

Stroupe, Michta Walk Off With Indoor Titles

Albuquerque, N.M. Feb. 22—Tim Seaman was aiming for his 12th title at the USATF National T&F Indoor Championships, but wound up watching the final two laps from track side as Patrick Stroupe won his first indoor crown, taking the 3000 meter race in 12:31.24. Seaman, whose earlier titles had all been at 5000 meters, had a comfortable lead when judges removed him with 2 laps to go. In a very sparse field, Dan Serianni edged junior Alejandro Chavez for second. There were no other starters, although Tyler Sorensen had entered.

The women's field was even more sparse, with only three entrants. Evidently the trip to Albuquerque and its high altitude didn't appeal to many. Maria Michta easily defended her title and, despite the altitude factor, improved on her 2010 winning time by 11 seconds with a 13:40.52. Erin Bresnahan and Teresa Vaill finished well in her wake. The results:

Women's 3000 meters: 1. Maria Michta, Walk USA 13:40.52 2. Erin Bresnahan, Walk USA 14:22.55 3. Teresa Vaill, un. 14:48.21

Men's 3000 meters: 1. Patrick Stroupe, un. 12:31.24 2. Dan Serianni, World Class RW 13:08.85 3. Alejandro Chavez, un. 13:12.58 DQ—Tim Seaman, NYAC

Tegtmeier Betters NAIA Championship Record; Ching Defends

Geneva, Ohio, March 4—Winning a title he first won three years ago, Chris Tegtmeier solidified his comeback with a strong performance to win the NAIA National 3000 meter walk at the Indoor championships. In the process, he edged under Lachlan McDonald's nine-year-old meet record with his 12:15.95. The old record was 12:16.56. He had to overcome strong challenges by Josh Wiseman and Kris Shear to sew up the victory.

In the women's race Jessica Ching defended her title as she won in 14:12.05, 10 seconds ahead of Katie Burnett. The meet record of 13:56.06 was set by Amber Antonia in 2002, the same year McDonald set the old men's record.

Tegtmeier won this race back in 2008 and then was DQ'd the next year while leading with a lap to go. He missed 2010 entirely with an acute illness. Seemingly fully recovered he took the lead from Josh Wiseman with 400 meters to go and won by nearly 5 seconds. Wiseman yielded second place to Kris Shear in the final 50 meters. The Vergara twins occupied fourth and fifth spots.

Janelle Brown took the early lead in the women's race and built a 20-meter gap on a pack of Ching, Burnett, and Megan Furnish. But Ching took over after the first kilometer and then shook off the challenge of Burnett.

Commenting on the race, USATF National Racewalk Chair Vince Peters said, "Evidence of the improvement of racewalking in the college ranks—both in the athleticism of the participants and in their grasp of the technique required for success—was never more apparent than in these races. In the men's race, the first four finishers were under 13 minutes, with the top three surpassing the winning time at the USATF Indoor Nationals. In the women's

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

race, just four short years ago, fourth place in the meet was 17:06.21, a time surpassed by 11 of this year's 12 finishers." The results:

Women: 1. Jessie Ching, Lindenwood 14:12.05 2. Katie Burnett, William Penn 14:22.70 3. Janelle Brown, Cornerstone 14:32.13 4. Megan Furnish, Lindsey Wilson 15:09.38 5. Chelsea Conway, Lindsey Wilson 15:37.55 6. Erin Helmuth, Goshen 15:51.70 7. Alexis Gutterman, Lindenwood 16:01.97 8. Reini Brickson, Lindsey Wilson 16:15.33 9. Nicole Bonk, Embury-Riddle 16:46.44 10. Mercedes Mancha, St. Xavier 17:01.08 11. Monica Lawrence, Cornerstone 17:01.13 12. Carissa Eichmeyer, Hannibal-Lagrange 18:44.26 DQ—Sunny DeJong, Cornerstone

Men: 1. Chris Tegtmeier, Concordia 12:15.95 2. Kris Shear, Cornerstone 12:20.49 3. Josh Wiseman, Cedarville 12:23.54 4. Ricardo Vergara, Lindsey Wilson 12:54.98 5. Roberto Vergara, Lindsey Wilson 13:22.49 6. Joel Pfahler, Cedarville 13:50.92 7. Matthew Forgues, Ashford 13:55.02 8. Jacob Gunderkline, Goshen 14:07.58 9. Aleksand Jakobsen, Ashford 14:19.77 10. Paul Lindemann 14:57.57 DQ—Paul Ikeda, Cedarville (After crossing the finish line in fifth).

Portuguese Women Sweep Medals

Chihuahua, Mexico, March 6 (From IAAF Release) Inez Henriques led a Portuguese sweep while Eder Sanchez prevailed in a close 20 Km and Jose Ojeda surprising win the 50 Km for the host country as the 2011 IAAF Racewalking Challenge resumed in this northern Mexican city. Always among the top three in every race she has entered here, 2010 World Cup silver medallist Henriques savored the taste of victory after a 1:34:10 effort, followed by compatriots Vera Santos (1:35:17) and Susana Feitor (1:35:24).

