



OHIO RACEWALKER

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Serianni Wins Two National Titles; Vaill Adds 38th

As it was last year, October was a busy month for National titles with three being contested—the One Hour on October 3, the 5 Km on October 10, and the 30 Km on October 31. The latter comes too late for inclusion in this issue. In the other two, 20-year-old Dan Serianni from Rochester N.Y. and representing World Class Racewalking walked off with both titles. In the One Hour he covered 12,920 meters to beat 45-year-old Dave McGovern, the mentor of World Class, by 312 meters with Dave Talcott also getting past 12 Km in third. A week later, Serianni beat McGovern again to win the 5 Km in 22:21. Ohio's Mike Mannozi was third in that one.

In the One Hour, 47-year-old Teresa Vaill won her 38th National title over the past 26 years, finishing just 107 meters behind Serianni and well clear of Maria Michta, who was second. Loretta McGovern, third in that one, came back the next week to win the 5 in 25:08. Here are the results to be followed next month with 30 Km results.

USATF National 1 Hour, Waltham, Mass., Oct. 3:

Women: 1. Loretta McGovern, N.Y. 25:08 2. Susan Randall, Ohio 25:35 3. Rachel Phillips (19), N.Y. 27:32 4. Jamie Brooks (40), Penn. 28:53 5. Marianne Martino (60), Colo. 29:22 6. Dobbie Topham, (57), Mich. 29:30 7. Vicki Pritchard (51) Ariz. 30:39 8. Katie Malinowski, Mich. 30:39 9. Rebecca Garson (46), Vir. 30:51 11. Joyce Prohaska (60), Ohio 31:49 12. Cathy Mayfield (59), Ind. 32:43 13. Jolene Steigerwalt (66), Cal. 33:19 14. Paula Graham (47), Vir. 33:37 15. Yvonne Grudzina-Glaser, Fla. 34:08 16. Darlene Backlund (65), Ore. 34:16 17. Walda Tichy (70) Mich. 36:23 18. Katherine Finchor (52), N.C. 37:15 19. Susan Ojanen (53), Tenn. 37:20 20. Joyce Curtis (72), Tenn. 38:58 21. Ruth Ketron (80), Tenn. 40:17 22. Barbara Taylor (63), Tenn. 41:14 23. Wanda Williams (59), Tenn. 41:16 23. Barbara Henlsey (66), Ohio 41:38 25. Sandra Vance (46) Tenn. 46:06

Men: 1. Dan Serianni, N.Y. 22:21 2. Dave McGovern (45), N.Y. 22:46 3. Mike Mannozi, Ohio 23:15 4. Kyle Hively, Ohio 23:16 5. Jonathan Hallman (17), S.C. 25:05 6. Chris Schmid (63), Ohio 25:13 7. Ian Whately (51), S.C. 25:33 8. David Swartz (45), Mich. 25:40 9. Andrew Smith (61), N.C. 27:05 10. Rod Craig, Mich. 27:30 11. Leon Jasionowski (66), Mich. 27:33 12. Bill Reed (58), Mich. 27:40 13. Damon Clements (53), Ind. 27:55 14. Max Walker (64), Ind. 28:22 15. Russell McMahon (56), Ohio 28:25 16. Larry Windes (52), Tenn. 29:09 17. Paul Tremblay (45), Ken. 29:09 18. John Fredericks, N.J. 30:33 19. William Lipford (58), Vir. 30:45 20. Peter Armstrong (65), N.M. 31:47 21. Steven Shapiro (56), Vir. 32:00 22. Ron Salvio (62), N.J. 33:09 23. Robert Nichols (71), Mo. 33:16 24. Jim Norvill (66), Ga. 34:18 26. Alan Moore (65), Cal. 34:20 27. Steve Durrant (71), Vir. 35:28 28. Walter Ogelsby (63), N.C. 36:08 29. Bernie Finch (70), Wisc. 38:01

USATF National 5 Km, Kingsport, Tenn., Oct. 10

Men: 1. Dan Serianni, N.Y. 12,920 meters 2. Dave McGovern (45), N.Y. 12:608 3. Dave

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Talcott (50), N.Y. 12,129 4. Evan Vincent (18), Maine 11,806 5. Chris Schmid (63), Ohio 11,678 6. Dan O'Brien (45), Mich. 11,250 7. William Vaya (46), N.Y. 10,943 8. Andrew Smith (61) N.C. 10,871 9. Robert Keating (63), N.H. 10,846 10. Leon Jasionowski (65) Mich. 10,839 11. Bill Reed (58), Mich. 10,059 12. Larry Epstein (51), Mass. 9851 13. Edoardo Sorrenti (67), 9638 12. Edward O'Rourke (49), Mass. 9614 15. Barry Fowler (52), Conn. 9299 16. Jay Diener (62), N.H. 9287 17. Stephen Maycuz (46), N.H. 9091 18. Ian Rixon (16) Maine 9029 19. Charles Mansbach (66), Mass. 8662 20. John Starr (82), Penn 8360
Women: 1. Teresa Vaill (47), Fla. 12,813 2. Maria Michta, N.Y. 12,163 3. Loretta McGovern, N.Y. 11,597 4. Lauren Forgues, Maine 11,436 5. Erin Taylor, N. 11,287 6. Abby Dunn (16), Maine 10,259 7. Annie Schide (16), Maine 9995 8. Nicole Court-Menendez (16), Maine 9769 9. Kaitlin Flancers (16), Maine 9297 11. Maryann Harvey (53), N.Y. 8325 2 DQ

British Commonwealth Games 20 Km

New Delhi, India, October 9. Australia's Jared Tallent won the 20 Km race at the British Commonwealth Games and was then on hand to greet his wife Claire as she crossed the line second in the women's race. The women, walking the same course, had started 10 minutes after the men. Jared Tallent improved on his bronze medal finish at the last Commonwealth Games in Melbourne in 2006. He got away from his teammate, Luke Adams after Adams stumbled and lost his rhythm. Tallent finished in 1:22:18, 13 seconds ahead of Adams. India's Harinder Singh pleased the home crowd with a third place finish in 1:23:28, well clear of Kenyan David Rotich. Canada's Inaki Gomez and Evan Dunfee had impressive races in fifth and sixth.

