, Hagen Pohle of Germany bettered the Championship record with his 41:35.99 in first. Showing great concentration and leading from the start, he finished in 41:35.99, 14 seconds under the record set by Russian's Stanislav Emelyanov two years ago. Pohle went through 5 Km in 20:43.37 and slowed only slightly over the second half to easily beat Russia's Dementiy Cheparev who finished in 41:53.76. Ukraine's Ivor Lyashchenko was third in 42:01.90.

In the women's 5 Km race, held a day later, Russia's Elena Lashmanova captured the gold medal in 22:55.45. Like Pohle, Lashmanova led from the start, moving to a 100 meter lead by the halfway point. But here, Mexico's Yanelli Caballero put on a strong finish to finish just 4 seconds back in 22:59.27. In the process, she prevented a Russian one-two, overtaking Svetlana Vasilyeva in the last meters.

The winner was well off Tatyana Kalmykova's World Youth best of 20:28.05 set in Ostrava two years ago. "This was a difficult race", she said. "I am not very happy with my time but it was enough to win the gold medal." Caballero turned to racewalking just a year ago and here she stayed in the pack until the final stages, when she moved into medal contention.

An IAAF press release by Paul Reid paid tribute to Barron as follows:

Despite the best placed American in a World Championships racewalking event in a decade, Trevor Barron is not certain he wants to take on the responsibility of being the new face of the sport in the U.S. Minutes after placing fourth in the boy's 10 Km final, the 16-year-old Barron said he was "a little disappointed for fourth place," but pointed out "it is the best place for an American since 1999." (Curt Clausen's third in the World Championship 50 Km.)

Regardless of what he might not want Barron's name is in the book now after he set a new American Junior record with his 42:22.79, breaking Ben Shorey's 42:50.20 set in 2002. Coming into the meet, Barron's best was 43:36.38 set earlier this year.

The Pittsburgh, Pennsylvania native has been racewalking since he was introduced to the sport in 2002 after failing in several other disciplines. He followed his older sister into track and while she had some success as a jumper/sprinter, he was not an immediate success and had to find another event. Luckily he was introduced to racewalking by a member of a local club and actually competed in his first meet the same day he was taught how to execute the moves.

Results:

1. Elena Lashmanova, Russia 22:55.45 2. Yanelli Caballero, Mexico 22:59.27 3. Svetlana Vasilyeva, Russia 23:00.15 4. Paula Martinez, Spain 23:13.07 5. Ekaterini Theodoropoulos, Greece 23:18.95 6. Ilse Guerero, Mexico 23:21.38 7. Shiori Toba, Japan 23:28.76 8. Nanae Harima, Japan 23:34.89 9. Katarina Strmenova, Slovakia 23:49.88 10. Charlyne Czychy, Germany 24:05.21 11. Maria Melania Ruican, Romania 24:07.05 12. Federica Curiazze, Italy 24:12.67 13. Aynalem Eshetu, Ethiopia 24:13.29 14. Francesca Cocchi, Italy 24:14.43 15. Wendy Cornejo, Bolivia 24:42.69 16. Diana Kacanova, Lithuania 24:47.22 17. Karolina Svedaite, Lithuania 24:47.45 18. Veronika Privalinocova, Slovakia 24:48.46 19. Florida

Minivanova, Kazakhstan 25:06.74 20. Shannon Jennings, Australia 25:47.76 21. Fikirt Diriba, Ethiopia 27:01.02 (3 DQ)

**Men's 10 Km**— 1. Hagen Pohle, Germany, Germany 41:35.99 2. Dementiy Cheparev, Russia 41:53.76 3. Ihor Lyashchenko, Ukraine 42:01.90 4. Trevor Barron, USA 42:22.79 5. Jose Montana, Columbia 42:28.76 6. Crithian de Jesus Gomez, Mexico 43:15.32 7. Alberto Amezcua, Spain 43:35.39 8. Dane Bird-Smith, Australia 43:53.62 9. Julio Cesar Salazar, Mexico 44:07.03 10. Leonardo Deitos, Italy 44:26.20 11. Evgeniy Nushtaev, Russia 44:29.06 12. Koichi Niwa, Japan 44:32.61 13. Kildong Kang, Korea 45:29.96 14. Massimo Stano, Italy 46:00.85 15. Jiahk Li, China 46:03.80 16. Ferhat Belaid, Algeria 47:31.59 17. Marcel Faber, Slovakia 47:34.72 18. Anders Hansson, Sweden 47:53.18 19. Iiro Lehtoranta, Finland 48:20.03 20. Yauhen Zaleski, Belarus 48:32.12 21. Edgars Gjacs, Latvia 49:08.07 22. Bruno Pedro, Portugal 49:23.34 23. Viktor Markus, Hungary 49:30.69 24. Mate Lalik, Hungary 50:30.95 (3 DNF)

