

## Nunn, Michta, Barron, Sorensen Win At Nationals

Des Moines, Iowa—John Nunn and Maria Michta scored big wins in the USATF National T&F meet in the 20 Km racewalks. Junior 10 Km titles went to Trevor Barron and Nicolette Sorensen. Nunn, who has been in the top four in this race for most of the decade and second on three occasions, finally broke through to take the gold in 1:29:21.60. Tim Seaman, defending champion and six time winner of the event, was nearly 4 minutes back in second with Patrick Stroupe third.

Michta, who won her first U.S. title earlier in the year in the Indoor 3000, walked a superb race in the hot, steamy conditions as she left J46-year-old Joanne Dow well back. Michta finished in 1:39:46. The other great veteran, Teresa Vaill (47), who has been trading the title with Dow in recent years, led early, but did not finish. Lauren Forgues was third.

In the Men's Junior 10, Trevor Barron and Tyler Sorensen both achieved qualifying times for the 2011 World Juniors, Barron winning in 42:58.62. Sorensen was 55 seconds back. Matt Forgues, Lauren's brother, edged Josh Haertel by just 2 seconds for third.

Nicolette Sorensen, Tyler's younger sister (just 14), controlled the Junior women's race, and finished more than a half-minute ahead of Abby Dunn in 56:25.49. Here is what the junior winners had to say after the race.

Trevor Barron: "It was OK out there today. My goal coming in was to go under 42 minutes so I'm a little disappointed that didn't happen. But I've been having some tough workouts lately."

Nicolette Sorensen: "It was difficult out there today. It got really hot. I just decided to go out slow and I kept my pace and everyone just fell back and I was able to stay with it. I'm really happy. Especially since I'm the youngest one out here. I'm just so excited."

**Junior Women's 10 km, June 26:** 1. Nicolette Sorensen, un. 56:25.49 2. Abby Dunn, Maine RW 56:58.16 3. Rachel Zoyhofski, un. 57:46.85 4. Maite Moscoso, Lake Brantley HS 57:52.81 5. Rachel Phillips, un. 57:53.41 6. Reini Brickson, Miami Valley TC 58:13.24 7. Jennifer Thuotte, Maine RW 58:17.27 8. Erika Shaver, Miami Valley TC 59:45.40 9. Molly Josephs, Walk USA 59:54.32 10. Courtney Williams, Maine RW 60:15.14 11. Nicole Court-Menendez, Maine RW 61:42.56 12. Diana Quinde, un. 63:07.55

**Junior Men's 10 Km, June 26:** 1. Trevor Barron, NYAC 42:58.62 2. Tyler Sorensen, un., Cal. 43:53.39 3. Matthew Forgues, Maine RW 47:45.51 4. Joshua Haertel, un. 47:47.42 5. Alejandro Chavez, South Texas WC 48:14.66 6. Evan Vincent, Maine RW 50:24.59 7. John Randall, Miami Valley TC 52:38.65 8. Mitchel Brickson, Miami Valley TC 53:21.31

**Women's 20 Km, June 27:** 1. Maria Michta, Walk USA 1:39:46.12 2. Joanne Dow, un. 1:43:18.14 3. Lauren Forgues, un. 1:44:37.56 4. Erin Gray, Track City TC 1:45:19.71 5. Stephanie Casey, un. 1:47:06.85 6. Miranda Melville, Wisconsin-Parkside 1:48:15.48 7. Susan Armenta, New Balance 1:49:44.19 8. Katie Burnett, un. 1:51:23.25 9. Susan Randall, World Class RW 1:53:18.53 DNF—Janelle Brown, un. and Teresa Vaill, Walk USA

**Men's 20, June 27:** 1. John Nunn, US Army 1:29:21.60 2. Tim Seaman, NAYC 1:33:10.21 3.



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Patrick Stroupe, Kansas City Smoke 1:34:53.30 4. Ben Shorey, un. 1:36:09.68 5. Michael Tarantino, un. 1:36:55.58 6. Jose Moncada, Southeastern PA AC 1:38:21.21 7. Dan Serianni, World Class RW 1:39:45.73 8. Mike Mannozi, Notre Dame College, Ohio 1:42:42.98 DQ-Josh Wiseman, Cedarville U. DNF-Ray Sharp, Pegasus AC and Kris Shear, Cornerstone  
 (Mick Dewitt 1:37:38)

### Three More Challenge Races Highlight International Scene

Since we last came to you, three more IAAF Racewalking Challenge races have taken place. First was a 10 Km event in Krakow, Poland on May 30 with Russia's Olga Kaniskina and China's Yafei Zhu emerging as winners.

In the women's race, Germany's Melanie Seeger was in the lead for three kilometers before Kaniskina took over. While controlling the pace from there on, the two-time World Champion and reigning Olympic champion at 20 Km could never drop her determined German antagonist. But she finally prevailed by 2 seconds, winning in 43:03. China's Liu Hong was a distant third.

The men's race was highly competitive with Norway's Erik Tysse, Zhu, Ireland's Robert Heffernan, Poland's Grzegorz Sudol, Mexico's Eder Sanchez, and Colombia's Luis-Fernando Lopez in a tight pack for much of the race. Zhu was able to hold off Sanchez in the closing stages, winning in 38:40 with the Mexican just 6 seconds back. Lopez was a clear third, followed by Sudol, Tysse, and Heffernan in a tight race for fourth.

The results:

Women: 1. Olga Kaniskina, Russia 43:03 2. Melanie Seeger, Germany 43:05 3. Liu Hong, China 43:47 4. Jess Rothwell, Australia 44:05 5. Olive Loughnane, Ireland 44:08 6. Zuzana Malikova, Slovakia Rep. 44:43 7. Agnieszka Dygacz, Poland 45:12 8. Susana Feitor, Portugal 45:26 9. Yelena Shumkina, Ukraine 45:47 10. Paulina Buziak, Poland 45:58 11. Cheryl Webb, Australia 47:14 12. Maria Czakova, Slovak Rep. 49:04 13. Lucyna Chrusgel, Poland 50:54 14. Monika Nawrocka, Poland 50:50 15. Marta Stasiewicz, Poland 53:13 16. Kinga Osiniak, Poland 55:47 (1 DQ)

Men: 1. Yafei Zhu, China 38:40 2. Eder Sanchez, Mexico 38:46 3. Luis-Fernando Lopez, Colombia 39:06 4. Grzegorz Sudol, Poland 39:14 5. Erik Tysse, Norway 39:17 6. Robert Heffernan, Ireland 39:21 7. Juan-Manuel Molina, Spain 39:25 8. Rafal Fedaczynski, Poland 39:33 9. Rafal Augustyn, Poland 39:47 10. Jakub Jelonek, Poland 39:51 11. Jamie Costin, Ireland 39:56 12. Hao Wang, China 40:21 13. Sergey Kiryapkin, Russia 40:23 14. Fanguang Xu, China 40:26 15. Trond Nymark, Norway 41:17 16. Lukasz Nowak, Poland 41:40 17. Rafal Sikora, Poland 41:40 18. Dawid Wolski, Poland 42:24 19. Lukasz Augustyn, Poland 42:47 20. Adrian Blocki, Poland 43:42 (27 finishers, 1 DQ, 7 DNF).

On June 11, the Challenge series moved to Alytus, Lithuania for 20 Km races. With none of the big names in international racewalking present the winners were France's Herve Davauz and the Slovak Republic's Zuzana Malikova. Here are the results:

**Women:** 1. Zuzana Malikova, Slovak Rep. 1:34:11 2. Snizhana Yurchanka, Belarus 1:40:34 3. Agnese Pastare, Latvia 1:41:32 4. Brigita Virbalyte, Lithuania 1:42:20 5. Neringa Aidietyte, Lithuania 1:43:43 6. Nastassia Yatsevich, Belarus 1:47:16 (A race like this would have been good to give a U.S. women's team some international travel and experience without being in over their heads.)