Henriques took the lead from the start. Australia's Claire Tallent tried to follow her but could not keep up with the pace after the eighth kilometer. Tallent was overtaken by the 2010 World Cup runner-up Santos with 5 kilometers to go and by Feitor on the final last lap. "I love this place. I have always performed well in Chihuahua. My compatriots and I all had a good race. I finally manage to win here," said a happy Henriques after her effort.

Sanchez and Colombia's Luis Lopez walked side by side right from the start. Sanchez tired to break away, but Lopez responded and it was down to the home stretch to determine the winner. Sanchez crossed the line in 1:22:15, two seconds ahead of his arch rival, to claim his third victory in Chihuahua after victories in 2008 and 2009. Their last 5 kilometers were covered in 19:39 and 19:49 respectively as they went all out for the win after a rather leisurely first 15 km.

"I don't know where I found my strength to win. I gave it all in the last 100 meters. We don't see races lie this any more. Luis fought until the very end. We were pushed to our limits. I had a contraction in my trapezius muscle and it was bothering me, but I managed to recover. I am happy to give the victory to Mexico," a joyful Sanchez stated.

Olympian David Mejia improved his personal best by 11 seconds (1:22:36) and overtook two-time Olympic medalist Jared Tallent for third. Australia's Luke Adams and Diego Flores rounded out the first six.

With only one non-Mexican competitor, the Mexicans easily earned top honors at 50, but the relatively unknown Ojeda improved his personal best by nearly 5 minutes to win the

race. He and Horacio Nava shared the lead until the last two laps, where Ojeda walked away to win 3:52:33. Nava and Edgar Hernandez followed. "I woke up today with the aim of finishing to three and trying to stay with the pace setter," said Ojeda. "This victory means a lot to me. It boosts my confidence as this was only my fifth 50 Km race. I realize I can go for the top positions. Nava noted: "My goal was to make the Mexican team for the Pan Ams. I achieved it an obviously I would have loved to win here, but I felt strange feelings towards the end and decided to walk safely to secure the second place."

The races drew a total of 162 athletes from countries. e results ;

Men's 20 Km: (Mexican unless otherwise noted)—1. Eder Sanchez 1:22:15 2. Luis Lopez, Colombia 1:22:17 3. David Mejia 1:22:36 4. Jared Tallent, Australia 1:23:25 5. Luke Adams, Australia 1:23:47 6. Deigo Flores 1:23:53 7. Siaac Antonio Palma 1:24:04 8. Gustavo Restrepo, Colombia 1:24:21 9. Gionanni Torres 1:28:18 10. Allan Segura, Costa Rica 1:25:38 11. Joao Vieira, Portugal 1:25:48 12. Pedron Daniel Gomez 1:26:57 13. Alvaro Garcia 1:26:13 14. James Rendon, Colombia 1:26:18 15. Claudio Vargas 1:30:47 16. Tadas Suskevicius, Lithuania 1:30:50 17. Ronal Rey Quipe, Bolivia 1:30:50 18. Jore Alejandro Martinez 1:32:42 19. Rafael Avendano 1:32:57 20. Hatem Ghoul, Tunisia 1:34:11 (30 finishers, 6 DQ, 1 DNF)

Women: 1. Ines Henriques, Portugal 1:34:10 2. Vera Santos, Portugal 1:35:17 3. Susan Feitor, Portugal 1:35:24 4. Claire Tallent, Australia 1:35:59 5. Rosalia Ortiz 1:37:55 6. Gudadalupe Sanchez 1:35:17 7. Claudia Balderrama Ibanex, Bolivia 1:36:47 8. Brigita Virbalyt, Lithuania 1:39:00 10. Claudia Stef, Romania 1:40:38 11. Angelica Hernandez 1:41:10 12. Maria De La Luz Perez 1:41:55 13. Lisbeth Silva 1:43:03 14. Arabelly Orjuela Sanchez, Colombia 1:43:12 15. Sara Iveth Martinex 1:43:24

Men's 50 Km: 1. Jose Leyver 3:52:33 2. Horacio Nava 3:54:38 3. Edgar Gildardo 3:58:49 4. Omar Zepeda 3:59:13 5. Clemente Ivan Garcia 4:01:21 6. Juan Emilio Toscano 4:14:27 7. Christian Berdeja 4:15:41 8. Luis Jose Solis 4:18:43 9. Jose Hermilo Ventura 4:20:18 10. Etiel Soto 4:20:40 11. Marcos Ortiz 4:40:34 (4 DQ including Andrei Stepanchuk, Belarus; 5 DNF)

Jr. Men's 10 Km: 1. Christian De Jesus Gomez 42:49 2. Jesus Tadeo Vega 42:52 3. Usiel Sanchez 42:52

Women's Jr. 10: 1. Yaneli Caballero 47:38 2. Sandra Nevarez 49:14 3. Maria Irais Mena 50:01

Chinese Dominate At Lugano Challenge

Lugano, Switzerland, March 20—The IAAF Challenge came to this Swiss city and the Chinese walkers came in force, sweeping the podium in the men's race and taking first and third in the women's race.