### Other results:

**5 Km, New York City, July 19**—1. Jose Moncada 23:59 2. Maria Perez (43) 25:39 3. Rafael Marin (43) 26:12 4. Julio Alva (18) 26:15 5. Jorge Torrealba (44) 26:32 6. Bruce Logan (44) 28:30 7. Alexis Davidson (53) 28:43 8. David Lee (54) 31:28 9. Joanne Freund (56) 31:55 11. Kimberly Iboy (15) 33:21 12. Erin Taylor 33:21 (24 finishers) **USATF National Club Championships, New York City, July 11: Women's 5000 meters**—1. Maria Michta, Walk USA 23:56.22 2. Erin Bresnahan, Walk USA 27:22.08 3. Maryanne Daniel, Conn. RW 28:17.69 4. Molly Josephs, Walk USA 29:42.70 5. Crosby Tillman, Crosby Taconic Road 29:57 6. Pansueleta Geer, Shore AC 32:10.24 7. Maria Paul, Shore AC 33:38 **Men's 5000**—1. Richard Luettichau, Shore AC 23:03.84 2. John Soucheck, Shore AC 26:04.75 3. Marin Perez, Park RW 26:45.20 4. Tony Hackney, Raleigh Walk 28:09.86 5. Bruce Logan, Park RW 28:31.75 (1 DQ) **Niagara 3 Km Championships, Nazareth College, July 19: Women**—1. Miranda Melville 14:33.54 2. Natalie Worley 18:30.67 **Men**—1. Dan Serianini 14:21.57 2. Dave Talcott 14:42.94 **East Region Masters 5 Km, East Stroudsburg, Pa., June 27**—1. John Fredericks (61) 30:50.13 2. Panseluta Geer (62) 31:01.50 3. Ron Salvio (61) 31:16.07 4. Art Lebosky (67) 31:29.71 5. Marcus Kantz (63) 32:22.89 **Ohio Junior Olympics, Dayton, July 1: Midget Girls 15000 meters**—1. Sydney Beal 8:38.09 **Intermediate Boys 3000 meters**—1. Mitchell Brickson 16:50.91 **Young Women 3000 meters**—1. Erika Shaver 16:26.60 2. Reini Brickson 18:11.69 **Young Men 3000 meters**—1. Jacob Gndrkline 15:31.38 **1500 meters, Yellow Springs, Ohio, July 23**—1. Jake Gunderkline 6:57.8 2. John Randall 7:03.1 3. Mitchell Brickson 7:30.0 4. Kyle Hivley 7:44.3 5. Reini Brickson 8:12.1 6. Sidney Beal 8:39.7 7. Gabrielle Beal 10:09.8 8. Barb Hensley (65) 10:16.8 9. Leanna Hartsough 10:37.5 (13 finishers) **3000 meters, same place**—1. Jake Gunderkline 14:19.3 2. Erika Shaver 15:40.3 3. Mitchell Brickson 15:50.2 4. Joh Randall 16:27 5. Ed Fitch (45) 17:11.6 **Reine Brickson 17:34.6 Weinacker Cup 10 Km, Port Huron, Mich. July 25 (Michigan vs. Ontario)**—1. Ray Sharp, Mich 48:53 2. Jianping Xu, Ontario 55:31 3. Rod Craig, Mich. 58:42 4. Leon Jasionowski, Mich. (Good to see Leon back in action after a broken leg.) 58:54 5. Bill Reed, Mich. 59:40 6. Lawrence Malek, Ontario 66:18 7. Stuart Summerhayes, Ontario 67:38 8. Max Green, Mich. 67:50 (And good to see the old warhorse back in action.) 9. Bob Davis, Mich. 84:41 **Women**: 1. Joanne Markle Lamontague, Ont. 59:01 2. Linda Silson, Ont. 60:02 3. Debbie Topham, Mich. 60:13 4. Catherine McCormack, Ont. 62:43 4. Sharon L'Leary, Ont. 65:03 6. Caroline Samson, Ont. 65:18 7. Walda Tichy, Mich. 70:17 **Team: Ontario 23 Michigan 18 (Top 3 for each team scoring 7-5-4-3-2-1 for six places.) National USATF Masters, Oshkosh, Wis.: 5 Km, July 10: Women**—1. Debbie Topham (56) 28:22.94 2. Vicki Pritchard (56) 30:16.54 3. Becky Benjamin (43) 30:29.25 4. Rebecca Garson

31:12.35 5. Susan Fassett (46) 31:24.57 6. Donna Green (56) 31:59.73 7. Cathy Mayfield (57) 33:42.60 8. Doris McGuire (60) 33:46.79 9. Jolene Steigerwalt (65) 33:58.06 10. Darlene Backlund (63) 34:18.88 11. Kathleen Frable (63) 34:26.46 12. Doris Cassels (60) 43:31.52 13. Shirley Dockstader (76) 34:34.66 14. Rebecca Gilman (68) 34:54.21 15. Kathleen Finch (54) 37:19.46 16. Barbara Spahaus (61) 38:03.34 (2 DQ) **Men 30-59**—1. Alberto Medina (46) 27:13.24 2. Klaus Thiedmann (54) 27:13.60 3. Tommy Aunan (5) 27:13.64 4. Andrew Smith (59) 27:35.40 5. Damon Clements (52) 27:42.27 6. Mike DeWitt (58) 28:35.75 7. Jeffrey McClung (53) 31:11.10 8. Don Smith (52) 31:33.79 9. Lynn Phillips (59) 32:17.75 10. Barton Kale (53) 32:49.62 (1 DQ) **Men 60-69**—1. Chris Schmid (62) 27:40.95 2. Max Walker (62) 28:06.26 3. Norman Frable (63) 28:25.66 4. Robert Novak (60) 28:25.30 5. Stan Chraminski (63) 28:43.54 6. Richard McGuire (61) 29:52.69 7. Peter Armstrong (64) 31:39.13 8. Don Knight (63) 32:16.75 9. Tom Belford (60) 32:25.95 10. Edoardo Sorrenti (66) 32:29.70 11. Gary O'Daniels (66) 32:24.18 12. John Backlund (69) 33:25.83 13. Marshall Sanders (68) 33:30.24 14. Bernie Finch (69) 37:40.73 **Men 70-89**—1. Paul Johnson (71) 29:31.20 2. Jack Bray (76) 31:48.35 3. Alfred Dubois (77) 33:02.65 4. Carl Ascosta (75) 33:43.11 5. Peter Bayer (76) 33:57.46 6. John Starr (80) 33:57.72 7. Ed Lane (73) 35:04.42 (1 DQ) **10 Km, July 12: Women 40**—1. Becky Benjamin 61:06.15 2. Rebecca Garson 63:13.78 **Women 45**—1. Susan Fassett 63:38.75 **Women 50**—1. Vicki Pritchard 63:58.95 2. Kathleen Finch 76:19.67 **Women 55**—1. Debbie Topham 60:10.13 2. Donna Green 64:35.68 **Women 60**—1. Kathleen Frable 66:44.93 2. Doris McGuire 68:59.78 3. Darlene Backlund 68:47.25 **Women 65**—1. Jolene Steigerwalt 66:30.55 2. Kathleen Balzer 66:56.55 3. Doris Cassels 70:18.69 4. Rebecca Gilman 70:22.37 5. Marjorie Garner 72:21.59 **Women 75**—1. Shirley Dockstader 71:29.58 **Men 45**—1. Alberto Medina 55:17.46 **1 Mile, Houston, Tex., June 19**—1. Mario Alanis 8:50 2. Loiza Vosta 9:30 3. Arnis Paeglis 12:00 **1 Mile Houston, June 26**—1. Steven Berry 9:53.72 **5 Km, Denver, June 21**—1. Mike Blanchard (45+) 28:16 2. Darla Graff (40+) 30:34 3. Jerry Davis (45+) 31:10 4. Jose Vargas 31:15 5. Luz Barrientos 32:00 **3 Miles, Aurora, Col., June 27**—1. Mike Blanchard 27:07 2. Jonathan Ripke 28:56 3. Luz Barrientos 29:20 4. Marianne Martino (59) 29:22 5. Daryle Meyers (66) 32:02 **5 Km, Evegreen, Col., July 4**—1. Mike Blanchard 26:07 2. Francisco Pantoja 27:46 3. Luz Barrientos 29:01 4. Petty Gehrke (44) 29:26 5. Daryl Meyers 30:45 6. Rita Sinkovec (69) 33:02 **California State Senior Games: 5 Km: Men 50-54**—1. Alex Kazaryan 30:10 2. Ray Bilig 32:29 **Women 60-64**—1. Carol Bertino 33:41 **Men 65-69**—1. Wayne Wurzbarger 31:28 2. Pat Bivona 33:19 **Men 35-39**—1. Carl Acosta 32:29 **California Sr. Olympics 10 Km, Pasadena, June 28**—1. Kazaryan 60:14 2. John Magnussen (56) 63:16 3. Bivona 71:21 **5 Km, Walnut, Cal., June 6**—1. Jose Moncada 25:55 2. Daniel Lew 26:38 3. Margaret Ditchburn 26:59 4. Rick Campbell 26:57 **5 K, Soka U., June 20**—1. James Kurtzman 28:35 2. Rick Campbell 28:42 3. Art Morrow 32:31 4. Carol Bwertino 32:40 **1500 meters, Seattle, June 26**—1. George Opsahl (67) 8:40.6 **Women**—1. Dora Choi 9:42.8 **5 Km, Portland, Ore., June 27**—1. Bob Novak 28:06.50 2. Dennis Robeson 28:33.88 3. George Opsahl 30:14.16 (6 finishers) **Women**—1. Katie Grimes 28:37.94 2. Nana Bellerud 31:47.47 (5 finishers) **1 Mile, Portland, June 28**—1. Dennis Robeson 8:42.28 2. Rob Frank 8:55.05 3. George Opsahl 8:56.85 (7 finishers) **Women**—1. Katie Grimes 8:47.12 2. Nana Bellerud 9:33.10 3. Donna Lafayette (66) 10:22.82 4. Maureen Robeson (60) 10:28.41 **3000 meters, same place**—1. Bob Novak (59) 16:37.5 2. Stan Chraminski (61) 16:39.8 3. George Opsahl 18:11.8 4. Bart Kale (53) 18:54.4 **Women**—1. Bev McCall (73) 20:05.2 **Oregon State Games 3000 meters, July 11**—1. Katie Grimes (45) 16:19.40 2. Nana Bellerud (5) 18:18.97 (6 finishers) **Men**—1. Dennis Robeson (62) 16:42.99 2. Rob Frank (56) 16:52.90 3. George Opsahl 17:20.56 (5 finishers) **Oregon State Games 5000 meters, July 12**—1. Erin Taylor 26:25.75 2. Katie Grimes 28:18.33 3. Nana Bellerud 31:54.62 4. Donna Lafayette (66) 33:19.57 (6 finishers) **Men**—1. Dennis Robeson 28:20.62 2.