**Men:** 1. Heerve Davauz, France 1:26:43 2. Marius Ziukas, Lith. 1:28:23 3. Ato Ibvanec, Sweden 1:29:03 4. Vitaly Talankou, Belarus 1:29:37 5. Alexandros Papamihail, Greece

1:30:52 6. Arnis Rubenieks, Latvia 1:32:24 7. Valerijus Grinko, Lith. 1:34:42 8. Maciej Rosiewicz, Poland 1:36:09 9. Tomas Gaidamaviciu, Lith. 1:36:39 10. Ricardas Rekst, Lith. 1:37:01 (17 finishers, 2 DQ, 3 DNF) (Likewise a U.S. men's team might have benefitted.)  
**Uner 20 10 Km** (Not a Challenge race): 1. Genadij Kozlovskij, Lith. 45:13 2. Andrzej Lobaczewski, Poland 46:29 3. Mieczyslaw Romanowski, Poland 46:49 4. Akim Ovsjannikov, Estonia 47:19 5. Marcel Faber, Slovak Rep. 47:54 6. Aleksis Ljala, Finland 47:57 (12 finishers)  
**Under 18 10 Km:** 1. Marius Sovelskiu, Lithuania 45:12

Finally, on June 20, Challenge races were held in La Coruna, Spain—men's and women's 20 Km. Yafei Zhu won the men's race and Spain's Beatriz Pascual the women's. Zhu defended his men's title winning in 1:21:11. Pascual was scoring her first ever win in a Challenge race in 1:28:05, the second best time of the 28-year-olds career.

In the men's race, a large lead pack cruised through the first 5 Km in 20:34 on the flat 1-m loop. Leading protagonists in the pack were Zhu, his countryman Hao Wang, the Aussie duo of Jared Tallent and Luke Adams, Colombia's Luis Lopez and Mexico's Eder Sanchez. They reached 10 Km in 40:54 and there were no major changes until the 15 Km point. At that point Zhu and Wang broke away with only Lopez able to hang with them. The trio was still together as they started the final 1000 meters. Wang had to tread cautiously with two warnings.

In a battle all the way to the finish, Zhu proved the quickest, but with little to spare as Lopez finished in 1:21:12 and Wang in 1:21:13. Never far back of the leading trio, Sanchez finished in 1:21:16. The Aussies dropped back finishing in 1:21:31 (Tallent) and 1:21:35 (Adams). Zhu declared: "Today was a fantastic and tough win. I'm just competing at several events across Europe but my primary goal for this year is the Asian Games to be held in November in Guangzhou, China. Before that, I'll also take part at the IAAF World Challenge Final in Beijing in September." After his win in Krakow, Zhu and his colleagues had travelled to Italy for a training stint with former World and Olympic champion Maurizio Damilano.

The women's race opened at a brisk pace with a 5 Km split of 22:14 for the Portuguese trio of Vera Santos, Ines Henriques, and Ana Cabecinha, Ireland's Olive Loughnane, and Pascual. By 10 Km, Pascual had moved ahead, going through in 44:09 with a seven-second lead. Santos was second. Loughnane in fourth trailed by 37 seconds.

From there, Pascual was unchallenged. Loughnane overhauled Santos with 6 kilometers to go, but made little inroad on Pascual's lead, finishing 31 seconds back, but 20 ahead of Santos. Henriques was fourth in 1:29:36.

"My 2010 season was not going too well," noted Pascuals, "so this was a huge morale booster thinking of next month's European Championships in Barcelona. I suffered a knee injury last November and could only resume full training in March. My two-week training camp in Font Romeu just ahead of today's event has proved to be positive so I plan now to return there for another two weeks." The results:

**Women:** 1. Beatriz Pascual, Spain 1:28:05 2. Olive Loughnane, Ireland 1:28:36 3. Vera Santos, Portugal 1:28:56 4. Ines Henriques, Port. 1:29:36 5. Julia Takaas, Spain 1:30:14 6. Liu Hong, China 1:30:26 7. Johanna Jackson, Great Britain 1:30:41 8. Susana Feitor, Port. 1:30:47 9. Jess Rothwell, Australia 1:30:53 10. Claire Tallent, Australia 1:32:02 11. Kumi Otsoshi, Japan 1:32:20 12. Masumi Fuchise, Japan 1:32:43 13. Anihua Pinedo, Spain 1:34:05 14. Fumika Kiryu, Japan 1:39:11 15. Eva Gonzalez, Spain 1:39:36 DNF—Ana Cabecinha, Portugal; Laura Reynolds, Ireland, Veronic Diez, Spain. DQ—Cheryl Webb, Australia  
**Men** 1. Yafei Zhu, China 1:21:11 2. Luis Lopez, Colombia 1:21:12 3. Hao Wang, China 1:21:13 4. Eder Sanchez, Mexico 1:21:16 5. Jared Tallent, Australia 1:21:31 6. Luke Adams, Australia 1:21:35 7. Massanine Sebei, Tunisia 1:21:47 8. Juan Manuel Molina, Spain 1:21:57 9. Maik Berger, Germany 1:22:26 10. Fredy Hernandez, Colombia 1:22:28 11. Herve Davauz, France 1:22:29 12. Isamu Fujisawa, Japan 1:22:51 13. Joao Vieira, Portugal 1:22:54 14. Pedro



Gomez, Mexico 1:23:27 15. Sergio Vieira, Portugal 1:23:48 16. Jesus Angel Garcia, Spain 1:24:04 17. Faguang Xu, China 1:25:33 18. Chil-Sng Park, Korea 1:26:01 19. Francisco Arcilla, Spain 1:26:35 20. Pedro Isidro, Portugal 1:28:21 21. Claudia Villanueva, Spain 1:29:00 22. Yusuke Yachi, Japan 1:31:11 (24 finishers, 6 DNF, including Ivano Brugnetti, Italy)

**Challenge Standings** (After 19 events and with only the Challenge Final in September to go):

**Women:** 1. Vera Santos, Portugal 40 2. Melanie Seeger, Germany 30 3. Ines Henriques, Portugal 25 4. Yanfei Li, China 23 5. Beatriz Pascual, Spain and Olive Loughnane, Ireland 16 7. Ana Cabecinha, Portugal 15 8. Johanna Jackson, GB 15 9. Julia Takacs, Spain 14 10. Liu Hong, China and Jess Rothwell, Australia 13

**Men:** 1. Yafei Zhu, China 40 2. Erik Tysse, Norway 34 3. Matej Toth, Slovak Rep. 30 4. Han Wang, China; Luis Lopez, Colombia, and Jared Tallent, Australia 26 7. Eder Sanchez, Mexico 23 8. Yohan Diniz, France 16 9. Ding Chen, China 15 10. Robert Heffernan, Ireland 14

## Veterans Rule At National 10

Albany, N.Y., June 5 (As reported by Allen James, but in our editor's words)—On a hot muggy day, three veterans on the plus side of 40 dominated the National 10 Km walk as none of the top dogs in our limited stable of elite walkers showed up. Only Dan Serianni, still short of age 20, managed to challenge those three vets.

The three, Allen James, Dave McGovern, and Teresa Vaill quickly separated themselves from the pack even though they went through the first kilometers in just 4:49. They stayed together for another kilometer in 4:40, and then James ramped up the pace with three consecutive kilometers in 4:33, which separated the top four from one another. James went on to record a winning time of 46:39 with McGovern coming second in 47:22, just 2 seconds ahead of Vaill, who copped the women's title, her 39th National championship dating back to 1984, 20 of those coming since she turned 40. Serianni, in the midst of hard training for the National 20, took fourth in 48:48, with 50-year-old Dave Talcott fifth in 50:42 and 17-year-old Alejandro Chavez sixth in 51:24. Erin Taylor-Talcott was the second woman in 56:42. (Apparently there has been a marriage since Erin last competed.) The results, as sent to me, follow. You can separate out the men and women.