It was a three-man race through the first 14 Km where the two Aussies made a break. They had passed 10 Km in 41:13 in an evenly paced race. It was at about 18 Km when Adams stumbled, after seeming to take control of the race, and Tallent streaked away. Adams has now won silver in three consecutive Commonwealth Games.

England's Jo Jackson won the women's race in 1:34:22 ending Australia's 20-year domination of the event. Claire Tallent was a distant second, but well clear of Kenya's Grace Njue. The 25-year-old Jackson, seventh four years ago, made her break early in the race and was never challenged. Like Tallent, Jackson walked nearly even splits, reaching 10 Km in 47:07.

The results:

Women's 20 Km: 1. Jo Jackson Jackson, England 1:34:22 2. Claire Tallent, Australia 1:36:55 3. Grace Wanjiru Njue, Kenya 1:37:49 4. Lisa Kehler, England 1:40:33 5. Cheryl Webb, Australia 1:42:03 6. Rani Yadav, India 1:42:54 (see below) 7. Emily Wamuya Ngii, Kenya 1:49:01 DNF-- Deepamala Leimapokpam, Indonesia

Men's 20 Km: 1. Jared Tallent, Australia 1:22:18 2. Luke Adams, Australia 1:22:31 3. Harinder Singh, India 1:23:28 4. David Kimutai Rotich, Kenya 1:25:29 5. Inaki Gomez, Canada 1:27:09 6. Evan Dunfee, Canada 1:28:13 7. Josephat Sirma, Kenya 1:28:25 8. Chris Erickson, Australia 1:28:35 9. Baljinder Singh, India 1:29:18 10. Luke Finch, England 1:29:37 11. Tom Bosworth, England 1:30:44 12. Sylvanua Karani, Kenya 1:32:00 13. Alex Wright,

England 1:34:26 14. Choon Sieng Lo, Malaysia 1:35:29 15. Boon Lim Teoh, Malaysia 1:36:45 DNF--Panucha Bhai, India

Four days later, Rani Yadav, the sixth place women's finisher was named by the Commonwealth Games Federation as the third athlete to fail a drug test at the Games. Yadav tested positive for the anabolic agent 19-Norandrosterone. Commonwealth Games Federation president Mike Fenell made the announcement to audible gasps from the large contingent of Indian media persons. It was announced that Ms. Yadav was provisionally suspended from the Games and in accordance with the anti-doping standard she will attend, or be represented, at a provisional hearing before the Federation court. Organizing committee secretary general Lalit Bhanot said the test result was "unfortunate." "As a host we take precautions. . . it is a difficult situation," he said.

The latest drug result came a day after the federation disqualified two Nigerian sprinters for their positive test results to the stimulant methylhexanamine.

Other Results

5 Km, New York City, Sept. 26-1. Dan Serianni 22:30 2. Dave McGovern 22:32 (Launching a habit of finishing second to the young gun--see above) 3. Mitsuru Ariyasu 25:54 4. Bill Vayo (46) 28:29 5. Maryanne Daniel (51) 26:38 6. Lisa Marie Vellucci 27:56 7. Tina Peters 28:06 8. Lindsey Harman 29:06 9. Edoardo Sorrenti (67) 30:27 9 10. Cher Armstrong 30:29 11. Vlado Haluska (58) 31:15 12. Joanne Freund (56) 31:58 13. Deborah Frederick (53) 32:03 14. Bruce Logan (45) 32:21 15. Panseluta Geer (63) 32:24 16. Shannon Murphy 32:45 17. Mark Delano (53) 33:14 18. William Meixner (60) 33:25 19. Megan Low (17) 34:05 20. Maryann Harvey (53) 34:40 21. Maria Romano (52) 34:41 (31 finishers, 1 DQ) **Half-Marathon, Sandy Hook, N.J., Oct. 2-1.** Marcus Kantz 2:22:20 2. Ron Salvio 2:25:34 3. Ray Funkhouser 2:32:22 (just pacing his daughter, who was running). . . 5. Elliott Denman 3:00:14 **Women-1.** Maria Paul 2:34:17 **1 Hour, Berkely, Michigan, Sept. 26-1.** Dan O'Brien 11,376 meters (52:44 at 10 Km) 2. Leon Jasionowski 10,836 (55:26, age group records for both 10 Km and 1 Hour. He bettered the 1 Hour mark at the National by 3 meters.) 3. Rod Craig 10,678 4. Dave Swartz 10,549 5. Max Green 9162 6. Marshall Sanders 9110 7. Lynn Phillips 9,059 (11 finishers) **Women-1.** Debbie Topham 10,020 2. Becky Benjamin 9944 3. Walda Tichy 8223 4. Vilma Dennis 8,044 (8 finishers) **5 Km, Chicago, Sdept. 25-1.** Pablo Gomez 28:08 2. Damon Clements (53) 28:09 3. Max Walker (63) 28:49 4. Dave Hicks (58) 33:31 5. Alfred DuBois (78) 33:43 6. Ron Winkler (60) 33:57 (9 finishers) **Women-1.** Donna Green (58) 33:01 2. Doris McGuire (61) 34:22 (5 finishers, 2 DQ) **1 Mile, Leander, Texas, Oct. 10-1.** Alberto Medina (40+) 7:58.9 2. Berry Dillon (13) 10:12 3. Steve Dillon (11) 10:21 **3 Km, same place-1.** Medina 16:18 2. Steve Berry 20:11 **5 Km, Aurora, Col., Sept. 18-1.** Mike Blanchard (49) 30:08 2. Daryl Myers (68) 33:32 (6 finishers) **5000 meters, Wheat Ridge, Col., Sept. 19-1.** Mike Blanchard 27:24 2. Marianne Martino (59) 30:45 3. Daryl Meyers 32:33 4. Connie Ruel (49) 33:20 (9 finishers) **2.8 Miles, Seattle, Sept. 11-1.** Bob Novak (60) 25:52 2. Stan Chraminski (62) 26:03 3. Rebecca Kettwig (39) 27:23 4. Michelle Cunningham (48) 28:25 5. Brian Petorman (60) 30:32