Rob Frank 28:58.87 3. George Opsahl 29:30.51 (5 finishers) **5000 meters, Seattle, July 18**—1. Bob Novak 28:04.85 2. Stan Chraminski 28:14.30 3. George Opsahl 29:28.38 (5 finishers) **Washington State Senior Games, July 25: 5000 meters**—1. Bob Novak 28:15.8 2. Stan Chraminski 28:15.8 3. George Opsahl 29:31.2 4. Terry Buchanan (61) 31:59.5 5. Ron Mac Pike (76) 34:48.1 **1500 meters**—1. George Opsahl 8:35:30 2. Ron MacPike 10:07 (4 finishers) **Women**—1. Diane Johnson (66) 8:52:36 2. Karen Munro (66) 10:51 **Canadian Jr. 10 Km, June 28**—1. Evan Dunfee 41:55.0 2. Bruno Carriere 50:30 **Women's 20 Km**—1. Rachel Lavalee 1:43:28 2. Megan Huzzey 1:44:47 3. Marina Crivello 1:49:41 **Men's 20 Km**—1. Inaki Gomez 1:32:34 2. Jocelyn Ruest 1:35:43 3. Creighton Connolly 1:36:30

## Overseas

**European Under 23 20 Km, Kaunas, Lithuania, Women, July 17**—1. Helina Shumkina, Russia 1:33:05 2. Zuzana Schindlerova, Czech. Repl 1:33:42 3. Tatyana Shemyakina, Russia 1:34:13 4. Otha Yakovenko, Ukraine 1:35:24 5. Julia Takacz, Spain 1:36:49 6. Agnese Pastere, Latvia 1:36:59 7. Karoliina Kaasalainen, Finland 1:37:36 8. Raquel Gonzalez, Spain 1:38:00 9. Anamaria Greceanu, Romania 1:38:20 10. Federica Ferraro, Italy 1:38:56 11. Eleonora Giorgi, Italy 1:39:42 12. Katarzyna Golba, Poland 1:39:59 13. Lucyna Chrusciel, Poland 1:40:15 14. Maria Czakova, Slovakia 1:41:47 (18 finishers, 2 DQ) **Men's 20 Km, July 18**—1. Miguel Angel Lopez, Spain 1:22:23 2. Dziania Simanovich, Belarus 1:22:57 3. Matteo Giupponi, Italy 1:23:00 4. Christopher Linke, Germany 1:24:29 5. Aleksey Bartsaykin, Russia 1:25:01 6. Alexandros Papamihail, Greece 1:25:06 7. Dawid Tomala, Poland 1:25:26 8. Bertrand Moulinet, France 1:25:30 9. Nazar Kovalenko, Ukraine 1:25:47 10. Lndrea Adragna, Italy 1:25:54 11. Mate Helebrandt, Hungary 1:26:56 12. Rafal Sikora, Poland 1:27:47 13. Lukasz Nowak, Poland 1:28:21 14. Federico Tontodonati, Italy 1:29:08 15. Valerijus Grinko, Lithuania 1:30:38 16. Damien Molmy, France 1:34:59 (1 DNF, 3 DQ) **World University Games, Serbia, July 10, Women's 20 Km**—1. Olga Mikhailova, Russia 2. Masumi Fuchise, Japan 1:31:42 3. Olga Povalyaeva, Russia 1:33:58 4. Evangelia Kalnou, Greece 1:34:48 5. Cisiane Lopes, Brazil 1:36:07 6. Valentina Trapletti, Italy 1:36:32 7. Lucie Pelantova, Czech Rep. 1:36:51 8. Raches Lavallee, Canada 1:37:22 9. Lorena Luaces, Spain 1:38:01 10. Ainhoa Pinedo, Spain 1:38:23 11. Agnieszka Dygacz, Poland 1:39:00 12. Ana Veronica Rodean, Romania 1:39:55 13. Alessandra Picagevitcz, Brazil 1:40:20 14. Galina Kichigina, Kazakhstan 1:40:45 15. Johanna Ordonez, Ecuador 1:43:01 (2 DQ) **European Junior Championships, Nova Sad, Serbia, July 24-25: Women's 10 Km**—1. Elmira Alembekova, Russia 46:31.07 (22:48.3 at 5 Km) 2. Antonella Palmisano, Italy 46:59.47 3. Nnina Okhotnikova, Russia 47:04.97 4. Adriana Turnea, Romania 48:49.95 5. Alexandra Gradinariu, Romania 49:10.48 6. Lourene Delon, France 50:06.37 7. Paula Martinez, Spain 52:18.95 (11 finishers, 5 DNF, 3 DQ)—This result maintained Russia's string of five straight wins at this event since the distance was increased from 5 Km in 2001. **Men's 10 Km**—1. Stanislave Yemelyanov, Russia 40:20.86 (20:22.85 at 5 Km) 2. Denis Strelkov, Russia 40:24.97 3. Valeriy Filipchuk, Russia 40:29.35 4. Carl Dohmann, Germany 42:09.78 5. Riccardo Macchia, Italy 42:20.12 6. Vito DeBari, Italy 42:29.80 7. Wojciech Halman, Poland 43:22.80 8. Aku Partanen, Finland 43:44.62 9. Perseus Karlstrom, Sweden 44:21.69 10. Luis Lpes, Portugal 44:51.89 11. Pavel Schrom, Czech Rep. 45:40.35 12. Roman Riha, Czech. Rep. 45:40.25 12. Chiril Capatina, Moldova 40:00.89 14. Karel Ketner, Czech Rep. 46:37.50 15. Victor Paloma, Spain 46:53.91 (4 DQ) **5 Km, Birmingham, England, July 12**—1. Scott Davis 22:40.63 2. Alex Wright 23:20.13 (7 finishers, 1 DQ) **Women**—Johanna Jackson 21:21.67 2. Emma Doherty 25:15.23 (4 finishers, 1 DQ) **3000 meters, Cork, Ireland, July 4**—1. Eder Sanchez, Mexico 11:14.01 2. Robert Heffernan 11:14.09 3. Colin Griffin 11:19.70

