

Sharp A Little Flat, But Still Victorious

Ocean Township, N.J., Sept. 13 (From Elliott Denman—for who this race should be named since he has put it on every year for the past century, or so.) Ray Sharp of Atlantic Mines, Michigan, celebrated his fourth consecutive victory, and fifth all told, in the 71st annual USA T&F National Championship 40 Km racewalk at Joe Palaia Park. Covering a 2 Km park loop course 20 times, Sharp, representing the Pegasus AC, outclassed a field of 40 competitors gathered from 12 states and Canada, in a three-hour, 55-minutes, nine-second triumph. He'd won his first 40 Km title in 1982, then returned from a long layoff to win in 2006 and has won it each year since.

John Soucheck, of Little Silver, N.J., competing for host Shore AC, closed fast over the second half of the race to snare second place in 3:58:36, little more than a quarter-mile behind Sharp, after 24.8 miles of walking. *(Ed. Not an unusual finish for Soucheck, who has been second or third in this race at least ten times since he the early '90s, but has never won it.)* Third went to Chris Knotts of Yellow Springs, Ohio and the Miami Valley C in 3:59:37. *(Ed. It was like old home week in this race that, while not planned that way, was exclusive to walkers on the far side of age 40. In 1982, when Ray won that first 40 Km title, Chris Knotts was one of his teammates on the U.S. team that competed in a four-nation match in West Germany. Dave Talcott, fourth here, was tenth when Ray won that first title in 1982. On that occasion, Ray had 3:27:21 and Dave 3:48:56.)*

Erin Taylor, 31, of Bergenfield, N.J., regained the women's title she last held in 2004 with a 4:07:45 clocking that won convincingly over Pegasus AC teammates Becky Benjamin and Debbie Topham.

In a tight battle for the men's team championship, the Shore AC trio of Soucheck, Talcott, and Tom Quattrocchi edged the defending champion Pegasus AC squad of Sharp, Leon Jasionowski, and Rod Craig. The Pegasus AC threesome of Benjamin, Topham, and Ssan Fassett walked off with the women's team crown.

Three athletes established American age-group records in competitions with the 40 Km. Dan Serianni of Rochester, N.Y. set a USA junior (19-and under) record of 2:14:05 for 25 Km; Jack Starr of Wallingford, Pa. lowered the American 30 Km record for men 80-84 to 4:02:46, and Darlene Backlund of Newfield, Oregon set a women's 60-64 division mark of 6:40:00 for 50 Km.

This was the 45th time in the past 46 years that the Shore AC has hosted this race, certainly one of the longest records of event hosting for any USATF competition.

(And, here is how champion Ray Sharp saw the race.) After all those years, Elliott Denman found small improvements to make, including adding a water station at about 700 meters into the 2 Km loop. With a 7:30 am start, two aid stations per lap, and temperatures between 65 and 75, weather was not a factor. What was a factor for me was lack of fitness. A 15-mile walk the previous Monday when I hit the wall after 10 miles so dehydrated me that

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I caught a cold, and was pretty sick by Friday and Saturday. But after a nap Saturday afternoon, I felt better and resolved to wake up Sunday ready to win.

With Theron Kissinger a no-show, Shore A.C.'s John Soucheck figured to have the best chance to block me from a fourth consecutive title. It was also shaping up to be a tough battle for men's team honors between Pegasus A.C. (My new team) and Shore AC.

I started the race well ahead of the other 40 Km competitors, keeping pace with junior standout Dan Serianni. Dan was aiming for 5:20 per Km and a 2:15 junior 25 Km record. In fact, he walked a perfectly paces 2:14.

I walked 10:35 to 10:40 per lap through 14 km and then backed off a bit. By 20, I had amassed about a 9-minute margin over Chris Knotts and Dave Talcott, and nearly 10 minutes on Soucheck, who looked to be the most relaxed of the three pursuers. Sure enough, as I started to fade badly around 25 Km, it was Soucheck who came charging back to threaten.

At this point, on my own and unable to gauge where John was, it was women's leader Erin Taylor who saved the day. When she unlapped herself, I willed myself to stay with her, and though she would pull ahead on the uphill, we managed to work together from 28 to 38 Km. I owe Erin a huge debt of gratitude for keeping me at sub-13 minute laps and helping me to maintain enough speed to get to the last lap with a 2-minute lead. At this point, John's charge fell short as he succumbed to leg cramps and I eked out a dramatic 3-minute win. Congratulations to Shore on the team title. My Michigan teammates walked well, but I was too slow to clinch the win. Had I kept my margin at the 30 Km mark, we'd have won the team title. Now, the real work begins, training for the 50 at the World Cup Trials two months after my 50th birthday (Nov. 25.).

(This was Ray's 20th national title, the first coming in 1980 at 30 Km. By 1988, he had 14 titles at distances from 2 miles to 40 Km. to go along with appearances at two World Cups and one World Championships. Then he retired. In 2005, he decided it was time to defend his 1988 5 Km title and he did so. Since he has added a 15 Km title and the four 40 Km titles. And won his way on to two World Cup teams and one Pan-Am Cup team. The last two 40 Km titles have come after he announced his second retirement following the 2008 World Cup. He changed his mind and is now pointing for another World Cup team.)

And here are the 40 Km results:

Women: 1. Erin Taylor, un. 4:07:45 2. Becky Benjamin (44), Pegasus AC 4:42:08 3. Debbie Topham (56), Pegasus 4:58:22 4. Susan Fassett (46), Pegasus 4:59:11 5. Darlene Backlund (54) 5:19:30 (finished 50 Km in 6:40:00) 6. Maria Paul (43), Shore AC 5:27:29

Men: 1. Ray Sharp (49), Pegasus 3:55:09 2. John Soucheck (44), Shore AC 3:58:36 3. Chris Knotts (53), Miami Valley TC 3:59:37 4. Dave Talcott (49), Shore AC 4:12:45 5. Max Walker (62), Indiana Walkers 4:12:37 6. Leon Jasionowski (64), Pegasus AC 4:18:52 7. Rod Craig (510), Pegasus 4:33:14 8. Tom Quattrocchi (58), Shore AC 4:34:32 9. Bruce Logan, (44) Park Racewalkers 4:40:34 10. Paul Pessa (68) World Class Walkers 4:56:11 11. Marshall Sanders (68), Pegasus 5:07:25 12. Don Knight (63), Pegasus 5:07:44 13. Hartley Dewey (61), Tidewater Striders 5:25:56 14. Steven Shapiro (55), Tidewater Striders 5:25:56 15. John Backlund (69), un. 5:27:25 16. Eliot Collins (57), Shore AC 5:35:27 17. Al Cowen (52), Miami Valley 5:44:57 18. Robert Newhouser (54), N.Y. Walkers 5:58:18 (2 DQ)

Other competitors at other distances: 30 Km; Men-Jack Starr (81) un. 4:02:46 25 Km-Dan Serianni (18) World Class Walkers 2:14:05 20 Km-Manny Eisner (68), Shore AC 2:30:07 10 Km-Richard Luettchau (23), Shore AC 49:09 **Women:** 30 Km-Karen Karavanic (46), World Class Walkers 3:42:59 20 Km-Panse Geer (62), Shore AC 21:59 10 Km-Maria Michta, Walk USA 49:09, Rebecca Garson (45), World Class 64:22

Russian Men and Women Take Gold and Silver In ChallengeFinal: New World Junior Record by Russia's Stanislav Yemelyanov

Saransk, Russia, Sept. 19 (From the IAAF)—There was jubilation today on the streets of the capital of the Mordovian Republic as racewalkers from its Olympic Training Center came home winners in today's men's and women's 10 Km races that concluded the 2009 IAAF Racewalking Challenge season at its Final.