1. Allen James (46) 46:39 2. Dave McGovern (44) 47:22 3. Teresa Vaill (47) 47:24 4. Dan Serianni (19) 48:48 5. Dave Talcott (50) 50:42 6. Alejandro Chavez (17) 51:24 7. John Soucheck (44) 52:24 8. David Swarts (45) 52:51 9. Dan O'Brien (45) 53:14 10. Omar Nash (36) 53:35 11. Marin Perez (44) 55:57 12. Jonathan Hallman (16) 56:29 13. Erin Taylor-Talcott (32) 56:42 14. Robert Keating (63) 56:47 15. Marcel Jobin (68), Canada 57:39 (One of Canada's all-time greats, who, to my knowledge has not raced for many years) 16. Bill Reed (57) 58:37 17. Rebecca Benjamin (44) 61:32 18. Rachael Phillips (19) 62:26 20. Debbi Topham (57) 63:27 21. Sharon O'Leary, Canada (41) 64:21 22. Susan Fassett (47) 64:33 23. Bruce Logan (45) 64:47 24. Tom Quattrocchi (59) 65:18 25. Don Knight (64) 65:28 26. Barry Fowler (53) 65:53 27. Marshall Sanders (69) 66:40 28. Panseluta Geer (63) 67:17 29. Lynn Phillips (60) 67:43 30. Tom Knatt (69) 69:38 31. Walda Tichy (69) 73:58

## Seaman Adds Another National Title

Riverside, Cal., May 16—In pretty much a solo effort, Tim Seaman won his 44th National Racewalking title in today's 15 Km championship race. On an overcast day, Tim finished in 1:06:36, nearly 3 minutes ahead of second-place Mike Tarantino. Third place went to an unknown to me 26-year-old from Florida, Yandy Alvarez, who was nearly 8 1/2 minutes behind Tarantino. The women's title went to Vicki Pritchard, 51, in 1:34:56, with 52-year-

old Dawn Tenney, a fellow Arizonan given the same time in second. The results.

**Men:** 1. Tim Seaman, NYAC 1:06:36 2. Mike Tarantino, World Class RW 1:09:31 3. Yandy Alvarez, un., Fla. 1:17:08 4. Chris Schmid, WCRW 1:19:36 (1st 60-64) 5. Rick Holt, un., Cal. 1:21:54 (1st 45-49) 6. Andrew Smith, Pegasus AC 1:22:24 (2nd 60-64) 7. Norm Frable, Pegasus 1:25:49 (3rd 60-64) 8. Pedro Santoni, SC Walkers 1:26:36 (1st 50-54) 9. James Kurzman, SC Track Club 1:31:09 (2nd 40-44) 10. John Magnussen, SC Walkers 1:33:52 (1st 55-59) 11. Alex Kazaryan, WC of LA 1:35:32 (2nd 55-59) and Rick Campbell, SCTC (4th 60-64) 1:35:31 13. C. Marcus McCarty, un. Ariz 1:37:50 (3rd 45-49) 14. James Beckett, Marin RW 1:37:58 (1st 70-74) 15. David Crabb, un., Nevada 1:39:48 (1st 65-59) 16. John Backlund, SCTC 1:40:29 (2nd 70-74) 17. Ray Billig, SC Walkers 1:41:42 (2nd 50-54) 18. Wayne Wurzbarger, SC Walkers 1:43:20 (2nd 65-59) 19. Art Morrow, SCTC 1:46:32 (4th 40-54) 20. Jack Starr, Phil. Masters 1:46:47 (1st 80-84) 21. Patrick Bivona, Inland Empire RW 1:48:04 (3rd 65-59) 22. Cliff Elkins, World Class WR 2:03:15 (1st 75-59) 23. Bernie Finch, SCTC 2:06:39 (4th 70-74) (2 DQ)

**Women:** 1. Vicki Pritchard (1st 50-54), World Class RW 2. Dawn Tenney (52), un., Ariz. (2nd 50-54) 1:34:56 3. Louise Walters, Sierra RW (1st 70-74) 1:39:11 4. Mary Baglin, Pacific RW (1st 60-64) 1:40:33 5. Ellie Kallal, AzTech Racing (1st 65-59) 1:40:39 6. Jolene Steigerwalt, SCTC (2nd 65-59) 1:44:24 7. Sandra DeNoon, Florida AC (3rd 50-54) 1:45:54 8. Lili Haba (14) 1:46:50 9. Darlene Backlund, SCTC (2nd 60-64) 1:46:37 10. Rebecca Carson, World Class RW (1st 45-49) 1:48:22 11. Kathy Frable, SCTC (3rd 60-64) 1:51:55 12. Sandra Hults, Florida AC (3rd 65-59) 1:52:56 13. Carol Alexander, World Class RW (4th 50-54) 1:53:12 14. Susan Ojanen, World Class RW (5th 50-54) 1:58:17 15. Diane Brandt, World Class RW (4th 60-64) 2:01:01 16. Joan McIntyre, Weasy Striders (2nd 70-74) 2:04:31 17. Lorraine Berger, World Class RW (1st 40-44) 2:05:08 18. Jenny Dean, Inland Empire RW (1st 55-59) 2:11:48 19. Claire Elkins, World Class RW (1st 80-84) 2:23:46

## Other Results

**20 Km, Maine, May 23**—1. Matthew Forgues 1:41:18 2. Lauren Forgues 1:40:53 (1 DNF) Results from various high school conference and sectional meets throughout the state of Maine:  
**1600 meters, Maine, May 28**—1. Ali Desjardin 9:01.95 2. Caitly Gamache 9:33.92 3. Loindsey Whitney 9:15.12 (15 finishers, 2 DQ) **Boy's 1600, same place**—1. Matthew Forgues 6:50.27 2. Patrick LaChance 9:11.80 (6 finishers) **Boy's 1600, Maine, May 29**—1. Jared Sleeper 7:05.01 2. Finn Ondeson 7:06.47 3. Austin Michaud 8:00.80 4. Jake Michaud 8:15.11 (8 finishers) **Girl's 1600, same place**—1. Paige Small 8:09.08 2. Emily Soderberg 8:13.27 3. Casey Pray 8:44.87 (12 finishers) **Girl's 1600, Maine, May 29**—1. Jenifer Thuotte 7:47.96 2. Katie Flanders 8:23.04 3. Courtney Cunningham 8:39.22 (9 finishers), **Boy's 1600, same place**—1. Leiv Johnson 7:22.58 2. Nate Bucknell 7:59.52 3. Alex Thuotte 7:59.83 4. Dan Allaire 8:01.62 5. Ryan Baillargeon 8:06.16 6. Tom Restoone 8:07.63 **Boy's 1600, Maine, May 29**—1. Charlie Swardlow 7:52.53 2. Adam Healey 8:31.11 (11 finishers, 1 DQ) **Girl's 1600, same place**—1. Breanna Harlow 9:20.30 2. Catherine Sevigny 9:20.90 (14 finishers, 1 DQ) **Girl's 1600, Maine, May 29**—1. Abby Dunn 7:33.66 2. Karry Cummings 8:00.69 (8 finishers) **Boy's 1600, same place**—1. Adam Robinson 8:18.83 (5 finishers, 1 DQ) **Girl's 1600, Maine, May 29**—1. Courtney Williams 8:03.93 2. Riley Jones 8:19.72 (10 finishers, 1 DQ) **Boy's 1600, same place**—1. Evan Vincent 6:54.73 2. Artem Down 8:12.70 (7 finishers, 3 DQ) **Sectional Hi>s. 1500 meters, White Plains, N.Y., May 27**—1. Caitlin Lardaro 7:37.69 2. Amanda Borok 7:47.82 3. Sarah Appelbaum 8:02.52 (13 finishers, 1 DNF) **County Championships, 1500 meters Westchester, N.Y., May 15**—1. Crosby Tillman 7:41.69 2. Amanda Borok 7:52.05 3. Renate Leone 8:12.28 4. Sarah Appelbaum 8:12.85 (18 finishers, 3 DQ) **Suffolk County, N.Y. 1500, May 24**—1. Suzy Farber 6:55.94 2. Amy Cheung 7:07.63 3. Destiny Lalane 7:10.804 4. Jennifer Halloran 7:14.40 5. Amanda Caterall 7:19.92 6. Jourdan Green