Twenty-year-old Zhen Wang took the men's 20 Km race in a sensational personal best of 1:18:36, improving his best by 2 minutes beating Yafei Zhu by just one second with Ding Chen third in 1:19:38. Tunisia's Hassanine Sebei produced a major surprise by finishing fourth in 1:20:19. Ireland's Robert Heffernan finished as the first European in fifth place.

Liu Hong, 2006 World Junior Champion and bronze medalist in the 2009 World Championships, completed the great day for Chinese walkers by taking the women's race in 1:29:28, 68 seconds ahead of Russia's 1:25:52 walker Tatiana Siboleva. China's Ni Gao was third in 1:30:45.

The Chinese triumph was a reason of pride for Italian walking guru Sandro Damilano who is now working for the Chinese Athletics Federation. A successful coaching career has seen his pupils collect 46 Olympic, World, and European medals. He is now guiding Chinese racewalkers at the Italian Racewalking School in Saluzzo.

In the men's race, Wang and Zhen broke away from the rest of the field at 8 Km and

went through 10 in 39:45 with a gap of 16 seconds on the chasing pack. Only a final sprint by Wang separated the two at the finish. He was just off the course record of 1:18:24 set by Italy's Alex Schwazer last year.

Sibileva walked in the front in the women's race reaching 5 km in 22:41 with a gap on 9 seconds over Liu. She held the lead through 12 Km but was caught by Liu at 13 Km. Liu moved steadily away, leading by 7 seconds at 14 Km, by 36 at 18, and by 48 at 19. She won by 68 seconds. She broke the course record held by Great Britain's Joanna Jaackson by nearly two minutes.

"The Chinese walkers showed their strength. It was not easy to walk so fast on this course. When I chose to train Zhen Wang two years ago, he was not considered among the best walkers in China, but he has made big progress. The Chinese walkers have improved much in their technique and are closing their gap on the Russian team," said Sandro Damilano. The results.

Women: 1. Hong Liu, China 1:29:28 2. Tatiana Sibileva, Russia 1:30:36 3. Ni Gao, China 1:30:45 4. Ana Cabecinha, Portugal 1:31:07 5. Zuzana Shindlerova, Czech Rep. 1:32:10 6. Yanfei Li, China 1:32:59 7. Irina Umanova, Russia 1:33:08 8. Lingling Tong, China 1:33:13 9. Brigita Virathe, Lithuania 1:32:24 9. Lucie Pentoanova, Czech Rep. 1:33:42 11. Nering Aldletyte, Lithuania 1:34:38 12. Viktoria Maderasc, Hungary 1:34:37 13. Angese Pastare, Latvia 1:35:05 14. Laura Reynolds, Ireland 1:35:34 15. Marie Polli, Switzerland 1:37:09 16. Laura Polli, Switzerland 1:37:41 (34 finishers)

Men: 1. Zhen Wang, China 1:18:36 2. Yafei Zhu, China 1:18:37 3. Ding Chen, China 1:19:38 4. Hassanine Sebei, Tunisia 1:20:19 5. Robert Heffernan, Ireland 1:20:53 6. Nazar Kovalenko, Ukraine 1:21:33 7. Petr Trofimov, Russia 1:21:47 8. Bertrand Moulinet, France 1:21:49 9. Faguan Xu, China 1:22:04 10. Zelin Cal, China 1:22:21 11. Jakub Jelonek, Poland 1:22:45 12. Ivan Losev, Ukraine 1:22:49 13. Tanlei Li, China 1:23:10 14. Aleksandr Yargunkin, Russia 1:23:17 15. Matteo Gipponi, Italy 1:23:38 16. Can Celik, Turkey 1:23:42 17. Andrei Talashka, Belarus 1:24:21 18. Tianfeng Si, China 1:24:29 19. Jesus Angle Garcia, Spain 1:24:35 20. Hicham Mejbar, Algeria 1:25:29 21. Carl Dohmann, Germany 1:25:37 22. Emmanuel Boulay, France 1:25:38 23. Kevin Campion, France 1:25:49 24. Brendan Boyce, Ireland 1:25:57 25. Aleksey Khimin, Russia 1:25:42 25. Ruslan Dmytrenko, Ukraine 1:26:42 27. Andrea Romanelli, Italy 1:27:42 28. Vitali Talankou, Belarus 1:27:49 29. Alex Wright, Great Britain 1:28:07 30. Ruggiero D'Ascenio, Italy 1:29:06 (54 finishers)

World Record 50 Km

Reims, France, March 12—Two-time European 50 Km champion Yohann Diniz had set his sights on breaking the world record for 50 and achieved his goal with plenty to spare. Walking on the track and Reims, he completed the 50 in 3:35:27.20, breaking countryman Thierry Toutain's record of 3:40:57.9, set 11 years ago.

With help from Johan Augeron, Tunisia's Hatem Ghoulia, and Poland's Grzegorz Sudol (second to Diniz at the 2010 European Championships), he was 40 seconds ahead of record pace at 35 Km. From there on he was on his own. Ghoulia meant to go the whole distance, but couldn't maintain the relentless pace. (Sudol had settled for 30 Km). Diniz was equal to the task and by 40 Km was 1:40 up on record pace. He continued to open the gap to the finish.