The winners were Andrey Ruzavin (38:17) and World Junior champion Tatyana Mineyeva (42:04), though in the chase for the overall season's prize of \$30,000—part of a \$202,000 purse being distributed to the top eight racewalkers in both men's and women's categories—it was today's third placed finishers Eder Sanchez of Mexico and Kjersti Platzer of Norway who went away with the biggest pay checks. Mineyeva's time is a European Junior record, while Stanislav Yemelyanov, 18, who was second in the men's race by clocking 38:28 has established a new World Junior record, subject to ratification.

In the women's race, there was a close fight between Norway's 37-year-old Kjersti Platzer, the Beijing Olympic 20 Km silver medalist and last year's overall Challenge winner who was competing in his first ever competition, and a group of young and ambitious, victory-hungry Russians.

In the absence of the omnipotent Olga Kaniskina, it was Platzer who took the lead, but two Russian "novices" were immediately after her. They didn't overtake Platzer until the command of Victor Chegin was given, the coach who from the sidelines remained as usual the Chief Commander of the Russian team's ambitions for success.

"Our coach just told us to be calm and be well concentrated in the first kilometers of the race," explained second placed Vera Sokolova, 22, the national 20 Km champion and former World Youth and Junior champion, after the finish. "We obeyed his command and only after we received the sign from Chegin did we pass the Norwegian.

The winner, Tatyana Mineyeva, 19, said, "We took it very, very seriously. And when Vera and I took the lead we decided to race together in order to have control over the whole distance. Under all circumstances our main task was to win. But when the finish was very close it was for Vera and me to decide who was the best today."

And with the race secure for Saransk, the Mordovian Republic, and the Russian Federation, it was Mineyeva who proved to be the best, winning in 42:04 with Sokolova 8 seconds behind. Platzer took third in 42:50. Mineyeva's time bettered the European Junior record of 42:44 set by Tatyana Kalmykova at the 2008 World Cup.

"Now I'll stop competing," declared Platzer. "I was racing to win because I intended to do well at my last international performance. I have so many things to look home. I have two children. My daughter is going to be a musician, not a racer and she is very fond of music and dances. Maybe my four-year-old son Sebastian will keep the family tradition? And as far as this race is concerned, I must admit that the most difficult thing for me here was to withstand this sudden Russian cold. But the distance was quite good and I liked it here, except for the weather. Two Russians were strong and I failed to win the race although winning the overall standing." (The race started with the thermometer at 50 F.)

The runner-up Sokolova was a bit upset for she was longing for victory. "Maybe I lacked a bit of speed and just a bit of endurance in the last meters. I'd like to express my gratitude to my first coach Nickolaeva", she said. "I live in a region that is far from Saransk and it was only recently that I joined the famous school of Victor Chegin. I feel that I'm progressing. That is wonderful to work in such a victorious team. And let me say thanks for all the spectators who cheered us so loudly. And now I feel ready to challenge my opponents at 20 Km. But for today my task is considered to be fulfilled."

"Mineyeva was happy. "It is my first serious victory among the seniors. I won before only at junior races. We knew that Platzer was focused on winning her last race. But sport is a tough game where nobody wants to lose even to highly respected names. I learned only after the finish that I got two warnings from the judges. And for me it's an important sign. It means that judges here are more strict than at junior races. Believe me, I did my best to observe the rules and will try it even better at my next serious start. I saw my mother among spectators. I dedicate my victory to her, our coach and to my first coach Vladimir Kabanov."

In the men's race, Eder Sanchez, the World 20 Km bronze medalist in Berlin, took a large early lead but was eventually closed down by Russians Andrey Ruzavin and Stanislav Yemelyanov. Ruzavin's final acceleration was magnificent. His victory was well deserved.

"My victory looked to be an easy one only from a distant first glance," smiled the happy winner. "My opponents were strong and it was quite a fight between us. I wasn't worried when Eder took the lead for I knew I was strong enough to challenge him. I finished first, but I could have done even faster. There was only one notion I took into consideration: the judges. I took great care to observe the technical components of my walk for I was a bit afraid of receiving warnings. My last season left much to be desired and I failed to make the Olympic team and go to Beijing. This season is much better though at the beginning of it I was injured and had to miss training. Now I'll consider carefully what distance to specialize at next year, 20 or 50."

Yemelyanov's walk in second place (38:28) demolished the current World record of Aleksey Bartsyking, 39:57, which was set in 2008 at the World Cup. But Yemelyanov didn't have much to say except that his happiness was overwhelming. Eder Sanchez was happy, "I enjoyed the atmosphere, the food, the spectators."

The Opening Ceremony on the eve of the event was held in torrential rain, but the stadium was filled to capacity in this city that has taken racewalking to its heart and boasts the reigning World Champions at the men's 20 and 50 and women's 20.

Central to the celebrations, it was announced that the name of the Olympic Center was officially changed in honor of the coach who has trained so many international champions past and present. It will now be called the Victor Chegin Center. Chegin has already been awarded by the Republic becoming a "Chevalier of the Order of Glory of Mordovia". A bronze statue of this living legend will soon be unveiled in Saransk's Alley of Glory. The President of the Republic Nikolai Merkushkin has declared that Saransk will be officially bidding to host the IAAF World Racewalking Cup of 2012.

The Chegin coached winners of IAAF World Championships in Berlin—Olga Kaniskina, Valery Borchin, and Sergey Kiryapkin were not racing here, but were given VIP places on the spectator tribunes to watch the two 10 Km races.

