

Indoor Titles to Michta and Seaman

Albuquerque, Feb. 27-28—Maria Michta won her first National title and Tim Seaman his 43rd in racewalks at the USATF National Indoor Track and Field Championships. Battling the effects of Albuquerque's altitude, Michta beat the one-two finishers from last year—Teresa Vaill and Joanne Dow, both on the far side of 40. Thanks to the altitude, Michta had the slowest winning time in the history of the event, barely. But she whipped Joanne Dow and Teresa Vaill, both walking nearly a minute slower than they did last year. Michta's winning time of 13:51.33, was .04 slower than Sam Cohen walked in her 2007 victory. More often than not, winning times in the event have been under 13 minutes. The meet record is 12:28.32 set by Michelle Rohl in 2001. Debbi Lawrence set the American record of 12:20.79 in 1993. Romania's Claudia Iovan holds the World Record at 11:40.33.

Let that not detract from Michta's win over the veteran queens of the sport. Dow had won the event four times previously and Vaill seven times, dating back to 1989. Vaill was seeking her 39th title overall. Following the race Michta said: "It was awesome. I went out strong having PR'd three weeks ago. I knew the altitude would be a factor and it was. It hit me at 2000 meters. I just finished strong. I felt I was dreaming in the final 100. It was just so exciting."

Time Seaman won the men's 5000, passing Henry Laskau for second place in National titles with 43. It was his 12th win in the last 13 National 5000 meters races. (He didn't compete in 2008.) It was also the first time he failed to break 20 minutes (although he did that by less than a second last year) as he crossed the line in 20:57.47. That was the slowest winning time since 1985, the second time the race was held. Seaman holds the American Record at 19:15.88, which he did at this meet in 2006. That would be the meet record also, except for a win by Canada's Guillaume Leblanc in 1988 with an 18:53.25 effort. The World Record of 18:07.08 was set by Russia's Mikhail Schennikov in 1995.

In second place was Patrick Stroupe who could not quite match Tim's effort and finished 22 seconds back. Benjamin Shorey was a distant third.

"Today went different," said Tim. "Out of all the twelve championships this is definitely the most topsy turvy I have ever done. With the altitude you can't just push, you have to push and then rest. Once I've taken the lead I have never let it up. This is the first time that I let the lead up. I was frustrated that I took it out too slow. I told myself, 'OK, I'm going to take it', and I pushed too hard and I had to slow down. It felt like my lungs were burning and I spent three weeks at altitude so I can only imagine how these other guys felt." Tim's 12 wins in this event is the most by any athlete in U.S. track and field history. The results follow

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$12.00 per year (\$15.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matter to: Ohio Racewalker, 3184 Summit Street, Columbus, OH 43202. E-mail address is: jmortlan@columbus.rr.com. Approximate deadline for submission of material is the 24th of each month.

Women's 3000 meters, Feb. 28–1. Maria Michta, Walk USA 13:51.33 **2.** Joanne Dow, un., N.H. 14:01.53 **3.** Teresa Vaill, Walk USA 14:09.42 **4.** Lauren Forgues, un., Maine 14:11.78 **5.** Erin Bresnahan, Walk USA 14:23.87 **6.** Miranda Melville, U. of Wis.-Parkside 15:09.71 **7.** Le'erin Voss, Parkside ACX 15:19.19 **DQ–**Erin Taylor, Shore AC

Men', 5000 meters, Feb. 27–1. Tim Seaman, NYAC 20:57.47 **2.** Patrick Stroupe, un. 21:19.90 **3.** Ben Storey, un. 22:06.36 **4.** Gtyler Sorenson, Pleasanton Heat 22:13.42 **5.** Matt DeWitt, Parkside AC 23:12.22

Addendum: Peter Armstrong in Albuquerque has sent me an article by Staff Writer Toby Smith in the *Albuquerque Journal*, who led off his report on the meet with the following, which appeared under the headline "Youngster Shakes Up Racewalk".

Kid beats two old ladies. In screenplay writing, that's the story pitch in five words. In racewalking, that was the story of the women's 3000 meters on Sunday at the USA Indoor T&F Championships at the Albuquerque Convention Center.

The national meet wound up its two-day stay, the first of three scheduled years the event will be held in Albuquerque. More than 400 athletes took part.

In women's racewalking there is only one Olympic event, the 20 Km. The 3000 is 15 laps of the Convention Center's track, or about 2 miles. A sprint.

Women's racewalking in the U.S. has been ruled for some time by Teresa Vaill and Joanne Dow. Vaill is 47, Dow 45. On Sunday, Maria Michta, 23, came from behind to defeat them both in 13:51.33. Dow finished second, Vaill third.

"When I started racewalking, I was 15 and Teresa was on top," said a joyous Michta. "Teresa is still there, but I'm coming on. I can't believe I won today."

Vaill, a seven-time USA indoor champion and a 2004 Olympian, went out at a punishing pace and opened up a wide lead, lapping some of the younger competitors. In truth, all her competitors in the 3000 were younger. With four laps to go, Vaill started to tire visibly. Dow, a 2008 Olympian, passed Vaill and then Michta did. She caught Dow around the final curve.

Vaill lives and trains in Florida. Was it the altitude? "I don't know what else it could be," she said afterward. Michta lives in Manhattan and trains in Central Park. "It's hard this winter with all the snow. But I love it. It's a beautiful spot."

When she is not racewalking, Michta is a graduate student in biomedical sciences at the Mount Sinai School of Medicine. "When there's too much snow in the park, I use the treadmill in the basement of my apartment building," she said.

Her goal is the 2012 Olympics. Vaill has been competitively racewalking for 25 years. "A couple more years, at least," she said. That would be the London Olympics. *(The article went on to cover the more mundane events of the meet.)*

Ching and Mannozi Take NAIA Titles

Johnson City, Tenn., March 5 (From Vince Peters)—As always the NAIA collegiate Indoor T&F meet included 3000 meter racewalks for both men and women. This year's meet yielded one of the most talented fields in several years with Hong Kong natives Jessica Ching and Alex Lo taking first and third with Katie Burnett between them and three-time defending champion Tina Peters fourth in the women's race. Peters, who walked 14 seconds faster than

in her win last year, was only inches ahead of Megan Furnish at the finish. Furnish set the pace for the first half of the race, leading a pack of eight through the mile. The top five were still close with three laps remaining, but Ching pulled clear over the final 600 to finish in 14:25.38, nearly 10 seconds ahead of Burnett. The meet record of 14:58.96 was set by Amber Antonio of Wisconsin Parkside in 2002.

In the men's race, Mike Mannozi, the Italian Stallion from Ohio's Notre Dame College, shifted up two gears with 600 meters to go to pass defending champion Josh Wiseman to win going away in 13:19.5. Wiseman, a junior at Cedarville U., also in Ohio, had lead from the gun and held on for second. It was the first national championship for a Notre Dame athlete. Mannozi, a senior, started his athletic career as a wrestler and javelin thrower before finding his niche in racewalking. Parkside's Lachlan McDonald set the meet record of 12:16.56, also in 2002. The results:

Women: 1. Jessica Ching, Lindenwood 14:25.38 **2.** Katie Burnett, William Penn 14:25.39 **3.** Alex Lo, McKendree 14:38.81 **4.** Tina Peters, Goshen 14:44.11 **5.** Megan Furnish, Lindsey Wilson 14:44.13 **6.** Janelle Brown, Cornerstone 15:04.35 **7.** Amanda Johnson, Lindsey Wilson 15:19.36 **8.** Katie Malinowski, Cornerstone 16:11.57 **9.** Chelsea Conway, Lindsey Wilson 16:14.26 **10.** Alexis Gutterman, Lindenwood 16:27.33 **11.** Courtney Spann, Culver Stockton 16:27.67 **12.** Mercedes Mancha, St. Xavier 17:59.60 **13.** Carissa Eichmeyer, Hannibal-LaGrange 18:13.72 **(2 DQ)**