4. Jamie Costin 11:36.31 5. Niall Prendiville 12:27.30 6. Michael Doyle 12:44.33 (8 finishers) **German National 5 Km, Ulm, July 5**—1. Sabine Krantz 21:14.75 **Men's 10 Km, same place**—1. Andre Hohne 40:38.49 **20 Km, Dublin, Ireland**—1. Robert Heffernan 1:23:35 2. Clin Griffin 1:24:12 3. Francisco Arcillo, Spain 1:25:45 4. Claudio Vargas, Mexico 1:26:41 5. Yerko Araya, Chile 1:26:58 6. Jamie Costin 1:27:44 7. Carsten Schmitt, Germany 1:27:53 8. Maik Berger, Germany 1:29:14 9. Claudio Vargas, Mexico 1:29:34 10. Brendan Boyce 1:30:29 11. Michael Doyle 1:31:40 12. Edward Araya, Chile 1:34:20 13. Bruno Grandjen, Switzerland 1:34:48 14. Scott Davis, Scotland 1:35:21 (28 finishers, 4 DNF, 1 DQ) **Women's 20 Km, same place**—1. Olive Loughmane 1:30:57 2. Susana Feitor, Portugal 1:31:37 3. Elisa Rigau, Italy 1:33:49 4. Monica Svensson, Sweden 1:34:51 5. Rosario Sanchez, Mexico 1:40:34 6. Laura Polli, Switzerland 1:41:13 (9 finishers, 1 DNF) **50 Km, same place**—1. Christian Berdeja, Mexico 4:23:06 (4 DNF including Alex Schwazer, Italy) **3000 meters, Lapua, Finland, July 8**—1. Aleksei Khimin, Russia 11:57.81 2. Alexander Pichalov, Russia 12:10.12 3. Matias Korpela 12:31.09 4. Timo Viljanen 12:59.40 **Women's 3000 meters, same place**—1. Tatiana Korotsova, Russia 12:49.26 2. Elena Paityuzhalova, Arussia 13:11.76 3. Karoliina Kaasalainen 13:19.60 4. Anne Hakivaha 13:55.06 **Mediterranean Games 20 Km, Pescara, Italy June 30**—1. Ivano Brugnetti, Italy 1:22:33 2. Giorgio Rubino, Italy 1:22:34 **Open Championships of Belarus, Grodno, June 27**—1. Andrei Talashka 1:24:25 2. Aliaksandr Kuzmin 1:24:37 3. Dzimitry Hamzunou 1:25:26 **Women**—1. Hanna Drabenia 1:33:35 2. Zhanna Halaunin 1:36:21 3. Krystsina Asipenka 1:40:58 **50km, Grodno, June 28**—1. Andrei Stspanchuk 4:01:07 2. Vitaliy Talankou 4:06:50 3. Alexey Litvinchuk 4:12:10 **10 Km, Kauhava, Finland, June 27**—1. Jarkko Kinnunen 40:41.88 **Women's 5 Km, same place**—1. Karoliina Kaasalainen 23:49.63 2. Anne Halkivaha 24:48.30 **20 Km, Cheboksary, Russia, June 13**—1. Andrey Krivov 1:23:23 2. Andrei Ruzevin 1:23:57 3. Aleksei Bartsaikin 1:26:29 **Women's 20 Km, same place**—1. Vera Sokolova 1:27:33 2. Tatiana Shemiakina 1:29:33 3. Olga Mikhailova 1:31:56 **50 Km, Cheboksary, June 14**—1. Sergei Kirdyapkin 3:49:04 2. Sergey Bakulin 3:54:37 3. Sergey Leontyev 4:04:46 **5 Km, Milan, Italy, June 25**—1. Ivano Brugnetti 18:38.45 2. Alex Schwazer 19:51.68 **5 Km, Villaneuve, France, June 30**—1. Yohan Diniz 18:38.12 2. Benjamin Kjeinski, Poland 19:32.59 3. Cedric Haussage 20:17.25 **20 Km, Nairobi, Kenya, June 26**—1. Kimutai 1:26:25