7:27.80 (18 finishers, 15 under 8:00) **New York City Public Schools 1500, Staten Island, N.Y.**—1. Sandi Cheng 7:24.15 2. Diana Quinde 7:39.25 3. Yangchen Dolma 7:57.36 4. Aimey Yu 7:59.01 (16 finishers, 1 DNF) **Sectional Championships 1500, Port Jefferson, N.Y., June 5**—1. Amy Cheung 7:00.39 2. Jennifer Halloran 7:06.64 3. Danielle Opatovsky 7:06.90 4. Kelly Maranchuck 7:14.43 5. Jourdann Green 7:18.30 6. Bianca Pessoa 7:29.25 7. Donna Macaluso 7:32.48 8. Amanda Catherall 7:49.87 (14 finishers, 3 DNF, q DQ) **14 Km Handicap, Lakewood, N.J., May 30 (Actual times shown)**—1. Ben Ottmer (76) 1:45:29 2. Victor Martinez (50) 1:55:51 3. Phyllis Wenslauckas (61) 4. William Meixner (60) 1:46:39 5. Susan Midaugh (55) 1:54:59 6. Ralph Garfield (74) 1:54:59 7. Dorit Attias (48) 1:39:29 8. Ron Salvio (61) 1:41:10 9. Elliott Denman (76) 2:05:24 **5000 meters, Mahwah, N.J., June 18**—1. John Soucheck (44) 25:53 2. Tom Quattrocchi (59) 32:24 3. Manny Eisner (69) 32:50 4. Randy Miller (48) 33:21 5. John Fredericks (62) 33:46 **National H.S. 1 Mile, Greensboro, N.C., June 18**—1. Jennifer Halloran, N.Y. 7:35.01 2. Abby Dunn, Maine 7:38.18 3. Suzy Farber, N.Y. 7:46.44 4. Maite Moscoso, Fla. 7:49.96 5. Jennifer Thuotte, Maine 7:48.08 6. Danielle Opatovsky, N.Y. 7:50.34 7. Courtney Williams, Maine 7:58.62 8. Amy Cheung, N.Y. 8:06.94 9. Nicole Court-Menendez, Maine 8:13.27 10. Amberly Melendez, Ties 8:16.26 11. Annie Schide, Maine 8:20.00 12. Genny Spuhler, N.Y. 8:32.14 (18 finishers) **Boys—1. Evan Vincent, Maine 7:10.50 2. Jonathan Hallman, S.C. 7:17.07 3. Christian Malarsie, Maine 7:52.59 4. Aystub Nucgaydm Naube 8:14 5. Gerakdim Flores, Texas 8:27.54 (1 DQ) Ohio 10 Km, Yellow Springs, June 12**—1. Mike Mannozi 50:04 2. Omar Nash 52:56 3. Susan Randall 53:17 4. Jessica Ching, Hong Kong 53:44 5. Kyle Hively 54:37.8 6. John Randall (18) 55:21.3 7. Erika Shaver (18) 58:09.3 8. Miriam Jacobs (7) 78:26 9. Barb Hensley (66) 89:17 **10 Km, Dearborn, Mich., May 22**—1. Dan O'Brien 54:23 2. Leon Jasionowski 57:07 3. Bill Reed 59:00 4. Don Knight 66:42 5. Marshall Sanders 67:16 6. Lynn Phillips 67:18 7. Max Green 67:43 (The old warrior returns) 8. Tom Belford 67:56 **Women—1. Debbie Topham 2:24 2. Sherry Watts, Canada 62:59 3. Lynette Heinlein 63:59 4. Becky Benjamin 63:59 5. Sharon O'Leary, Canada 65:43 6. Susan Mora-Fassett 65:44 7. Walda Tichy 73:25 NALA Collegiate 5000 meters Championships, Marion, Indiana, June 1**—1. Nicola Evangelista, British Columbia 25:11.56 2. Alex Lo, McKendree 25:24.09 3. Jessiaa Cheng, Lindenwood 25:31.58 4. Katie Burnett, William Penn 26:22.19 5. Tina Peters, Goshen 26:34.75 6. Janelle Brown, Cornerstone 26:48.93 7. Kelly Clark, Southern Oregon 27:17 8. Amanda Johnson, Lindsey Wilson 27:45 9. Megan Furnish, Lindsey Wilson 28:19 10. Chelsea Conway, Lindsey Wilson 28:47 11. Ciatlin Ambrose, Berea 28:49.19 12. Katie Malinowski, Cornerstone 29:08 13. Bev Larssen, British Columbia 29:51 14. Courtney Spann, Culver Stockton 31:16 15. Carissa Eichmeyer, Hanibal-Lagrange 33:31 **Men: 1. Isaki Gomez, British Columbia 20:30.35 2. Josh Wiseman, Cedarville 21:05.22 3. Mike Mannozi, Notre Dame College 23:04.50 4. Kris Shear, Cornerstone 23:16.44 5. Ricardo Vergara, Lindsey Wilson 24:01.90 6. Roberto Vergara, Lindsey Wilson 24:24.32 7. Jacob Gunderkline, Goshen 24:40.83 8. David Lindemann, Lindenwood 26:19.47 9. David Horst, Goshen 27:07 10. Grant Bacon, Cedarville 27:28 11. Aleksander Jakobsen, Ashford 27:34 12. Joel Pfahler, Cedarville 27:47 DQ—Creighton Connolly, British Columbia; Evan Dunfee, British Columbia; and Paul Ikeda, Cedarville. **5 Km, Denver, May 22**—1. Mike Blanchard (48) 28:49 2. Victoria Herazo 30:18 (First race in a long while for this former national champion and national team member) 3. Marianne Martino (50) 30:47 4. Daryl Meyers (68) 32:45 5. Barbara Amador (60) 33:15 (10 finishers) **10 Km, Denver, May 29**—1. Mike Blanchard 61:35.7 2. Marianne Martino 62:40 3. Rita Sinkovec (70) 74:11.2 **California Senior Games, June 5: Women 60-64**—1. Donna Cunningham 31:45.69 **Women 65-69**—1. Janet Robinson 33:04.56 **Women 70**—1. Shirley Capps 37:08.84 **Men 50-54**—1. Vincent Mejia 33:20.70 **Men 65-69**—1. Patrick Bivona 33:51.05 **Men 70-74**—1. Bob Nyman 34:50 **Men 75-79**—1. Carl Acosta 33:22.46 **5000 meters, San Diego, June 13**—1. Trevor Barron 20:06 (National junior record) 2. Andreas Gustafsson, Sweden 20:09.6 3. Tim**