Men: 1. Mike Mannozi, Notre Dame (Ohio) 13:26.58 **2.** Josh Wiseman, Cedarville 13:26.55 **3.** Kris Shear, Cornerstone 15:05.14 **4.** Kyule Hively, Rio Grande 13:51.99 **5.** Michael Aitken, Lindenwood 13:55.72 **6.** David Lindemann, Lindenwood 13:58.54 **7.** Paul Ikeda, Cedarville 14:26.70 **8.** Jacob Gunderkline, Goshen 14:35.06 **9.** Dan Martin, Missouri Valley 15:33.29 **10.** David Horst, Goshen 16:04.4 **(DQ–**Grant Bacon, Cedarville and Peter Muldoon, Central Methodist)

Schwazer Sets National Record in Lugano

Reigning Olympic 50km Race Walking champion Alex Schwazer broke the 20km Italian record today with 1:18:24 at the Gran Premio Città di Lugano Memorial Albisetti, a EA Race Walking Permit Meeting which is part of the 2010 IAAF Race Walking Challenge. Schwazer smashed the long-standing national record held by former Olympic and World champion Maurizio Damilano who walked the distance in 1:18:54 in 1992 in La Coruna. Schwazer walked a dominating race from gun-to-tape setting a fierce pace from the early stages with a sub-4 minutes pace for each kilometer.

Only Ukraine's Nazar Kovalenko tried to keep the pace of the Italian in the early kilometres but at 2km Schwazer injected a brisk pace pulling away from the rest of the field. Schwazer, also a double World 50km bronze medallist in Helsinki and Osaka, went through the first 5km mark in 19:25 increasing his gap over Kovalenko to 30 seconds. Schwazer continued to set a sub-1:19 pace and went through the 10km in 39:06 building up a gap of 1:20 mins over Robert Heffernan from Ireland, Grzegorz Sudol from Poland, and Aleksander Yargunkin from Russia who managed to close the gap on Kovalenko.

Thanks to a sub-8 minutes clocking in the 2 km split in the sixth of 10 laps of the loop circuit on the banks of the beautiful Lake Lugano, Schwazer continued to increase his gap over the chasing trio (Heffernan, Sudol and Yargunkin) to 1:28 at 12 km. Schwazer continued to increase his rhythm going through the 15 km mark in 58:44 setting a very consistent sub-4 minute pace for each km. His gap over the chasing trio grew to 1:50. He romped home in a sensational 1:18.24.

Schwazer broke his previous PB by three minutes. It's his second Italian record this

year. On 24 January he set the 35 km national record smashing his previous best by ten minutes with an impressive 2:26:16 in Montalto di Castro. Last week the Sud Tyrol athlete from Racines made an attempt to break his own 50 km national record of 3:36:04 at the Italian 50km Championships in Signa near Florence but had to fight against a strong wind on a cold day and clocked a solid 3:50:22 despite very difficult weather conditions.

"I knew that I could walk in 1:19 but breaking the record of Maurizio Damilano is a dream that comes true", said Schwazer. I knew that it was a difficult record to beat. The work I have done in these past few years is bearing fruit now. I am now planning to train in Val Senales to prepare the 50 km at the World Cup in Chihuahua."

Robert Heffernan, eighth in the 20 km at the Olympic Games in Beijing, finished second in 1:20:44, ahead of 50 km specialist Grzegorz Sudol (fourth in the 50 km at the World Championships in Berlin), third in 1:20:49.

Yanfei Li, a young Chinese walker born in 1990, who finished third at the IAAF World Junior Championships in 2008, took the win in the womens race in 1:31:26 beating her compatriot Li Li, who finished runner-up in 1:31:32. Third was Ines Henriques from Portugal in 1:32:30.

The race started at a conservative pace. A big leading pack formed by Yanfei Li, Li Li, Ines Henriques, Johanna Jackson from Great Britain (winner last year in Lugano), Evangelia Xynou from Greece, Ana Cabecinha from Portugal, Zuzana Chindlerova from Czech Republic led at 5km in 23:34.

Henriques took the initiative at the lead of the group going through the 10km mark in 46:48 closely followed by Yanfei Li, Xynou, Li Li, Johanna Jackson. The race proper began at 13 km when Li Yanfei forced the pace, and at that point only Li Li managed to follow closely. Li Yanfei passed the 15 km in 1:09:09 followed five seconds behind by Li Li.

Henriques and Jackson led the chasing group passing the 15 km in 1:09:43. The two Chinese girls, who are currently training in Saluzzo at the Italian Walking School where they receive technical advice from Sandro Damilano, engaged their neck-to-neck battle for victory. Yanfei Li managed to break away from her compatriot in the final 19 km when she took a decisive 5-second lead. Li Yanfei, who holds a PB of 1:28:57, crossed the finish-line in 1:31:26. The results follow.
Diego Sampaolo for the IAAF

Men's 20 Km: 1. Alex Schwazer, Italy 1:18:24 2. Robert Heffernan, Ireland 1:20:45 3. Gregorz Sudol, Poland 1:20:50 4. Aleksandr Yargunkin, Russia 1:20:55 5. Ding Chen, China 1:20:03 6. Zhen Wang, China 1:22:03 7. Nazar Kovalenko, Ukraine 1:22:23 8. Jean-Jacques Nkouloukidi, Italy 1:22:33 9. Marco De Luca, Italy 1:22:38 10. Andrei Talashka, Belarus 1:23:53 11. Aleksey Khimin, Russia 1:23:56 12. Sergio Vieira, Portugal 1:24:10 13. Colin Griffin, Ireland 1:24:45 14. Michael Doyle, Ireland 1:27:55 15. Andrei Stsepanchuk, Belarus 1:28:13 16. Brendan Boyce, Ireland 1:28:38 17. Pasquale Sabino, Italy 1:29:01 18. Carl Dohmann, Germany 1:19:47 19. Carlo Alberto De Casa, Italy 1:29:56 20. Darrell Stone, Great Britain 1:30:02 21. Alessio Wruss, Italy 1:30:41 22. Dzianis Krauchuk, Belarus 1:30:44 23. Ruggero D'Ascanio, Italy 1:30:56 (39 finishers, 2 DQ, 6 DNF) **Women's 20 Km**—1. Yanfei Li, China 1:31:27 2. Li Li, China 1:31:33 3. Ines Henriques, Portugal 1:32:31 4. Jo Jackson, Great Britain 1:32:37 5. Evangelia Xynou, Greece 1:32:58 6. Ana Cabecinha, Portugal 1:33:15 7. Zuzana Schindlerova, Czech Rep. 1:33:17 8. Hanna Drabenia, Belarus 1:34:26 9. Lucie Pelantova, Czech Rep. 1:34:48 10. Olga Povalyayeva, Russia 1:36:01 11. Katalin Varro, Hungary 1:36:16 12. Laaura Reynolds, Ireland 1:37:29 13. Tatyana Korotkova, Russia 1:37:33 14. Lauri Polli, Switzerland 1:38:12 15. Maria Czakova, Slovakia 1:40:27 16. Gisella Orsini, Italy 1:40:32 (24 finishers, 4 DNF) **Women's 10 Km**—1. Ekaterini Theodoropoulou,

Greece 47:55 2. Georgiana Enache, Romania 49:58 (17 finishers) **Men's 10 Km**—1. Lukas Gdula, Czech Rep. 43:14 2. Luca Ferrari, Italy 44:37 3. Pavel Schrom, Czech Rep. 44:51 (10 finishers)