"The biggest inspiration for me... was the spectators who gave me so much support. Barriers were moved in so they could be even closer and the atmosphere was just mad," said Diniz, who turned 33 on New Year's Day. He said it was easy to persuade Sudol and Ghoulia to help him ("They're good friends"). He will now take two weeks complete rest to analyze his

performance that includes time spent in Albuquerque at a training camp. "We learned things about dietary needs while there, and I think that will help for preparation for the 2011 World Championships," he added.

Diniz also bettered the French road record of 3:38:45 which he held and wasn't too far off the World road record of 3:34:14 set by Russia's Denis Nizhegorodov in 2008 at the World Cup. Results:

1. Yohan Diniz 3:35:27.20 2. Eddy Roze 4:12:06 3. Christter Swensson, Sweden 4:23:23 30 Km: 1. Grzegorz Sudol, Poland 2:11:11.95 2. Hatem Ghoulia, Tunisia 2:19:22

Other Results

National High School 1 Mile, March 12: Girls—1. Danielle Opatovsky, Shoreham, N.Y. 7:14.72 2. Crosby Tillman, Lincolndale, N.Y. 7:21.44 3. Rachael Tylock, Penfield, N.Y. 7:24.71 4. Jennifer Halloran, Bay Shore, N.Y. 7:26.72 5. Abby Dunn, Auburn, Maine 7:38.72 6. Courtney Williams, Vassalboro, Maine 7:39.97 7. Michelle Syguluski, Kings Park, N.Y. 7:42.63 8. Meghan Keetley, Pearl River, N.Y. 7:51.61 9. Jaymee Caplan, Henrietta, N.Y. 7:56.36 10. Molly Josephs, Garden City, N.Y. 7:56.36 11. Diana Quinde, Elmhurst, N.Y. 7:57.45 12. Caitlin Lardaro, Pearl River, N.Y. 8:02.34 (27 finishers, 1 DQ—National Record 7:00.94, Katy Hays, Wisconsin, 2004) **Boys—**1. Alejandro Chavez, McAllen, Texas 6:27.06 2. Evan Vincent, Manchester, Maine 7:25.78 3. Christian Malarsie, Standish, Maine 7:29.46 4. Nate Bucknell, Gorham, Maine 7:56.29 5. Ian Rixon, Waldoboro, Maine 7:58.59 6. Alex Thuotte, Gorham, Maine 8:01.65 (10 finishers, 1 DQ—National Record 6:03.48, Trevor Barron, Penn. 2010)

National Masters 3000 meters, Albuquerque, N.M., March 6: Women: 40-44—Darla Graff, Denver 18:44.32 50-54—Vicki Pritchard, World Class RW 18:41.18 55-59—Kerri Segell, N.M. 19:08.79 60-64—1. Marianne Martino, Colorado 17:57.79 2. Yoko Eichel, Cal. 18:48.33 3. Leslie Herman, N.M. 20:17.77 4. Jeanette Priest, Col. 20:44.10 65-69—1. Jolene Steigerwalt, San Diego 20:52.00 2. Kathleen Frable, Cal. 21:22.00 3. Darlene Backlund, Cal. 21:58.88 70-74—1. Louise Walters, Cal. 19:27.58 2. Rita Sinkovec, Col. 21:22.95 **Men—**45-49—1. Mike Blanchard, Col. 17:25.92 2. Neal Dahlen 19:20.83 3. Art Morrow, Cal. 19:30.78 50-54—1. Stephen Peckiconis, Mass. 16:38.07 55-59—1. Bill Reed, Mich. 17:12.53 2. Peter Blank, Maryland 19:50.36 60-64—1. Andrew Smith, Mich. 16:11.16 2. John Gersh, Maryland 19:22.63 65-69—1. Norm Frable, Cal. 22:19.28 70-74—1. James Beckett, Cal. 17:45.27 2. Robert Nichols, St. Louis 19:49.96 3. William Hosken, Ill. 20:20.27 4. John Backlund, Cal. 20:42.86 75-79—Alan Poisner, Kansas 19:47.84 2. Charles Williams, Atlanta 22:18.69

New York H.S. 15000 meters Championships, March 5—1. Danielle Opatovsky 6:51.59 2. Crosby Tillman 7:01.08 3. Jennifer Halloran 7:07.19 4. Rachael Tylock 7:13.94 5. Molly Josephs 7:15.61 7. Caitlin Lardaro 7:20.50 8. Kelly Maranchuck 7:33.09 9. Kelly McConville 7:37.77 10. Rachel Deppa 7:45.21 11. Diana Quinde 7:48.00 12. Melissa Tylock 7:52.14 9 (20 finishers, 3 DQ) **1500 meters, New York City, March 19—**1. Bill Vayo 7:21 2. Bruce Lagan 7:25 ((Part of an indoor meet hosted by Front Runners New York. Bill and Bruce won \$100 and \$75, respectively. Bill comments: "This is the best prize money I have seen outside of national championships. Due to low turnout, racewalking risks being eliminated from this meet. Folks, this was easy money—what happened?) **Indoor 3000 meters, Ypsilanti, Mich., March 20—**1. David Swarts (45) 14:52.90 2. Bill Reed (58) 16:14.76 3. Leon Jasionowski (66) 16:23.39 4. Tom Belford (62) 19:56.11 (6 finishers) **Women—**1. Denise Francis-Keith (47) 18:45.89 **10 Km, Pleasant Prairie, Wis., March 20—**1. Sam Cohen 50:56 2. Aleksander Jakobsen 56:12 3. Jack Bray 68:30 4. William Hosken 69:19 5. Robert Watkins 72:09 (2 DNF) **Indoor 5000 meters, Fayette, Missouri, March 19—**1. Patrick Stroupe 20:32.93 2. Curtis