The results:

Women's 10 Km: 1. Tatyana Mineeva, Russia 42:04 2. Vera Sokolova, Russia 42:12 3. Kjersti Platzer, Norway 42:51 4. Olive Loughnane, Ireland 43:22 5. Elisa Rigaud, Italy 43:29 6. Tatyana Korotkova, Russia 43:50 7. Lyudmila Arkhipova, Russia 44:05 8. Claudia Stef, Romania 44:11 9. Ana Maria Groza, Romania 44:15 10. Suzana Feitor, Portugal 44:25

11. Vera Santos, Portugal 44:5 12. Ines Henriques, Portugal 45:37 13. Antonina Petrova, Russia 45:44 14. Tatyana Shemhyakina, Russia 46:05 15. Yelena Prituzhialova, Russia 46:48 16. Nadiia Borovska, Ukraine 47:10 17. Nanastsiya Yatsevich, Russia 48:00 18. Olga Povalyayeva, Russia 48:10 19. Mariya Tyureva, Russia 48:13 20. Alena Tyurina, Russia 49:18 21. Vera Menshoykina, Russia 52:19 (2 DQ)

Men's 10 Km: 1. Andrey Rusavin, Russia 38:17 2. Stanislav Emelyanov, Russia 38:28 3. Eder Sanchez, Mexico 38:31 4. Aleksandr Yargunkin, Russia 38:57 5. Hao Wang, China 49:03 6. Luke Adams, Australia 39:16 7. Yafei Zu, China 39:26 8. Jared Tallent, Australia 39:28 9. Faguang Xu, China 40:03 10. Andriy Kovenko, Ukraine 40:25 11. Sergiy Budza, Ukraine 40:45 12. Konstantin Maksimov, Russia 40:57 13. Jesus Sanchez, Mexico 41:26 14. Sergey Safarov, Russia 41:30 15. Oleksandr Romanenko, Ukraine 41:34 16. Konstantin Klagov, Russia 41:41 17. Jamie Costin Ireland 41:42 18. Oleksiy Sheiest, Ukraine 41:51 19. Artem Bisyukov, Russia 42:15 20. Nazar Kovalenko, Ukraine 42:27 21. Andrey Trofimov, Russia 42:45 22. Anton Sivakov, Russia 42:59 (35 finishers, all the rest Russian; 3 DQ)

Final Challenge Standings (Minimum of four races to qualify for standings.):

Women: 1. Kjersti Platzer, Norway 46 2. Vera Santos, Portugal 35 3. Elisa Rigaud, Italy 28 4. Olive Loughnane, Ireland 26 5. Ines Henriques, Portugal 25 6. Beatriz Pascual, Spain 25 7. Claudia Stef, Romania 22 8. Sabine Krantz, Germany 22 9. Kristina Saltanovic Lithuania 19 10. Susana Feitor, Portugal 18 11. Ana Maria Groza, Romania 10
Men: 1. Eder Sanchez, Mexico 44 2. Hao Wang, China 42 3. Erik Tysse, Norway 38 4. Trond Nymark, Norway 31 5. Jared Tallent, Australia 28 6. Jesus Sanchez, Mexico 28 7. Joao Vieira, Portugal 23 8. Luke Adams, Australia 22 9. Yafei Chy, China 22 10. Andre Hohne, Germany 20 11. Fanguang Xu, China 19 12. Francisco Fernandez, Spain 18 12.

Other Results:

10 Km, New York City, Sept. 20—1. Maria Michta 29:27 2. Lina Crus (19) 52:59 3. Raphael Marin (44) 55:09 4. Bill Vayo (45) 55:7 5. Vlado Haluska (57) 59:08 6. Alexis Davidson (53) 59:16 7. Bruce Logan (44) 61:18 8. Liad Weiss 61:43 9. David Lee (53) 67:02 10. Kimberly Iboy (15) 70:01
New Jersey Senior Olympics, Sept. 12: 1500 meters—1. Ray Funkhouser (58) 8:30.1 2. Frank Bergson (70) 10:00.1 3. Robert Schulz (54) 10:04.1 (11 finishers)
3000 meters, Plantation, Fla., Sept. 20—1. Gary Null (64) 17:38 2. Essie Faria (71) 21:21. . . 4. Miriam Gordon (84) 24:58 (6 finishers, 1 DQ)
1 Mile, same place—1. Gary Null 9:59 10. Gerry Gomes (76) 10:49 3. Essie Faria 11:15 (5 finishers)
10 Km, New Albany, Ohio., Sept. 13—1. Matt Boyles 47:28 2. Mike Mannozi 49:12 . . . 4. Susan Randall 53:40 5. Mitchell Brickson 53:52 6. Mike Meekhof 54:11 7. John Randall 54:42 8. Allison Chin 54:50 8. . . 10. Kyle Hively 55:34 . . . 13. Erika Shaver 56:28 14. Vince Peters 57:08. . . 16. Reini Brickson 60:11 (Now you would think I could do better with the results of a race about 10 miles from my home, but, unfortunately, all I have at this point is results for members of the Miami Valley Track Club., thanks to Vince Peters)
10 Km, Houston, Texas, Sept. 6—1. Janet Villanueva (15) 67:44 2. Victoria Spillers (17) 68:20 3. Loiza Vosta (70) 68:33 (10 finishers)
1 Hour, Albuquerque, N.M.—1. Laura Draelos 9475 meters 2. Peter Armstrong 9429 3. Virginia Myers 8356 (5 finishers) (Patrick Collier showed up late for the race, but did 10 Km in just over 50 minutes)
5 Km, Denver, Aug. 23—1. Mike Blanchard (48) 28:02 2. Daryl Meyers (65) 33:25 3. Km, Ft. Collins, Col., Aug 30—1. Mike Blanchard 15:58 2. Darla Graff (41) 17:35 3. Marianne Martino (59) 17:50
2.8 Miles, Seattle, August 8—1. Bob Novak (60) 25:38 2. Stan Chraminski (61) 25:38 3. Ann Tuberg (49) 26:23 4. Rebecca Kettwig 28:55 5. Michelle Cunningham (48) 30:16 6. Dora Choi (42) 30:36
Washington Senior Games, Seattle, July 25: 5000 meters—1. Bob Novak and Stan Chraminski 28:15.8 3. Geroge Opsahl

(57) 29:31.2 4. Terry Buchanan (61) 31:59.5 (6 finishers) **1500 meters**—1. George Opsahl 8:35.30 2. Ron MacPike (76) 10:06.86 (4 finishers) **Women's 1500**—1. Diane Johnson (66) 9:52.36 2. Karen Munro (66) 10:50.83

Finnish National 30 Km, Jyväskylä, Sept. 13—1. Jarkko Kinnunen 2:18:21 2. Timo Viljanen 2:41:00 **Finnish Women's Under 23 20 Km, same place**—1. Karolina Kaasalainen 1:43:29

Finland/Sweden Dual Meet, Gothenburg, Sweden, Aug. 29-30: Men's 10 Km—1. Jarkko Kinnunen, Finland 42:14.51 2. Ato Ibanez, Sweden 42:41.73 3. Perses Karlstrom, Sweden 42:55.34 4. Andreas Gustafsson, Sweden 43:15.42 5. Velimatti Partanen, Fin. 43:25.42 6. Matias Korpela, Fin. 43:53.06 Women's 5 Km—1. Karolina Kaasalainen, Fin. 23:37.22 2. Anne Halkivaha, Fin. 24:20.93 3. Tina Muinonen, Fin. 25:30.3 4. Elinor Hogrell, Sweden 25:25.64 Finland 26 Sweden 18 **Polish Under 23 20 Km, Biala, Aug. 30**—1. Dawid Wolski 1:26:51 2. Lukasz Nowak 1:27:05 3. Dawid Tomala 1:28:27 4. Kamil Piorek 1:28:44