And Some More Results

Nike Indoor High School, Nationals, Boston, March 13: Girl's 1 Mile—1. Destiny Lalane, N.Y. 7:29.31 2. Amy Cheung, N.Y. 7:30.18 3. Crosby Tillman, N.Y. 7:32.57 4. Abby Dunn, Maine 7:38.78 5. Molly Josephs, N.Y. 7:41.63 6. Nicolette Sorensen, Cal 7:41.98 7. Rachael Tylock, N.Y. 7:42.60 8. Jennifer Halloran, N.Y. 7:48.82 9. Christine Korbus, N.J. 8:08.77 10. Elizabeth Wilkins, N.J. 9:09.05 11. Danielle Opatovsky 8:09.31 12. Jennifer Thuotte, Maine 8:10.31 (19 finishers, 1 DQ) **Boy's 1 Mile**—1. Trevor Barron, Penn. 6:06.13 2. Alejandro Chavez, Tex. 6:19.35 3. Tyler Sorensen, Cal. 6:21.57 4. Matthew Forgues, Maine 6:57.45 5. Evan Vincent, Maine 7:16.54 6. Charles Swerdlow, Maine 7:56.18 7. Geraldo Flores, Texas 8:14.46 (9 finishers, 1 DQ) Judges for both races: Bill Pollinger, Maryanne and Ron Daniel, Mark Dennett, Tom Knatt, and Justin Kuo) **National Scholastic Indoor 1 Mile, New York, March 14: Boy's**—1. Tyler Sorensen, Cal. 6:23.62 2. Alejandro Chavez, Texas 6:27.55 3. Matt Forgues, Maine 7:04.67 4. Evan Vincent, Maine 7:18.81 5. John Randall, Ohio 7:23.52 6. Charles Swerdlow, Maine 7:54.32 7. Jacob Hanby, Maine 9:19.54 (1 DQ) **Girls**—1. Abby Dunn, Maine 7:33.42 2. Amy Cheung, N.Y. 7:35.03 3. Crosby Tillman, N.Y. 7:41.10 4. Molly Josephs, N.Y. 7:46.43 5. Nicolette Sorensen, Cal. 7:46.85 6. Jenny Thuotte, Maine 8:01.05 7. Sandi Cheng, N.Y. 8:06.56 8. Nicole Court-Menendez, Maine 8:16.60 9. Amanda Borok, N.Y. 8:18.77 10. Courtney Williams, Maine 98:19.99 (27 finishers. Judges: Reginald Weissglas, Bill Pollinger, Shawn Fredericks, Debbie Fredericks, and Lon Wilson) **Girl's High School 1500 meters, New York City, Feb. 14**—1. Diana Quinde 7:43.43 2. Yangchen Dolma 7:51.39 3. Jessica Zalph 8:36.28 (11 finishers, 1 DQ) **Girl's High School 1500 meters, Brooklyn, Feb. 18**—11. Sandi Cheng 7:43.46 2. Lin Ying Liang 8:43.53 (10 finishers, 6 DQ) **Girl's H.S. 1500 meters, New York City, Feb. 18**—1. Aimey Yu 7:01.9 2. Shirley Yu 8:04.9 3. Joyce Wang 8:10.2 4. Yee Ching 8:22.8 (10 finishers, 2 DQ) **New York City Girl's High School 1500 meters Championship, Feb. 27**—1. Diana Quinde 7:24.17 2. Sandi Cheng 7:34.91 3. Yangchen Dolma 7:51.62 5. Yuri Li 8:13.55 (11 finishers) **Girl's High School 1500 meters, Rochester, N.Y., Feb. 18**—1. Rachel Tylock 7:20.23 2. Jaymee Caplan 7:28.27 3. Sally Holt 7:29.75 4. Elizabeth Wilkins 7:38.37 5. Christine Kubus 7:41.65 6. Amanda Accorso 7:50.29 (14 finishers, 1 DQ) **Same place, ClassB**—1. Meredith Steevens 7:40.27 (10 finishers, 1 DQ) **Same place, Class C**—1. Rebekah Champlin 7:44.13 (14 finishers) **Girl's High School 1500, New York City, Feb. 14**—1. Crosby Tillman 7:28.50 2. Caitlin Lardaro 7:52.30 3. Erica Gold 7:54.20 (10 finishers) **Girl's High School 1500, West Point, N.Y., Feb. 14**—1. Courtney Garrison 7:45.72 (9 finishers, 2 DQ) **Girl's High School 1500, Rye, N.Y., Jan. 28**—1. Molly Josephs 7:24.63 **Girl's 1500, Long Island, Feb. 9**—1. Amy Cheung 7:11.04 2. Destiny Lalane 7:12.59 3. Suzy Farber 7:12.59 4. Jennifer Halloran 7:32.96. 5. Jourdann Green 7:37.62 6. Rachel Sigismondi 7:48.31 (10 finishers, 2 DQ) **Girl's H.S. 1500, Huntington, N.Y., Feb. 27**—1. Destiny Lalane 6:57.85 2. Amy Cheung 7:07.73 3. Suzy Farber 7:15.36 4. Molly Josephs 7:34.87 5. Jennifer Halloran 7:42.67 6. Kayla Hazel 7:44.84 (14 finishers) **Girl's H.S. 1500, Fairport, N.Y., Feb. 27**—1. Rachael Tylock 7:30.82 2. Sally Holt 7:32.73 3. Jaymee Caplan 7:34.04 4. Meredith Stevens 7:36.06 5. Rebekah Champlin 7:36.87 6. Elizabeth Wilkins 7:40.34 (12 finishers) **New York State H.S. Championship, March 6**—1. Destiny Lalane 7:06.94 2. Amy Cheung 7:11.70 3. Crosby Tillman 7:13.10 4. Molly Josephs 7:16.45 5. Suzy Farber 7:25.03 6. Rachael Tylock 7:25.03 7. Diana Quinde 7:30.89 8. Jaymee Caplan 7:38.11 (21 finishers, 1 DNF) **East Region Indoor**