## Find A Place That You Might Race At Whatever Pace

*(About 20 years ago, I received a note from Ron Laird regarding his fascination that I put a different clever (?) heading on this feature each month instead of merely Race Schedule as it had once been. I guess I had been coming up with something new each month for six or seven years at that time. I was about to give up on trying to be original each month, but Ron's note inspired me to continue. Now, I don't have a list of past headings, and I certainly can't remember them all, so I can't guarantee that I have not repeated a heading. But I'm still trying to keep Ron happy.)*

|              |  |
|--------------|--|
| Sun. Aug. 2  | 5 Km, Evergreen, Col., 8 am (H)          |
| Mon. Aug. 3  | 5 Km, Long Branch, N.J., 6:47 pm (A)     |
| Sat. Aug. 8  | 1500 and 3000 meters, Arlington, Va. (N) |
|              | 5 Km, Palo Alto, Cal. (J)                |
| Sun. Aug. 9  | 10 Km, Indianapolis (K)                  |
| Mon. Aug. 10 | 5 Km, Long Branch, N.J., 6:47 pm (A)     |
|              | 1500 meters, Palo Alto, Cal. (J)         |

|               |  |
|---------------|--|
| Wed., Aug. 12 | 5 Km, Golden, Colorado 6:30pm (H)  |
| Fri. Aug. 14  | 5 Km, Loveland, Col., 7 pm (H)   |
| Sat. Aug. 15  | 3000 meters, Virginia Beach, Va. ((T)<br>5 Km, Boulder, Col., 8:30 am (H)  |
| Sun. Aug. 16  | <b>USATF National 15 Km, Minneapolis, Minn. (S)</b><br>5 Km, New York City, 8:30 am (G)                            |
| Mon. Aug. 17  | 5 Km, Long Branch, N.J., 6:47 pm (A)   |
| Fri. Aug. 21  | 5 Km, Flint, Mich. (F)   |
| Sat. Aug. 22  | 5 Km, Indianapolis (K)<br>1500 and 3000 meters, Arlington, Va. (N)<br>Western Region 3000 meters, Reno, Nevada (J) |
| Sun. Aug. 23  | 5 Km, Van Nuys, CA, 8:30 am (Y)  |
| Mon. Aug. 24  | 5 Km, Long Branch, N.J., 6:47 pm (A)   |
| Sun. Sept. 6  | 1 Hour, Falls Church, Va. (N)  |
| Sat. Sept. 12 | 5 Km, Indianapolis (K)<br>2.8 miles, Seattle, 9 am (C)   |
| Sun. Sept. 13 | <b>USATF National 40 Km, , Ocean Twp., N.J. (A)</b><br>20 Km, Oakland, Cal. (J)                                    |
| Sun. Sept. 20 | 10 Km, New York City, 8:30 am (G)<br>1 Hour, Falls Church, Va. (N)   |
| Sun. Sept. 27 | Michigan 1 Hour, Berkley (F)   |
| Sat. Oct. 3   | <b>National USATF 5 Km, Kingsport, Tenn. (D)</b>   |
| Sun. Oct. 4   | 1 Hour, Falls Church, Va. (N)  |
| Sun. Oct. 11  | 1 Hour, Indianapolis (K)<br>1 Hour, Falls Church, Va. (N)  |

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 X—Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)  
 Y—Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201

## From Heel To Toe

**Remembering Chris.** We have run several items of our country's racewalking guru, Chris McCarthy, since his death in April. In June, his wife Betty and his many friends gathered in a park north of Chicago to celebrate Chris' life. I was unable to get up there to attend, but sent Betty a note of apology for not being there in which I said: "Chris' efforts with his newsletter served as the inspiration for Jack Blackburn and I to start the Ohio Racewalker, which for some reason I have carried on to this day--now in its 45th year. We tried to carry on some of the irreverence Chris had established, but probably fell short of the mark. And, Chris is an integral part of my fond memories of the seven-weeks the 1964 Olympic T&F team was together in California and Tokyo. His sparkling wit spread throughout the team and his opinions were sought by many." I told her to feel free to quote from anything I had said in the ORW in tribute to Chris. She replied: "Yes, Jack, I will want to quote from your Ohio Racewalker (and wave it around, too) and also from your e-mails. Thanks so much for holding onto us as friends. . . Because of that "legacy" obituary from the Chicago Tribune (*Ed. Which I reran in the ORW*), I received a flag, 6' by about 3' from the U.S. Olympic Committee and plan to display it at the gathering. Also, I received a "resolution" from the Chicago City Council pretty much quoting the obituary, but a nice gesture." An Chris' legacy lives on. We will never close the book on Chris, but this closes a chapter. . . **Racewalking leads the way.** The Intercollegiate Association of Amateur Athletes of America (IC4A) held its first T&F Championships in Saratoga, N.Y. on July 20, 1876. And who won the first gold medal in this prestigious, and historic meet—T.A. noble of Princeton who came home first in the 3-mile walk. The association included a one-mile walk in its Indoor Championships well into the modern era, at least into somewhere in the 1980s. Elliott denman will probably let me know exactly when.

## A Book Review

by Diane Graham Henry

Along comes the book on racewalking for everyone, *Race Walk Clinic – In a Book*, by Jeff Salvage and Tim Seaman. Immediately after the Tim Seaman/Jeff Salvage Clinic in Chicago, I ordered six copies of the book before it even went to press. I did have an advantage of attending their clinic prior to reading through the book, but I believe this book will serve the sport of Race Walking unlike all others that have preceded it.

During my 23 years in this sport, I have read and followed books produced on race walking by Martin Rudow, Elaine Ward, Jeff Salvage and Dave McGovern. Their books have truly served me well as an athlete, and as coach. They will not be put on the back of the bookshelf now that *Race Walk Clinic – In a Book* has arrived. Their material is still valuable. But this new arrival has what we need to promote and develop this sport. I can now hand this book to an athlete, a parent, and a new coach and say, "Here, this is what you need to understand the sport and get your athletes going."

The book is broken down to the true elements of the sport. The photographic illustrations are clear and concise. But, along with that information is the explanation of form

element corrections (something not easily explained to new and developing coaches). The breakdown of the race walk technique in this book is the best I've seen. Another highlight, developed in Jeff Salvage's videos, are the form drills, improvement exercises and stretches.

An added treat, scattered throughout the book, are "Tales from the Track" which provide insightful reflections from the top world class and Olympic race walkers. I have to admit, I sat down and read all of them at once. This added element brings the "personal touch" to the book, which gives the reader a true sense of the sport, and what it takes to be a competitive race walker.

I will be taking this book, along with the *Quick Guide to Race Walking* flyer (a snap shot of the book) to the USATF Level I coaches training in Illinois in July. *Race Walk Clinic – In a Book* is the tool we've all been waiting for. Tim Seaman and Jeff Salvage have come through with a splendid clinic, and the follow-up book that succinctly puts it all together.

You can get more information on this book and order it at [www.racewalk.com](http://www.racewalk.com).