Women's Under 23 10 Km, same place—1. Agnieszka Szarnog 49:24 2. Katarzyna Bolba 50:03 3. Lucyna Chrusciel 50:27 4. Jolanta Karas 50:37

World Masters Meet, Lahti, Finland, July 29 to August 5: 5 Km: Women 45—Ada Booyen, S. Afr. 26:26.26 2. Lesley Van Buuren, S. Afr. 26:31.78 3. Maria Ghisleni, S. Afr. 26:38.72 . . . 6. Katherine Cashman, Canada 28:23.08 . . . 10. Ginger Armstrong, USA 32:45.30 (12 finishers) Women 50—1. Lynne Ventru, Australia 25:48.07 2. Janine Vignet, France 27:11.40 3. Tatyana Kryvokhyena, Ukraine 28:04.94 . . . 5. Nancy Sweazy, Canada 29:21.86 (13 finishers) Women 55—1. Marie Alisa Fernandez, Portugal 27:14.18 2. Heather Carr, Australia 27:55.78 3. Mariann Martino, USA 28:49.74 . . . 6. Anne Dethy Canada 30:51.25 . . . Donna Graham, USA 31:17.40 (10 finishers, 1 DQ) Women 60—1. Liz Feldman, Australia 30:28.77 2. Suzanne Loyer, France 31:18.14 3. Janice Bernier, France 31:35.18 . . . 5. Kathleen Frable, USA 34:13.02 6. Darlene Backlund, USA 34:39.74 Women 65—1. Heidi Maeder, Switz. 28:28.34 2. Pirjo Karetia, Finland 31:33.84 3. Hatsue Matrimoto, Japan 33:07.26 . . . 5. Jolene Steigerwalt, USA 34:13.12 (16 finishers) Women 70—1. Hanna Laurila, Finland 36:35.48 2. Sanni Vayrynen, Fin. 36:38.95 (7 finishers) Women 75—1. Dawn Cumming, New Zealand 39:59.77 . . . 3. Grace Moremen, USA 42:27.73 (4 finishers, 1 DQ) Women 80—1. Elena Pegu, Romania 41:27.63 (4 finishers) Women 85—1. Olena Chub, Ukraine 49:40.72 (only finisher) Women 90—1. Maria Ramirez, Mexico 52:43.63 (Only finisher) Men 45—1. James McDonald, Ireland 22:11.61 2. Axel Ollech, Germany 22:13.65 3. Urban Girod, Switz. 22:23.54 4. Sergio Gutierrez, Costa Rica 23:01.31 5. Galehnaei, Iran 23:07.06 . . . 12. Michael Blanchard, USA 26:46.87 (17 finishers, 1 DQ) Men 50—1. Mikhail Kiselev, Russia 24:10.25 2. Vladimir Barabushi, Russia 24:18.40 3. Mark Donahoo, Australia 24:21.84 4. Helmut Prielev, Germany 24:49.43 45. Carl Meyer, S. Africa 24:36.57 . . . 12. Jeff McLung, USA 30:01.45 (15 finishers, 1 DNF, 2 DQ) Men 55—1. Jose Luis Lopez, Mexico 23:56.01 2. Fabio Russiev, Slovenia 24:01.85 3. Patrice Brochet, France 24:02.64 4. Mike Parker, New Zealand 24:21.30 (18 finishers, 1 DQ) Men 60—1. Andrew Jamieson, Australia 25:06.01 2. Ludwig, Nestleberger, Austria 25:15.77 3. John Hall, GB 25:35.57 4. Heikki Lehtinen, Finland 26:21.74 5. Michael Wiggins, USA 26:34.78 6. Kaiju Nidosaar, Estonia 26:41.52 . . . 9. Norm Frable, USA 10. Richard Campbell, USA 28:20.19 (26 finishers, 3 DQ) Men 65—1. Anti Palmor, Estonia 27:31.80 2. Hermon Strieder, Austria 28:43.61 3. Bill Purves, Hong Kong (former US) 28:48.21 . . . 16. Bernie Finch, USA 36:31.36 (16 finishers, 1 DQ) Men 70—1. Arthur Thompson, GB 27:47.44 2. Murray Dickinson, Austria 28:19.21 3. Minaveli Shagulopov, Russia 28:47.42 4. Zigurds Irbe, Latvia 29:10.33 5. Gunars Rubenis, Latvia 29:30.71 6. Aaro Nokola, Finland 29:32.88 . . . 8. Paul Johnson, USA 31:06.99 (19 finishers, 2 DQ) Men 75—1. Jack Bray, USA 31:45.30 2. Carl Acosta, USA 32:38.30 3. Alfred Dubois, USA 32:39.14 4. Paavo Pystynen, Finland 33:11.85 (16 finishers, 1 DQ) Men 80—1. Bill

