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As we enter a new year, may joy bless our lives, may compassion fill our hearts, and my peace and understanding spread through all the world. We wish you a Happy New Year.

World and U.S. Rankings

I suppose not all the world has been waiting with baited breath for the Ohio Racewalker's Annual Rankings, 40th edition, but I hope that some few of you have been panting in eager anticipation. So the moment has nearly arrived. But, first some explanation.

Late in 1970, I received a communication from Bob Bowman that, surprisingly, *Track & Field News* had seen the light and was adding the 20 and 50 Km racewalks to their annual World Rankings for track and field events. Bob was asking England's Colin Young and me to lend our supposed expertise on racewalking to his in coming up with rankings for the racewalks. *T&FN*'s panel of experts had little knowledge of and probably little interest in these events. I accepted the invitation, as did Colin, and through our consensus, which wasn't too difficult to reach, we gave the "bible" of track and field what it wanted. And we continue to do so, with Ireland's Pierce O'Callaghan replacing Colin in 2002.

Back there in 1970, I decided to publish the rankings I had sent to Bob in my own humble newsletter, then in its sixth year. In the process, I would scoop *T&FN* since my year end issue preceded theirs. Of course, as is still true, my own rankings differ to some degree from the consensus of three great minds. Somewhere along the way, *T&FN* started publishing their rankings earlier, no doubt disturbed by the fact the prestigious *ORW* was beating them onto the streets, but so be it.

In 1972, I added U.S. Rankings and in 1979 Women's Rankings, both world and U.S. Prior to 1979, it was not the *ORW* that was being sexist, but the racewalking world itself. We supported women's racewalking in our pages and included it in the Ohio Track Club's annual Distance Carnival, but there simply was not sufficient activity to justify any ranking prior to 1979. The first Women's Rankings were at 5 and 10 Km, the primary competitive distances for many years. After 1985, we ranked only the 10Km as international competition at that distance proliferated and significant activity at 5 Km waned. In 1999, the Women's Rankings shifted to 20 Km when that became the distance for international competitions. Should there ever be a significant increase in women's competition at 50 K we will gladly add that event to the rankings.

The *ORW* Rankings are based strictly on the opinion of your editor.; arbitrary, but with close attention to the years's entire performance for each athlete. All gripes are accepted, but once in type, the rankings are most unlikely to change. And, thus, let's get on with the show.

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2005 World 20 Km Rankings—Women

1. Olga Kaniskina, Russia
1:24:56 (1) Adler 2/28
1:28:00 (1) Wuxi 4/18
1:28:09 (1) World Champ. 8/16
2. Olive Loughnane, Ireland
DNF Rio Maior 4/4
DQ Sesto San Giovanni 5/1
1:35:42 (4) Euro Cup 5/24
1:30:57 (1) Dublin 6/28
1:28:58 (2) World Champ. 8/16
3. Hong Liu, China
1:30:01 (3) Wuxi 4/18
1:32:45 (8) La Coruna 6/20
1:29:10 (3) World Champ. 8/16
1:28:11 (1) China Games 10/24
4. Anisya Kirdyapkina, Russia
1:25:26 (3) Adler 2/28
1:33:28 (2) Euro Cup 5/24
1:30:09 (4) World Champ. 8/16
5. Kjersti Platzer, Norway
1:33:34 (1) Chihuahua 3/14
1:30:35 (1) Rio Maior 4/4
1:28:50 (1) Sesto San Giovanni 5/1
1:30:56 (2) La Coruna 6/20
DQ World Champ. 8/16
6. Vera Santos, Portugal
1:30:57 (2) Port. Champ. 2/21
1:30:49 (2) Rio Maior 4/4
1:29:27 (4) Sesto San Giovanni 5/1
DQ Euro Cup 5/24
1:31:13 (3) La Coruna 6/20
1:30:35 (5) World Champ. 8/16
7. Beatriz Pascual, Portugal
1:36:56 (10) Prat de L 2/8
1:34:22 (1) Dan Pedro 3/1
1:36:04 (4) Chihuahua 2/14
1:29:54 (4) Sesto San Giovanni 5/1
1:35:28 (6) Euro Cup 5/24
1:32:44 (7) La Coruna 6/20
1:30:40 (6) World Champ. 8/16
8. Masumi Fuchise, Japan
1:28:03 (1) Japanese Champ. 1/25
1:30:49 (1) Nomi 3/15
1:32:45 (8) Sesto Giovanni 5/1
1:31:42 (2) World Univ. Games 7/12
1:31:15 (7) World Champ. 8/16
9. Kristina Saltanovic, Lithuania
1:31:26 (4) Rio Maior 4/4
DNF Sesto San Giovanni
1:34:17 (4) Euro Cup 5/24
1:31:29 (4) La Coruna 6/20
1:31:23 (8) World Champ. 8/16
10. Elisa Rigaud, Italy
1:35:41 (2) Chihuahua 3/14
1:29:04 (3) Sesto San Giovanni 5/1
1:33:49 (3) Dublin 6/29
1:31:52 (9) World Champ. 8/16

Despite all the races, the World Championship race turned out to be decisive. Finishes in other races only seem to reinforce the World Championship outcome. Thus, the only deviation was the placing of Kjersti Platzer in fifth, despite her DQ in the Worlds. She had too many good races in which she beat ranking walkers to be left out. Just missing becoming a ranked walker was Germany's Sabine Krants (nee Zimmer) who beat Platzer at La Coruna

and finished a close second to the Norwegian at Sesto San Giovanni. However, she was disqualified at the Euro Cup and did not finish at the World Championships, the two major races. . .Russia's Vera Sokolova, who had the year's second best time in finishing second to Kaniskina at Adler and who also won the Russian Championships in 1:27:33, managed only 14th at the Euro Cup and 14th at the Worlds.