Bedor 30:16 Women-1. Carissa Eichmeyer 31:30.86 2. Gayle Johnson 32:42 **1500 meters, Austin, Tex., March 13**-1. Mandy Owens 9:02.42 Men-1. Stevie Berry (11) 9:03.38 3. Dillon Berry (13) 9:09.61 3. Lojza Vosta (72) 9:28.10 **3000 meters, same place**-1. Dave McGovern (45) 14:01.93 2. Stevie Berry 18:11.42 3. Dillon Berry 19:14.58 (9 finishers) **1 Mile, Houston, Tex., March 19**-1. Steve Kimmel (61) 8:32.03 2. Ruth Barlass (16) 8:53.31 3. Lojza Vosta 9:25.83 4. Ben Barlass (49) 9:27.21 5. Dave Gwyn (59) 10:54 **50 Km, Houston, March 12**-1. Juan Yanes (61), S. Florida Walkers and Venezuela 5:41:11 2. Alberto Medina (5) 5:49:32 3. Bruce Logan (46) 6:25:42 **20 Km, same place**-1. Jon Hallman (17) 1:57:02 (53:59 at 10 and then slowed by heel blisters) **5 Km, same place**-1. Ruth Barlass (16) 31:04 2. Stevie Berry 32:10 3. Dillon Berry 33:49 4. Ben Barlass (49) 33:51 **5 Km, Denver, Jan. 15**-1. Gerardo Pantoja 27:34 2. Daryl Meyers (69) 34:38 (8 finishers) **5 Km, Denver, Jan. 24**-1. Francisco Pantoja 24:04 2. Gerardo Pantoja 27:54 3. Felix Enstrada 30:59 **5 Km, Denver, Feb. 6**-1. Francisco Pantoja 24:32 2. Gerardo Pantoja 28:12 **5 Km, Denver, Feb. 13**-1. Francisco Pantoja 23:39 2. Rhonda Carter (45) 37:34

National Masters 20 Km, Huntington Beach, Cal., March 20: Men: 35-39-1. Tim Sseaman 1:28:48 2. Adrian Zamudio 2:14:32 45-49-1. Art Morrow 2:19:44 50-54-1. Tommy Aunan 2:01:02 2. Alex Kazaryan 2:08:59 55-59-1. Mark Green 1:46:33 60-64-1. Andrew Smith 1:55:33 70-74-1. John Backlund 2:21:36 2. Patrick Bivona 2:31:41 80-89-1. Jack Starr 2:28:03 **Women:** 50-54-1. Vicki Pritchard 2:12:44 2. Michelle Cunningham 2:17:11 3. Carol Alexander 2:25:10 55-59-1. Susan Mears 2:17:25 60-64-1. Mary Baglin 2:31:59 65-69-1. Darlene Backlund 2:23:58 2. Jolene Steigerwalt 2:26:42 70-74-1. Lousie Walters 2:17:57 **Open 20 m same place**-1. Michael Tarantino 1:31:42 2. Chris Tegmeier 1:34:21 **Women**-1. Rachel Seaman, Canada 1:34:22 2. Katie Burnett 1:44:37 **5 Km, same place**-1. Ryan Thong (10) 29:35 1. 2. Wayne Wurzbarger (69) 32:17 3. John Magnussen (58) 32:34 4. Ray Billig (53) 33:48 5. Carl Acosta (77) 34:00 (8 finishers) **Women**-1. Nicolette Sorensen (15) 26:40 3. Ellerie Lagerhausen (17) 29:57 3. Patsy Hurley (16) 30:20 4. Janelle Zumora (11) 32:12 5. Courtney Thong (13) 32:12 6. Donna Cunningham (64) 32:49 (19 finishers)