### What? Another book review?

And here is another book of some interest that I picked up at the library recently. *The Lost Art of Walking: The History, Science, Philosophy, and Literature of Pedestrianism*, by Geoff Nicholson, Riverhead Books, New York, 2008.

The book really has nothing to do with racewalking, but I found it interesting and entertaining. The only reference to competitive aspects of walking are a brief discussion of late 18th century and 19th century "pedestrians", such as the well-known Cpt. Barclay, and one brief swipe at racewalking. In the latter, after discussing the rather well-known photos taken by Eadweard Muybridge in the last quarter of the 19th century depicting the walking gait of horses and humans (they provided the first clear illustration of human walking, in the nude, at that), Nicholson continues:

"Incidentally, the process Muybridge used to investigate equine trotting (and then applied to humans) would pretty much destroy the human sport of racewalking. Historically, walking was defined as a form of locomotion in which a part of the foot always had to be in contact with the ground, giving rise to the bizarre and faintly ludicrous gait of the serious racewalker. But modern cameras are so rigorous in their gaze, they show that the vast majority of racewalkers even the very best of them, fail this basic test. The naked eye can't pick up the airborne moment but a modern camera certainly can. Attempts have been made to redefine the sport in terms of what the naked eye can or can't detect, but that's clearly unsatisfactory. You either leave the ground or you don't. Once technology has determined that most of a sport's practitioners are breaking the sport's most basic rule, things are unlikely to go well."

Well, we will forgive him that as it really has nothing to do with the philosophy of the book. I particularly like the way he concludes.

Both walking and writing are simple, common activities. You put one foot in front of the other; you put one word in front of another. What could be more basic than a single step, more basic than a single word? Yet if you connect enough of these basic building blocks, enough steps, enough words, you may find that you've done something special. The thousand-mile journey starts with the single step; the million-word manuscript starts with a single syllable.

With writing as with walking you often find that you're not heading exactly where you thought you wanted to go. There'll be missteps and stumbles, journeys into dead ends.

The reluctant retracing of your steps. And you have to tell yourself that's just fine, that it's a necessary, and not wholly unenjoyable part of the process. It's an exploration. . . .

Walking is not a risk-free activity, and we probably don't want it to be. We may fall down along the way. Something may get broken, people get lost, people walk into oblivion, some willingly, some not. Some return to tell lies about where they've been and what they've done; they create myths for themselves and others. This may not be strictly a good thing, but it's hard to see how it can be prevented. For many of us the perfect walk may simply be the one that we come back from in one piece. For a writer, the perfect walk may be simply be one he can write about."

And a page later in his final paragraph:

"Perhaps also, in both writing and walking, each word, each step takes you a little nearer to the end of things, to the last sentence, the last walk. Sooner or later everybody takes their last step. However, because walking is able to make us healthier, happier, slightly fitter, certain steps in fact take us just a little further away from the end, at least for a while."

### Let's Have More Trevors

Here is a letter I received from Tom Eastler in response to an IAAF Press Release I had posted on the Yahoo Racewalking List following Trevor Barron's stupendous race in the World Youth Championships:

Trevor is about 16-years old and 2002 is about seven years ago, which would put Trevor at about age 9 or 10 when he started racewalking. It is important to note how young Trevor was when he started and that he is not alone in the annals of U.S. racewalking history as having started at a very early age. I seem to remember another young man who followed his sister into the summer Junior Olympics track and field program—that's where Trevor competed as well—and ended up being the first American to make an IAAF 'A' standard in the 20 Km, at the time making him the second fastest 20 Km walker in American history. (*Ed. Referring, of course, to his son Kevin.*) The junior Olympic program and youth program have shown time and time again that they are the place from which we will develop our top walkers. That is not to say that we can't find a Michelle Rohl or a Patrick Stroups in the collegiate ranks who may not have ever racewalked before college, but early and continued experience in racewalking, mixed with very competent coaching will win the day if given a chance. As with most of life these days, chance means money. If we can't identify these rising stars and get them to the races they need to go to, then they get older and fall off the racewalking map due to lack of opportunity. Parenthetically, Ben Shorey, former hold of that 10 Km record, was also a walker who started at a very early age.

Where am I leading with this train of thought? The North American Racewalking Institute (NARI) is tasked with making opportunities for young racewalking athletes, and our only limitations are based on how much money we can raise in this effort. Once again, we look to the masters level racewalkers who love the event so much and who are moving toward the end of their racewalking days. Hopefully, they, and philanthropists of any age, can one day soon give the gift to U.S. racewalking that keeps on giving—a significant contribution to an endowed fund who's principal is never diminished but whose interest is used annually to help get young elite walkers to the meets and to the training camps that will get them into the international arena early in their lives. NARI has such funds established originally by Elaine Ward, mother of elite junior racewalking in this country, and NARI is a 501.63 tax-empt, non-profit fund organization such that every cent donated is used for supporting youth and collegiate racewalkers/. A.C. Jaime, treasurer of NARI, is ready and waiting for your contributions at: NARI, c/o A.C. Jaime, 621 North 10th, Suite C, McAllen, TX 78501.

## An Endorsement For Walking

*Although there is no mention of racewalking, the following article, from many years back, is a solid endorsement for walking as a form of exercise. It is taken from the August 2009 issue of the Front Range Walkers News, edited by Bob Carlson in Denver.*

Your editor (*i.e.*, Bob Carlson) often looks back for inspiration from the great running guru and philosopher, George Sheehan, who passed away more than 16 years ago. I had the opportunity to talk to him several times in the 1970s and 1980s at various events. He was one of my biggest heroes. George wrote the following article about walking in the magazine *Physician and Sportsmedicine*.

Some mornings I walk on the boardwalk as a substitute for my usual runs. I find that the hour or more it takes walk to the Belmar Bridge is well spent. I come up with as many good ideas as I do on a run. Walking is a salutary pursuit for a writer. The journals of such giants as Thoreau, Emerson, Nietzsche, and Kierkegaard attest to that.

But is walking of much use to a runner? I think the master's attitude toward walking can be illustrated by an experience I had during one of my walks. I saw a runner fried approaching me. I raised my hand in greeting—but he ran right by without recognizing me.

Since then, I have taken particular note of runners passing by as I walk. Only rarely does one give me so much as a glance. Yet if I were running, I know I would get a friendly word, or at least a wave.

Walkers and walking are of very little interest to runners. They regard walking as an entry level exercise practiced by non-athletes, a low-intensity, non-competitive pursuit that has no place in the exciting world of road racing. I think most runners have the idea that walking has nothing to offer them relative to training for their sport.