3000 meters, March 6—1. Bruce Logan 16:39.18 2. Alexis Davidson 17:13.67 3. Shannon Murphy 20:27 4. Frank Bergson 20:58.23 **10 Mile, Freehold, N.J., March 21**—1. Heather Maher (40) 1:48:01 2. Maria Paul (45) 1:56:21 Men—1. Raymond Robertson (66) 1:56:12 2. Ben Ottmer (76) 1:57:09 **Marathon, Virginia Beach, Va., March 21**—1. William Lipford 5:30:31 2. Dave Gwyn 5:33:26 3. Stephen Ecker 5:34:07 Women—1. Joanne Hammermaster 4:56:02 2. Maureen Ventrice 5:57:30 **Half-marathon, same place**—1. Anne Curtis 2:33:55 2. Linda Janssen 2:35:45 3. Debra Hovatter 2:36:36 Men—1. Scott Stakes 2:23:20 2. Joseph Laskowsky 2:29:55 3. John Morrison 2:33:23 **Mason Dixon Games 3000 meters, Louisville, March 6**—1. Doug Johnson (49) 14:40.70 2. Charles Waller (58) 18:28.20 **5000 meters, Berea, Ky., March 20**—1. Ricardo Vergara, Lindsy Wilson 23:42.48 2. Roberto Vergara, Lindsey Wilson 23:45.83 3. Daniel West, Berea Col. 34:43.54 **Women's 5000, same place**—1. Nicole Furnish, Lindsey Wilson 25:33.39 2. Erika Shaver, Miami Valley TC 25:51.91 3. Amanda Johnson, Lindsey Wilson 26:41.77 4. Caitlin Ambrose, Berea, Col. 28:52.89 5. Chelsea Conway, Lindsey Wilson 29:03.35 6. Marie Egbert, Mimi Valley 34:22.25 **Ohio USATF Indoor Women's 3000 meters, Ada, Feb. 21**—1. Tina Peters 15:08.35 2. Katie Malinowski 16:12.72 Women 19 and under—1. Allison Chin (18) 16:05.95 2. Erika Shaver (17) 16:12.72 3. Marie Egbert (19) 19:49.85 Men—1. Mike Mannozi 13:46.60 2. Kris Chear 14:07.35 3. Vince Peters (55) 16:02.67 4. David Horst 16:06.42 5. Jack Shuter (80) 23:41.81 Men 19 and under—1. Dan Serianni (19) 13:20.34 2. John Randall (17) 14:31.38 3. Jacob Gunderkline (19) 14:38.05 4. Mitchell Brickson (16) 14:55.70 Men's 5000 meters—1. dan Serianni 22:31.65 2. Mike Mannozi 23:08.69 3. Mike Meehop (20) 26:32.0 (This was contested before the 3000.) **Indoor 3000, Greencastle, Indiana, Feb. 20**—1. John Frandall (17) 14:24.0 2. Paul Ikeda 14:41.00 3. Nicole Furnish 14:43.00 4. Mitchell Brickson (16) 14:59.5 5. Erika Shaver (17) 15:01.6 6. Grant Bacon 15:28.7 7. Vince Peters (56) 15:56.8 8. Damon Clements (53) 16:02.9 9. Allison Chin (1'8) 16:16.10 10. Chelsea Conway 16:34.11 11. Reine Brickson (18) 16:35.12 12. Joel Phaler (19) 16:37.13 13. Marie Egbert (18) 18:12.14 14. Mercedes Mancha (19) 18:19 **North Region Indoor 5000 meters, Ypsilanti, Mich., March 7: Women**—1. Debbie Topham (57) 29:24.69 2. Susan Fassett (46) 32:14.62 3. Lory Lynn Short (44) 32:48.35 4. Walda Tichy (69) 35:03.92 Men—1. David Swarts (44) 22:22.17 2. Dan O'Brien (45) 25:37.55 3. Rod Craig (510) 27:49.07 4. Bill Reed (57) 27:55.39 5. Rick Huber (53) 28:57.64 6. Tom Belford (61) 32:31.25 7. Don Knight (63) 32:49.49 8. Marshall Sanders (69) 33:48.72 9. Ray Drysdale (67) 35:04.11 (2 DQ) **South Region 50 Km, Houston**—1. Albert Medina (49) 5:17.28 2. Juan Yanes, Venezuela (60) 5:32:55 (1 DNF) **20 Km, same place**—1. Solomiya Login 1:46:32 (1 DNF) **5 Km, same place**—1. Bob Cella (72) 32:54.2 2. Stevie Berry (10) 32:53 3. Dillon Berry (12) 33:32 (4 finishers) **1 Mile, Houston, March 20**—1. Steve Kimmel (60) 8:44.12 2. Janet Villanueva (15) 9:08.99 3. Stevie Berry (10) 9:36.07 4. Dillon Berry (12) 9:43.55 5. Jacob Painter (12) 10:16.30 6. Elijah Micheaux (12) 10:22.71 7. Dave Gwyn (58) 10:22.93 **Oregon 5000 meters Championship, Banks, March 7**—1. Nathaniel Roberts (14) 26:12.5 2. Rob Frank (57) 27:59.2 3. Dennis Robeson (62) 28:29.5 4. Bob Novak (60) 28:40.1 5. George Opsahl (68) 29:46.1 6. Bart Kale (53) 32:37.7 7. Stan Chraminski (62) 34:39.2 (9 finishers) Women—1. Kathryn Grimes (46) 28:06.6 2. Kelly Clark 28:49.9 3. Nana Bellerud (50) 29:48.8 4. Berti August (56) 34:05.2 **2.8 miles, Seattle, Jan. 9**—1. Bob Novak (60) 26:28.2 2. Stan Chraminski (62) 26:55.3 3. Ann Tuberg (50) 27:45.4 4. Rebecca Kettwig 28:34.5 5. Michelle Cunningham (48) 28:5

Trevor Races In Mexico

This report from Gary Westerfield dated Feb. 28: "Trevor Barron placed second in the junior men's (under 20) 10 Km on the difficult (Cobble stoner pavers at 6100 feet) Guanajuato Calle road course in Dolores-Hidalgo, Gurnajuato, Mexico today. His time was about 44:04 (I was

judging and have not seen official results.) He walked conservatively behind the pack of six or seven a short distance behind the winner for 3 of the 5 laps. He told me afterwards, these three laps were at his racing pulse. With two to go, he left the pack, and his pulse went up 20 beats/minute. e continued strongly and closed on the winner. His technique was impeccable, impressing spectators and officials alike." We have no results on the race.

Asian 20 Km, Nomi, Japna, March 14: Women—1. Masumi Fuchise, Japan 1:29:31 2. 2. Kumi Otashi, Japan 1:30:30 3. Deepamala Devi, India 1:37:44 4. Yeong-Kum Jeon, Korea 1:38:04 5. Woom-Jeong Kim, Korea 1:42:31 (8 finishers) **Men**—1. Isamu Fujisawa, Japan 1:20:13 2. Young-Jun Byun, Korea 1:22:09 3. Akimiro Sugimoto, Japan 1:22:35 4. Keshrabhai Panucha, India 1:25:52 5. Marminder Singh, India 1:26:27 6. Sieng Lo Choon, Malaysia 1:27:34 7. Khanghah Ramimiah, Iran 1:27:51 8. Amir Kheirgoorazlighi, Iran 1:28:07 9. Boon Lim Teoh, Malaysia 1:30:01 10. Chun Hung Tse, Hong Kong 1:32:41 11. Kadir Indra Abdul, Indonesia 1:33:58 (1 DQ) **South American 20 Km, Cochabamba, Bolivia, March 7**—1. Rolando Saquipay, Ecuador 1:24:50 2. Adolfo Restrepo, Columbia 1:27:40 Women—1. Sandra Galvis 1:40:48 **Polish Indoor 5000 meters, Spala, Feb. 28**—1. Grzegorz Sudol 19:17.92 2. Rafal Augustyn 19:20.73 3. Rafal Fedaczynski 20:15.44 **Women's 3000, same place**—1. Agnieszka Dygacz 13:07.05 2. Paulina Buziak 13:15.67 3. Agnieszka Szwarzog 13:30.19 **French National Indoor 5000, Paris, Feb. 27**—1. Aantonin Boyez 20:00.00 2. Cedric Houssaye 20:32.42 3. Frank Baudet 20:40.39 4. Damien Malmy 21:01.06 **Women's 3000, same place**—1. Elisabeth Brunet 14:38.60 2. Severine Lanoue 14:51.40 DQ—Sylvia Korzeniowska, Poland **French Championships, March 21: Women's 20 Km**—1. Sylwia Korseniowska, Poland 1:35:20 2. Anne-gaelle Rotout 1:39:58 (29 finishers, 4 DNF, 3 DQ) **Men's 20 Km**—1. Antonin Boyez 1:26:27 2. Kevin Campioni 1:27:38 3. Mehdi Boufraine 1:28:47 4. Xavier LeCos 1:29:56 (24 finishers, 10 DNF, 2 DQ) **Jr. Women's 10 Km**—1. Emilie Menuet 4:31 2. Ines Pastorine 51:32 (5 finishers) **Jr. Men's 10 Km**—1. Dmitriy Malosse 47:01 2. Nicolas Gosselene 47:15 3. Hugo Andriew 47:35 (5 finishers) 1:39:58 **Russian Winter Championships, Sochi, Feb. 20-21; 20 km**—1. Stanislaw Emelyanov (19, World Junior 10 Km record holder) 1:19:43 2. Denis Strelkov (19) 1:20:19 3. Peter Trofimov 1:20:44 **35 Km**—1. Sergey Bakulin 2:27:42 2. Sergey Kirdyapkin 2:29:00 3. Sergey Sergachev 2:30:56 **Women's 20 Km**—1. Anisya Kirdyapkina 1:25:11 2. Vera Sokolov 1:25:35 3. Tatiana Sibilev 1:25:26 4. Olga Kaniskina 1:28:26 **Women's Under 23 20**—1. Tatiana Mineeva 1:28:33 **Junior 10 Km**—1. Valerie Filipchuk 40:34 2. Constantine Kulagov 40:53 3. Dmitriy Cheparev 41:00 **Youth (16-17) 10 Km**—1. Nikolai Parshin 42:13 2. Nikolailvanov 42:27 3. Alexander Ivanov 42:52 **Jr. Women's 10 Km**—1. Anna Lykianov 43:52 2. Nina Okhotnikova 44:09 3. Svetlana Vasil'yev 44:25 (The usual fast times from these championships, which have always been a big suspect **1 Hour, Reims, France, March 13**—1. Yohan Diniz 15,395 meters ((Betters National Record of 15,167 set by Thierry Toutain in 1993) **South African 20 Km Championship, Thekwini, March 20**—1. Thami Hlatwayo 1:30:46.40 2. Pierre de Villiers 1:35:26.90 3. Werner Appel 1:35:28.80 4. Marc Mundell 1:36:08.20 5. Ross McDonald 1:38:16.00 Women—1. Susan Swanepoel 1:50:22.10 2. Nomsa Buthelezi 1:52:01.40 3. Michelle Hopkins 1:53:29.00 **5000 meters, Sydney, Australia, Feb. 27**—1. Jared Tallent 18:51.39 2. Luke Adams 18:56.67 3. Adam Rutter 19:13.05 4. Nathan Deakes 19:25.25 5. Dane Bird-Smith 20:10.40 6. Sean Fitzsimons 21:13.09 **Women's 5000, same place**—1. Kellie Eapshott 22:05.42 2. Claire Tallent 22:42.29 3. Regan Lambie 23:15.94 4. Nicole Fagan 23:56.71 **Australian Junior Championships, Sydney, March 11-14: Girl's under 18 5000**—1. Kristie Gozduk 25:26.73 **Girl's under 17 5000**—1. Amy Gurren 25:00.80 2. Jessica Pickles 15:08.91 **Boy's under 18 5000**—1. Blake Steele 21:49.66 **Boy's under 17 5000**—1. Jesse Osborne 23:19.29 **Girl's under 20 10,000**—1. Regan Lambie 48:21.71 2. Paige Hooper 49:12.58 3. Beth Alexander 50:30.77 **Girl's under 14 1500**—1. Caitlin Hosking 6:59.92 2.