2009 Top 50 Performers

- | | |
|------------------------------------|--|
| 1:24:56 Olga Kaniskina, Russia | 1:30:25 Jess Rothwell, Australia |
| 1:25:26 Vera Sokolova, Russia | 1:30:34 Ines Henriques, Portugal |
| 1:25:26 Antsya Kirdyapkina, Russia | 1:30:43 Olga Mikhaylova, Russia |
| 1:25:32 Yelena Shunkina, Russia | 1:31:07 Claudia Stef, Romania |
| 1:25:52 Larisa Emelyanova, Russia | 1:31:16 Ekatarina Erhova, Russia |
| 1:27:11 Lyudmila Arkhipova, Russia | 1:31:16 Johanna Jackson, Great Britain |
| 1:28:03 Masumi Fuchise, Japan | 1:31:23 Kristina Saltovic, Lithuania |
| 1:28:11 Hong Liu, China | 1:31:33 Evdokyla Korotkova, Russia |
| 1:28:49 Mayumi Kawaski, Japan | 1:31:35 Tatyana Korotkova, Russia |
| 1:28:56 Kjersti Platzer, Norway | 1:31:37 Susana Feitor, Portugal |
| 1:28:56 Jing Jiang, China | 1:31:40 Mingxia Yang, China |
| 1:28:57 Yanfei Li, China | 1:31:42 Kumi Otoshi, Japan |
| 1:28:58 Olive Loughnane, Ireland | 1:31:49 Kang Zhao, China |
| 1:29:03 Sabine Krantz, Germany | 1:31:59 Oksana Chebenko-Yankovskaya, Rus |
| 1:29:04 Elisa Rigaud, Italy | 1:32:59 Tatyana Sibileva, Russia |
| 1:29:17 Yanmin Bo, China | 1:32:08 Brigita Virbalyte, Lithuania |
| 1:29:23 Tatyana Shemyakina, Russia | 1:32:09 Dan He, China |
| 1:29:37 Vera Santos, Portugal | 1:31:12 Claire Tallent, Australia |
| 1:29:39 Sachiko Konishi, Japan | 1:32:19 LiLi, China |
| 1:29:44 Cheryl Webb, Australia | 1:32:21 Xue Shi, China |
| 1:29:54 Beatriz Pascual, Portugal | 1:32:26 Zuzana Schidlerova, Czech. Rep. |
| 1:29:54 Shanshan Wang, China | 1:32:33 Yang Shi, China |
| 1:29:57 Ana Maria Groza, Romania | 1:32:36 Marie Polli, Switzerland |
| 1:30:05 Yawei Yang, China | 1:32:39 Antonina Petrova, Russia |
| 1:30:17 Olga Povalyayeva, Russia | 1:32:39 Lina Bikolova, Russia |

2009 World 20 Km Rankings—Men

- | | |
|--|--|
| 1. Valeriy Borchin, Russia
1:17:38 (1) Adler 2/28
1:19:31 (1) Wuxi 4/18
1:18:41 (1) World Champ. 8/15 | 3. Eder Sanchez, Mexico
1:21:21 (1) Chihuahua 3/14
1:19:35 (2) Wuxi 4/18
1:20:30 (3) La Coruna 6:20
1:19:22 (3) World Champ. 8/15 |
| 2. Hao Wang, China
1:19:27 (1) Rio Maior 4/4
1:20:10 (4) Wuxi 4/18
1:21:15 (4) La Coruna 6:20
1:19:06 (2) World Champ. 8/15
1:18:13 (1) China Games 11:22 | 4. Giorgio Rubino, Italy
1:19:37 (2) Rio Maior 4/4
1:23:42 (5) Sesto San Giovanni 5/1
1:24:06 (1) Euro Cup 5/24
1:22:34 (2) Medit. Games 6/30
1:19:50 (4) World Champ. 8/15 |

5. Luis Lopez, Columbia
1:23:06 (2) Chihuahua 3/14
1:25:21 (1) Past 4/4
1:22:18 (1) Amer RW Champ. 5/1
1:20:54 (1) S. Amer. Champ. 6/21
1:20:03 (5) World Champ. 8/15
6. Jared Tallent, Australia
1:19:42 (1) Australian Champ. 3/7
1:23:44 (3) Chihuahua 3/14
1:21:11 (5) Wuxi 4/18
DNF La Coruna 6/20
1:20:27 (6) World Champ. 8/15
7. Erik Tysse, Norway
1:23:56 (4) Chihuahua 3/14
1:19:44 (3) Rio Maior 4/4
1:21:53 (2) Sesto San Giovanni 5/1
1:35:45 (1) Norwegian Champ. 6/13
1:19:55 (2) La Coruna 6/20
1:20:38 (7) World Champ. 8/15
8. Jesus Sanchez, Mexico
1:21:14 (5) Rio Maior 4/4
1:23:21 (4) Sesto San Giovanni 5/1
1:20:52 (8) World Champ. 8/15
9. Francisco Fernandez, Spain
1:21:42 (1) Santa Eularia 3/28
1:19:57 (1) Sesto San Giovanni 5/1
DNF World Champ. 8/15
10. Matej Toth Slovakia
1:25:41 (12) Chihuahua 3/14
1:24:38 (1) Olomouc 4/11
1:20:53 (1) Podebrady 4/25
1:27:29 (9) Euro Cup 5/24
1:21:13 (9) World Champ. 8/15

Here too the World Championship race pretty much decided the rankings. It was very tight for the number two spot. Sanchez beat Wang twice by convincing margins in races leading up to the Worlds. But Wang prevailed in the most important race and also had an impressive win at Sesto San Giovanni. We place Fernandez ninth, despite his failure to finish at the Worlds off his win in a fast time over several ranked walkers at Sesto San Giovanni. China's Jianbo Li and Yafei Zhu are close to Toth for tenth spot, but Chu, who won at La Coruna in 1:19:51 was only 13th in the Worlds and Li with a couple of times under 1:20 did not compete at the Worlds or in any of the European races.

2009 Top 50 Performers

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|-------------------------------------|-----------------------------------|
| 1:17:38 Valeriy Borchin, Russia | 1:20:45 Chil-sung Park, Korea |
| 1:18:13 Hao Wang, China | 1:20:49 Gaobo Li, China |
| 1:19:02 Petr Trofimov, Russia | 1:20:52 Sergey Bakulin, Russia |
| 1:19:10 Jianbo Li, China | 1:20:52 Jesus Sanchez, Mexico |
| 1:19:22 Eder Sanchez, Mexico | 1:20:53 Matej Toth, Slovakia |
| 1:19:17 Giorgio Rubino, Italy | 1:20:58 Leilei Wang, China |
| 1:19:42 Jared Tallent, Australia | 1:21:00 Isamu Fujisawa, Japan |
| 1:19:44 Erik Tysse, Norway | 1:21:09 Andrey Ruzvin, Russia |
| 1:19:11 Yafei Zhu, China | 1:21:16 Koichiro Morioka, Japan |
| 1:19:55 Andrey Krivov, Russia | 1:21:17 Luke Adams, Australia |
| 1:19:57 Aleksandr Yargunkin, Russia | 1:21:21 Ruslan Dmytrenko, Ukraine |
| 1:19:57 Francisco Fernandez, Spain | 1:21:22 Tao Yang, China |
| 1:20:03 Luis Lopez, Columbia | 1:21:23 Faguang Xu, China |
| 1:20:12 Aleksey Konkin, Russia | 1:21:28 Alexey Bartsaykin, Russia |
| 1:20:39 Andrey Makolov, Russia | 1:21:29 Lei Li, China |
| 1:20:41 Wei Yu, China | 1:21:30 Andre Hohne, Germany |