Moremen, USA 34:03.31 2. Viljo Hyvala, Finland 34:04.97 3. Robert Schoukens, Belgium 34:15.80 (6 finishers, 3 DNF) Men 85—1. Gerhard Herbst, Germany 37:41.99 2. Vaino Rantio, Finland 37:44.64 (5 Finishers) Men 90—1. Giovanni Vacalebse, Italy 50:26.31 (1 DQ) **10 Km: Women 45**—1. Ada Booyen, S. Afr. 54:12 2. Lesley Van Buuren, S. Afr. 54:23 . . . 6. Katherine Cashman, Canada 57:40 . . . 9. Ginger Armstrong, USA 67:56 (13 finishers, 1 DQ) Women 50—1. Lynne Ventru, Australia 53:06 2. Janice Vignat, France 56:47 3. Tatyana Kryvokhyenna, Ukraine 56:50 4. Natalie Marsenco, Italy 58:42 . . . 8. Nancy Sweazy, Canada 62:58 (18 finishers, 1 DQ) Women 55—1. Marie Alisa Fernandez, Portugal 56:46 2. Heather Carr, Australia 58:08 3. Marianne Martino, USA 59:18 . . . 9. Diane Graham, USA 66:07 (17 finishers) Women 60—1. Liz Feldman, Australia 62:55 2. Suzanne Loyer, France 63:46 3. Janice Bernier, France 64:45 . . . 6. Kathy Frable, USA 69:07 7. Darlene Backlund, USA 70:16 (13 finishers, 1 DQ) Women 65—1. Heidi Maeder, Switz. 57:28 2. Pyrjo Kiretia, Finland 65:01 3. Jolene Steigerwalt, USA 66:38 (14 finishers) Women 70—1. Hanna Laurila, Finland 76:13 (5 finishers, 1 DQ) Women 75—1. Grace Moremen, USA 1:26:50 2. Clara Elkins, USA 1:31:48 Women 80—1. Elena Pagu, Romania 84:19 2. Miriam Gordon, USA 91:32 (1 DQ) Women 90—1. Maria Ramirez, Mexico 1:48:17 Men 55—Ignacio Malo, Spain 49:28 2. Fabio Russiev, Slovenia 49:38 3. Jose Luis Lopez, Mexico 50:21 4. Patrice Brochet, France 50:48 (20 finishers) Men 60—Andrew Jamieson, Australia 51:16 2. John Hall, GB 53:08 3. Ludwig Nestleberger, Austria 53:22 4. Rudy Ponzio, Switz. 54:26 . . . 6. Michael Wiggins, USA 55:41 . . . 12. Norm Frable, USA 58:16 (32 finishers) Men 65—1. Karl Degener, Germany 55:56 2. Herman Striedel, Austria 57:49 3. Bill Purves, Hong Kong 61:31 4. Alexander Saresov, Russia 61:06 . . . 20. Bernie Finch, USA 74:06 (21 finishers, 2 DQ) Men 70—1. Arthur Thompson, GB 56:27 2. Murray Dickinson, NZ 57:54 3. Minival Sinagolov, Russia 58:56 4. Paavo Nokola, Finland 59:25 5. Sigurds Irbe, Latvia 56:10 . . . 8. Paul Johnson, U.S.A 64:05 (23 finishers, 1 DQ) Men 75—1. Jack Bray, USA 64:47 2. Carl Acosta, USA 65:43 3. Alfredo Tonnini, Italy 65:47 4. Alfred DuBois, USA 66:47 . . . 11. Cliff Elkins, U.S.A 81:07 (12 finishers) Men 80—1. Viljo Hyvok, Finland 69:00 2. Bill Moremen, USA 70:05 . . . 5. Bob Mimm, USA 1:28:56 (1 DQ) Men 85—1. Gerhard Herbst, Germany 78:57 (3 finished) (I should also have Men 45 and 50, but seem to have lost those results. Also, I should have 20 Km results, men and women, but now only have the U.S. finishers. Here are those.) **20 Km**: Women 60—4. Kathleen Frable 2:26:14 5. Darlene Backlund 2:27:16 Women 65—2. Jolene Steigerwalt 2:18:08 . . . 7. Sandra Hulst 2:32:24 Men 60—7. Michael Siggins 2:01:12 . . . 9. Norm Frable 2:02:15 . . . 14. Richard Campbell 2:04:32 Men 65—20. John Backlund 2:25:24 21. Victor Leroy Sipes 2:32:55 22. Bernie Finch 2:45:34 Men 70—5. Paul Johnson 2:14:25 Men 75—1. Jack Bray 2:15:35 2. Carl Acosta 2:17:39 . . . 5. Alfred DuBois 2:29:41 . . . 7. Cliff Elkins 2:54:49 Men 80—3. Bill Moremen 2:30:19 . . . 5. Bob Mimm 3:00:17 6. Ryzard Nawrocki 3:08:57. In team competitions, the US men won 10 Km gold at 60 and 75, 20 Km gold at 75, and 20 Km silver at 60. The women won 10 Km gold at 75 and 10 Km silver at 60.

Should You Care To Indulge In A Racewalking Event Opportunities Abound From Sea To Shining Sea

Sat. Oct. 3	National USATF 5 Km, Kingsport, Tenn. (D)
Sun. Oct. 4	1 Hour, Falls Church, Va. (N) Half-Marathon, Sandy Hook, N.J. (A)
Sat. Oct. 10	2.8 Miles, Seattle, 9 am (C)
Sun. Oct. 11	1 Hour, Indianapolis (K) 1 Hour, Falls Church, Va. (N) National USATF 1 Hour, Waltham, Mass. (D)

Water

by Bob Mimm

I remember when many football coaches told their players that learning to go without water would help toughen them for competition. I also remember a track and field rule that said runners or racewalkers could not drink water until after 9 miles. We now know such thinking was wrong. So, let me start with my bottom line: **You cannot train the body to go without water!**

Because a trained athlete's body might work more efficiently than a couch potato's, he or she might live a bit longer in a desert. But the time involved would be so insignificant it is not worth discussing. No one can live very long without water.

Speaking of deserts, allow me to digress a bit. There are some who think you can get water from a cactus if you are lost in a desert. There is one type, the barrel cactus found in Mexico and the Southwest U.S., that does hold water in sufficient quantities. But, I wouldn't recommend drinking it because nature has added a toxic substance to its skin to protect it from animals. If you drank any of the water you would probably suffer a severe case of diarrhea and only make dehydration worse.

If you are a walker or runner (training or competing), water should be your number one priority. You should drink before starting a race. If you are sufficiently hydrated before, you should be able to finish a 5 km race without ill effects. For longer distances, water should be available during the race.

Listen to your body is advice we hear often. Ignore such advice regarding your need for water. If, in a race, you wait for your body to tell that you are thirsty, it is probably too late. You may already be dehydrating. Dehydration is dangerous. Your blood thickens, which slows circulation to your organs.

You can ignore people who tell you that you should only drink warm water. Cold water actually empties from your stomach more quickly.

Drinking water is just as necessary in cold weather. It helps regulate your body temperature. Just a two or three degree temperature loss can cause shivering as your body tries to generate heat. If your temperature falls below 95 F, you can become disoriented. You usually go into a coma when you near 80 degrees.

Another item of consideration is whether an energy drink is better than water. It really depends on the distance you are walking. Drinking water replaces only water. In the longer distances (or higher altitudes), your drink must hydrate and provide carbohydrates in the form of glucose or some other sugar. (Ed. See the recipe for the Doc Blackburn elixir in our July issue.) All drinks contain sodium. A loss of too much sodium can cause hyponatremia, a serious problem. The very popular Gatorade contains more than most other drinks.

When using energy drinks, a question is how soon they will empty from the stomach. Drinks with 10 percent less glucose polymers will empty as water. Exceed is one example with 7

percent. Most drinks also contain electrolytes, such as potassium. These drinks could be helpful at very long distances.

Although I've written much, I feel compelled to add one more bit of advice. Alcohol has a diuretic action that can deplete your fluid level. So, if you drink alcohol, drink water with it.

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And, commentary from another of our outstanding masters walkers, Carl Acosta, on the straight-leg issue as it applies to older walkers. The easy answer, of course, is, if you can't follow the rules, then find another sport. But hear Carl out.

In the Eye of the Beholder, or Here Comes the Judge

by Carl Acosta

Brisbane marked the sixth WAVA games in which I participated. My events were the 5 and 20 km racewalks.

I began racewalking 20 years ago and the sport has changed my life. I love competing. In fact, I love racewalking so much that I am no longer intimidated by the judges' disqualifications. I challenge the straight-knee rule on impact every time I compete. Despite the fact that I know I can walk legally, I still manage to end each season with two to three DQs. What intimidates me more is my very own inflexibility—that's the challenge I face the rest of my life, not the judges! They're doing their job, some with more enthusiasm than others.

Upon my return from Brisbane, I mentioned to a colleague that I had not received so much as "boo" from any of the international judges, either in the 5 or the 20. His comment was: "Apparently, the foreign walkers must have the same ugly, knobby, protruded, bulbous knees as yours, so there's nothing to compare—you don't stand out!" I found his comment quite amusing, but not for long. My first week back, I competed at an all-comers track meet that included a 1600 meter racewalk, and received three warnings for a bent knee in the first lap. I kid you not!