50 Km, Bar-le-Duc, France, October 3-1. Jarkko Kinnunen, Finland 3:57:25 2. Cedric Houssaye 3:58:51 3. Kevin Campion 4:10:40 4. Nestor Palacio, Colombia 4:14:34 5. Xavier la Coz 4:19:29

Here Are Races In Different Places

Sat. Nov. 13	Virginia USATF 1 Hour, Virginia Beach (W) 2.8 Miles, Seattle (C)
Sun. Nov. 14	National USATF Masters 20 Km, Coconut Creek, Fla. (B) Conn. 10 Km, Clinton (I)
Sat. Nov. 2	5 and 10 Km, Washington, D.C., 8:30 am (N)
Sat. Nov. 13	5 Km, Aurora, Col., 9 am (H)
Sun. Nov. 14	5 Km, New Orleans 5 Km, Boulder, Col., 9 am (H)
Sat. Nov. 20	5 Km, Brighton, Col., 9 am (H)
Sun. Nov. 21	1 Hour, Cal Tech track, Los Angeles, 6:45 am (U) 5 Mile and 10 Mile Handicap, Coney Island, Brooklyn, N.Y. 99 am
Sat. Dec. 11	28.8 Miles, Seattle (C)
Sun. Dec. 12	1 Hour, Los Angeles, Cal Tech track, 6:45 am (U)
Mon. Nov. 26	5 Km, Denver, 9 am (H)

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From Heel To Toe

Werner Hardmo. Swedish racewalker Werner Hardmo died on September 11 at age Hardmo

set 22 world records in racewalking at distances from 3000 meters to 10 Mile from 1942 to 1945, winning 91 consecutive races. However, he was disqualified in his only Olympics race at 10 Km in London in 1948. . **Racewalking camp.** Once again the South Texas Walking Club will host a winter training camp in Pharr, Texas. The camp will open on Sunday, Dec. 26 and close on Sunday, January 2. The cost for juniors (14-19) is \$250, including housing and meals. The camp can host up to 20 girls and 15 boys, with housing at the home of Coach AC Jaime and his son Kevin. The cost for older attendees under age 23 is \$150, including meals but not lodging. Transportation while in Pharr is included in the costs. Instruction will be by U. S. Olympian Tim Seaman and his wife Rachel, a Canadian National Champion, assisted by National Racewalk Chairman Vince Peters. National judges Janis Bluhm, Dave Gwyn, and Bert Pickel, and coaches Patricia Hanna and AC Jaime will also be assisting. For further information contact Coach Jaime 621 N. 10th Street, Suite C, McAllen, TX 78501, 956-821-6659, acajaine@sbcglobal.net. . **NARI.** Most readers are now familiar with the North American Racewalking Institute, established by Elaine Ward in 1992 and still growing strong in providing assistance to the sport and its elite participants. Here is a report from current CEO Tom Eastler on their activities: "NARI's new website www.narionline.org is up and running and awaits your visitation. The NARI Board of Directors is anxious to receive feedback on the site from the racewalking community and encourages all to visit it, browse through it, send comments, make donations to one or more of our 501.c3 racewalking accounts and, if qualified, apply for the AL Heppner Memorial Scholarship fund annual award to an upper class collegiate racewalker of \$2500. All of our programs are detailed on the web page and all information required to apply for the Heppner Award is specified. Our newest fund account is the "Olympic Games Training Fund". Read about it on our "Programs" section and be among the first to donate to that fund to help our prospective 2012 Olympic racewalkers ready themselves for pre-Olympic international training and competition. As usual, NARI accepts all sorts of donations via U.S. mail, common carriers, and Pay Pal (via credit cards or otherwise). We also accept monies or property left to us in wills, trusts, or otherwise and we will take large donations not otherwise specified and put them into endowment accounts so that only the interest is used to fund our philanthropic support of elite and upcoming U.S. racewalkers, and the growing principal becomes the gift that keeps on giving. If all of us donate only a small amount (or large if you wish) NARI would be in a position to extend its philanthropy to all of our internationally competitive walkers and potentially field a superb team to race in 2012 and beyond. All donations of \$25 or more are tax-deductible and donors will receive receipts". . **Clinic.** The New Orleans Track Club is offering a free racewalking clinic in conjunction with its Run Through History 5 Km Run and Walk on November 14. The pre-race clinic will start 7:45 am, prior to the race, which starts at 9 am. The clinic will stress the correct form and technique that apply to rules of racewalking. Judges will also be available following the race to critique walkers. Contact Steve Attaya at racewalking@runNOTC.org for further information. . **Correction.** My Aussie correspondent, Bob Steadman, who resided in Canada and then the U.S. for many years beginning in the '60s and walked with some success in both nations, has corrected my caption on the photo of 1956 Olympic medalists published in the May issue. All three medalists competed for the USSR, but were also identified by their nationality. Unfortunately, I had the nationalities of Bruno Junk and Antanas Mikenas reversed. Junk was Estonian and Mikenas Lithuanian, not the reverse as I had it. Bob also sent along several clippings he had taken from Australian newspapers during the 2008 Beijing Olympics. I repeat below some clippings regarding Jared Tallent, second in the Beijing 50 and third in the 20. After a sixth at 20 and seventh at 50 in the 2009 World Championships (not an insignificant effort in itself), Tallent recaptured some of his 2008 form this year with a third in the World Cup 20 and first in the Commonwealth

Games 20. Though dated, the following articles are interesting. First an article titled "Junk Food Walker King of the Road" dated August 23, 2008

Fueled by an unlikely mix of pizza and flat Coke, Jared Tallent became an equally unlikely Olympic star yesterday, walking into history as the first Australian man in more than a century to collect two athletics medals at a single Games.

Tallent, 23, from county Victoria, who lost a finger in a potato mincer as a boy, added the silver medal for the 50-Km walk to the bronze in the 20 Km event. He will go for the gold next week when he marries his Olympic walking teammate Claire Woods in, of all places, the Adelaide suburb of Walkerville.