- | | |
|---------------------------------|-----------------------------------|
| 1:21:35 Mocir Zimmerman, Brazil | 1:22:00 Hyansub Kim, Korea |
| 1:21:42 Zhiping Wang, China | 1:22:03 Rafai Augustyn, Poland |
| 1:21:42 Ivan Losev, Ukraine | 1:22:05 Yusuke Suzuki, Japan |
| 1:21:43 Jose Vieira, Portugal | 1:22:09 Robert Heffernan, Ireland |
| 1:21:47 Xiangdong Bo, China | 1:22:10 Oleksey Kazanin,kraine |
| 1:21:49 Grzegorz Sudol, Poland | 1:22:10 Zhao Wang, China |
| 1:21:51 Yang Wei, China | 1:22:12 Josef Ignace Diaz, Spain |
| 1:21:54 Chengliang Zhao, China | 1:22:13 Ivan Trotski, Belarus |
| 1:22:00 Xuezhi Zhang, China | 1:22:14 Hasinine Sebel, Tunisia |

2009 World 50 Km Rankings

- | | |
|---|---|
| 1. Sergey Kiryapkin, Russia
DNF Euro Cup 5/24
3:39:04 (1) Russia Champ. 6/14
3:38:35 (1) World Champ. 8/21 | 6. Andre Hohne, Germany
3:43:19 (5) World Champ. 8/21 |
| 2. Trond Nymark, Norway
3:51:06 (1) Chihuahua 3/15
3:41:16 (2) World Champ. 8/21 | 7. Denis Nizhegorodov, Russia
3:42:47 (1) Euro Cup 5/24
DNF World Champ. 8/21 |
| 3. Jesus Angel Garcia, Spain
DNF Chihuahua 3/15
3:46:27 (2) Euro Cup 5/24
3:42:37 (3) World Champ. 8/21 | 8. Luke Adams, Australia
DNF Wuxi 4/19
3:44:39 (5) World Champ. 8/21 |
| 4. Grzegorz Sudol, Poland
DNF Chihuahua
3:42:34 (4) World Champ. 8/21 | 9. Marco DeLuca, Italy
3:54:35 (8) Euro Cup 5/24
3:46:31 (8) World Cup 8/21 |
| 5. Jared Tallent, Australia
3:44:50 (7) World Champ. 8/21
3:38:56 (1) Australian Champ. 11/21 | 10. Jarkko Kinnunen, Finland
3:47:36 (9) World Champ. 8/21 |

The first four are ranked as they finished in the World Championships. Jared Tallent faded to seventh in the latter stages of the World Championship race, but in November walked a brilliant race in deplorable conditions to take the fifth spot. The only other deviation from the World Championships finish places is Denis Nizhegorodov in seventh off his decisive win over Garcia in the Euro Cup. Others considered were Yohan Diniz, France, who had the world's second fastest time for the year but finished only twelfth in the Worlds; Matej Toth of Slovakia, tenth in the Worlds; and China's Chengliang Zhao, who won the Challenge race in China early in the year and walked a 3:40:33 late in the year, but finished only fifteenth in the Worlds.

2009 Top 50 Performers

- | | |
|----------------------------------|------------------------------------|
| 3:38:35 Serbey Kiryapkin, Russia | 3:40:12 Yuki Yamazaki, Japan |
| 3:38:45 Yohan Diniz, France | 3:40:33 Chengliang Zhao, China |
| 3:38:56 Jared Tallent, Australia | 3:41:02 Francisco Fernandes, Spain |

3:41:16 Trond Nymark, Norway	3:52:38 Lei Li, China
3:41:32 Matej Toth, Slovakia	3:53:00 Xhen Wang, China
3:41:37 Jesus Angel Garcia, Spain	3:53:13 Mikeo Odriozola, Spain
3:41:55 Hao Wang, China	3:53:31 Jose Alejandro Cambil, Spain
3:42:34 Grzegorz Sudol, Poland	3:53:33 Serbly Budza, Ukraine
3:42:47 Denis Nizhegorodov, Russia	3:53:54 Colin Griffin, Ireland
3:43:19 Andre Hohne, Germany	3:54:03 Oleksiy Shelest, Ukraine
3:43:39 Luke Adams, Australia	3:54:29 Tadas Suskevicius, Lithuania
3:44:15 Tianfong Si, China	3:54:49 Ivan Trotski, Belarus
3:44:59 Jianbo Li, China	3:55:01 Jianguo Zhao, China
3:46:31 Marco De Luca, Ital	3:55:22 Shucaï Xing, China
3:47:36 Jarkko Kinaunen, Finland	3:55:23 Zhide Cui, China
3:48:52 Fanguan Xu, China	3:55:34 Zhiyao Geng, China
3:49:09 Yuriy Andromov, Russia	3:55:35 Milos Batovsky, Slovakia
3:49:12 Koichiro Morioka, Japan	3:55:39 Erik Tysse, Norway
3:50:51 Jamie Costin, Ireland	3:55:45 Omar Zapata, Mexico
3:50:55 Jesus Sanchez, Mexico	3:56:26 Horacio Nava, Mexico
3:50:56 Donatas Skarnulis, Lithuania	3:56:45 Chil-sung Park, Korea
3:52:16 Rafel Augistyn, Poland	3:57:10 Herve Davoux, France
3:52:22 Takayaki Tanji, Japan	3:57:15 Jose Ojeda, Mexico
3:52:33 Rafal Sikora, Poland	3:57:33 Andreas Gustafsson, Sweden
3:52:38 Sergey Bakulin, Russia	3:57:56 Quianlong, China