Seaman 20:45.1 4. Jose Moncada 22:46.1 (2 DQ) **Women—1. Rachel Seaman 25:36.3 2. Katie Barnett 25:36.3 3. Lilian Cordova 29:13 4. Trisha Petraglia 33:35.2 (7 finishers, 1 DQ) 5000 meters, Gresham, Ore., June 19**—1. Rob Frank (57) 27:20.51 2. Bob Novak (61) 28:37.14 3. Stan Chraminsky (62) 29:16.18 4. Dennis Robeson (63) 29:53.83 5. George Opsahl (68) 30:12.43 6. Bart Kale (54) 32:41.15 7. Ron MacPike (77) 36:02.51 8. Dick Vaughn (79) 37:59.03 **Women—1. Katie Grimes (46) 28:06.16 2. Nana Bellerud (50) 30:13.50 3. Bertie August 956) 34:18.29 1 Mile, Gresham, Ore., June 20**—1. Rob Frank 8:08.09 2. Dennis Robeson 8:58.43 3. George Opsahl 9:11.29 5. Ron MacPike 10:57.93 5. Michael Durrell (67) 11:33.25 6. Dick Vaughn 11:50.06 **Women—1. Katie Grimes 8:29.56 2. Carmen Jacinsky (47) 8:38.12 3. Nana Bellerud 8:59.45 4. Donna Lafayette (67) 10:19.51 5. Bertie August 10:41.18 2.8 Miles, Seattle, May 8**—1. Bob Novak (60) 25:40 2. Stan Chraminsky (62) 25:47 3. Ann Tuberg (50) 26:36 4. Rebecca Kettwig (39) 27:47 5. Michelle Cunningham (48) 28:03 **1500 meters, Seattle, June 5**—1. Pradeep Chand 8:15.4 2. George Opsahl 8:41.9 3. Scott Breidenbach (48) 9:14.8 4. Lee Harris (48) 10:05.1 5. Selwyn Singh 10:18.1 6. Paul Kaald (77) 11:31.6 **Women: 1. Ann Tuberg 8:11.7 2. Dora Choi 9:41.8 3. Diane Johnson (67) 9:53.9 3000 meters, same place**—1. Bob Novak 16:50.5 2. Stan Chraminsky 17:05.5 3. George Opsahl 18:10.4 4. Bart Kale 19:57.7 5. Scott Breidenbach 20:02 6. Paul Kaald 23:38.2 **WineB 1, Abb Tuberg 17:48.4 2. Michelle Cunningham 18:41.4 3. Diana Thurman (63) 20:31.9 4. Diane Johnson 20:47.0 2.8 Km, Seattle, June 12**—1. Bob Novak 25:47 2. Stan Chraminsky 25:47 3. Ann Tuberg 26:41 4. Michelle Cunningham 28:43 **1500 meters, Seattle, June 5**—Ann Tuberg 8:11.7 2. Pradeep Chand 8:15.4 3. George Opsahl 8:41.9 4. Scott Breidenbach 9:14.8 5. Dora Choi 9:41.8 6. Diane Johnson 9:53.9 7. Lee Harris 10:05.8. Selwyn Singh 10:18.1 **3 Km, same place**—1. Bob Novak 16:50.5 2. Stan Chraminsky 17:05.5 3. Ann Tuberg 17:47.4 4. Michelle Cunningham 18:41.4 5. Bart Kale 19:15.76. Scott Breidenbach 20:02 7. Diana Thurman 20:31.9 8. Diane Johnson 20:47 **Art Keay Memorial, Toronto, Women's 20 Km**—Maria Michta 1:38:19 (I have no other results yet, on this meet. **Russian National 50 Km, Cheboksary, June 13**—1. Yuriy Andronov 3:56:25 2. Sergey Bakulin 3:58:07 3. Aleksandr Yargunkin 4:03:31 4. Yuri Chesnokov 4:07:08 **Women's 20 Km, same place**—1. Anisya Kirdyapkina 1:26:32 2. Tatiana Sibiliova 1:28:31 3. Svetlana Soloviova 1:30:54 4. Lyudmila Arkhipova 1:31:10 5. Larisa Yemelyanova 1:32:09 6. Malvina Petrova 1:33:15 7. Natalia Graber 1:33:19 8. Antonina Petrova 1:34:16 9. Irina Yumanova 1:35:29 10. Elmire Alembekova 1:35:53 11. Tatian Kovotkova 1:36:52 12. Nellyh Lekareva 1:36:58 (15 under 1:40) **Men's 20 Km, same place**—1. Stanislav Yemelyanov 1:20:49 2. Denis Strelkov 1:21:23 3. Andrei Ruzavin 1:22:26 4. Andrei Trofimov 1:25:03 5. Aleksandr Bibaev 1:25:15 6. Aleksandr Prokhorov 1:25:57 7. Ivan Kuznesov 1:26:21 **Bruno Junk Memorial Walks, Estonia, May 29: Men's 10 Km**—1. Arnis Rumbenieks 42:37.0 2. Dzianis Simanovich, Belarus 44:19.1 3. Lauri Lelumees, Estonia 44:42.6 4. Magnus Luik, Estonia 44:55.0 **Women's 5 Km**—1. Agnese Pastare, Latvia 22:32.2 2. Anita Kazemeka, Latvia 22:52 3. Anita Cuhnova, Latvia 24:56.6 **Belarus-Ukraine Youth Match, Yalta, Ukraine, April 23** (For those born 1993 and later): **Girl's 5000**—1. Alina Galchenko, Ukraine 22:55.47 2. Ludmila Olyanovska, Ukraine 23:08.75 3. Olga Duhovnik, Belarus 24:10.55 **Boy's 10 Km**—1. Igor Lyaschenko, Ukraine 41:10.24 2. Boris Sharharb, Belarus 43:49.86 3. Eugene Zalesiy, Belarus 44:42.18 4. Eugene Tityak, Belarus 44:50.87 5. Igor Puzanov, Ukraine 44:56.54 **5000 meters, Jalasjarvi, Finland, May 29**—1. Jarkko Kinnnen 19:32.78 **European Trials for World Youth Olympics, Moscow, May 22: Girl's 5000**—1. Nadezhda Leonteva, Russia 22:24.95 2. Aline Galchenko, Ukraine 22:25.01 3. Aikaterine Theodoropoulou, Greece 22:33.38 4. Kate Veale, Ireland 23:01.03 5. Katarina Strmenova, ? 23:08.60 6. Diana Kacanava, Lithuania 23:29.65 7. Anna Clemente, Italy 23:50.24 (18 finishers, 2 DQ) **Boy's 10 Km**—1. Ihor Lyaschchenko, Ukraine 41:44.34 2. Pavel Parshin, Russia 42:24.27 3. Nikolay



Ivanov, Russia 43:28.89 4. Yauheni Zaleski, Belarus 44:17.79 5. Marius Savelskis, Lithuania 44:24.76 6. Barys Sharhar, Belarus 44:42.40 7. Martin Alvaro, Spain 44:49.09 (19 finishers, 1 DNF, 1 DQ) **20 Km, Bedford, England**— 1. Carsten Schmidt, Germany 1:24:15 2. Mate Helebrandt, Hungary 1:24:48 3. Alex Wright, GB 1:25:46 4. 4. Carl Dohlman, Germany 1:26:35 5. Luke Finch, GB 1:27:43 7. Tom Bosworth, GB 1:28:24 8. Ben Wears, GB 1:29:00 9. Michael Doyle, Ireland 1:30:04 10. Darrell Stone, GB 1:30:52 11. Tommy Taylor, GB 1:30:52 12. David Kidd, Ireland 1:32:08 (22 finishers, 1 DQ) **Women:** 1. Katalin Varro, Hungary 1:35:25 2. Neringa Aidiatyte, Lithuania 1:36:27 3. Laura Polli, Switz. 1:37:36 4. Marie Polli, Switz 1:39:23 5. Lisa Kohler, GB 1:40:46 (7 finishers, 1 DNF) **20 Miles, Australia, June 13**— 1. Jared Tallent 2:26:36 (2:17:21 at 30 Km) 2. Chris Erickson 2:27:58 3. Ian Rayson 2:28:13

### Your Presence Will Be Welcome at Any of the Following Events

Sun. July 4	8 Km, Alexandria, Va., 7 am (N)
	5 Km, Evergreen, Col. (H)
Thur. July 1	1 Mile, Houston (G)
Sun. July 4	5 Km, Evergreen, Col., 8 am (H)
Sat. July 10	Weinacker Cup Ontario vs. Michigan, Port Huron, Mich. (F)
	1 Mile and 3000 meters, Falls Church, Va. (N)
	West Region Masters 5 Km, Los Angeles (P)
	2.8 Miles, Seattle (C)
Sat. July 17	Masters 5 km and 1500 meters, Seattle (C)
	1 Mile and 3000 :04 6. Falls Church, Va. (N)
Sat. July 24	5 Km and 1500 meters, Olympia, Wash. (C)
July 22-25	<b>National USATF Masters Meet, Sacramento, Cal. (D)</b>
Sat., Aug. 7	1 Mile and 3000 meters, Falls Church, VA. (N)
Sat. Aug. 14	Eastern Regional 1500 meters, Virginia Beach, Va. (W)
Sun. Aug. 15	<b>USATF National 15 Km, Minneapolis, Minn. (S)</b>
	10 Km, Banks, Ore. (C)
Sun. Aug. 22	1 Mile and 3000 meters, Falls Church, Vir. (N)
Sun. Sept. 12	<b>National USATF 40 Km, Ocean Twp., N.J. (A)</b>
Sun. Sept. 19	1 Hour, Falls Church, Vir.
Sat. Sept. 25	Michigan 1 Hour, Berkley (F)

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### DeWitt Leaves Parkside After 29 Years

*(Over the past 29 years, an amazing number of the top racewalkers in the U.S., both men and women, have developed under the tutelage of Mike DeWitt, the track and cross country at University of Wisconsin-Parkside in Kenosha. Mike will now be the coach at Ave Maria University in Florida. The following article released by U.S.-Parkside covers Mike's brilliant at that school, which began as an undergraduate.)*

The past 29 years have seen Mike DeWitt as the head coach of the UW-Parkside women's cross country program, as well as being the head coach of the women's track team since 1982, and, in 2007, he took over the combined programs of men's and women's track and cross country.