The slightly built student teacher was being hailed the "king of the track and field team" yesterday after the stirring second place. After walking straight into Woods' arms for a celebratory embrace, Tallent revealed he loaded up with pizza on the eve of the race, and drank Coke throughout the final stages for the caffeine and sugar rush.

"It (pizza) is my favorite food, it had been tempting me for the whole two weeks," Tallent said.

But after being physically ill as he crossed the line in the 20 Km race Tallent was worried the pizza might come back to haunt him yesterday. "Everyone was telling me 'Keep it down today', so I was thinking about that," he said. I wasn't sure. I was bit worried that I might get to 20 Km and go 'Oh geez'... lucky it didn't happen."

Tallent went about his medal-winning walk with methodic precision. "We had a bit of a plan," Woods said. "For his 20 Km it was all about him that day, so I did whatever he wanted. Then yesterday was about me. He had to carry my bag and do all the things I wanted him to do. Today it was back to him, we have shared the workload. He came here to Beijing thinking maybe he had a chance at a medal, to come home with two and be the king of the track and field team is a whole other level."

When he arrived at the stadium to get ready for yesterday's race, Tallent decided to go for broke and see if he survived the distance. "I was on the warm-up track and just looking up at the flame and I thought, 'This is what it is all for, all those years of hard work come down to this,'" he said. "So I decided just to give it a crack, go with the leaders and see what happens."

He was prepared for the hot, steamy conditions having trained once a week in the heat tent at the Australian Institute of Sport, where he has been coached by Brent Vallance for the past four years. "It paid off today. I am ecstatic," Tallent said.

And he counts himself particularly lucky because next Saturday he is marrying Woods, the woman he call his "gold medal".

Tallent thinks he will be recovered enough to walk slowly down the aisle but he is a little concerned, after slogging I out for 70 Km this week, that he won't be light-footed at his wedding.

"I am more worried if I can do my wedding dance," Tallent said.

Tallent lost his right index finger when he put it in a grating machine on the family's potato farm at Newlyn near Ballarat when he was two. His father Peter and mother Kathy, who watched their son walk for 50 Km in sapping humidity yesterday, say it was one of the worst days of their life "I remember it vividly, it was terrible. There was only one little whole and he found it," Peter said.

Yesterday was different. "The whole family was ecstatic. It was the best day ever," Peter said, as Jared's two younger sisters and one of his three brothers stood by wearing T-shirts with the slogan, "Tallents have got talent."

Well, this one has, but he is modest about it. He was on an Australian team bus last Saturday when one of his female teammates, a marathon runner, asked how he had fared in

that day's 20 Km walk. "Yeah, did Ok", replied Tallent, failing to mention he had won bronze.

After yesterday, Tallent will no longer be able to keep his achievements quiet, becoming the first Australian male track and field athlete in 102 years to collect two medals in his career, let alone one Games. And he did it contesting a 20 Km race followed only six days later by a 50 Km one—the equivalent of walking from Melbourne to Geelong.

It took him five hours of torture to do what no man had done since Nigel Barker won bronze in 100meters and 400 meters at the unofficial 1906 Athens Olympics. Raelene Boyle won two sprint silver medals at the 1972 Olympics in Munich.

When it comes to walking, Australia has had a line of success including 2004 Olympic bronze medalist Nathan Deakes, but by the numbers Tallent is one in a century.

It took Tallent several days to recover from the 20 Km race, where he had graphically vomited on the track before and after he crossed the finish line. He was a frequent visitor to the recovery center set up in Beijing by the Australian Olympic Committee, plunging into ice baths and stretching his muscles back into a usable state, and it was only on Thursday he stopped feeling sore and flat.



Jared Crosses the finish line and then embraces his wife-to-be.

Another article, by one Wayne Smith, published the same day was headlined "He's a hero in any walk of life". It comes to the defense of racewalkers, who apparently suffer some of the same ridicule in Australia that crops up here.

There's John Cleese and the Ministry of Silly Walks and then there's Jared Tallent. Let's not confuse the two, shall we. One's deliberately trying to walk silly and the other one's

a comedian. Sorry, couldn't help myself.

But seriously, anyone scoffing at Tallent and what he does must have switched off the television and gone straight back to work the second he crossed the finish line at the end of the 50 Km walk yesterday. Had they risked the boss's wrath and lingered a little longer, they would have seen Finn Jarkko Kinnunen in so much distress from sheer exhaustion he was frothing at the mouth.

Like fellow Scandinavian Erik Tysse, he had most difficulty adjusting to the 28 C temperatures, but like all the other walkers who collapsed onto the track at the finish, he was showing the punishing effects of pushing himself unrelentingly for nearly four hours.

Aside from the road cyclists, who were riding for six grueling hours, no other athletes at the Beijing games worked for so long with no respite as the walkers.

Of course, they all cheated. Every time the television cameras switched to slo-mo, there it was, some competitor "cheating" by having both feet in the air. The only trouble is that the walk judges don't use slo-mo and never have. They rely on the naked eye but that still was good enough for them to disqualify five competitors who literally overstepped the mark.

What walkers do brings a lot of ridicule down on their heads no least from fellow track and field competitors who should know better. As for the armchair critics, it's just too hilarious for words.

A great sport, right up there with thumb wrestling" sneered one contributor to a website after the race.

But then, thankfully, there was this, from K of ACT: "To all of you who say that racewalking is not a sport, you have obviously never tired it...I have been involved in athletics for years and avoided racewalking due to the shin-splattering pain, strained quadriceps, and ankle/heel injuries that accompanied it. It is a heck of a lot more work than your standard jog, believe me. Jared is a true athlete and true ozzie hero. Good work mate."

And so say all of us. No winks. No nudges. And I'll say no more.

The End Of DQ'S

Last month, we repeated an item from the British publication *Race Walking Record* that reported on an IAAF initiative considering the elimination of disqualifications in favor of a time penalty following three red cards. Well, it apparently is not imminent at all and probably will never be seriously considered. But it did create some interesting discussion.