Yet how wrong they might be. Runners with this attitude may well be ignoring a valuable, perhaps even essential, element in their conditioning program. This was certainly belied at the turn of the century. (*Ed. Referring, of course, to the turn of the 19th, not the 20th, century.*) At that time, runners were called “pedestrians”, and walking and running shared almost equal time in their training schedules. The most highly respected coach in those days was Harry Andrews, whose athletes included Alfie Shrubbs. This great runner, who once held all the world records for distances from 2 to 15 miles, was a faithful follower of the Andrews method, as were many other runners, boxers, and cyclists of the time. All spent considerable time walking.

Andrews regarded walking as fundamental. “Experience tells me,” he wrote, “that walking should represent the groundwork of any system of training, whether light or heavy, and for any kind of athletics.” It did not matter to Andrews what your sport was, boxing, fencing, wrestling, rowing, running, javelin, or shot put—walking as a primary exercise was applicable to all. It was nature's first exercise and offered “by far the greatest benefit of any form of training in its results.”

The program Andrews used with his budding runners consisted mostly of walking, interspersed with occasional running. And even as those athletes progressed, Andrews continued a policy of morning and evening walks. Running was limited to the afternoon, and the time spent walking always exceeded that spent running.

For those interested only in fitness, Andrews recommended walking; he saw it as a superior way to reduce weight. And although he was concerned that sufficient time be spent walking, he did not worry about pace. “I would say at once, do not attempt to keep a special pace; such an effort is unnecessary,” he instructed. “The best advice I can give is make your

own pace—the pace, in fact, that will suit you best. This pace will almost certainly be an average of 4 miles an hour.” In our current era, the value of cross-training is getting increased recognition. Runners are now encouraged to substitute some of their running time with cycling, swimming, or weight lifting. This varied training has led to improved performance and fewer injuries. So when we think about alternative types of training, we should consider walking, the primary cross-training of the early 1900s. It is possible that walking will enhance our running more than any of our current alternative sports. Andrews, whose athletes included cyclists, never advised his runners to cycle as part of their training. Indeed, his protégé Shrubbs warned runners against cycling, saying that it tended to “chop” the stride. In any case I suspect that runners who try walking will be pleasantly surprised. It is an excellent morning exercise and an ideal one with which to close the day. I hope our exercise physiologists will take it upon themselves to demonstrate scientifically what the great Harry Andrews found in practice. “Walking and running are no more than two forms of the same activity.”

## LOOKING BACK

**45 Years Ago** (From the July 1964 issue of Chris McCarthy's newsletter)—In the National 2 Mile, Ron Zinn was an easy winner in 13:48.6 with Ron Laird 15 seconds back. A week later in Pittsburgh, Laird had his game face on for the 20 Km Olympic Trials as he walked away to a 1:34:35 victory on a tough out-and-back course in hot, muggy conditions. Zinn came second in 1:36:07, with your editor, Mr. Mortland, third in 1:37:05. The finish was just as predicted by McCarthy a month earlier. In fourth with 1:38:39 was young Don DeNoon, followed by Rudy Haluza and Akos Szekely. McCarthy himself took the National 35 Km in Long Branch, H.J. in 2:50:53, 2 minutes ahead of Szekely, with Dean Rasmussen third and Bruce MacDonald fourth in 2:56:19. Mortland led by a good margin at 15 miles, stopped briefly, overhauled McCarthy again, and then decided there must be better things to do on a hot afternoon.

**40 Years Ago** (From the July 1969 ORW)—In a 6-week period, Ron Laird won three national titles and set two American records. His titles were at 2 miles, 20 Km, and 35 Km. In the 20, he walked 1:33:41 to beat Tom Dooley (1:35:07) and Bob Kitchen (1:36:27). The 2 Mile was an easy win in 13:31.4 with Him Hanley a distant second. The 35 was held on an infamous, unshaded shopping center blacktop in McKeesport, Penn., and Ron overcame 90 degree heat to beat Canada's Karl Meerschensch by nearly 10 minutes in 2:55:57. Mexican Pascal Ramirez was third. Laird's records came in races at 3 Km (12:23) and 1 Hour (8 miles 746 yards). Ron topped this all off with an excellent third place (1:32:27) behind Paul Nihill (1:31:50) and Vladimir Golubnichiy in the US-USSR-British Commonwealth 20 Km, beating Nikolai Smaga. In Ohio, the aging Mortland turned in a 48:41 10 Km on the track in Cincinnati to beat Paul Reback by a minute and later beat Jack Blackburn on a Van Wert, Ohio track in 1:22:25 in brutal heat. John Markon won the 3 and 6 mile races in the National Masters meet with 24:24 and 50:37 respectively.

**35 Years Ago** (From the July 1974 ORW)—Nikolai Smaga and Yevgeniy Ivchenko went one-two against the U.S. in a dual meet held in sweltering Durham, N.C.. The two were given the same time of 1:37:25. Jerry Brown stayed with them for 12 ½ Km, but then faded and Floyd Godwin, his Colorado TC teammate, took third in 1:38:32. Brown finished in 1:40:31. The Soviets swept a Junior meet earlier with Ivan Lika covering 10 Km in 49:28, a couple of strides ahead of Nikolai Matveen. Jim Murchie had 50:39 and Steve Herman 52:55 for the U.S.. Ester Marques won the women's National 5 Km in 26:28 with Ellen Minkow and Susan Brodock also under 27 minutes.

**30 Years Ago** (From the July 1979 ORW)—Mexico's Daniel Bautista and Raul Gonzales won Pan-American Games titles. Bautista took the 20 Km in 1:28:15, 2 minutes ahead of Neal Pyke, with Todd Scully third in 1:32:30. Gonzales had a 4:05:17 in the 50, beating Martin Bermudez by 6 minutes. Marco Evoniuk was third in 4:24:23 and Vincent O'Sullivan fifth. . Pyke finished 13th in 1:25:34 in the Spartakiad in Moscow, won by Nikolai Vinneschenko in 1:22:29. Reima Salonen, Finland, was the first non-Soviet with a 1:23:22 and Maurizio Damilano, soon to be the Olympic Champion at the same site, was sixth. . Scully was 41st in 1:33:31. . Chris Hansen covered 8 miles 611 yards to take second to Sweden's Bo Gustafsson in a 1 Hour race in France. . Bautista did 1:21:04, a world's best, in Sweden, and Gonzales had a 3:48:56 for 50 at the same site. Bermudez was second in 3:51:15.