National 50 Km Barueria, Brazil, Jan. 30-1. Claudio Richardson Vitoria Campelo dos Santos 4:13:20 2. Luiz Felipe dos Santos 4:50:11 **20 Km, Barueria, Brazil, Feb. 19**-1. Mario Jose dos Santos Junior 1:30:49 2. Caio Oliveira de Sena Bonfim 1:33:16 3. Luiz Felipe dos Santos 1:33:36 **Women**-1. Cislaine Dutra Lopes 1:42:00 **National 20 Km Chile, Feb. 26**-1. Josette Sepulveda 1:50:57 **Men**-1. Yerko Araya 1:26:15 **National 50 Km, Chile, Feb. 27**-1. Edward Araya 4:03:02 2. Camilo Acuna 4:18:00 3. Alex Jara 4:22:48 4. Fabio Gonzalez Argentina 4:25:37 **Junior 20 Km Italy, Jan. 30**-1. Massimo Stano 1:31:00 2. Leonardo Serra 1:32:29 **Women's 20 Km, same place**-1. Eleonora Anna Giorgi 1:33:46 2. Antonella palmisano 1:35:18 **Japanese National 20 Km, Kobe, Feb. 20**-1. Yusuke Suzuki 1:21:13 2. Kojichiro Morioka 1:21:13 3. Takayuki Tani 1:22:23 **Women**-1. Kumi Otsoshi 1:29:11 2. Mayumi Kawasaki 1:30:25 3. Masumi Fuchise 1:32:28 **Indoor 5000 meters, ancona, Italy Feb. 20**-1. Riccardo Macchia 20:09.99 2. Daniele Masciadri 20:26:43 3. Vincenzo Magliulo 20:29.23 **Women's 3000 meters, same place**-1. Sibilla Di Vincenzo 12:42.61 2. Eleonora Anna Giorgi 12:51.59 3. Serena Pruner 13:12.98 **10 Km, Genova, Italy, Feb. 27**-1. Zhen Wang, China 39:28 2. Giupponi Matteo 39:52 3. Zelin Cai, China 42:01 **Women**-1. Hong Liu, China 45:35 2. Yanfei Li, China 45:41 3. Mingxia Yang, China 46:54 **35 Km, Sochi, Russia, Feb. 28**-1. Igor Yerokhin 2:26:36.2. Denis Nizhegorodov 2:27:08 3. Denis Strelkov 2:27:52 4. Andrei Ruzavin 2:28:17 5. Sergey Sergachov 2:32:49 6. Yuri Andronov 2:32:49 7. Aleksandr Yargunkin 2:33:00 8. Aleksei Bartsaikin 2:34:36 **Women's 20 K, same place**-1. Vera Sokolova 1:25:08 2. Anisya Kirdyapkina 1:27:09 3. Anna Lukyanov 1:27:49 4. Tatiana Korotkova 1:28:38 5. Irina Yumanova 1:29:26 6. Yelena Kruchinkina 1:30:08 7. Natalya Makarova 1:30:27 8. Lyudmila Arkhipo 1:31:14 9.10 Tatyana Mineyeva 1:31:53 11. Svetlana

Soloviova 1:31:55 12. Lina Bikulova 1:35:25 (17 under 1:40) **Men's 20 Km, same place**-1. Vladimir Kanaikin 1:19:14 2. Sergey Morozov 1:20:08 3. Andrew Kryvau 1:20:16 4. Pyotr Bogatyryov 1:20:18 5. Pyotr Trofimov 1:20:31 6. Antololy Kukushkin 1:21:19 7. Mikhail Ryzhov 1:21:49 8. Dmitri Shorin 1:23:59 9. Andrei Riabushev 1:24:20 10. Mikhail Orlov 1:24:57 11. Konstantin Maksimov 1:25:05 12. Ivan Noskov 1:25:20 13. Andrei Trofimov 1:26:00 14. Konstantin Kulagov 1:26:20 15. Aleksandr Prokhorov 1:16:31 **Jr. 10 Km, same place**-1. Pavel Parhsin 41:18 2. Dementiy Cheparev 41:11 3. Denis Asanov 42:12 4. Alkesandr Ivanov 42:16 5. Evgeniy Nushtaev 42:28 6. Kiririli Frolov 42:33 7. Andrey Matoshin 42:57 **Jr. Women's 10 Km, same place**-1. Svetlana Vasilieva 42:43 2. Yelena Lashmanova 43:41 3. Olga Dubrovina 47:34 4. Liliya Gimadinova 47:35 5. Alyone Aryhkova 47:42 6. Dina Zamyatina 47:57 7. Anna Yemina 48:04 8. Alia Kamysheva 48:26 **Youth 10 Km, same place**-1. Damir Bvaybikov 42:36 2. Denis Tolstov 42:40 **French National Indoor 3000 Meters, Aubiere, Feb. 11**-1. Sylwia Korzeniowska 12:58.80 2. Chanfreau Rinero 13:54:27 3. Anne-gaelle Retout 14:13.84 4. Ines Pastorino 14:16.15 5. Violaine Averous 14:22.17 6. Corinne Smith 14:26.23 **Men's National 5000, same place**-1. Antonin Boyez 19:47.86 2. Hatem Ghoulia, Tunisia 20:05.95 3. Emmanuel Boulay 20:54.35 4. Mehdi Boufraine 20:56.63 5. Sebastien Delaunay 21:02.62 6. Dimitri Malosse 21:12.48 7. Franck Baudet 21:26.57 8. Djamel Selseldeb 21:33.99 **Indoor 5000, Vilnius, Lithuania, Feb. 12**-1. Marius Ziukas 19:54.51 **Women's 3000, same place**-1. Sam Mastianica 14:23.79 **Lithuanian Indoor Championships, Klaipeda, Feb. 18: Women's 3000**-1. Neringa Aidietyte 13:11.54 2. Inga Mastianica 13:57.86 3. Diana Kacianova 14:07.32 4. Karolina Svedaite 14:15.72 5. Agne Klebauskaitė 14:38.09 (17 finishers) **Men's 5000**-1. Marius Ziukas 19:56.46 2. Pavel Wieliczko 20:46.29 3. Tomas Gaidamavicius 21:02.10 4. Genadij Kozlovskij 21:14.17 (17 finishers) **Portuguese 20 Km Championships, Feb. 20**-1. Ines Henriques 1:30:38 2. Kristina Saltonovic, Lithuania 1:32:11 3. Ana Cabecinho 1:33:10 4. Susana Feitor 1:33:29 5. Zuzana Schindlerova, Czech Rep. 1:38:19 **German Indoor Championships, Feb. 26: Men's 5000**-1. Christopher Linke 19:19.45 2. Carsten Schmidt 19:31.35 3. Nils Gloger 20:31.59 4. Hagen Pohle 20:56.32 5. Steffen Borsch 21:03.02 **Women's 3000**-1. Sabine Krantz 12:18.12 2. Melanie Seeger 12:41.43 3. Charlyne Czychy 13:05.76 4. Christin Elb 13:06.45 5. Kathrin Schulze 14:27.91 6. Bianca Schenker 14:31.72