First, we received the following note from Bob Bowman, a member and former chair, of the IAAF Racewalk Committee: "The time penalty proposal you printed in the the September issue was never discussed at the May meeting of the IAAF RW Committee. It was not on the agenda. After the meeting, an IAAF staff member who serves as secretary to the Committee gave a couple of us a copy of his proposal. The few of us that looked at it quickly dismissed it on obvious reasons. The staff member himself does not take it seriously. Some years ago an IAAF RW Working Group also dismissed this idea as not a viable solution to anything. There are no plans to go forward with this. It does not appear in the minutes of the meeting or in my report to USATF."

That seems pretty clear. However, Gary Westerfield sent me a copy of an item from the minutes of the meeting, specifically item 9.5 "Pit Lane" Rule, which describes the proposal we published last month. This item in the minutes concludes: "In fact it emerged that this approach was already tried in some countries in the past, at national level competitions, although the actual management of the stop and go, at least in the format it was being conceived at the time, proved to be difficult to handle. The Committee Members were nevertheless handed a copy of the 'new' proposal, which they were asked to discuss and circulate within the racewalking committee and to gather feedback in view of the next

meeting."

So the proposal did get into the minutes, though apparently never discussed in the meeting. Nor did it come up again at the fall meeting of the committee. Thus, it would seem to be a dead issue—if something that apparently was never really alive can be dead. We apologize for misinforming our readers. But some of the discussion that resulted provides interesting commentary on the status of our sport.

From Alvia Gaskill: "In 1990, I proposed graduated time penalties to replace the DQ, which you published as did the then National Racewalking Newsletter. The more red cards, the longer the time penalty, thus ensuring that someone wouldn't just start running. I forget the exact increments, but it went something like 30 seconds for the first DQ, a minute for #2, and longer times for others. There was no wiping out the penalties and starting over as proposed. The athlete would have to walk some kind of penalty course so they could stay loose.

One problem with the time penalty approach that differs from that in the other sports mentioned is that there would be a time delay in imposing the penalty. Over 20 or 50 Km, however, this should still be possible without skewing the outcome.

As to improving the legitimacy of walking to the public and to the sports media, forget it. They already have their minds made up and nothing will change it. The percentage of athletes DQ'd in races is also very low, so the proposal exaggerated the significance. This only becomes an issue when it's the "winner" and that problem has already been taken care of.

From Michael: "There is nothing wrong with DQ'ing athletes. Ask the field eventers who get three fouls. Many in RW world are completely isolated from track and field (by choice) and have little experience on the way all the other events in the sport are operated. Sprinters only get one mistake with the false start rule. The number of jumpers and throwers who get a 'no mark' in their events internationally is about the same percentage as the walkers who get DQ'd at this level. No reason to change any of that, it works just fine. Also, many of these calls are just as subjective as calls in walking.

From Jim McGrath:

1. Why must there be change for the sake of change?
 2. Who says that stopping DQ's or changing rules would make the world love racewalking?
 3. If you eliminate judging by using machines don't you eliminate grass roots people who now require nothing but sneakers but would be required to have special sneakers and an electronic device?
 4. If you change the rules so a DQ is not possible and there is instead a time penalty, what makes you think the judges would be better and more consistent in their decisions?
 5. Now the athlete must remember straight knee and lifting rules. Simplicity is good and the rule changes would complicate things. The judges would have to figure these things out during the race. High school judges would have to study these rules for years before they could function.
 6. If masters can't keep their knee straight they should practice more. If they don't want to practice, they should quit. When I can't keep my knee straight I will quit,
 7. Simplicity is good.
 8. Brevity is good.
- Please file this and reproduce it when these questions come up again in the future."

From Elliott Denman:

1. It would be a big step toward the demise of racewalking as a legitimate, fully accepted competitive event within the framework of the great, global Olympic sport of track and field,

er. athletics.

2. It would incite all the nattering nabobs of negativity that we have had to deal with all these years to even greater efforts in giving us the boot from the Olympics, World Championships, and everything else. Let's not give those people any comic relief.
3. We must work within the system we have. Either a racewalker is progressing legally with the rules as written or he/she is not. Sure let's get the best possible judging and make even greater efforts to train now and willing and able judges, but, as they say, let's not throw the baby out with the bath water, or something like that.
4. The penalty box may be fine for ice hockey, Or biathlon. It would be an absolute worst-case horror for racewalking. Hang in there everybody."

From Jonathan Mathews:

"I should preface my comments on this issue with a couple of words about my personal context. I tend to have a grounded stride. There are pictures of me from the U.S. National 50 Km this past February (where I finished 13 seconds out of first place) showing double contact. I've never been DQ'd and only a few times in my many years of walking have I even received cautions, let alone warnings. So I regard the judges as my friends. If I thought much about it, it would be frustrating for me that many of my competitors get more air than I do; but I don't worry about it. *(Ed. Maybe there is not much to worry about. Bob Bowman, with some mechanical knowledge I don't have, has often proposed that "air time" is lost time; i.e., solid contact is the fastest way to go. But, if that is true, why do we even bother judging contact? But, I digress.)* That is the current judging standard, so it is my fault that I choose not to get as much air time as some of my competitors. At the end of this year's U.S. 50, several spectators around the course encouraged me to make my stride a bit more floaty, to try to avoid getting caught, as I didn't have any calls. This made me laugh, somewhat desperately, inside, and I got caught (not because I couldn't float). End of context *(And three cheers for a very ethical man.)*

Considering the relatively loose standard for contact currently being observed by most IAAF judges, athletes singled out by the judges for loss of contact are usually even more off the ground than the somewhat flighty norm. If this is the case, I am not typically saddened when an athlete who receives three independently originated lifting calls gets tossed from a race. When I read that the IAAF committee is considering that perhaps the walker should not be tossed from the race, but should instead receive a penalty of 30 seconds, my first reaction is that the two penalties are nowhere nearly commensurate. In roughly hour-and-a-half to 4-hour races a penalty of 30 seconds seems pretty minor for an independently triple-corroborated judgment that an athlete is in violation of one of two fundamental rules of the sport.

Mr. Gaskill's idea of a graduated system of time penalties seems more just, except that it gives a single judge, at a particular point in a race, the power to stop an athlete for from 30 seconds to multiple minutes. Of course, single judges make calls that dramatically affect outcomes in many sports. (Jonathan goes on to describe an altered version of the supposed IAAF proposal, but since that never was, and probably never will be, an actual proposal, we will let his idea pass. He concludes: Thank you for the interesting provocation...)