Tayla-Paige Billington 7:02.13 3. Jasmine Irshad 7:03.65 **Boy's under 20 10,000-1.** Dane Bird-Smith 43:16.93 2. Rhydian Cowley 43:22.47 3. Blake Steele 45:00.49 **Boy's under 14 1500-1.** Billy Allamby 7:06.74 **Girl's under 16 3000-1.** Elizabeth Hosking 14:21.55 2. Jmara Hockley Samon 14:23.92 **Girl's under 15 3000-1.** Sophie Ebgerhardt 15:05.11 **Boy's under 16 3000-1.** Jese Osborne 13:30.70 2. Elliot Hogdson 14:03.76 **Boy's under 15 3000-1.** Ben Tesch 14:03.91

World Masters Indoor Championships, Kamloops, British Columbia, March 5: Men's 10 Km: 40-44-1. Christer Svensson, Sweden 48:08.6 4 finishers) **45-49-1.** Gudadlupe De Los Angeles, Mexico 47:13.7 2. Sergio Gutierrez, Costa Rica 47:40.3 3. Dick Gnauck, Germany 48:17.7 4. Dick Bodet, US 50:12.9. . 8. Michael Blanchard, US 58:20.8 (10 finishers) **50-54-1.** Jonathan Matthews, US 46:34.2 2. Dirk Bogaert, Belgium 51:38.2 3. Franco Venturi, Italy 52:15.7. . 8. Tommy Aunan, US 57:41.6 (12 finishers) **55-59-1.** Gerald Dragomir, Canada 52:31.1 2. Steve Harper, US 55:58.4 (10 finishers) **60-64-1.** Ludwig Nielstberger, Austria 53:45.2 2. John Hall, GB 55:29.7 3. Norm Frable, US 56:23.8 (4 finishers) **65-59-1.** Colin Turner, GB 56:11.8 2. Marcel Jobin, Canada 57:51.9. . 4. Bill Purves, Hong Kong (former US) 59:58.8 (11 finishers) **70-74-1.** Zigurds Irbe, Latvia 61:30 2. Gunars Rubenis, Latvia 61:37.4. . 5. Bernie Finch, US 81:58 (5 finishers) **75-79-1.** Alfred DuBois, US 69:25.4 (3 finishers) **80-84-1.** Jack Starr, US 73:14 **Women's 10 Km: 40-44-1.** Milena Megli, Italy 54:06.8 2. Susan Brooke, Canada 55:33.8 (4 finishers) **45-49-1.** Ada Booyens, South Africa 54:23.3 (6 finishers) **50-54-1.** Janice McCaffrey, Canada 55:24.2 2. Veronique Cocherneau, France 60:18 (11 finishers) **55-59-1.** Johanna Flipsen, Canada 57:14.8 2. Marianne Martino, US 60:29 3. Sherry Watts, Canada 60:41.8 (10 finishers) **60-65-1.** Heather Carr, Australia 56:17.1. . 4. Kathleen Frable, US 68:33.4 (5 finishers) **65-69-1.** Haldis Nagell-Dahl, Norway 71:29.9 (3 finishers) **70-74-1.** Bev McCall, US 69:22.5 2. Jill Langford, GB 69:36.8 3. Rita Sinkovec, US 69:38.5 (3 finishers) **80-84-1.** Petra Estrada, Mexico 83:38 (2 finishers) **Women's 3000: 40-44-1.** Milena Megli, Italy 15:33.20 2. Susan Brooke, Can. 15:45.77 (4 finishers) **45-49-1.** Ada Booyens, S. Afr. 15:57.06 2. Elizabeth Hyulley, Can. 16:06.36 (6 finishers) **50-54-1.** Janice McCaffrey, Can. 15:24.99 2. Nancy Sweazey, Can. 16:58.48 (12 finishers) **55-59-1.** Johanna Flipsen, Can. 17:00.52 2. Sherry Watts, Can. 17:32.41 3. Marianne Martino, US 17:47.01 (11 finishers) **60-65-1.** Heather Carr, Australia 15:54.75. . 4. Kathleen Frable, US 19:51.63 (4 finishers) **65-69-1.** Riet Jonkers, Netherlands 19:49.59 (6 finishers) **70-74-1.** Bev McCall, US 20:03.45 2. Jill Langford, GB 20:09.07 3. Rita Sinkovec, US 20:09.53 (3 finishers) (These three had a couple of great races judging from the results) **80-84-1.** Estrada Esquivel, Mexico 23:58.84 (3 finishers) **Men's 3000: 40-44-1.** Christer Svensson, Sweden 13:38.39 (4 finishers) **45-49-1.** Guadalupe DeLaAngeles, Mex. 13:19.52 2. Brenes Gutierrez, Costa Rica 13:34.13 3. Dick Gnauck, Germany 13:39.73 4. Glen Bodet, US 13:52.11 5. Klaus Dietsche, Germany 13:55.66 (10 finishers) **50-54-1.** Jonathan Matthews, US 13:05.14 2. Dirk Bogaert, Belgium 14:12.06 3. James Kenney, Can. 14:14.16. . 8. Tommy Aunan, US 16:29.58 (10 finishers) **55-59-1.** Alfons Schwarz, Germany 15:57.36 2. Gerald Dragomir, Can. 15:42.36 3. Klaus Thiedmann, Germany 16:02.34 4. Steve Harper, US 16:06.90 (10 finishers) **60-64-1.** Lud Nielstberger, Austria 15:03.35 2. John Hall, GB 15:17.18 3. Luigi Giannuzzi, Italy 16:07.93 4. Norm Frable, US 16:24.98 (5 finishers) **65-59-1.** Colin Turner, GB 15:59.55 2. Marcel Jobin, Can. 16:05.22 3. Vladimir Karlov, Russia 16:20.98 4. John Kittredge, Can. 16:51.63 5. Hermann Strieder, Austria 16:51.66 6. Bill Purves, Hong Kong 17:10.37 (11 finishers) **70-74-1.** Zigurds Irbe, Latvia 17:33.23 2. Gunars Rubenis, Latvia 17:56.48. . 5. Bernie Finch, US 21:16.76 (6 finishers) **75-79-1.** Alfred DuBois, US 20:04.35 2. Yuriy Popov, Russia 21:15.33 (6 finishers) **80-84-1.** Jack Starr, US 20:45.90 **85-89-1.** Horst Albrecht, Germany 25:05.13