2009 U.S. 20 Km Rankings—Men

1. Tim Seaman 1:37:45 (1) Santee 2/11 1:28:04 (2) Ame. Cup Trials 3/29 1:41:22 (22) Amer. Cup 5/1 1:26:15 (1) USATF Nat. 6/28	5. Stephen Quirke 1:30:25 (3) Kenosha 5/17 1:29:41 (5) USATF Nat. 6/28
2. Patrick Stroupe 1:27:35 (1) Amer. Cup Trial 3/29 1:31:00 (14) Amer. Cup 5/1 1:26:42 (3) USATF Nat. 6/28	6. Mike Tarantino 1:32:48 (1) Hunt. Beach 3/11 1:29:21 (2) Kenosha 5/17 1:30:58 (6) USATF Nat. 6/28
3. Ben Shorey 1:28:47 (1) Kenosha 5/17 1:27:18 (3) USATF Nat. 6/28	7. Chris Tegtemier 1:32:50 (7) USATF Nat. 6/28
4. John Nunn 1:41:38 (5) Hunt. Beach 3/11 1:27:43 (4) USATF Nat. 6/28	8. Trevor Barron 1:37:47 (2) Santee 2/11
	9. 1:40:32 (8) USATF Nat. 6/28
	10. Philip Dunn 1:39:11 (3) Hunt. Beach. 3:11

Close choice for first as Stroupe beat Seaman two out of three, but Tim won the most important race, the National title, and had the fastest time. The next five rank as they place at the Nationals. Young Trevor Barron earned the next slot with his superlative performance (he was just 16 at the time) in his first race at 20 Km. Theron Kissinger with his eighth place in

the Nationals takes the ninth slot from Philip Dunn, who was slightly faster than elder statesmen Jonathan Matthews and Allen James as each walked only one race at the distance.

2009 List of Top Performers

1:26:15 Tim Seaman	1:37:47 Trevor Barron
1:26:42 Patrick Stroupe	1:39:11 Philip Dunn
1:27:18 Ben Shorey	1:39:17 Allen James
1:27:43 John Nunn	1:39:20 Jonathan Matthews
1:29:21 Mike Tarantino	1:40:32 Theron Kissinger
1:29:41 Stephen Quirke	1:44:38 Ian Whatley
1:32:50 Chris Tegtemier	1:49:44 John Soucheck

2009 U.S. 20 Km Rankings—Women

1. Teresa Vaill 1:37:13 (1) USATF Nat. 6/27 DNF World Champ. 8/16	6. Erin Taylor 1:51:37 (4) Amer. Cup Trial 3/29 1:50:50 (1) Dayton 5/3 1:50:13 (5) USATF Nat. 6/27
2. Joanne Dow 1:40:00 (2) USATF Nat. 6/27	7. Susan Randall 1:51:47 (3) Amer. Cup Trial 3/29 1:55:58 (16) Amer. Cup 5/1 1:50:47 (6) USATF Nat. 6/27
3. Maria Michta 1:46:03 Amer. Cup Trial 3.29 1:50:21 (14) Amer. Cup 5/1 1:41:17 (3) USATF Nat. 6/27	8. Le'erin Voss 1:52:44 (1) Kenosha 3/6 1:49:10 (2) Kenosha 5/17 1:51:22 (7) USATF Nat. 6/27
4. Miranda Melville 1:47:01 (1) Kenosha 5/17 1:45:39 (4) USATF Nat. 6/27	9. Margaret Ditchburn 1:54:15 (5) Amer. Cup Trial 3/29
5. Solomiya Login 1:48:43 (1) Santee 1/11 1:45:10 (2) Amer. Cup Trial 3/29 1:47:16 (10) Amer. Cup 5/1	10. Kina Cruz 2:01:46 (6) Amer. Cup Trial 3/29

2009 U.S. 50 Km Rankings

There were three 50 Km races in the U.S. in 2009 but just a total of four finishes. So the list and the rankings are as follows.

4:28:53 Philip Dunn
5:04:32 Theron Kissinger
5:20:48 Albert Medina
5:27:32 Doug Johnson.

Dunn and Kissinger were one-two in the National 50 Km in February.. Medina walked a race in Houston in January and Johnson a race in Minneapolis in October. The only other year we were unable to rank the top ten was in 1997 when only seven walkers finished a 50. But at least they were all under 5 hours. Is the race fast fading into oblivion in the U.S.? As early as

1972 there were 20 U.S. walkers under 5 hours and from 1977 through 1993 there were always at least a dozen and as many as 32. And there were always many others completing a 50. We shall who turns up for the National 50 in February. And we didn't mention above the dearth of women walking the 20. There, we were barely able to rank ten and to have only nine under 2 hours is unprecedented. This is a very sudden drop off in participation. Just last year we listed 18 under 1:53 and in 2007 there were 24 under 1:59. Even in 1999, the first year the 20 Km became the official international distance for women, we had 20 under 2 hours.. And of, course, the 20 Km list for this year is a bit pathetic. Where have all the walkers gone?

And now, some results:

Indoor 1 Mile, Cambridge, Mass., Dec. 12—1. Maryanne Daniel (51), Conn. RW 8:02.3 2. Abby Dunn (15), Maine RW 8:37.01 3. Nicole Court-Mendez (15) Maine RW, 9:37.28 4. Spencer Dunn (11) Auburn Running Club 9:45.84 5. Tom Knatt (69) New England Walkers 9:59.55 6. Luke Torrellas (15), Conn. RW 11:21.56 **Coney Island 10 Mile Handicap, Brooklyn Nov. 15**—1. Bernardo Mora 1:29:03 2. Bill Vayo 1:31:03 3. Lisa Velluci 1:36:46 4. Bruce Logan 1:43:34 5. John Morrison 1:53:38 6. Jim McGrath 2:00:34 (12 finishers) **5 Mile, same place**—1. Frank Stonitsch 54:57 2. Myrian Rangon 55:16 3. Dino Riojas 57:01 4. Gary Brynes 57:02 5. Frank Bergson 59:02 (21 finishers) **5 Km, New York City, Nov. 29**—1. Dan Serianni (19) 23:12 2. Dave McGovern (44) 23:21 3. Dave Talcott (49) 24:44 4. Curt Clausen (42) 26:23 5. Bill Vayo (45) 26:38 6. Erin Tahylor (31) 27:16 7. Rafael Marin (44) 27:21 8. Bruce Logan (44) 28:01 9. Maryanne Daniel (51) 28:06 10. Liad Weiss (31) 28:23 11. Alexis Davidson (54) 30:27 12. Crosby Tillman (16) 30:27 13. David Lee (53) 31:09 14. Karen Zheng (15) 31:22 15. Luanne Pennesi (54) 32:11 16. Kimberly Iboy (15) 32:41 17. Alan Sangeap (48) 32:56 (32 finishers, 2 DQ) **5 Km, New York City, Dec. 13**—1. Dave Talcott 24:13 2. Erin Taylor 25:54 3. Bil Vayo 26:54 4. Bruce Logan 27:44 5. Vlado Haluska (57) 29:31 6. David Wolf (50) 29:35 7. David Lee 30:55 8. Jack Cohn (65) 31:02 9. Jennifer Marlborough (37) 31:09 10. Karen Xheng 31:47 11. Mitsuru Aiyasu (35) 31:52 12. Luanne Pennesi 31:57 13. Kimberly Iboy 32:51 14. Andres Fernandes 957) 32:56 15. Connie Cheng (17) 33:03 (32 finishers) **1 Hour, Red Bank, N.J., Nov. 29**—1. John Soucheck 11,342 meters 2. Manny Eisner 8228 Women—1. Panse Geer 8805 2. Maria Paul 8678 3. Susan Middagh 8381 **Texas Senior Games, Dec. 1: 1500 meters**—1. Jim Horton (65+) 8:50.93 2. Floyd Meredith (60+) 8:52.8 3. Jose Vasquez (55+) 9:05 (13 finishers) Women—1. Juanita Rogillio (70+) 11:08 **5000 meters, same place**—1. Jose Vasquez 29:32.99 2. Floyd Meredith 29:38.24 3. Jim Horton 30:30.38 (14 finishers) **5 Km, Boulder, Col., Nov. 15**—1. Mike Blanchard (48) 30:42 2. Dan Pierce (52) 32:23 3. Barbara Amador (60) 33:33 **5 Km, Brighton, Col., Nov. 21**—1. Mike Blanchard 28:23 2. Marianne Martino (59) 30:58 3. Sherrie Gossett (57) 31:01 4. Daryl Meyers (67) 32:06 5. Joan Kauth (53) 32:10 **5 Km, Aurora, Col., Nov. 28**—1. Daryl Meyers 32:14 **1 Hour, Pasadena, Cal., Dec. 13**—1. Rick Campbell (63) 9809 2. Ray Billig (52) 9145 3. Carl Acosta (75) 8842 Women—1. Roberta Harfield (68) 8145 **1 Hour, Redwood, Cal., Oct. 25**—1. Doris Cassells (70) 8416 meters 2. Shirley Dockstader (75+) 8401 3. Ann Lee (60+) 8169 (6 finishers) Men—1. Jim Beckett (70+) 9737 2. Stu Kinney (65+) 8175 (4 finishers) **10 Km, Carmichael, Cal., Oct. 18**—1. Tyler Sorensen (15) 48:00 2. Mark Green (53) 53:14 3. Alex Price 59:04 4. Joe Perendt (54) 61:49 (8 finishers) Women—1. Nicolette Sorensen (13) 56:27 2. Leslie Sokol (52) 62:25 3. Karen Stoyanowski (54) 65:36 4. MJ Baglin (62) 65:40 (10 finishers) **2.8 Miles, Seattle, Nov. 14**—1. Ann Tuberg (49) 27:05 2. Bob Novak (60) 27:11 3. Rebecca Kettwig 29:01 4. Marjorie Cunningham (48) 29:29 5. Dora Choi (42) 30:17 **20 Km, Welland, Ontario, Sept. 20**—1. Allen James 1:39:17 (24:07, 47:47, 1:11:55 and then

a struggle to the finish for the 45-year-old U.S. Olympian) 2. Jianping Xu (43) 1:52:25 3. Florin Dumitru 1:58:30 4. Hans Dinger (53) 2:02:46 Women—1. Rachel Lavallee 1:52:21 2. Catherine McCormack 2:13:26 DNF—Sarah Raetson 1:38:59 at 15) **5 Km, same place**—1. Kitty Cashman (49) 27:36 Men—1. John Kittedge (64) 29:01 **East Asian Games, Hong Kong, Dec. 12: Women's 20 Km**—1. Yanfei Li, China 1:35:33 2. Kumi Ootoshi, Japan 1:35:40 3. Mingxia Yang, China 1:45:06 **Men's 20 Km**—1. Wei Yu, China 1:26:36 2. Koichiro Morika, Japan 1:26:47 3. Kim Hyunsu, S. Korea 1:26:59 **12 Hour, Malaysia, Dec. 12**—1. Thuru Kunoran 101 Km 2. Mathivanan 97 km 3. Thevendra 91 Km (369 starters, 98 went 50 km or more, 25 went 70 km or more. On a 1 Km loop and they apparently only counted full laps.) Women—1. Kora Bouffler, France 94 km (Kora is a well known ultra-distance walker who resided in and competed in Washington, D.C. for several years when her husband was in the French embassy there.)

Travel Here (and Here, and Here) In Your Racing Gear

Fri. Jan. 1	1 Mile, Pharr, Texas, 9 am (O)
Sat. Jan. 2	5 Km, Pharr, Texas, 7 am (O)
Sun. Jan. 10	Marathon and Half-Marathon, Mobile, Alabama (V)
Fri. Jan. 15	Indoor 3000 meters, Cedarville, Ohio (M)
Sat. Jan. 16	1 Mile, Cedarville, 10 am (M)
Sun. Jan. 17	Rose Bowl 10 Mile Handicap, Pasadena, Cal. (Y)
Sun. Jan. 24	5 Km, Devner, 10 am (H)
Fri. Jan. 29	USATF National 1 Mile, Millrose Games, New York, N.Y. (D)
	Indoor 3 Km, Findlay, Ohio (M)
Sat. Jan. 30	Indoor 1 Mile, Cedarville, Ohio (M)
Sun. Feb. 7	National USATF 50 Km, Surprise, Arizona (D)
	5 Km, Denver, 10 am (H)
Sun. Feb. 14	5 Km, Denver, 10 am (H)
Sat. Jan. 13	Indoor 3 Km, Greencastle, Indiana, 9 am (W)
Sun. Feb. 14	Ohio Indoor 3 Km Championship, Ada, (M)
	Indoor Mall 3 Km, Milford, Conn., 9:30 am (E)
Sat. Feb. 20	Indoor 3 Km, Greencastle, Indiana (12 am (W)
Sun. Feb. 21	50 Km, Houston (L)
Sat. Feb. 27	USATF National 5 Km, Albuquerque, N.M. (D)
Fri. March 5	NAIA Indoor Championships, Johnson City, Tenn.
Sun. March 7	10 Mile, Yellow Springs, Ohio (M)
	5 Km, Denver, 10 am (H)
Sun. March 14	20 Km and 5 Km, Huntington Park, Cal. (Y) (The 20 will be National USATF Masters Championship, pending approval)
Sat. March 27	5000 meters, Cedarville, Ohio (M)
Sun. April 11	3 Km and 5 Km, Seattle ©)
	Mt. SAC Relays 5 and 10 Km, Walnut, Cal. (Y)
	U.S. World Cup Trials, 20 Km men and women, 10 Km. Jr. Men and women, Ronkonkoma, N.Y. (R)