News on Shoes

by Dave McGovern (U.S. international walker, National Champion, Coach, and Clinician)
(From an online item first published in the Southern California Walkers Bulletin.)

I know a little—very little—about golf. But I do know something about racewalking

shoes. It seems to me that picking the right pair of shoes for racewalking is a lot like picking the right gold club. Some situations call for a 3-wood, others a 9-iron, and still others a sand wedge or putter or in the case of racewalking shoes, sometimes you need a spikeless track or cross-country shoe, other times a road-racing flat, or a pronation-control trainer/racer.

If you are reading this, you have probably already discovered that shoes actually designed and marketed for racewalkers are pretty hard to come by. The situation is so bad that a while back I looked into producing a new racewalking shoe to fill the void left when New Balance stopped selling their MRW series (the MRW100, 110, and 111 racewalk shoes.) Long story, but the punch-line is that it takes a production run (and subsequent sale) of approximately 5000 pairs of shoes and about \$75,000 in up-front costs to get the job done. Too rich for my blood given the fact that there is not guarantee that anybody would buy the things.

The problem—if you call it a problem—is that there are *too many* great shoes for racewalkers already out there! It's true. There are dozens of great shoes on the market that are perfect for racewalking—they just happen to be mistakenly labeled as running "racing flats" instead of racewalking shoes.

Runners' racing flats are exactly what racewalkers need: Lightweight, flexible, low-profile shoes—preferably in outlandish color patterns found nowhere in nature—that allow us to roll quickly from heel to toe, all the while looking like the oddballs of the track and field world that we are. And despite the impression given by the sales people in the big box sporting goods, we don't need all the cushioning that injury-prone runners are so often burdened with.

Most racewalkers can wear racing flats for every occasion. But the flats you wear for track intervals or for a one-mile race might not be the same ones you would wear for a long, slow distance (LSD) workout or marathon race. Luckily, racing flats come in a side variety of weights, degrees of flexibility, presence or absence of pronation control, etc. Looking in my own (very full) shoe closet, I have shoes for every conceivable scenario. They're all racers, but they range from a lightening-fast, super lightweight racer like the 4.7 ounce Nike Mayfly for 1-mile and 3000 meter indoor track races; to a much more supportive Adidas Adizero Mana or Asics DS Racer, which have a moderate amount of pronation control, for marathons or 50 Km races on asphalt; to something in between for a track 10 or 20 Km.

A long aside: Racewalking IS pronation! Pronation simply means that your foot rolls inward as you roll forward from heel to toe. You don't want to completely prevent pronation; it's a natural part of the walking and racewalking motion. So unless you pronate severely, you probably don't need a lot anti-pronation technology in the midsole of your racewalking shoes.

To find out what kind of racing flat you'll need, your best bet is to head to a running and walking specialty store. Be forewarned: When the sales person hears "walk" he or she may try to steer you to the clunky running trainers. Be firm. Let the employee know you're looking for a racing flat, not a training shoe. You may need to guide them a bit, but with a little education from you, the sales people will be able to steer you towards the right shoes for your feet and training and racing needs.

In general, look for lighter, more flexible shoes for short races and speed work, and more supportive road flats or marathon racers for distance work or long races. racing flats are designed for runners who will usually only wear them for racing and speed work. Most racing flats will last about 300 miles, but there are some models that will wear out much more quickly. Look for an outsole made of "Duralon" or some other wear-resistant rubber.

To get an idea of what shoes "make the cut", head to the "Shoe Reviews" section of the World Class Racewalking web site at www.racewalking.org/shurevw.htm. It wouldn't hurt to print off a copy to take to the store with you.

If you know what you're looking for and have already been sized at a running and walking specialty store, you may be able to find better prices online. There are links to a

number of great online retailers at www.racewalking.org/deals.htm.

If you're racewalking has been "subpar" lately, perhaps it's time to tee up some new shoes!

Acute and Subacute Injuries Resulting From Participation in Racewalking

by Dr. John Blackburn

(The late Dr. John Blaciburn was the original racewalker in the Ohio Track Club, later joined by his son Jack, then your editor, and then many others. A highly respected family physician, John was well-versed in the physiology of human performance. In the early '70s he wrote a series of articles for the ORW related to medical aspects of participation in racewalking. He called the series Medical Notes on Racewalking. This is one of those articles.)

Apart from blisters and callosities, caused in the main by ill-fitting footwear, myositis is the most common racewalking injury.

Myositis, with or without actual rupture and gross bleeding, often referred to as a "muscle pull", occurs more often in training for, and during the shorter, faster races of 20 Km and under. It occurs less often in longer races, and when it does is many times initiated by muscle cramping due to salt loss.

The most common muscles involved are first the extensors of the thigh, the quadriceps group. Next the hamstrings and especially the biceps femoris. Thirdly, the extensors of the foot, the tibialis anterior and the extensor digitorum longus. Lastly the calf muscles, both superficial and deep.

Myositis, with no evidence of hematoma, will heal well enough to return to training in four to six days. With hematoma formation a minimum of seven to twelve days is required.

Tenosynovitis is next in the order of frequency of injuries, and occurs in training for, and in races of longer distances (over one hour and up to five hours), and involves most commonly the structures of the ankle. The hip or knee is seldom involved in this type of injury. In declining order of frequency, those tendons involved are the tibialis anterior, peroneus longus, and brevis and the tendocalcaneus.

It is the author's belief that these injuries are based on failure of the tendon sheaths as antifrictional devices because of the long hours of training and competition. Good racewalkers often exceed 200 training miles per month, involving 25 to 30 hours at speeds of six to eight miles per hour.

The tenosynovitis may exhibit as a mere tenderness along the course of the tendon with minimal swelling, and the athlete complaining of aching on motion. Or frank swelling, acute tenderness, overlying erythema and increased local heat may be present, with the athlete complaining that he or she cannot walk because of the pain.

A third stage of tenosynovitis involves tendon sheath rupture with diffusion of fluid into surrounding tissues. This last condition arises usually because the athlete neglected the injury or would not follow the treatment directions.