And For Our Next Act-Some Upcoming Races

Sun. April 3	South Regional 5 Km and Florida Youth 5 Km, Orlando, Fla. (R)
Sat. April 9	2.8 Km, Seattle (C)
Sun. April 10	5 Km, Pleasant Prairie, Wis. (I)
Sat. April 16	5 Km, Wyoming, Del.
Sat. April 30	Penn Relays 5 Km Women, 10 Km Men, Philadelphia (Z) 5 Km, Seaford, Del. Mt. SAC Relays 5 and 10 Km, Walnut, Cal. (U)
Sat. May 7	5 Km, Newark, Del. (T) 10 Km and 2 Mile, Royal Oak, Mich. (F)
Sun. May 8	25th Annual Jack Mortland Walks, 5, 10, and 20 Km, Dayton, Ohio (M) 20 Km, Prairie, Wis. (I)
Sat. May 14	5 Km, Eugene, Oregon
Sun. May 15	USATF Junior, Open, and Masters 15 Km, Riverside, Cal. (Y)
Sat. May 21	5 Km, Dover, Del. (T) North Region 10 Km and Open 5 Km, Dearborn, Mich. (F)
Sun. May 22	New Jersey 20 Km, also 5 and 10 Km, Point Pleasant, N.J., 8:30 am (A)

Sun. May 29 43rd Annual Sanford Kalb 20 Km, Lakewood, N.J. 9am (A)
 Fri. June 10 North Carolina 1500 meters, Raleigh (V)
 Sat. June 4 **National USATF Junior and Open 10 Km, Albany, N.Y., (L)**
 5 Km, Fontana, Cal. (U)
 5 Km, Felton, De. (T)
 10 Km and 1 Hour, Milwaukee, Wis. (I)
 Sat. June 11 Michigan USATF 5 Km, Hillsdale (F)
 West Region 5 Km, Costa Mesa, Cal. (Y)
 Sun. June 12 North Region 5 Km, St. Paul, Minn. (S)
 Fri. June 17 5 Km, Georgetown, DE. (T)
 Wed. June 22 3 Mile, Huntington Woods, Mich. (F)
 Sat. June 25 5 Km, Middleton, Del. (T)
 Mon. June 27 5 Km, Long Branch, N.J., 6:45 pm ((A))

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Daniel Koch, South Florida Racewalkers, 954-970-9634, racewalker@bellsouth.net
 C--Stan Chraminski, chraminski@comcast.net
 D--www.USATF.org
 E--Bill Vayo, 25 Rockledge Avenue, #116 East, White Plains, NY 10601
 F--Frank Soby, 4157 Colonial Drive, Royal Oak, MI 48073
 G--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072
 H--Bob Carlson, 2261 Glencoe St., Denver CO 80207
 I--Matt DeWitt, ccwalker-uwp@yahoo.com
 J--Art Klein, 324 Alta Vista, Santa Cruz, CA 95060
 K--Indiana Racewalking Club, P.O. Box 1302, Indianapolis, IN 46206
 L--Dave Lawrence, 94 Harding Avenue, Kenmore, NY 14217
 M--Vince Peters, 607 Omer Circle, Yellow Springs, Ohio 45387 (937-767-7424)
 N--Potomac Valley TC, 3140D West Spring Drive, Endicott City, MD 21043
 O--A.C. Jaime, acjaime@sbcglobal.net
 P--Lon Wilson, 1020 Grand Concourse, Suite 15X, Bronx, NY 01451
 Q--New Mexico Racewalkers, P.O. Box 90111, Albuquerque, NM 87199
 R--Bob Carver, 1002 Catalpa Lane, Orlando, FL 32806
 S--Bruce Leasure, info@twincitiesracewalkers.org
 T--Micheale Lessard, P.O. Box 995, Dover, DE 19903
 U--Elaine Ward, 945 S. Orange Grove Beach, Paasadena, CA 91105
 V--Michael Roth, michael@mjroth.com
 W--Steve Durrant, 211 66th St., Virginia Beach, VA 23451, sdurrantrdh@cox.net
 X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
 Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 Z--Jeff Salvage, www.racewalk.com