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 Y-Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201

2009 USA Championships and Racewalking Grand Prix Schedule

Jan. 1 National Indoor 1 Mile, New York City
 Feb. 7 National 50 Km, Surprise, Arizona
 Feb. 27 National Indoor 3000 m women and 5000 m men, Albuquerque, N.M.
 April 11 World Cup 20 Km Trials, Ronkonkoma, N.Y.
 June 5 National 10 Km, Albany, N.Y.
 June 24-27 National 20 Km men and women, Des Moines, Iowa
 Aug. 15 National 15 Km, Minneapolis, Minn.
 Sept. 12 National 40 Km, Ocean Township, N.J.
 Oct. 3 National 1 Hour, Waltham, Mass.
 Oct. 9 National 5 Km, Kingsport, Tenn.
 Oct. 24 National 30 Km, Ronkonkoma, N.Y.

Juniors

April 11 World Cup 10 Km Trials
 April 24 Penn Relays 10,000 m men, 50000 women, Philadelphia
 June 5 National 10 Km, Albany, N.Y.
 June 26-27 National 10,000 meters, Des Moines, Iowa
 Aug. 15 National 15 Km, Minneapolis
 Oct. 3 National 1 Hour, Waltham, Mass.
 Oct. 9 National 5 Km, Kingsport, Tenn.
 Oct. 24 National 20 Km, Ronkonkoma, N.Y.

Masters

Feb. 7 National 50 Km, Surprise, Arizona

March 7 National Indoor 3000 meters, ?
 May 16 National 15 Km, Riverside, Cal.
 July ? National 5000 and 10,000, ?
 Sept. 12 National 40 Km, Ocean Township, N.J.
 Oct. 3 National 1 Hour, Waltham, Mass.
 Oct. 9 National 5 Km, Kingsport, Tenn.
 Oct. 24 National 0 Km, Ronkonkoma, N.Y.
 Nov. 14 National 20 Km, Coconut Creek, Fla.

From Heel To Toe

Millrose Games. One of the featured events in the 103rd annual Millrose Games at Madison Square Garden in New York City on Friday, January 29 is the USATF National Indoor 1 Mile Championship for men and women. The fields will be limited to ten athletes in each race. Eligibility requirements for men are a sub 7-minute mile, sub 13:25 for 3000 meters, or sub 22:30 for 5000 meters, and for women sub 7:55, 15:10, or 26:00. For information on requesting entry, contact National Chairman Vince Peters at mv_tc@sbcglobal.net.

2009 Ron Zinn Awards. USATF announces that Tim Seaman and Teresa Vaill have been named the 2009 recipients of the Captain Ron Zinn award. The award is presented annually to the top U.S. male and female racewalkers to commemorate the achievements of Zinn, who lost his life in combat during the Vietnam War in 1965. Ron was a member of the 1964 U.S. Olympic Team where he finished sixth in the 20 Km racewalk. (Your editor was honored to room with Ron both in Tokyo and on a three-week tour with the U.S. National T&F team in 1961). Seaman, originally from Long Island now resides in San Diego and represents the New York AC. He is a two-time Olympian. During 2009, he won the USATF outdoor 20 Km and dominated on the USA Racewalk Grand Prix. Tim has won 41 U.S. racewalking titles through the years. Teresa Vaill lives in Tallahassee, Florida and represents Walk USA. She is a 2004 Olympian and winner of both the USATF 20 Km title and the overall Grand Prix standings for women. Vaill has 37 U.S. titles to her credit, starting in 1984.

Henry Laskau Awards. USATF also announces that Trevor Barron and Allison Chin have been named the 2009 recipients of the Henry Laskau award, presented annually to the top Junior (19 and younger) walkers in the U.S. Both are 17 years old. Laskau was a 42-time national champion in the 1940s and 1950s and a three-time Olympian. Barron represents the South Park TC near Pittsburgh and Chin the Miami Valley TC in the Dayton, Ohio area. Both won the two major racewalk competitions for juniors—the Americas Racewalk Cup Trials and USATF Junior Nationals. Barron finished fourth in the IAAF World Youth Championships 10 Km with an American Junior record time and broke two other junior records during the season.

Mike Riban Awards. The Mike Riban Award for outstanding individual contributor was awarded to Jeff Salvage from Philadelphia. Mike Riban was a long-time coach, official, and racewalk promoter in the Chicago area in the middle of the 1900s. Salvage, a race organizer, photographer, and writer, has tirelessly contributed to racewalking thorough his coverage of national and international competitions and production of numerous books on coaching racewalking. The Mike Riban Award for outstanding contributions by an association goes to the South Texas Association. South Texas has strongly supported the Junior Racewalking Camp and conducted the Americas Racewalk Cup trials.