Could it be that our judges have become too overzealous with their scrutiny of the "straight-leg" issue? Some good master racewalkers have stopped competing due to being discouraged and embarrassed for having been disqualified during a race. This is compounded by the fact that racewalking is one of the few sports that does not allow DQ'd athletes to finish the competition.

Our sport not only has lost competitors, but sadly and more importantly, these same good athletes have perhaps even lost the motivation to maintain a regular fitness regimen at a time in their lives when it is vital to stay healthy and active.

Thanks to masters track and field, we have the opportunity to continue competing until 80 or 90. Let's encourage, not discourage.

Looking Back

35 Years Ago (From the September 1966 ORW)—Ron Laird won the National 25 Km title in 2:06:16 in Seattle. On a very hot day, Tom Dooley was nearly 12 minutes back in second. . . In the European Championships, East Germany's Dieter Lindner walked 20 km in 1:29:25 to beat Soviet aces Vladimir Golubnichiy and Nikolai Smaga. Italy's Abdon Pamich won the 50 in 4:18:32 over another Soviet pair—Gennadiy Agapov and Tscherbina. . . Alex Oakley captured the Canadian 50 in 4:44:52, 12 minutes ahead of Israel's (and at that time the U.S.'s) Shaul Ladany. . . Another Canadian, Felix Cappella, won the annual Mackinac Bridge 4 1/2 mile race in Michigan in 34:36.

30 Years Ago (From the September 1971 ORW)—The headline said that Young, Laird, Ladany dominate. Larry Young won the National 30 Km in Seattle and bettered the American record for 100 miles in Columbia, Missouri. In the 20, he pulled clear of Ron Laird in the final 10 km to win in 2:25:40. Laird had 2:28:10, ahead of Bill Ranney, Goetz Klopfer, Bob Bowman, and Steve Tyrer. The 100-miler was held on a 200-meter indoor track because of monsoon-like weather that had flooded the outdoor oval. Larry took it easy for 96 miles and then accelerated to finish in 18:07:12 effort with miles of 9:40, 9:21, 7:59, and 7:50! . . . Laird took the National 25 km on Long Island in 2:01:49 after a good ruffle with Hohn Kniffron (2:03:34), Bob Kitchen (2:04:13), Canadian Marcel Jobin (2:05:28), Gary Westerfield (2:06:36), and Ron Kulik (2:07:38). . . Ladany prevailed in the prestigious London-to-Brighton 52 miler in 7:57:17 (37 1/2 minutes ahead of second) just a few weeks after he had won the Hastings-to-Brighton 38 miler in 5:33:36. . . In a 10

from the *Idaho State Journal* regarding a quest he is on: Brooklyn, N.Y. native Alexis Davidson has the goal of running in at least one marathon in each of the 50 U.S. states. On Saturday, he ran his 50th marathon in his 34th state when he participated in the Idaho State Journal Pocatello Marathon. "I still have 16 to go, I think," said Davidson, still winding down from the race. "I had to come here because I had to do a marathon in Idaho." Davidson, 54, has been participating in marathons for about 38 years, the past 10 of that as a racewalker, which he described as a fast-paced walk. He called Pocatello's run, "a beautiful marathon". He also praised how supportive the event is to the runners involved. "They are very generous with the food and gels on the course," he said. "The water stations are very well manned. For a smaller marathon, that's pretty good." . . . **Bringing me up to date.** In an August Looking Back feature, I noted that Deborah Iden, who had won a junior meet in 1993, was among a promising group of juniors that soon disappeared. Ray Sharp, yes the same one, let's me know that Deb Iden became, through marriage, Deb Huberty, who has certainly been heard from since. I probably knew that connection at one time, but it got lost in my foggy, senior brain. Apologies to Deb (an ORW subscriber who may not be renewing because of my slight and who might be retired after the birth of her child) and thanks to Ray for bringing me up to date. . . . **International dates.** The 2010 World Cup of Racewalking is scheduled for Chihuahua, Mexico on May 15-16, with the 50 Km, Junior Men's 10 Km, and Women's 20 Km on Saturday and the Junior Women's 10 Km and Men's 20 Km on Sunday. The Youth Olympic Games in Singapore from August 14-26, 2010 include a Boy's 10 Km racewalk and a Girl's 5 Km (the World Junior Championships (19 and under) in Moncton, New Brunswick include a Women's 10 Km on July 21 and a Men's 10 Km on July 23. . . . **Seaman-Salvage book.** The Tim Seaman-Jeff Salvage duo has active in the areas of publications and clinics. Here is how they describe their latest effort: "Fresh off the press, complete with images from the World Championships as well as the Olympics, World Cup, and more is "Excellence in Training-A Race Walking Specific Training Log". We all know we should keep a training log. Some of us do, and others don't get beyond the new season's resolution to keep better track of our workouts. Those that do keep track, often do so inconsistently. Now let America's premier team of clinicians help you record information vital to your racewalking progress in this training log. It provides space for 52 weeks of seven-days-a-week training. Each day has space for the date, location of the workout, warm-up distance, warm-up pace, workout type, cool down distance, cool down time, additional space for splits or notes about the workout, total daily distance, and room for a second workout. In addition, each week has a photograph of an internationally elite walker with some basic biographical information included as well. Beneath the photo is space to write down any weekly notes you may wish to add. In the back of the book, there is space for you to record your race results with the following fields templated for each race: date, distance, name, rank/place, time, and location. We also include space to record your monthly distance totals as well as other yearly totals. Finally, there is room to record your personal record progression for indoor races (1 mile, 3000 meters, and 5000 meters) an outdoor races (1 Mile, 3, 5, 10, 15, 20, 30, 40, and 50 Km)." You can find links to the book at www.racewalkclinic.com or under headline news at www.racewalk.com. The cost of the book is \$19.95 plus \$4 shipping and handling (\$20 S&H for international orders), with special rates for bulk orders. . . . **Loughnane honored.** Ireland's world championship silver medalist Olive Loughnane has been named the August Crowne Plaza Athlete of the Month in her homeland. Loughnane, who finished seventh in last year's Olympic 20 Km, drew on all of her mental and physical reserves to deliver the silver medal in Berlin. "I tried to focus on a medal," she said. I tried to focus on the process. The worst thing that could happen would be that I'd get carried away. Mine is a technical event and it I lost focus or got carried away, I could have ended up losing control." . . . **Another**