DeWitt will take his coaching know-how to Ave Maria University in Ave Maria, Florida. He will be the school's first head cross country and track coach. DeWitt's last official day at UW-Parkside will be Wednesday, June 30. Ave Maria is the first new Catholic university to be built in the United States in more than 40 years. In 2003, the school opened the doors of its interim campus in Naples, Florida, for its first academic year.

"The pride I have in the contributions I have made to UW-Parkside over the past 29 years is something I will forever cherish," said DeWitt. "The opportunity to work with nearly 400 athletes of which more than 25 percent have earned All-American honors at the NAIA or NCAA II National Championship is an especially big contributor to that pride." DeWitt was recognized by the NAIA on November 18, 2000, when he was inducted into its Hall of Fame as a cross country coach.

"My time at UW-Parkside has included countless hours of genuine fun in helping over 300 of the student-athletes I have been able to work with earn a spot at a National Meet," added the veteran coach. "The hundreds of trips and the thousands of workouts have brought me a satisfaction that cannot be described."

UW-Parkside interim athletic director Tamie Falk-Day said, "It is with mixed emotions that I say 'good-bye to Coach Mike DeWitt. I am excited for he and his family to get the opportunity to build a cross country and track program at a Catholic institution. There is no doubt that in a short period of time, Coach DeWitt will assemble a highly competitive team."

In women's cross country, DeWitt has won eight Great Lakes Valley Conference championships and was the league's Coach of the Year seven times. Back in the Rangers' NAIA days, DeWitt led his team to the NAIA national championship in 1986. He was the NAIA District or the NCAA Region Coach of the Year a dozen times.

"Winning the Women's NAIA National Cross Country Title might be the biggest event that shows up over the past 29 years, but winning isn't what I have enjoyed the



most," commented DeWitt. "The most satisfying things are seeing athletes progress and watching them develop into champions, even if they didn't win a title"

DeWitt's teams have routinely won sportsmanship awards, individual and team Academic All-American honors, and have produced over 20 UW-Parkside Honor Graduates.

"It is an honor to have been a part of the first ever UW-Parkside cross country (fall of 1968) and track teams (winter and spring of 1970) as well as being the first ever UW-Parkside track All-American in 1972. (NAIA Indoor All American in the 2 mile Race Walk)," said DeWitt of his athletic career as a Ranger.

"It's hard to imagine the UW-Parkside cross country and track programs without Coach DeWitt at the helm," admitted Falk-Day. "He has touched so many student athlete lives over the years. His programs consistently achieved great success nationally while always keeping academics the top priority. I wish Mike great success and I hope he plans a team trip to UW-Parkside in the future."

DeWitt concluded, "Having the privilege of coaching all four of my own children, watching three of four earn All-American awards (Ali, Matt, T.C.) as well as Lindsay being a scoring member of two NCAA cross country teams, along with having my wife, Pam, and each of the children help the program in various capacities over the years fills me with gratitude and pride that cannot be expressed with the right words. The great friends I have made among the coaching staff at UWP will make for countless positive thoughts about my tenure as well.

"There are so many factors that have led me to this decision, mainly, Ave Maria University is a place that will allow me to deepen my Catholic faith as well as allow me to continue to grow professionally. My wife Pam will also be teaching in the Donohue Academy, a K-12 Prep School on the AMU Campus. AMU makes for a right fit at the right time in our careers.

*National Racewalk Chair Vince Peters reacted to the announcement as follows:*

*"This is actually a great thing for racewalking in the USA. Ave Maria is an NAIA university. It will be perfect fit for many of the New ork and Maine racewalker who are Catholic . (Ed. I would hope that Methodists, Lutherans, Baptists, etc, as well as those from Ohio, Texas and all the other states are welcome there as well, should they choose.) It will also provide a location for hot weather training and racing. We can hope that the coach that follows Mike at Parkside has a racewalk friendly attitude.*

## From Heel To Toe

**Mimm's opinion.** Received the following comment from 1960 Olympic 20 Km walker and many times National Masters winner Bob Mimm: "Hi. I have just seen the picture on page 14 of the latest ORW. (Referring to a drawing from a nineteenth century book on athletics.) We have not progressed. If you look closer you will see that all the participants in that picture are unquestionably making ground contact. The sport is now a run with stiff legs.. Because of the addition to the rule of "as seen by the human eye" ground contact is almost completely ignored. In my latest competitive race at least two women judges, both of whom have very little racewalking experience, were giving calls to almost every competitor for bent knees. In that race, Carl Acosta had obviously excellent form, yet he was DQ'd again because of his very knobby knees." . **More on Fernandez.** A press release from Valencia, Spain: European walking champion Francisco Fernandez will testify in the court of Granada in a doping case that links several high place doctors and athletes in a major doping network. The Spanish police found prohibited substances in Fernandez' house in 2009, although the athlete never tested positive he received a two-year ban for the possession of those substances. In the case,

11 people were arrested as alleged members of a network that supplied performance enhancing drugs in Spain. . **Correction.** Contrary to what I have stated a couple of times in past issues, Trevor Barron will not still be in the junior ranks when the next World Cup rolls around in 2012. He will be 18 on September 30 of this year and thus 20 before the end of 2012. Juniors must still be 19 at the end of the calendar year. . **New book and clinic schedule.** Tim Seaman and Jeff Salvage have announced a new book *Race Walk Faster by Training Smarter-A Guide of Every Level Race Walker*. Here is what they say about the new publication: "Are you curious how Tim Seaman's Championships International has achieved such great success? This information was previously only presented in our Race Walking Clinics of Excellence, but it is now available to you in book form. While our first three books were Salvage and Seaman creations, this book is a Seaman and Salvage creation. Tim's extensive experience as America's most dominant walker for over a decade clearly shines through with the wisdom that only an experienced Olympian and coach to America's next generation of elite racewalkers could compile. The book amasses his racewalking training knowledge into a detailed volume focused solely n how to train to excel at racewalking. Learn from the master whose knowledge has rewritten the record books with not only his own accomplishments, but the accomplishments of his athletes. . Schedules are specifically written for walkers at each particular level including: youth, high school, collegiate, elite masters, 50 Km, and marathon walkers. . Become a smarter and faster walker today by reading this important book." Order from [www.racewalk.com](http://www.racewalk.com) for \$24.95 plus shipping and handling. Future clinics conducted by Jeff and Tim are scheduled for: Philadelphia, July 17-18; Toronto, August 14-15; Houston Oct. 16-17; Santa Cruz, Cal. Oct. 30-31; and Springfield, Ill. November 6-7. Further information from [www.racewalk.com](http://www.racewalk.com). . **Custom Cobbling.** (Lifted from the Southern Cal Walkers newsletter.) CarmenJacinsky began racewalking in 1986. She formed a walking club in San Diego and later moved to Oregon where she currently runs a local racewalk club. She is an avid competitor and coach. Since footwear is the primary piece of equipment for competition, she has continually focused on ways to alter existing shoes to make them faster, lighter, and more comfortable. he dynamic midsole technology of her shoes assists walkers in forward motion by creating a fulcrum and a lever ("teeter-totter effect"). This effect changes the angle at push off and allows the walker to use the entire surface area of the foot with each step creating a more powerful stride. The firm low heel creates a stable foot plant and because the idsole pivots the foot, here is les friction, which keeps feet cooler. Her web site provides testimonials from owners of her shoes. s one owner reports: "Thanks for reducing the weight of my new shoes. I can now walk a lot further without my legs giving out. The reduced weight plus the unique reshod design turn s these Nike running shoes into trueracewalking shoes." And another: "My ReShod shoes are the best ever, relieving the ankle pain I've had for 300 years. Additionally, my weakened ankle is prone to rolling or twisting and the support my ReShod shoes gives has alleviated this. Before ReShod shoes, I had accepted the pain in my ankles as an unavoidable fact of life." And in case you wonder, Carmen's shoes also provide winning times. Visit: [www.reshod.com](http://www.reshod.com). . **Sam Miller.** Sam Miller, a very good walker in the Pacific Northwest in the middle '90s, now Sam Deidrich, is living between Lynwood and Mill Creek, Wash, according to Bev LaVeck. She and her husband operate a private home care/home health business and have one son in high school and one on a football scholarship at Stanford.