World Cup. With the 2010 edition of the Racewalking World Cup set for Chihuahua, Mexico May 15-16, the IAAF Council has agreed that the 2012 Cup will be held in Saransk, Russia, which has a long tradition in racewalking. Saransk has hosted a number of IAAF Racewalk Challenge

paces over the years and is also one Russia's top racewalking training centers. The date of the 2012 competition has not been set. Taicang, China, which had also bid on the 2012 Cup, has been given the possibility of hosting in 2014, pending confirmation of Chinese authorities. Located close to Shanghai, this harbor city has hosted previous editions of the Racewalk Challenge. . . **New book on technique analysis.** A new book by Jeff Salvage and Bob Seaman, *Looking at the Best*, is now available through www.racewalk.com. The authors provide a detailed analysis of racewalking technique through high-resolution, high-speed photography and computer software to arrive at detailed measurements of the body motions comprising ideal racewalking technique. The analysis includes 13 of the world's elite racewalkers in competition showing every phase of the athlete's stride. As we know, pushing themselves to world-class speed requires a visible "flight phase", detected by high-speed photography, but not by the human eye. (*Ed. I know that statement raises the hackles of some, but we won't get into that discussion now.*) From their analysis, the authors look at what is the ideal duration of the flight phase as well as the distance traveled during loss of contact; step length; step length's ratio related to height; the front vs. back distribution of the step; angles between the feet and the ground at various points of the stride; angles of the arms with relation to the body; maximum height of the knee of foot during the stride; pelvic and torso displacement; points in the stride where various actions take place, such as the foot becoming parallel with the ground or the support leg flexing; and body lean. The book is available in full color or black and white. . . **What is Shaul up to?** Every year, we get Shaul Ladany's holiday letter from Israel telling us of his adventures in ultra-distance walking for the previous 12 months. Always fascinating and worth repeating. Shaul was on the 1972 Israeli Olympic team and won several U.S. titles at 75 and 100 Km when he resided here in the late '60s and early '70s. So here is what Shaul has been up to since last report. In January, I racewalked the Ti Berias Marathon and the Marathon segment of the Israeli Ironman Triathlon in Eliat. In March, we were pleased to host Sue Clements from England (who won a few years ago racewalking the approximate 140 miles Union Canal running competition in the U.K. She walked with us the 65 Km Lake Tiberias circuit I organize, followed by the Givat HaMore march the next morning, and the following week the Gilboa IML march (which I walked back and forth.) In between these two events, she participated in the Jerusalem half-Marathon, trained with me on the Arad-Massada and back 44-Km long and 1,000 meter altitude-difference course (where jokers tell that the first landing on the moon was filmed), as well as on my training circuit in Omer, and at my friend Amos's training circuit in Cesarea, all this in a span of eight days. At the end of May, I completed for the ninth consecutive time the strenuous four-day Paris-Tubize (Brussels) walk relatively easily. Still, this is a grueling event. The summer routine was slightly extended, since every seventh year, it is possible to squeeze in the Appeldoorn event. Hence, this year, the sequence consisted of the 300 km, seven-day Schleswig-Viborg (Denmark), the 160 Km Apeldoorn four-day march, the 162 km, four-day Njimgren (Holland) marches (for the nineteenth time), mountain training around Zermatt (Switzerland) with climbs to above 3000 meters altitude, followed by the Austrian mountain walks consisting of the 120 km, three-day event in Kitzbühel, the 173 km, four-day walk in Tauplitz, and ending with the three-day march in Moeding. These were an enjoyable 1400 km during our seven week outing in Europe. In Europe, I tripped only twice, injuring my knee on the second day in Appeldoorn, and on the second day in Moeding, injuring both knees and hands. But, luckily I survived injury free the October bicycle event—in which I walked—along the Lake Tiberias 65 km circuit. (Where last year I was seriously injured from bikes knocking me to the ground.) Three weeks earlier I was at the Lake Tiberias (Kinneret) swim. This was my 49th completion of the 4.2 km "long route" swim, without any preparation since last year's participation in the same event.

Recently I walked a few 10 Km events, the best result, achieved on a hilly course, but in good weather, in Tivon in a time of 1:07. . .

Ward Honored by NARI

The governing Board of the North American Racewalking Institute (NARI) has announced that the its youth development fund will now be known as the Elaine Ward Youth Racewalking Development Fund. The fund is earmarked for assisting youth in their development as racewalkers toward both national and international success.

NARI is the original philanthropic arm of the North American Racewalking Foundation (NARF) founded in 1986 by Elaine. Many individuals and groups have learned to racewalk as a result of the numerous books, tapes, and internet web pages produced and/or sponsored by NARF. Thousands of athletes have been touched in one way or another by the funding offered by NARI. The NARI Board notes that the great judgement and common sense approach offered by Elaine to developing youngsters and oldsters alike worldwide have helped this athletic endeavor become known as the one track and field and long distance event that is more closely related to what roughly 7 billion people worldwide do every day. Furthermore, the Board feels that those touched by Elaine's labor of love have become more fit and healthier, while others have moved even higher on the fitness scale to become Olympians in the racewalking events.

Allen James, 1996 Olympian and winner of 15 U.S. racewalking titles, offers this assessment of Elaine's efforts:

"I owe much of my initial success to Elaine. Moving to Southern California in 1989, I began to race at the events that Elaine and others conducted. If we needed a race for a qualifying time, she's put one on with usually 10 or more participants. I had a vision for U.S. walkers to begin to compete more in Europe after the 1991 season. Grabbing the bull by the horns, Elaine started selling raffle tickets for some items she managed to come up with. In May of 1992, I was off the Bergen, Norway to compete in the fastest walk competition in the world. While I had a very disappointing race (DNF), it was a huge springboard for me not only seeing some world records being set, but also the contacts I needed to propel my next four years of success. It was Elaine's fund raising efforts that paid for my trip."

And Bob Bowman, a national class walker in an earlier era and former Chair of the IAAF Racewalking Committee (still a member of that international body), notes: "From a very humble beginning, Elaine has reached countless people with the benefits and rewards of this great athletic event. She overcame many challenges to further the goals of NARF and has done so in a most unselfish manner. It has been my honor and pleasure to have known her and to be counted as her friend and colleague."

LOOKING BACK

40 Years Ago (From the December 1969 ORW)—The ORW presented a Man of the Decade Award to Charlie Silcock, who did so much to promote the sport in those years, and Walker of the Decade Award to Ron Laird. Ron Laird, Rudy Haluza, and Larry Young ranked behind Laird for the latter award. . . Goetz Klopfer did 20 Km in 1:32:24 on a San Francisco track.

35 Years Ago—(From the December 1974 ORW)—Jack Boitano, the National Racewalk Chairman at that time, won the Coney Island 10 Mile Handicap in 1:34:43. Fast time honors

went to Ron Laird with a 1:13:29. . .Laird also scored a 1500 meter, 2 Mile double at an Indoor meet in Pittsburgh with a 6:06.7 and 14:05.