clinician. Dave McGovern, the guru of Worldclass Racewalking, will be in Dallas for one of his clinics from October 9 to 11. A week later it is Solana Beach, California. This is his annual Advanced clinic, which he labels as the Mother of All Racewalk Clinics. Last year he was helped by clinicians Philip Dunn, Tim Seaman, Chris Tegtmeier, Mike Tarantino, and Steve Pecinovsky, all with international experience. This year he plans to have most of the above back plus Australian Commonwealth Games team member and three-time World Cup team member Simone Wolowicz. From Oct. 30 to Nov. 1 he will be hosting a coaches' certification clinic, apparently in the New York City area. If that's not enough, he will be in Albuquerque Nov. 6 to 8, and sometime later in November at the National Training Center in Clermont, Florida for a week-long training camp. And then, from Dec. 11-13, a weekend clinic in Santa Cruz, Aruba. And then, there will be more. For details on all of the above go to www.racewalking.org/clinic.org) And, if you contact Dave, Tim, or Jeff about any of these opportunities, let them know that you learned about it in the Ohio Racewalker. . . . **Dave McGovern.** Who is this guy conducting all of these clinics and camps? Well, here is his bio: Dave McGovern is a 22-year veteran of the U.S. national Racewalk Team with a master's degree in sport science from the U.S. Sports Academ. He has conducted some 20 clinics and camps per year throughout North America, as well as Europe, and South and equatorial Africa, since 1991. Many of Dave's clinic alumni have lost weight, bounced back from heart disease and diabetes, and completed marathons, and many have won masters racewalking championships and set age-group world records. During his 25-year competitive career Dave won 13 U.S. National Championships and walked 20 Km in 1:24:29, which ranks him as the fastest American ever to not make an Olympic Team. A member of 18 international teams, including six World Cup and six Pan Am Cup teams, Dave competed at the junior 10 Km at the U.S. Olympic Trials in 1984 and in either the 20 or 50 (or both) as a senior in every Olympic Trials since 1988. As a private coach, Dave has had 10 athletes who qualified for the U.S. Olympic Track & Field Trials. He also coaches the national team of Ghana and was one of two coaches for the U.S. team at the 2008 World Cup of Racewalking in Cheboksary, Russia. Dave is currently the National (U.S. and Canada) Coach for the Crohn's and Colitis Foundation Team Challenge Half-Marathon Walk Team, as well as their Long Island Run Coach. In addition to coaching racewalking, Dave has been a writer for *Walking Magazine* and *Walk! Magazine*, and the author of three books, *The Complete Guide to Marathon Walking*, *The Complete Guide to Racewalking Techniques*, and *Training and Precision Walking*. His writing has also appeared in such prestigious publications as the *Ohio Racewalker*, the *Front Range Walker News* (Colorado), and the *Southern California Walkers* newsletter.

Kenyan Walker A study In Dedication

by Elias Makori, posted in Berlin, August 12

If you are looking for lessons in self-motivation, determination, and consistency, look no further than the indefatigable David Kimutai Rotich (*Ed. The article said Rotich Kimutai, but that is incorrect*) of Kenya. The top Kenyan racewalker will be clocking 40 years in just four days into the World Championships here, by which time he will either be in party mode or reflecting on just what it might have been like to be the fastest walker on earth.

Born in Kericho on August 19, 1969, Rotich is the country's most successful walker, his most recent international exploit being a 19th-place finish in this demanding discipline at the Beijing Olympics. He will be first Kenyan out in a final of the 12th IAAF

World Championships in Athletics that throw off on Saturday at the Berlin Olympic Stadium. Later on Saturday, three Kenyan girls—World Cross Country champion Florence Kiplagat, Linet Masai, and Grace Momany—carry the national flag in the 10,000 meter final.

Rotich on Wednesday spoke of his target of a bronze medal here, and coming from a man who has defied solitude to train at the highest level back home, he should be taken seriously. With a personal best of 1:20:40 recorded almost a decade and a half ago, Rotich is the national champion and record holder. Not been easy.

"It has not been easy training alone in Kenya," Rotich said in an interview in downtown Berlin. "Whenever I encourage athletes to try the walk, they freak out and keep complaining that it's too demanding and makes the body take a bad beating. But there is nothing that comes easy. Racewalking is like the marathon; you have to work hard."

The closest Rotich has come to the medals podium is the impressive fourth place at the 2006 Commonwealth Games in Melbourne, in which he would up just one place outside the rostrum when he finished in 1:25:42.

(Ed. He finished 32nd at the Worlds in 1:26:35, although I find that I omitted him in the results I published last month. Chalk up one more error for the ORW.)

LOOKING BACK

40 Years Ago (From the September 1969 ORW)—With altitude a definite factor, Byran Overton won the National 50 Km title at Lake Tahoe in 4:56:07. In a very small field with few elite walkers present, Bob Kuchar, in only his fifth walking race, took second. After finishing in 5:06:29, Bob reportedly donned his backpack, strolled off into the woods, and, perhaps, has not been seen since around walking races. Bill Ranney was third in 5:12:28. Ron Laird won was an easy winner of the National 25 Km at Kings Point, N.Y. Ron finished in 2:02:52, followed by John Knifton (2:05:05), Canadian Marcel Jobin (2:07:17), Gary Westerfield, Steve Hayden, and Ron Daniel. Great Britain's Paul Nihill won the European 20 Km title in 1:30:41, with Caraioafobglu of Romania surprising Soviet ace Nikolai Smaga to capture the silver in 1:31:06. East Germany's Christoph Hohne won the 50 as expected in 4:13:52, with his teammate Peter Salzer second. Colin Young covered 129 miles 1155 yards in an English 24-hour race and Nihill won the 20 Km in a match with France and Czechoslovakia, finishing in 1:28:18.

35 Years Ago—(From the September 1974 ORW)—Two-time Olympic gold medalist (1960 and 1968), 38-year-old Vladimir Golubnichiy won the European 20 Km title, upsetting West Germany's Bernd Kannenberg by 8 seconds in 1:29:30. Hohne again won the 50, this time in 3:59:07, 3 ½ minutes ahead of Otto Bartsch of the Soviet Union. Selzer, and Italy's Vittoria Visini were close behind. Mexico's Raul Gonzales made his first big splash in the sport with a 1:27:53 20 km in a dual meet with Canada. Daniel Bautista, the Olympic champion two years later, was left more than 4 minutes back. In London, Roger Mills bettered the world best for 1 Mile (6:10.4 by Dave Romansky) with a 6:09, beating France's Gerard Lelievre by 2 seconds. East Germany's Peter Frenkel recorded a stunning 1:23:30 for 20 Km in a Czech race, Sue Brodock won the women's International 5 Km in Stockholm, leading the U.S. to a second-place team finish.

30 Years Ago (From the September 1979 ORW)—Mexico defended its World Cup title in Munich despite the absence of one of its top competitors, Domingo Colin, and a subpar performance by Raul Gonzales. Daniel Bautista left the 20 Km field at the starting gun and proceeded to record solo splits of 19:21, 39:05, and 58:52. Slowing only slightly, he finished

in 1:18:49, 57 seconds ahead of Boris Yakovlevyev of the Soviet Union. The Soviets also captured the next three places (with Mexico's Ernesto Canto sixth) and led Mexico by three points after the race. Jim Heiring led the U.S. effort with a 1:28:31 in 31st. Trying to repeat his teammate's tactics, Gonzales overdid it in the 50. With 10 Km splits of 42:47, 1:25:03, and 2:07:29 (a 3:32:30 ace), he left the field well back, but only succeeded in killing himself. But teammates Martin Bermudez and Enrique Vera came to the fore, finishing one-two in 3:43:36 and 3:43:59. Viktor Dobrovski was third for the Soviets and Gonzales hung on for fourth in 3:46:26. Mexico finished 5 points ahead for the two races. East Germany was third, Italy fourth, and the U.S. 13th. Vincent O'Sullivan (4:12:15) and Marco Evoniuk were 34th and 35th, respectively. Britain's Marian Fawkes won the women's 5 Km in 22:51 to lead her nation to victory over Sweden. Susan Liers came 10th in 24:02 to lead the U.S. to fourth place. Marco Evoniuk won the U.S. 50 Km in 4:15:07, followed by Dan O'Connor, Carl Schueler, and O'Sullivan. The European Junior 10 Km title went to Czech Pribilinec, who was destined for greatness.