As mentioned, treatment for all stages of this injury revolves around rest to the part, adequate splinting and time—two to six weeks. Most athletes regard this time element as a small tragedy, for it interrupts their training schedule and causes their absence in the next competition. They tend to cut treatment short and conditions of chronicity inevitably ensue. Therefore, it is highly important to impress these people with the necessity of following treatment orders. Use of steroids is still an individual matter but does not, in the author's experience, shorten the period of disability. *(Ed. Of course, this was in a period before extensive use of steroids for performance enhancement.)*

Bursitis, surprisingly enough, is less frequent than would normally be expected. However, calcaneal bursitis is the most common due to the continual impact of this part with the ground. Trechanteric bursitis is next in frequency due to the rotational motion of the hips necessary to maintain proper racewalking form. Iliopsoas bursitis is less frequent, but occurs often enough to be mentioned and reflects the constant effort of the iliopsoas muscle to aid the quadratus femoris group in pulling the straightening extremity forward. Bursitis is normally self-limited, and responds nicely to rest of three to five days plus heat application.

Synovitis is more frequent in the 50 Km racewalkers and may occur in any of the weight-bearing joints, but is seen more frequently in the knee and, like tenosynovitis and bursitis, is strictly due to constant and severe use. Treatment consists of rest to the part and appropriate physiotherapy.

Neuritis is uncommon, but when seen occurs in the peroneal and tibial nerves, and usually in those athletes who habitually hyperextend the knee joint and exert some degree of traction on these structures as they pass through the popliteal space.

Chronic injuries are a direct extension of these injuries listed above and generally are related to inadequate treatment.

Myofibrositis, or muscle scarring, occurring in the area of acute myositis is the result of repeated small tears with microscopic bleeding.

Chronic tenosynovitis, or tendonitis, follows the acute and subacute forms and is thought to involve some fraying of the tendon, since it is so resistant to treatment. Tendon sheath rupture is invariably a chronic affair; unless repaired surgically, for in healing spontaneously, thickening and tenderness of the involved portion results and persists for years.

Chronic bursitis is very often calcific in nature and will continue until treated surgically. Synovitis has been known to progress to a traumatic arthritis in a few instances, but is thought to be rare in racewalking.

Chronic neuritis occurs infrequently and is due to involvement of a small nerve branch caught up in myofibrotic scar.

* * * *

The ORW is infamous for its typos and many encourage me to use the spelling checker more judiciously, which I should. But don't rely too heavily on that device to free you from mistakes. To wit:

An Owd to the Spelling Checker

I have a spelling checker, It came with my PC
 It plano loc marks four my revuc miss steaks aye can knot sea.
 Eye ran this poem threw it, Your sure reel glad two no.
 Its vary polished in it's weigh. My checker tolled me sew.
 A checker is a bless zing. It freeze yew lodes of thyme.
 It helps me right awl stiles two reed, and aides me when aye rimo.
 Each frays come posed up on my screen eye trussed too bee a joule.
 The checker pour o'er every word to cheque sum spelling rule.
 Be fore a veiling checkers hour spelling mite decline.
 And if were lacks or have a laps, we wood be maid to wine.
 Butt now bee cause my spelling is checked with such grate flare,
 There are know faults with in my cite, of non eye am a wear.
 Now spelling does knot phase me, it does knot bring a tier.
 My pay purrs awl duc glad den with wrapped words fare as hear.
 To rite with care is quite a feet of witch won should be proud.
 And wee mused dew the best wee can, sew flaws are knot aloud.
 Sow ewe can sea why aye dew prays such soft ware four pea seas,

And why I brake in two averse by righting want too pleas.

Jerry Zar Dean of the Graduate, Northwestern Illinois University

LOOKING BACK

45 Years Ago (From the Oct. 1965 ORW)—An easy winner of the National 15 Km in Atlantic City was Ron Laird, with the editor of the fledgling Ohio Racewalker edging Ron Daniel for second. . . The World Record for 50 Km fell to Christoph Hohne. Walking on a track in Dresden, E.G., he finished in 4:10:52. . . In separate 1 Hour races, Henri Delarue of France went 8 miles 636 yards and Dieter Lindner of East Germany covered 8 miles 186 yards. . . And The East Germans started a string of four straight wins in the World Cup as Lindner (20 Km) and Hohne (50 Km) won individual titles. It was many years before women would become part of the Cup.

40 Years Ago (From the Oct. 1970 ORW)—East Germany won its third World Cup title. Hans-Georg Reimann was too strong for Vladimir Golubnichiy in the final 5 Km and won the 10 in 1:26:55. With five walkers still in the race, Reimann spread them out by simply maintaining the fast pace he had held from the start and watching the rest falter. Christoph Hohne also walked an even pace in the 50 and left Veniamin Soldatenko better than 5 minutes back with his 4:04:35. . . Larry Walker won his first national title, covering 7 miles 1161 yards in an hour at Walnut, Cal. Ron Laird was well over a lap in arrears and Bill Ranney beat John Kelly for third. . . Laird came back a week later to beat Ranney by 3 minutes in the National 30 Km in Atlantic City with a 2:37:28. They were followed by Ray Somers and Gerry Bocci. . . On Long Island, Steve Hayden turned in a 1:36:32 20 Km on the track. . . Larry O'Neil walked his third 100 miler in Columbia, Missouri in 20:42:42. For the first time, there was a second finisher, Canada's John Argo. . . Ted Allsop won the Australian 50 Km in 4:21:05 at age 43.