30 Years Ago (From the December 1979 ORW)—Mexico's Daniel Bautista, winner of the World Cup in a blazing 1:18:49 and with a world record of 1:20:07 on the track, led the ORW World 20 Km rankings. His teammate Domingo Colin was second ahead of three Soviet walkers. Mexican Raul Gonzales, Martin Bermudez, and Enrique Vera were ranked 1-2-3 in the 50. Great Britain's Marian Fawkes was ranked number one in the Women's 10 Km. Leading the U.S. rankings were Neal Pyke at 20, Marco Evoniuk at 50, and Susan Liers at 10. . .Canada's Marcel Jobin led the National 25 Km race in Las Vegas with a 1:52:27 as Jim Heiring claimed the national title in second (1:57:28). Marco Evoniuk, Ray Sharp, Dennis Reilly, and Tom Dooley followed. . .Jobin also won the National 35 Km in Houston, his 2:37:16 leaving John Knifton better than 18 minutes back. Dooley and Bill Ranney were next. . .Chris Hansen stormed through 10 Km in 43:06 in Seattle, with Steve DiBernardo second in 44:29. . .In Kiev, Soviet Nikolai Udovenko bettered the listed World Record for 30 Km, recording 2:08:16 on the track, but was short of Spaniard Jose Marin's 2:08:00 earlier in the year.

25 Years Ago (From the December 1984 ORW)—Lading the World Raqnkings for the year were Mexico's Ernesto Canto 20, the GDR's Ronald Weigel at 50, and the USSR's Olga Kristo at 10. . .Top ranked in the U.S. were Marco Evoniuk at 20, Carl Scheuler at 50, and Ester Lopez at 10. . .The issue included a report by Dr. Howard Palamarchuk on The Athletics Congress's (predecessor to USATF) first Racewalk Sports Science Seminar.

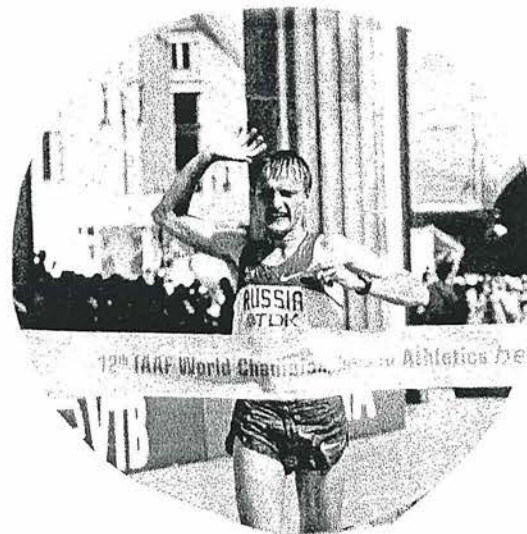
20 years ago (From the December 1989 ORW)—Kerry Saxby, Australia; Ileana Salvador, Italy; and Beate Anders, GDR, were 1-2-3 in the ORW World 20 Km rankings. Lynn Weik, Teresa Vaill, and Debbi Lawrence topped the U.S. rankings. In the World 20 Km rankings, it was Frants Kostyukevich, Yevgeniy Misyula, and Mikhail Schennikov, all USSR. In the U.S. rankings, Tim Lewis, Gary Morgan, and Mark Manning were on top. At 50, we ranked Simon Baker, Australia; Andrei Perlov, USSR, and Stanislaw Vezhel, USSR as the top three in the world, and Paul Wick, Herm Nelson, and Tim Lewis as the top three in the U.S.. . Mexico's Carlos Mercenario blistered the New York City Marathon in 3:11:56, beating UK's Chris Maddocks by nearly 2 minutes and Sweden's Bo Gustafsson by 6 ½. Perlov was fourth a star-studded field.

15 Years Ago (From the December 1994 ORW)—Gustafsson topped the New York City Marathon this time in 3:33:28, 31 seconds ahead of Allen James. Dave Marchese was third. . .Sari Essayah, Finland; Anna Rita Sidoti, Italy; and Yelena Nikolayeava, Russia were ranked 1-2-3 in the World at 20, with Michelle Rohl, Teresa Vaill, and Debby Van Orden atop the U.S. rankings. At 20, Mikhail Schennikov, Russia; Bernardo Segura, Mexico; and Yevgeniy Misyulya, Belarus were the World leaders and Allen James, Johathan Matthews, and Andrzej Chylinski the U.S. leaders. The 50 Km World rankings saw Valeriy Spitsin, Russia; Thierry Toutain, France; and Giovanni Perricelli, Italy on top, while Allen James, Jonathan, Mathews, and Herm Nelson led the U.S.

10 Years Ago (From the December 1999 ORW)---World 20 rankings for women saw the Chinese duo of Hong Iiu and Yan Wang at 1-2 ahead of Susan Feitor, Portugal. In the U.S. it was Michelle Rohl, Joanne Dow, and Susan Armenta. In the men's 20 Km, it was Ilya Markov, Russia ahead of Bernardo Segura, Mexico and Daniel Garcia, Mexico. Curt

Clausen, Tim Seaman, and Johathan Matthews headed the U.S. rankings. 50 Km World rankings saw German Skurygin and Nikolay Matyukhin of Russia ahead of Kazakhstan's Sergey Kioepanov. However, Skurygin's subsequent disqualification from his World Cup win (which didn't come until two years later) also means a belated No. 1 for Matyukhin and moves Italy's Ivano Brugnetti to third and Curt Clausen to fourth. Clausen, of course, topped the U.S. rankings ahead of Al Heppner and Andrew Hermann. . .In Australia's 50 Km trial for the 2000 Olympics, Don Russell and Nathan Deakes finished together in 3:53:53, with Duane Cousins third in 3:59:54.

5 Years Ago (From the Dec. 2004 ORW)—The World 20 Km rankings for women were led by Greece's Athanasia Tsoumeleka, Russia's Olimpiada Ivanova, and Australia's Jane Saville. In the U.S. it was Teresa Vaill, Joanne Dow, and Michelle Rohl. Ivano Brugnetti, Italy; Jefferson Perez, Ecuador; and Francisco Fernandez, Spain led the World 20 Km rankings for men with Tim Seaman, Kevin Eastler, and John Nunn the top three in the U.S. The World 50 Km rankings saw Robert Korzeniowski, Poland; Alekesey Voyevodin, Russia; and Denis Nizhegorodov, Russia on top. In the U.S. it was Curt Clausen, Philip Dunn, and Tim Seaman.



Russia's Valeriy Borchin hits the tape to win the World Championship 20 Km in Berlin last summer. (IAAF Photo)