Racing Venues In the Near Future

Sat., April 3	5 and 10 Km, Washington, D.C., 8:30 am (W)
Sun. April 4	10 Km, Portland, Ore. (C)
Sat. April 10	5 Km, Fayette, Missouri (N)
Sun. April 11	3 Km and 5 Km, Seattle (C)
	5 and 10 Km, Orlando, Fla. 8 am (G)
	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)
Sun. April 18	5 Km, New York City, 9 am (E)
	5 Miles, Westerley, R.I. (V)
Sat. April 24	Penn Relays Women's 5 Km, Men's 10 Km (Z)
Sun. May 2	20 Km, Portland, Oregon (B)
Fri. May 7	H.S. Racewalks, Yellow Springs, Ohio (M)
Sun. May 9	Jack Mortland Walks, 5, 110, and 20 Km, Dayton, Ohio (M)
Sun. May 16	National USATF and West Region Masers 15 Km, Riverside, Cal. (Y)
	1 Mile and 3000 meters, Falls Church, Vir. (N)
Sun. May 30	1 Mile and 3000 meters, Falls Church, Vir. (N)
Sat. June 5	5 Km, Fontana, Cal. (P)
	National USATF 10 Km, Albany, N.Y. (D)
Sun. June 6	5 Km, Walnut, Cal. (P)
Sun. June 13	1 Mile and 3000 meters, Falls Church, Vir. (N)
Sun. June 20	SCA Masters 5 Km, Los Angeles area (P)

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From Heel To Toe

U.S. 50 Km team and various things surrounding it. The U.S. team for the World Cup 50 Km in Mexico in May is now set with a team of grizzled veterans. Dave McGovern gave up the role of manager for the U.S. team in order to join Jonathan Matthews and Ray Sharp as the junior member of the 50 Km team. Dave will be a few days short of his 45th birthday in Chihuahua. Ray is 50 and Jonathan 53. As reported last month, Jonathan was second, Ray fourth, and Dave fifth at the Cup Trials. Winner Stephen Quirke is opting for 20 Km at the World Cup (if he fails at the 20 Km Trials—quite doubtful, short of a DQ—will he return to the 50 Km squad?) And Allen James, third at the Trials, is not interested in the trip. Commenting on the Trials, the 45-year-old James said: “I still can’t believe I finished with such little mileage and 14 years since my last 50. To Mr. Sharp, I wish at some point you’ll try a new game plan (don’t push so early.” He continues: “Believe it or not, I had a lot of fun racing. The only negative aspect was having to walk 50,200 meters or more. I believe just about everyone can unofficially drop at least one minute off their time as the course was measured pin to pin leaving no room for a smooth arced turn. My sweeping turns added at least 4 meters per turn or a minimum of 200 meters. To do less would tear your body to shreds in a 50.

Otherwise, it was a fantastic location and well organized event.” For McGovern it will be his sixth World Cup as a competitor. He walked the 20 in ‘93, ‘95, and ‘97, and the 50 in ‘04 and ‘06. He also qualified for the 1987 team at 20 but had to give up the spot through injury. In addition, he was the coach/manager for Ghana at the ‘01 Cup and the Junior Coach for the U.S. in ‘08. Ray Sharp will be in his fifth World Cup team, 20 Km in ‘81 and ‘87, and 50 in ‘06 and ‘08. Jonathan Matthews will also be in his fifth World Cup—20 Km in ‘93, and ‘99, 50 Km in ‘95 and ‘97. (Your editor can claim some level of participation in three World Cups—competitor in 1967 in Bad Saarow, E.G. and member of the YAC press crew at New York in 1987 and San Jose in 1991.) Ray Sharp is probably alone in the World, competing in World Cups 29 years apart—1981 and now 2010. And, having already qualified for the 2012 Olympic Trials, he will have an even greater span of years there—32, having qualified in 1980 when just 20 years old. Commenting on this Ray notes: “Two things make this possible—one I was 20 in 1980. I wouldn’t have made the standard at 19. It was 1:35 for 20 and 4:34 for 50. Two, at his time the standard was pretty easy—4:45—and I made it with 4:31:41. Interesting to note—my first 50 Km in November 1979, the weekend of my 20th birthday, I walked 4:28 with 51 laps around the De Anze Cove (Mission Bay) parking lot in San Diego. I was on the same pace through 45 Km in that race and in Phoenix last month—around 4:02 at 45, but I finished the last 5 of that first one in sub-26:00.” He then asks: “Has any American ever walked under 4:30 for 50 Km before their 20th birthday?” No doubt Trevor Barron could do it. But don’t, Trevor. Get your 20 to 1:18 first.” **Mathews on World Masters.** A 14-hour drive up into Canada and races at the World Masters Indoor Championships have made me feel good about my recovery from the US 50 Km 3 ½ weeks before the 3000 meters on the indoor track. I managed to get up to a 94 percent age-graded rating (better than my 90 percent 50 Km performance). I hope I can keep from breaking down before the World Cup in mid-May! The outdoor 10 Km was one of the most professionally promoted racewalking events I have ever been in, the equal to any IAAF Championships racewalk as far as the attention to detail.

IAAF Council news. The council approved the dates of May 12-13, for the 2012 World Cup in Saransk, Russia. The Chinese Athletics Association and city of Taicang, who had originally bid to host the 2012 event, accepted the Council’s proposal to host the 2014 Cup. Bids for the 2015 World Championships in T&F, including, of course Men’s 20 and 50 Km and Women’s 20 Km racewalks, have been received from London, Beijing, and Chorzow,

Poland. The decision on a host will be made at the November 2010 Council meeting. A decision on the host for the 2013 World Youth Championships is also expected at that meeting. Nassau, Bahamas; Greensboro, N.C.; and a Slovenian city to be named have submitted letters of intent. **Racewalking Summit.** Maryanne Daniel reports: “For quite some time we have been trying to get a Racewalk Summit funded by USATF. Finally, Racewalk Development has succeeded. At first it was just going to be for the elite under 25 athletes but now we have been given permission to include the National Team, Talent ID athletes, and those men close to 1:40 for 20 km and women close to 1:50, as well as top juniors and their coaches. The Summit, starting April 11, will begin just after the World Cup Trials awards at the LaQuinta Inn in Bohemia, N.Y., 5 miles from the race site and will conclude at around 11:30 am the next morning.” The Sunday program will include a session of technique analysis, a session on Sports Psychology and Motivation with Curt Clausen, US 50 Km record holder and World Championships bronze medalist, and a coaches round table. Monday morning will include easy group training and a session on Injury Prevention/Core Stability, presented by Maryanne, a massage therapist and for many years and an elite racewalker herself. For more information call Maryanne at 860-669-2440 or write her at ctracewalk@sbcglobal.net.