## Persistence Pays Off For Toth

*(Matej Toth, this year's World Cup winner at 50 Km, has come on strong the past two years to reach that pinnacle, as shown in the following article, prepared for the IAAF Focus On Athletes project.)*

Matej Toth was a boy who like sport very much. He tried many activities, like karate and football, but later realized that he liked athletics most, especially distance running. It was his interest in running 1000 and 1500 meters that made him start to attend the athletics class for talented kids at basic school from the age of 10. Two years later, he tried racewalking under the supervision of coach Peter Meclar.

At the beginning of a productive career, at age 16 he competed for the first time on the international stage at the 1999 World Youth Championships in Poland. There he placed eighth in the 10 km event walking 46:49.33. Two years later, he took sixth place at the European Junior Championships in Grosseto with a 44:14.72. In the 2002 World Juniors in Kingston, Jamaica he finished 16th in 45:05.02. The following year he set a personal best for 20 Km with a 1:23:17 and finished tenth at the World University Games in Daegu, Korea in 1:27:51.

The 2004 Olympic year started successfully as he met the Olympic B standard twice with a 1:23:18 in Dudince and a 1:24:04 in Hildesheim, Germany. In his Olympic debut he finished 32nd in 1:28:49. Having passed the 10 Km mark in 42:29, he was slowed by two red cards in the second half. In the 2005 World Championships in Helsinki he moved up to 21st in 1:23:55.

In 2006, Toth was named Slovak athlete of the year following his eighth place in the European Championships in 1:21:39. Married to Lenka Korcokova in 2007, he became a father in August of that year. Lenka came from an athletics family—her brother is 50 Km walker Peter Korcok.

The World Championships in Osaka that year fulfilled the expectations of the 24-year-old as he finished 14th in 1:25:57. "I am totally satisfied with the result," he said. "Now I have a big motivation in the training for next year's Olympics." His goal was to place in the top 12 in Beijing. His 2007 season concluded at the CISM World Military Games in India where he gained the bronze medal in 1:25:42.

Despite hard preparation at altitude he finished 26th in Beijing. He clocked 1:23:17 and was satisfied with the time but not the position. His personal best from that year, 1:21:24 from the World Cup in Cheboksary was almost two minutes faster. "From my point of view, it was my second or third best 20 of my career," he said. "I am satisfied with the time. If someone had told me before the race that I would go 1:23 in this climate I would have laughed at them."

The opening race of the 2009 season—the IAAF Racewalking Challenge in Mexico in mid-March ended with a 26th place in 1:25:41. "I went 40 seconds faster than last year and I was two places higher, so it is satisfying," he said. "Despite the training for the 50 Km distance I was able to improve my result from last year. Even this week walked almost 140 km and we started to compete without any tuning up."

Later in March, Matej competed at 40 in Dudince. In his debut at the distance he unexpectedly broke the Slovak national record from 1987 by improving it by 48 seconds to 3:41:32. Thus, he also fulfilled the qualifying criteria for the World Championships in Berlin. "Even in my most secret dreams, I did not expect I would be so fast," Toth said. "I knew I could make the limit or even reach a time around 3:50, but I was not sure as this was my first 40 km ever."

He soon showed his domination at 30 Km in the Czech city of Podebrady on April 25 where he won in a new personal best of 1:20:53 to qualify for the World Championships.

In June, he participated in the athletics meeting Kriterium SNP at his home stadium in Banská Bystrica where he walked 30 Km in 2:08:14.6, bettering the Slovak by almost 11 minutes.

In Berlin at the World Championships he competed in both the 20 and 50. In hot August weather, he surprised with a solid time of 1:21:13. Six days later he started the 50,

aiming to place higher than at 20 and to go fast from the start. But he ended totally exhausted at the finish. "This race was the toughest in my life," he said after the double in Berlin. "The pace was too fast from the beginning," he commented. "Between 38 and 40 km I felt like I was at the 56th km. I felt very bad and was thinking about giving up the race." But Matej's family was supporting him, holding a picture of his daughter Emma that gave him enough energy to finish. After a big personal fight he gained tenth place in 3:48:35. A few days later he became a father for the second time, Lenka giving birth to a daughter on September 3.

Toth, who is a journalist by education, qualified for the European Championships on March 26 of this year at the traditional Dudince 50 Km. After a training period that began at the end of October he achieved 1:22:25 to win the 20 Km race. Later in Mid April, he improved his season best to 1:22:04, finishing seventh in Rio Maior. At the beginning of March, he announced he would not double in Barcelona at the European Championships.

*In the meantime, we know how he did in the World Cup in Mexico.*

## LOOKING BACK

**45 Years Ago** (From the June 1965 ORW)—Art Mark covered 34 ½ laps up and down a shopping center mall to win the McKeesport (Pa.) "International" 20 Km in 1:8:06 with your editor 53 seconds back. As the Ohio Racewalker had boldly predicted, neither Vladimir Golubnichiy nor any other international athletes showed up for the race. Jack Blackburn finished in just over 1:40 and Don DeNoon was well back in fourth. (A memory of this race is that mall opened for business before the race was completed and Chuck Herman and other race officials were running around shouting at innocent people leaving shops to "Look out for the the walkers." I felt more compassion for those people who only came to shop than I did for myself and the other competitors, who were actually the intruders.) Later the national 20 was held several times at the shopping center and later still a national 35 Km, but with the good sense to move these races onto the parking lot perimeter, where the only problem in mid-summer was the blazing sun reflecting off the blacktop on the shadeless course. . . Dean Rasmussen, fifth in the McKeesport race, won the National 50 in extreme heat, struggling through in 5:03:33. Bruce MacDonald, Elliott Denman, Paul Schell, and Goetz Klopfer followed. . . The National 30 Km I Los Angeles went to Ron Laird in 2:41:17 and Jack Mortland (yes, your editor) captured the National 10 on the Stagg Field track in Chicago on another blazing hot day with a 49:19. Mark, DeNoon, Rasmussen, Ron Daniel, and a sluggish Laird followed.

**40 Years Ago** (From the June 1970 ORW)—Dapper Dave Romansky dominated the news, with wins in the National 10 and 20 and the Zinn Memorial 10, along with American records at 3 Km and 2 Miles. In the 20 at McKeesport, Dave pulled clear of Tom Dooley in the final 5 km on the hot blacktop to win in 1:35:55. Dooley had 1:36:04. No one else was close as Ron Kulik, Steve Hayden, Goetz Klopfer, and John Knifton rounded out the top six. . . In the 10, Dave left Klopfer after a mile on the Stagg Field track and went on to record a quick 44:23. Klopfer had 46:56 with Laird, Mortland (my 49:12 was a 7 second improvement on my title race of 5 years earlier, but on a much cooler day), Greg Diebold, and Gerry Bocci following. . . In the race the next day on a cinder track, the order was the same, except that Diebold had gone home and Bob Henderson moved up from seventh to sixth. Dave slowed to 44:34 and Goetz was closer with 46:27. Laird had 48:53 and the aging Mortland 49:22 (well, I considered 35 as aging at that time). . . Dave's two records came in separate races with a 12:23 for 3 Km and 12:00.6 for 2 Miles. . . The Canadian 20 Km went to Marcel Jobin in 1:35:42 and Wilf Wesch won the British title in 1:31:47.



**35 Years Ago** (From the June 1975 ORW)—Tom Dooley, in a comeback year, won the National 20 in San Francisco in 1:35:32 with Bob Henderson 25 seconds back. John Knifton, Dave Romansky, and Bill Ranney also finished under 1:38. . . The Mexicans were really starting to be seen in racewalking and won an international match with West Germany and Great Britain in London. Domingo Colin beat Bernd Kannenberg in the 20 with 1:26:37 to 1:26:55. Gerhard Weidner won the 50 in 4:03:52 with Pedro Aroche next in 4:08:42. . . East Boys 1600 Germans also showed good speed with Hans-Georg Reiman winning the annual Naumburg 20 Km in 1:26:30. Karl-Heinz Stadtmüller was second in 1:27:19. Weidner also won the 50 there in 4:06:42. . . The U.S. 5 Km title went to Ron Laird (at this point also counted among the aging) in a rather slow 22:08.6, with John Knifton, Tom Dooley, Bill Ranney, and Larry Walker all under 22:45. . . Steve Cassarella won the National Junior 10 Km in 53:50. . . The Zinn Memorial 10 Km in Chicago went to Larry Young, starting a comeback with an eye to 1975, in 47:49, just ahead of Dooley.