25 Years Ago (From the September 1984 ORW)—With no chance of Olympic glory (boycott), East Germany's walkers took out their frustration with a 50 Km race in Berlin. Ronald Weigel finished in a startling 3:38:31, better than 2 ½ minutes under Gonzales' world best. Hartwig Gauder was less than 3 minutes back, just missing the Mexican's mark. A week later, Weigel did 20 Km in 1:19:56. Leaving Gauder far back this time. Mexico's Carlos Mercenario, World Cup Champion 3 years later, won the Pan-Am Junior 10 Km title in 48:52, with Tony Englehardt of the U.S. second in 50:49. In England, Brian Adams covered 100 miles in 17:29:28, with John Cannell also under 18 hours. There were eleven under 20 hours in the race. Sarah Brown won the women's race in a superb 18:36:29.

20 years ago (From the September 1989 ORW)—In the World University Games in West Germany, Italy's Ileana Salvador blasted a 20:44 for 5 Km to beat Vera Maklova, USSR, by 8 seconds. Finland's Sari Essayah was third in 21:34. Canada's Allison Baker (21:52) was seventh and the USA's Lynn Weik (22:00) eighth. Guillaume Leblanc won the Canadian 20 Km in 1:28:05 and Janice McCaffrey took the women's 10 Km in 48:17 ahead of Allison Baker (48:52) and Pasquale Grand (49:17).

15 Years Ago (From the September 1994 ORW)—ORW—Russia's Valeriy Spitsyn was an easy winner in the European 50 Km Championship race. His 3:41:07 effort left France's Thierry Toutain nearly 3 minutes back (3:43:52). Giovanni Perricelli, Italy, was another 63 seconds back. Early leader, Jesus Garcia of Spain, the 1993 World Champion, faded to fourth in 3:45:25. Irina Stankina, Russia, and Jorge Segura, Mexico, emerged as World Junior Champions. Stankina won the women's 5 Km in 21:05.41, 6 seconds ahead of Susanne Feitor, Portugal. Segura (40:26.93) had the same margin over Russia's Evgeniy Shmaluk in the men's 10 Km. Kerry Saxby, Australia, won the Commonwealth Games 10 Km in 44:25, with Anne Manning, Australia (44:37) and Janice McCaffrey, Canada (44:54) following. The Goodwill Games 20 Km in St. Petersburg, Russia, went to Mexico's Bernardo Segura in 1:23:39. Allen James came seventh for the US. In 1:27:48. Olimpiada Ivanova of Russia won the women's 10 Km in 42:30.31 with Yelena Saiko, Russia, and Sari Essayah, Finland, also under 43 minutes. Michelle Rohl was ninth in 44:42 for the U.S..

10 Years Ago (From the September 1999 ORW)—At the National 40 Km in Ft. Monmouth, N.J., Steve Pecinovsky was an easy winner in 3:29:15 with John Soucheck second (as this year) in 3:44:53. England's Sandra Brown walked 19:14:36 for 100 miles in Australia,

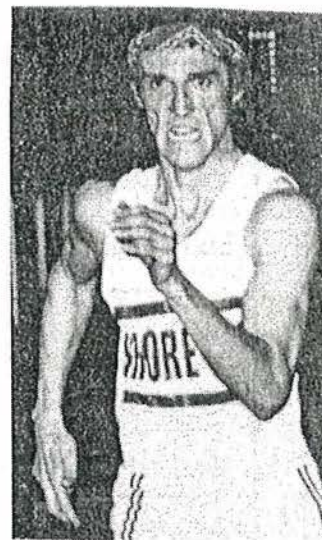
beating second place Herber Neubacher, Germany, by nearly 2 hours. Brown went through the first 50 miles in 9:06:04. . . Led by Michele Didoni's 39:03.2, four Italians went under 40 minutes in a 10 Km race in Castelnuovo Monti. Elisabetta Perrone won the women's race in 43:03.7, 12 seconds ahead of Erica Alfriedi.

5 Years Ago (From the September 2004 ORW)—Tim Seaman won the National 40 Km in Ocean Township, N.J. in 3:20:19. Curt Clausen was second in 3:32:25, and the ever-present John Soucheck third in 3:40:25. . . In a U.S.-Canada Junior dual, the Canadians won individual titles but the U.S. took team honors. Canada's Rachel Lavalee won the women's 5 Km in 24:57, 40 seconds ahead of Maria Michta. Canada's Luc Menard beat Zach Pollinger by 8 seconds in the men's 10 Km with a 45:36. . . Sandra Brown won another 100 miler, this one in Colchester, England in 19:17:28

No wonder the English language is so very difficult to learn"

We polish the Polish furniture.
He could lead if he would get the lead out.
A farm can produce produce.
The dump was so full it had to refuse refuse.
The soldier decided to desert in the desert.
The present is a good time to present the present.
At the Army base, a bass was painted on the head of a bass drum.
T he dove dove into the bushed.
I did not object to the object.
The insurance for the invalid was invalid.
The bandage was wound around the wound.
There was a row among the oarsmen about how to row.
They were too close to the door to close it.
The buck does funny things when the does are present.
They sent a sewer down to stitch the tear in the sewer line.
To help with planting, the farmer taught his sow to sow.
The wind was too strong to wind the sail.
After a number of Novocain injections, my jaw got number.
I shed a tear when I saw the tear in my clothes.
I had to subject the subject to a series of tests.
How can I intimate this to my most intimate friend?
I spent last evening evening out a pile of dirt.

(And I notice, of course, that the Word Perfect program can't distinguish the meanings from context as it has underlined the second word everywhere they appear next to one another. Alerting me to the fact that I have repeated the same word, which I really haven't.)



A potpourri of great U.S. racewalkers through the years. Top left: Todd Scully, 14 times U.S. Champion at distances from 2 miles to 40 Km from 1975 to 1982. Member of 1976 Olympic team and four World Cup teams. Top right: Sue Brodock, who won 23 U.S. titles from 1973 to 1983 at distances from 1 mile to 20 Km. These photos from the program for the 1979 AAU National Championships as reprinted in *News Afoot*, the newsletter of the Walkers Club of Los Angeles. Bottom left 2004 U.S. Olympian John Nunn. Bottom right, 37-time U.S. Champion Tim Seaman on the left and Junior sensation Trevor Barron on the right during a Southern California race. Photos from Southern California Walkers newsletter.