But We Are Still Around

(Ron Laird, while spending the winter months in Niles, Michigan—from his home in Ashtabula, Ohio—has been motoring 12 miles south to the Notre Dame campus to explore their sports research department. He found the following in an ancient volume, Text Book of Athletics. He failed to get a publication data, but it appears to have been published either in Canada or England (suggested by some of the spellings, which I have Americanized) and the fact that there is a picture of Canada’s great George Goulding, who we have featured in these pages in the past. Anyway, it makes for interesting reading.)

Walking

This event will undoubtedly disappear entirely from the program in a not too remote future—at any rate walking on the track. The interest displayed on the part of the public in this particular branch of sport is but small, nor can the event itself claim any interest, and the use of walking over short distances is further doubtful. As it is performed now it may even be considered injurious, as the intensive “locking” of the knee is working too much on the synovial capsule, a fact fully illustrated by the abnormal position of the legs of an old walker.

If the point is to get along quickly without running the walk must above all be natural and the competitions should consequently be confined to roads and exclusively over long distances.

Walking itself is justified by the fact that it forms part of the preparatory training for almost every branch of athletics, especially in the field of running, but it should never be exaggerated as it will tend to make the body stiff. Still, it is possible to walk fast without incurring any risk in this respect.

We will briefly describe the style of walking.

In ordinary running there will be an ever so short moment—just when the athlete is in the act of striding—when both feet are off the ground at the same time. In walking, however, one foot must always be on the ground, i.e., the rear foot does not leave the ground until the front foot is put down. In other words, the toe of one foot and the heel of the other foot should touch the ground at the same time for a brief moment, with both legs fully stretched out.

The leg is moved forward and the foot put to the ground. The body is resting on the heel of the left foot and the toes of the right. Both legs are stretched out. The left hip is

brought forward to help the walker to a longer stride and the right arm is swung forward too, bent at the elbow and the left arm back. Also the right shoulder is forced slightly forward. The right leg is now swung forward with the knee bent, and immediately afterwards the leg from the knee down is thrown forward, followed by a violent locking of the knee joint. The arms are swung in unison with the leg.

It will appear from the above that the walker's hips and shoulders must be pliable and supple to ensure a powerful action of both, which again will react on the length of the strides. Walking is a very fatiguing sport, and it is no easy task to judge of the correctness of the style.

As to the training, the rules laid down for runners apply in walking too. The main thing is to combine the training for speed with that for stay, and pay proper attention to a correct walking style. The training may be finished by running a couple of laps with the knees well raised.

To select the proper kind of shoes is, of course, important. Shoes with broad noses and low heels are to be preferred.

* * * * *

The following article, which gives a positive image of racewalking, was run on the front page of the Helena, Montana newspaper on Feb. 11 Jonathan Matthews, the subject, notes that: "As is the case anytime one talks with a reporter, there are some small errors in the article. However, Amber Kuehn did a fine job overall."

While many Americans were preparing food for their Super Bowl parties this past Sunday, Helena's Jonathan Matthews set out to accomplish something he never really thought possible for someone his age. Matthews, a 53-year-old Education professor at Carroll College, took part in USA Track & Field's 50 Kilometer National Racewalking Championship, held in Surprise, Ariz., on Feb. 7. That morning, with temperatures hovering in the mid-60s, Matthews crossed the finish line in 4 hours, 23 minutes and 15 seconds, good enough for second place, just 13 seconds out of the lead.

"The guy who won this race is 29," Matthews said. "Aging apparently hasn't knocked me down. I was surprised by the result. "With the top-five finish, Matthews qualified to represent the U.S. in the most prestigious racewalking event outside of the Olympics. He will compete in the International Association of Athletics Federations' Racewalking World Cup, featuring competitors from 70 nations, in Chihuahua, Mexico in May. With winner Steven Quirke of Wisconsin unable to attend, Matthews will be the top American competitor.

"I'm willing to bet I'll be the oldest guy by a lot of years," Matthews said. "Probably out of the whole world. I just want to prove it's possible to do well when you're older." The top competitors in racewalking tend to be in their 20s. When Matthews was 36 years old, he won the national race and continued to stay near the top for the next seven years. He temporarily gave up the sport to spend more time with his wife and kids in 2000, after finishing fourth in the Olympic trials and just missing out on the Games. Matthews continued light fitness workouts and mountain biking during his time away from racewalking, but decided to start training seriously again when he turned 50.

"I decided it might be fun and good for my health to try to get back in shape," he said, adding that the past few months he has averaged 70 miles per week racewalking at Nature Park and Vigilante Stadium. While racewalkers are going 30 percent slower than the average runner, Matthews said what few people realize is that racewalking is just as difficult. The mental concentration and focus on technique is more critical when racewalking, and because to one's eyes it appears the feet never really leave the ground, the physical toll it takes

on the body can be much greater. The legs are kept straight, and one rule in racewalking is that the athlete's back toe cannot leave the ground until the heel of the front foot has touched.

Matthews first got into the sport because of injuries. He sustained injuries during his prep years running track and cross country, then became involved in bike racing. He made the U.S. national bike racing team, but a bad crash that sent him face-first into the pavement made him think twice about that sport.

"I became aware of the violence inherent in bike racing and how dangerous it can be," he said. "I didn't want to swim. So then I decided racewalkers don't have those same kinds of injuries and yet it would be just as intense."

Now, Matthews is thrilled he decided to get back into competition after 10 years in retirement from the sport. On Sunday, Matthews led from the first kilometer until the 48th kilometer, being passed in the last mile of the 31-mile race by Quirke. His lead stretched to over a minute ahead of second place for much of the race, and three national team members dropped out during the several hours spent chasing him.

"I was hoping for a top -five finish," Matthews said. "I thought that some of the guys who dropped out were probably going to beat me. The amazing thing is, I didn't think at 53 I'd be able to (do that well)." In addition to winning the silver medal, \$3,000 in prize money and a berth in the World Cup, Matthews set several records for his age group. As he crossed the finish line, he broke Mark Green's 2007 national mark by 14 minutes.

Last year, Matthews also set new racewalking records in the Senior Olympics National Championships and in the Huntsman World Senior Games. While proud of those accomplishments, Matthews is most excited about what he experienced this past weekend at age 53.

"Racing 31 miles at one's limit takes a lot of toughness," Matthews said, "as does doing speed work on the track under three layers of clothing at 15 degrees. "During the race I kept in mind how hard I'd worked to get ready for it, so there was no point being timid. I was prepared to give everything I had. It ended up being a great day, though I wish I somehow could've figured out how to be 14 seconds faster."

LOOKING BACK

45 Years Ago (From the March 1965 ORW)—This was the first ever edition of the ORW. In it, we reported Dr. John Blackburn as the winner of the New Year's Eve 6 Mile Handicap, which became the First Annual race the following year when we conducted the second annual. With a 5-minute start, Doc finished a full minute ahead of son Jack in 49:32. Jack's 50:32 was the fast time on the rather treacherous course (including a mud run) at the Indian Village Day Camp where Jack lived at the time. Nearly 30 seconds behind came a hobbling Jack Mortland. Later, Mortland won the first-ever indoor walking race in Columbus, a 2 miler, in 14:49, beating Jack B by 0.1 second. . . Blackburn came back a month later to beat the Mort outdoors, 14:21 to 14:24. . . In between, Mortland captured a 10 miler in 1:20:48. As you can see, all we had in that first issue was local stuff, but that quickly changed.

40 Years Ago (From the March ORW 1970)—There were two American records to report. Larry Walker did 13:20.2 for 2 Miles (outdoors) and Dave Romansky covered 20 Km on the track in 1:30:12. In that race, Steve Hayden was second in 1:32:06 and John Knifton third in 1:35:53. Romansky covered his final mile in 6:55. . . Greg Diebold won the IC4A indoor 1 Mile in 6:41, beating Clarence Bushart by 1 second. . . Bob Kuchar won the National Junior 50 Km in 5:18:57

35 Years Ago (From the March 1975 ORW) —Paul Steward won the IC4A indoor mile title in

7:10.8. The collegiate race is no longer contested. . . Karl-Heinz Stadtmüller stormed around an indoor track in East Germany to complete 10 Km in 41:37, a World's indoor best. . . We published a brief capsule of the ORW history, noting that we started out charging \$1.20 per year. (Postage was considerably cheaper then.)