**30 Years Ago** (From the June 1980 ORW)—The U.S. Olympic team, which was destined not to compete due to President Carter's boycott, was completed with the 20 Km Trial. Jim Heiring and Marco Evoniuk tied for first in 1:27:12, with Dan O'Connor and untroubled third in 1:29:05. Todd Scully (1:30:28), Larry Walker (1:31:06), and Carl Schueler (1:31:17) took the next three spots. With Evoniuk and O'Connor already on the 50 Km team (along with Schueler), Scully and Walker joined Heiring on the 20 Km squad. . . In Nationals, Sue Brodeck won titles at both 5 and 10 Km. In the 5, her 23:19.1 left Susan Liers nearly 80 seconds back. Bonnie Dillon and Ester Lopez took the next two spots. The margin was even greater at 10 as Brodeck won in 51:01 to Liers 52:33.6. Lopez was again third with Vicki Jones fourth. . . Tim Lewis emerged as a name for the future, winning the National Junior 10 Km in 46:50.6 ahead of Ed O'Rourke (48:30.4) and Tom Edwards (48:35.6). . . Mexico's Ernest Canto covered 20 Km in Rouse, Bulgaria in 1:19:02, beating Gennadiy Terechev by just 9 seconds. . . His countryman, Raul Gonzalez, did 50 on the track in Bergen, Norway in 3:43:41, leaving Soviet walker Vladimir Rezayev more than 6 minutes behind. At the same site, Mexico's Daniel Bautista did 20 on the track in 1:21:06, beating Czech Josef Prbilinec (1:21:39) and Canto (1:22:41). . . Ray Sharp won the National 5 Km in 20:27.8 with Todd Scully (20:33.5) and Jim Heiring (20:47.6) capturing second and third.

**25 Years Ago** (From the June 1985 ORW)—Tim Lewis pulled away from Marco Evoniuk over the second half of the race to win the National 20 in Indianapolis. His 1:28:27 left Marco 51 seconds back. Todd Scully edged Paul Wick for third, 1:30:12 to 1:30:24. Andy Kaestner and Gary Morgan followed. . . In the women's National 10 at the same site, Maryanne Torrellas ruled in 48:38. Teresa Vaill (49:26), Debbi Lawrence (50:26), and Ester Lopez (50:55) were next. . . The National 5 Km was held in Denver with Torrellas (23:52.8) and Jim Heiring (20:21) winning titles. Lopez, Vaill, and Lawrence trailed Torrellas. Dave Cummings (20:40) beat Lewis (20:56) for second in the men's race with Evoniuk fourth. . . Ian McCombie captured the British National 20 in 1:22:37

**20 years ago** (From the June 1990 ORW)—National titles went to Debbi Lawrence and Tim Lewis. Lawrence pulled steadily away from Teresa Vaill and Sara Standley over the second half of the 10 Km to win in a National record 46:14.4. Vaill finished in 46:54.2 and Standley in 47:08.5. Wendy Sharp, Deborah Van Orden, and Victoria Herazo followed. Lewis was never challenged as he won the 20 in 1:27:28. Doug Fournier, Paul Wick, and Carl Schueler also finished under 1:30. . . A women's 10 Km in Milan, Italy saw Kerry Saxby, Australia; Sari Essayah, Finland; and Maria Rosza, Hungary all under 45 minutes, with Saxby winning in

44:31. Five days later she did a 20:40 for 5 Km.

**15 Years Ago** (From the June 1995 ORW)—Teresa Vaill and Allen James successfully defended their national titles at 10 and 20 Km respectively in Sacramento. Vaill was 14 seconds ahead of Michelle Rohl in 45:01, with Debbi Lawrence (45:46), Victoria Herazo (45:53), and Deborah Van Orden (46:03) in hot pursuit. James was an easy winner in 1:24:46, nearly 2 ½ minutes ahead of Herm Nelson. Gary Morgan was third in 1:28:41, followed by Philip Dunn, Curt Clausen, Tim Seaman, William Van Axen, and Rob Cole, all under 1:30. . . Herazo won the women's 20 in Albany, N.Y. in 1:35:39, nearly 12 minutes ahead of Lisa Sonntag. She broke Lynn Weik's national record of 1:36:28 and also bettered her own national record at 15 Km (1:10:27). At the same site, Lukasz Szela (1:55:22) beat Philip Dunn (1:57:02) for the National 25 Km title. Curt Clausen (1:57:22) was third. . . In the National 10 Km at Niagara Falls, Dave McGovern (43:15) beat Wojciech Szela (43:29) for the title. Rob Cole (43:40), Lukasz Szela (43:58), and Curt Clausen (44:19) followed. Debbi Lawrence won an accompanying women's race in 45:47 with Canada's Janice McCaffrey second in 47:18.

**10 Years Ago** (From the June 2000 ORW)—National 15 Km titles went to Jill Zenner and Michael Rohl in races at Elk Grove, Ill. Zenner's 1:11:38 beat Debbi Lawrence by nearly 4 minutes. Rohl had 1:08:39, more than 10 minutes ahead of Chicago's Pablo Gomez in second. . . Two weeks later in Kenosha, Wis., Zenner bettered that effort with a 1:10:29 on her way to 20 Km. At that point, Susan Armenta trailed her by 27 seconds. With a strong effort, Armenta caught Zenner at 17 km and then edged away over the final kilometer to win by 6 seconds in 1:34:44. . . In the European Racewalking Cup, Russia's Olimpiada Ivanova prevailed in women's 20 Km with a 1:26:48, 54 seconds ahead of Italy's Elisabetta Perrone. Finland's Kjersti Platzer was third in 1:27:53 with four others under 1:30. The men's 20 went to Robert Korzeniowski, Poland, in 1:18:39, 13 seconds ahead of Andreas Erm, Germany, with Spain's Francisco Fernandez just another 14 seconds back. In the 50, Spain's Jesus Garcia was a decisive winner in 3:42:51, nearly 2 minutes ahead of Russia's Yevgeniy Shmalyuk. Denis Langlois and Rene Piller, France, were third and fourth.

**5 Years Ago** (From the June 2005 ORW)—The National T&F meet was held in Sacramento with four racewalking titles decided. Teresa Vaill was a walk-away winner of the women's 20 Km in 1:33:28 with Amber Antonia second in 1:36:03 and Joanne Dow third in 1:37:15. Jolene Moore was fourth in 1:38:48. Tim Seaman won the men's 20 over John Nunn, 1:26:43 to 1:27:16. Benjamin Storey (1:32:28), Kevin Eastler (1:33:15), and Matt Boyles (1:34:49) followed. The Junior women's 10 went to Maria Michta in 50:24.54 with Laura Richenderger nearly 3 minutes behind in second. Zach Pollinger was an easy winner in the Jr. men's 10 in 45:29.10 followed by Jared Swehosky (48:34) and Roberto Vergara (49:15). . . Earlier, Vaill and Seaman had won national 10 Km titles at Niagara Falls, Tim in 41:49 and Teresa in 45:56. Ecuador's Xamiver Moreno was right on Tim's heels in 41:57 with Pollinger third in 45:31 just ahead of Allen James. Jolene Moore (48:38) and Deb Huberty (49:29) followed Vaill. . . IAAF Racewalking Challenge races in La Coruna, Spain went to Spain's Francisco Fernandez in 1:17:52 and El Salvador's Crostoma Esperanda in 1:30:08. In second were Russia's Ilya Markov (1:19:36) and Belarus' Rita Turava (1:30:10). Romania's Claudia Stef was just two seconds back of Turava in third. . . Vladimir Kanaikin won the Russian 50 Km title in 3:40:40. . . The Paris-to-Colmar 440 Km race went to Poland's Gregorz Urbanowski in 55 hours, 49 minutes ahead of Russia's Aleksei Rodionov