35 Years Ago (From the Oct. 1975 ORW)—The GDR (East Germany) led the World Cup by seven points after the first day's 20 Km, but came unglued in the 50 and lost to the Soviet Union. Karl-Heinz Stadtmüller won the 20 in 1:26:12 from Bernd Kannenberg of West Germany. Yevgeniy Lyungin won the 50 for the Soviets in 4:03:42 with West Germany's Gerhard Weidner in second. The East Germans lost one man on a DQ about half way through the race and had another hit the wall at about 35 Km, seemingly handing the race to the Soviets, who had three competitors in the top five at that point. But, suddenly, Yevgeniy Soldatenko was pulled by the judges at 40 Km and the GDR was back in it, only to have Ralf Knutter pulled at 45 Km. West Germany was a close third in the team race. The U.S. had a bad time of it with two DQ's in the 20 and finished last of the nine teams. . . In an accompanying women's 5 Km (not an official World Cup event yet), Sweden's Margareta Simy won in 23:41, nearly a minute ahead of Siv Gustavsson. Brit Holmquist completed a Swedish sweep. Sue Brodock was fifth in 25:12 and the U.S. team finished sixth of eight. . . Mexicans Daniel Bautista and Domingo Colin took 1-2 in the Pan American Games 20 Km with Larry Young third in 1:37:53. . . Chuck Hunter won the Columbia 100 miler in 20:26:09, 55 minutes ahead of Rob Spier. . . Augie Hirt won the National 100 Km, held at the same venue, in 11:16:19. . . In England, Dave Boxall won a 100 miler in 17:56:06, as nine competitors finished under 20 hours. . . The National 30 Km went to Larry Young in 2:25:56, 13 minutes ahead of Paul Ide.

30 Years Ago (From the Oct. 1980 ORW)—Ray Sharp walked 100 Km in 10:59 in Longmont, Colorado to win the National title over Alan Price. Alan had a 11:15. . . That was two weeks after Price had won his third straight 100 miler in Colombia, this time in 19:28:06. Bob Chapin pulled clear of Len Busen in the final 10 miles to take second in 20:22:07. . . Norway's Erling

Anderson blitzed a 1:20:57 for 20 Km to win the Marcel-Jobin race in Canada by nearly a minute and a half over Felix Gomez of Mexico. Jobin himself was third in 1:24:17. Gomez covered 14,652 meters in a 1 Hour race four days earlier and did a 40:34.6 for 10 Km four days later in other races that made up a week long festival. . . Carlo Mattioli came from Italy to win the Along Memorial 20 Km in Dearborn, Michigan. He led countrymen Sandro Bellucci and Paolo Gregucci with a 1:28:27. Steve Pociovsky was fourth in 1:32:49.

25 Years Ago (From the Oct. 1985 ORW)—Alan Price won his sixth 100 mile title in 20:37:20. . . And Carl Schueler won his third consecutive National 40 Km in Monmouth, N.J., covering the distance in 3:15:04, just 1:07 off his own course record. Dan O'Connor was better than 11 minutes back. Eugene Kitts (3:29:36) and John Slavonic (3:30:18) finished third and fourth. . . The Alongi International Event went to Canada's Guillaume Leblanc in 1:25:22. Mexicans Mauricio Vellegas (1:26:26) and Marcelino Colin (1:26:33) followed.

20 years ago (From the Oct. 1990 ORW)—In a great Alongi International race, Poland's Zbigniew Sadlej won easily in 1:23:40, leaving Canada's Guillaume Leblanc 74 seconds back. Tim Lewis was third in 1:26:52 and five other U.S. walkers bettered 1:30. In the women's 10 Km, Debbi Lawrence won in 45:34, beating Lynn Weik (45:56), Canada's Janice McCaffrey (46:26), and Victoria Herazo (46:50). . . In a U.S.-Canada Junior Meet, Martin St. Pierre blitzed a 43:54 to beat Tim Seaman (44:35) and Phillip Dunn (44:45). . . Tim Lewis covered the first 20 Km in 1:30:53 and then eased off to win the National 2 Hour title, covering 25,676 meters. Mark Fenton was 1600 meters back in second. Victoria Herazo was also an easy winner, covering 12,346 meters to take the National 1 Hour ahead of Susan Lier.

15 Years Ago (From the Oct. 1995 ORW)—Rob Cole was an impressive winner of the National 40 Km at Ft. Monmouth, N.J., his 3:29:45 leaving Dr. Eugene Kitts 9 minutes back in second. John Soucheck was third. . . The National 1 Hour in Cambridge, Mass. went to Victoria Herazo, who covered 12,325 meters. Maryanne Torrellas (11,425) was second and Gloria Rawls (11,002) third. The men's 2 Hour title went to Dave McGovern (23,505 meters) almost 3600 meters ahead of Justin Kuo in second. . . Anya Ruoss (24:52 for 5 Km) and Justin Marujo (45:00 for 10) were U.S. Winners in the U.S.-Canada Junior meet. . . Canada's Arturo Huerta won the Alongi International 20 Km in Dearborn in 1:27:58 with Curt Clausen second in 1:29:43 and Ioan Froman third in 1:29:59. Debbi Van Orden won the women's 10 Km in 47:57. . . Mexico's Daniel Garcia won the World University Games 20 Km in 1:23:11, 8 seconds ahead of Italy's Giovanni Perricelli. Curt Clausen was 13th in 1:30:39.

10 Years Ago (From the Oct. 2000 ORW)—Victoria Herazo and Dave McGovern climbed the victory stand again in the National 1 and 2 Hour races. Victoria won her sixth 1 Hour title, covering 11,728 meters, nearly 600 meters ahead of Caitlin Bonney. McGovern went 24,432 meters in the 2 Hour, more than 2 Km ahead of John Soucheck. . . Mexico's David Berdeja won the World Junior 10 Km in 40:56.47 with Russians Yevgeniy Demkov and Viktor Burayev only a few hundredths of a second behind. . . The women's race went to Russia's Lyudmila Yefimkina in 44:07.74, 17 seconds ahead of her countrywoman Tatyana Kozlava. Greece's Athanasia Tsoumlecka, destined to win Olympic gold in 2004, was fourth.

5 Years Ago (From the Oct. 2005 ORW)—Ray Sharp, at age 45, won the National 5 Km in Kingsport, Tenn. his fourth at the distance, the others coming in 1980, 1981, and 1988 His winning time of 22:34 left Matt DeWitt 48 seconds back in second. The women's title went to Jolene Moore in 24:00. . . Gaobo Li at age 16 won the Chinese National 20 in 1:18:22, with three others under 1:20. The women's title went to Yanmin Bai in 1:27:37, with the first five under 1:30. Bai was 18. Chaohong Yu won the 50 in 3:36:06, with four others under 3:43