**25 Years Ago** (From the July 1984 ORW)—Tim Lewis finished eighth in the National 10 Km at Niagara Falls, but won the title. Australia's Dave Smith was first in 40:56, and two Canadians (Guillaume Leblanc and Francois LaPointe) and four more Aussies followed. Peter Timmons and Mel McGinniss were second and third among U.S. walkers. . Mexico's Ernesto Canto set a world 20 Km record on the track in Bergen, Norway with a 1:18:40. Norway's Erling Anderson was nearly 2 minutes back. Czech Pavol Blazerk (1:21:14) and Gonzales (1:21:49) followed. Marco Evoniuk was 11th in 1:25:43.

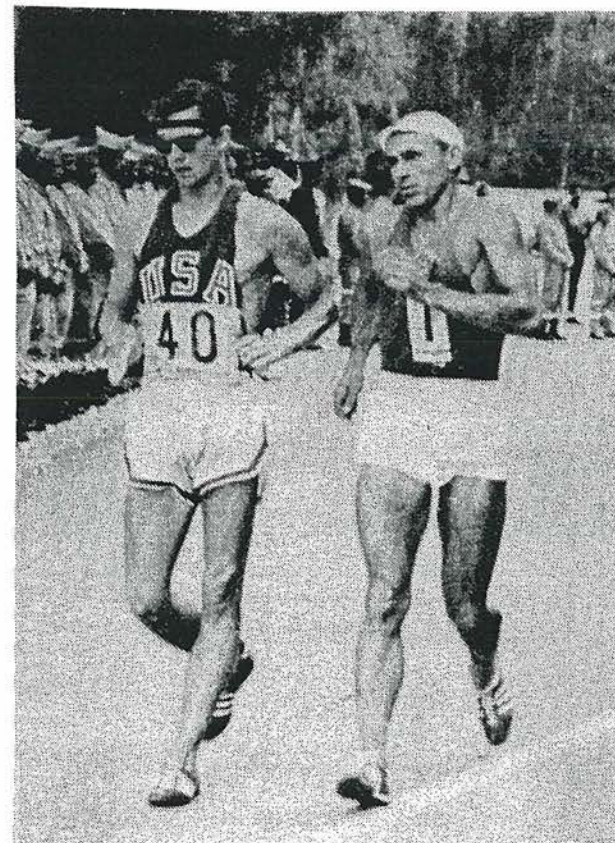
**20 years ago** (From the July 1989 ORW)—Tim Lewis and Debbi Lawrence were winners at the National 10 Km in Niagara Falls. Covering the first half in 20:15, Lewis strode home in 41:28, 48 seconds ahead of Gary Morgan. Dave McGovern was third in 44:50. Lawrence had 48:44 to lead the women, with Canada's Holly Gerke second in 50:01. . Lennie Becker won the National Junior 10 Km title in Columbus with a 46:18.2, beating Dave Doherty's 47:28. In the women's 5 Km, Christy Izzo won in 25:32.02, with Melody Rivera second. . In a U.S., England, USSR meet in Birmingham, England, Mikhail Schennikov won the 20 Km walk in 40:1.97, with Tim Lewis fourth in 42:25.50..

**15 Years Ago** (From the July 1994 ORW)—The National 10 Km , at Niagara Falls again, saw Dave McGovern come out on top in 42:56, surprising Allen James (44:50) Canada's Arturo Huerta was third and Don DeNoon (see 35 years ago) fourth with a world record for those over 50—44:59. Lyn Brubaker beat Canada's Rachel Robichaux in the women's race with a 48:07. . In the U.S. Olympic Festival, Michelle Rohl and Jonathan Matthews came away with wins. Rohl's 45:51.22 left Debby Van Orden more than a minute back in the women's 10, with Dana Yarbrough and Lyn Burbaker following. Matthews did 1:27:53 in the 20, with Dave McGovern second in 1:29:57. Andrzej Chylinski, Rob Cole, Al Heppner, and DeNoon (1:33:28) followed. . The Junior National 10 went to Justin Marujo in 46:50 with Wil VanAxen (47:38) and Kevin Eastler (48:24) second and third. Anya-Maria Ruoss (24:17) beat Deb Iden (25:29.32) in the Women's 5.

**10 Years Ago** (From the July 1999 ORW)—The Pan-American Games in Winnipeg saw a Mexican sweep in the racewalks. Bernardo Segura won the Men's 20 in 1:20:17, followed by teammate Danel Garcia and Ecuador's Olympic gold medalist Jefferson Perez. Curt Clausen was sixth in 1:23:39 and Tim Seaman ninth in 1:28:28. The Women's 20 went to Graciela Mendoza in 1:34:36, 27 seconds ahead of teammate Rosario Sanchez. Michelle Rohl was third in 1:35:22 and Joanne Dow fifth in 1:36:33. . World University Games titles went to Romania's Claudia Iovan in 44:22 for 10 Km and Mexico's Alejandro Lopez with 1:25:12 for 20. Kevin Eastler was 11th in 1:42:20. The three other U.S. competitors—Al Heppner, Margaret Ditchburn, and Jill Zenner—were all DQ'd.

**5 Years Ago** (From the July 2004 ORW)—It was Seaman and Vaill in the U.S. Olympic Trials in Sacramento, Tim winning 1n 1:25:40 and Teresa in 1:35:57. Tim was joined on the Olympic team by John Nunn (1:26:23) and Kevin Eastler (1:28:49), all three having an "A" standard going into the race. Curt Clausen (1:30:26), Ben Shorey (1:31:58), and Matt Boyles (1:33:17) took the next three spots. Vaill was the lone women's qualifier. Joanne Dow, who had an "A" standard, but needed to win the race to make it, was second in 1:38:42, with Bobbi Jo Chapman third in 1:39:01. . Russia's Irina Petrova and Andrey Ruzavin won World Junior Championships at 10. Petrova won in 45:50.39 ahead of China's Nan Zhang (45:58.54) and Russia's Vera Sokolova (46:53.02. Maria Michta was 22nd in 51:43. Following Ruzavin was his teammate Vladimir Kanaykin (40:58.48) and Korea's Hyun-sup Kim (40:59.34.

## Two of the All-time greats of our sport—U.S. and World



**Mexico City Olympics, 1968.** Ron Laird and the USSR's Vladimir Golubnichiy in the 20 Km race. Apparently Ron is being lapped. Golubnichiy went on to capture his second Olympic gold, (to go along with a silver, bronze, and seventh place finish) in 1:33:58.4 (altitude, pollution, and heat affecting the time). Ron, who had been third in the World Cup a year earlier in 1:29:12.6 to Nikolai Smaga (1:28:38.4) and Golubnichiy, was ill and struggled in this one, finishing 25th in 1:44:58.4. Five years later, he captured another World Cup bronze. He won 65 U.S. titles