30 Years Ago (From the March 1980 ORW)—Todd Scully won the first ever National Athletics Congress walking title (they were previously National AAU titles and are now USATF titles) as he captured the Indoor 2 Mile in 12:35.1, just 3 seconds off the world's best. Jim Heiring, who went on to win a few titles of his own, was second in 13:43.3, with Bruce Harland third in 13:07 and everyone else way back. . . The women's 1 Mile went to Sue Brodock in 7:06.9, ahead of Sue Liers in 7:11.3 and Ester Lopez in 7:21.8. (Ed. In later years in the Looking Back feature, I suggested that the chances are Brodock actually won the first TAC walking title, since the women's race usually went off first. I then asked for anyone who was there to provide the definitive answer to this provocative question. If I ever received an answer, I have forgotten it. So, I'll pose the question again—who was first, Todd or Sue?). . . Scully also won the Olympic Invitational 1500 meter race in 5:41 and the IC4A 1 Mile title went to Jerry Katz in 6:30.6, ahead of Mike Morris, Gerald Pollet, and Troy Engle, all under 6:45. . . Heiring had a quick 43:53.4 for 10 Km in California, with Dan O'Connor recording the same time. . . Carlo Mattioli had an 18:59.2 indoor 5 Km in Italy, and a lot of Russians went under 40 minutes for 10 Km indoors, led by Viktor Semenov's 39:21.

25 Years Ago (From the March 1985 ORW)—Marco Evoniuk was an easy winner in the TAC 20 Km race with a 1:28:40 in Monterey, Cal. Sam Shick trailed by more than 6 minutes, with Steve DiBernardo right on his heels. Lori Maynard won the women's race in 1:58:07, just over a minute ahead of Jolene Steigerwalt. Mary Baribeau was third in 2:00:37. . . Tom Edwards broke the American indoor record for 5 Km in winning the Intercollegiate at Princeton in 20:17.55. Ed O'Rourke was second in 21:22. . . Ray Funkhouser covered 20 Km in 1:30:07 in Long Branch, N.J.

20 years ago (From the March 1990 ORW)—Mikhail Schennikov (19:45.28—rather pedestrian for him) and Igor Plotnikov (19:48.71) finished one-two in the 5 Km at the USA-Great Britain-USSR indoor 5 Km in Cosford, England. Britain's Andy Drake was third in 19:57.72 and Dave McGovern fourth in 20:57.68. . . Gretchen Eastler (7:23.54) and Paul Tavares (6:30.39) won National Scholastic 1 Mile titles in Syracuse. Tim Seaman was fourth in the boy's race.

15 Years Ago (From the March 1995 ORW)—Michelle Rohl and Allen James won US Indoor titles in Atlanta. Michelle's 13:04.99 left Victoria Herazo 7 seconds back in the women's 3 Km, with Joanne Dow third. James took the 5 Km in 20:16.47, 13 seconds ahead of Jonathan Matthews, with Rob Cole another 7 seconds back. Chad Eder and Gary Morgan were also under 21 minutes in fourth and fifth. . . Mexico's Graciela Mendoza beat Rohl to win the Pan American Games 10 Km in Argentina with a 46:31.93. Michelle had 46:46.52. . . James won the Millrose Games Indoor 1 Mile title in 5:52.75 with Matthews 2 seconds back. Wojciech and Lukasz were third and fourth ahead of Gary Morgan and Sean Albert all between 6:03 and 6:10. . . Kevin Eastler did 6:11.98 to win the National Scholastic Mile in Syracuse. Lisa Krutzing won the girl's race in 7:24.67. . . Mikhail Schennikov set a World's 6 Km Indoor record with an 18:07.68 in Moscow. . . Kerry Saxby and Nick A'Hearn won Australian titles at 10 and 20 Km in 43:53 and 1:22:35.

10 Years Ago (From the March 2000 ORW)—Tim Seaman won his third straight National Indoor 5 Km title in 19:32.11, leaving Curt Clausen nearly 22 seconds back. Al Heppner was

a distant third. Michelle Rohl won the women's 3 Km title in 12:51.17, 18 seconds ahead of Jill Zenner with Debbi Lawrence third. . . In Lima, Peru, Andrew Hermann finished a centimeter or so behind Olympic Champion Jefferson Perez in a 20 Km as both clocked 1:30:50. Curt Clausen was third in 1:31:24. The next day, Clausen captured a 35 Km race in 2:57:55, both races contested in hot conditions. . . Sara Stevenson won the NAIA Indoor 3 Km in 14:02.85, a minute ahead of Katie Rulapaugh. The men's race went to Lachlan McDonald in 13:04.48 and his U. of Wisconsin-Parkside teammates, Matt DeWitt, Steve Quirke, and Jim Heys took the next three spots. . . Jesus Garcia won the Spanish 50 Km title in 3:45:14, just 43 seconds ahead of Mikel Odriozola. . . Russia's Vladimir Boidatchenko won a 200 Km race in France in 22:19:50. . . In Italy, Alessandro Gandellini raced to an 18:27.15 indoor 3 Km win, 7 seconds ahead of Giovanni DiBenedictis. . . And in Dudince, Slovakia, Finland's Valentin Kononen became the sixth fastest 50 Km walker of all time with his 3:39:34 performance. Not to mention a 2:06:20 for 35 Km by Italy's Marco Giungi.

5 Years Ago (From the March 2005 ORW)—The first events of the 2005 IAAF Challenge series were held in Tijuana, Mexico with German's Melanie Seeger, Australia's Nathan Deakes, and Norway's Trond Nymark nabbing victories. Seeger did 1:30:48 for 20 Km, scoring an easy win over Australia's Jane Saville with Italy's Elisa Rigauda third. In the men's 20, Deakes beat Mexico's Omar Segura by 17 seconds as he crossed the line in 1:21:28. Bernardo Segura was third for the home country, just a second behind Omar and 7 seconds ahead of Spain's Juan Molina. Nymark walked 50 in 3:46:05, more than 2 minutes ahead of Spain's Jesus Garcia with Mexico's Omar Zapeda another 2 minutes back in third. . . Ohio's Matt Boyles won the NAIA Indoor 3 Km title in 12:30.51, 49 seconds ahead of Patrick Stroupe. Boyles also finished third in the 5000 meter run with a 14:54.86. . . Deakes won the Australian 20 Km in 1:19:39, 2 minutes ahead of Luke Adams. . . Chinese Championships went to Chaohong Yu in 1:19:15 and Jiang Jing in 1:27:19. . . Russian Winter titles went to Vladimir Parvatkin (1:18:06), Irina Pudovkina (1:26:28), and Vladimir Kanaykin (2:23:17 for 35 Km)

Neologisms

As we launch our 46th year of monthly reports on the sport of racewalking (something we never faintly imagine as we threw together that first issue in March 1965), we offer a final bit of filler having nothing to do with the sport. But it's mildly entertaining and avoids leaving a disturbing blank space. Herewith, a few selections from the *Washington Post's* yearly contest in which readers are asked to supply alternative meanings for common words.

Coffee (n.), the person upon who one coughs.

Flabbergasted (adj.), appalled over how much weight you have gained

Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.

Lymph (v.), to walk with a lisp.

Gargoyle (n.), olive-flavored mouthwash.

Balderdash (n.), a rapidly receding hairline.

Testicle (n.), a humorous question on an exam.

Frisbeetarianism (n.), The belief that when you die, your soul flies up onto the roof

Circumvent (n.), an opening in the front of boxer shorts worn by Jewish men.