From Heel To Toe

Erin Gray. Wayne Armbrust notes: In your article about Erin Gray you state that she has only been racewalking 16 months. While that may be how long she has been walking seriously, she walked 17 minutes flat for 3000 meters in the Missouri All-comers meet three years ago. She is another walker who got started in this meet, which has been very important to the development of former collegiate runners turned walkers. (The article we ran was from a Eugene, Ore. newspaper, as we noted in introducing it, and that is what she had told the

reporter, or at least what he reported. The meet Wayne referred was on Feb. 23, 2008 and the event was won by Chris Tegtmeyer in 12:53:40.). . **More errata.** No one has called it my attention, but I recently spotted a glaring error in the Dec. 2010 ORW. In the U.S. Men's rankings for 20 Km, I had Patrick Stroupe ranked third and--Patrick Stroupe ranked fourth. Interesting. As became clear in the text, it was Tim Seaman in fourth and the race results listed under the second Patrick Stroupe were Tim's. Apologies.. **Sweazey article.** Last month we ran the third installment of Canadian Glenn Sweazey's history of Racewalking and promised the final installment this month. We have run out of sufficient space, so now we will re-promise it for next month.

Bev LaVeck McCall

Racewalking lost one of its finest Individuals when Bev McCall (first known to the racewalking as Bev LaVeck) was killed in an automobile accident on February 22 near Leavenworth, Washington. Bev was a fine racewalker, a great contributor to the sport, and a wonderful human being--ask anyone who knew her. In 1982 she became the 39th U.S. Centurion (those who complete a 100 mile racewalk in 24 hours or less) and just the second U.S. woman Centurion when she finished a San Diego race in 21:42:14 at age 46. (Two hours later Liz Kemp, now Liz Salvato, became the third U.S. female Centurion in the same race.) For many years, she edited a newsletter for the Pacific Pacers racewalkers and did much to promote the sport in the Seattle area.

The following is from her obituary in the Mazama (Wash.) News:

Beverly Aleta McCall, 74, a longtime resident of Mazama and Seattle, rests in Christ due to a tragic automobile accident on Feb. 22 near Leavenworth. Bev was born on April 22, 1936, to Norman and Betty Beers at Seattle, where she graduated from West Seattle High School. She received a bachelor's in psychology from Mills College in Oakland, Cal., continuing on the received her master's and a doctorate in psychology from the U. of Washington. She was employed as a school psychologist by the Edmonds School District and later as a professor of psychology at the U. of Washington. She was known for her extensive research into child development concerns.

In the 1970s, Bev got caught up in the running boom. Injuries guided her into racewalking, where she excelled in ultra-distance competitions with the Pacific Pacers. Bev held 15 master's racewalking records, national and international, for distances from 3 to 50 Km. In 1996, she was inducted into the USA Master's Track and Field Hall of Fame. Bev enjoyed teaching others how to racewalk and promoting a healthy lifestyle.

On April 5, 2006, she married Mac McCall at Reno, Nevada and the couple spent their time between Mazama and Seattle. Bev was a talented musician and played piano and mandolin for different groups in Seattle and the Methow Valley. She was the pianist for Mazama Community Church, where she was an active member.

* * * * *

Here are a few memories of Bev from across the country and the world:

From Olympic racewalker Allen James in upstate New York: "I'm deeply saddened by the passing of a great friend and great person. My first encounters with Bev were around 1979. I can't pinpoint it precisely, but this woman had discovered racewalking and took after it with great guns. She started the Pacific Pacers walking club and even though I was a member of my youth track team, I was pretty much a fully adopted Pacer. Walking in Seattle was a great scene

in those days, with the likes of Dean Ingram, Martin Rudow, Gwen Robertson, Dan Pierce, Steve DiBernardo, Sam Miller, and many more. Not everybody was part of the Pacers, but we all benefitted from Bev's coordinating work and bringing the whole walking community together. Bev will be remembered not only as a fantastic competitor—with those little legs churning like egg beaters, but she was an imposing, soft-spoken, and gentle-natured. Such a great person to be around and I don't think I ever heard an unkind word cross her lips. She set a great example for all of us in the way she competed and contributed to our sport."



Bev on her way to 50 Km. This is Bev on her way to 50 Km in May 1983. She was the first woman finisher in the race with 5:27:28 and finished 30th of 40 overall. Imagine 40 finishers in a 50 today.

From Diane Graham-Henry in Illinois: "Bev was such a special person to so many. She, along with Lori Maynard, took me under their wings when I first got involved in the sport in 1987. She and Lori were my gentle guides when I became racewalk chair for Illinois. Bev's encouragement when I competed, as well as keeping in touch via mail, fax, and then e-mails, are memorable in her gentleness and warmth."

From Dick Petruzzi in the San Francisco area: "I also considered Bev as a god friend and though this energy bunny is gone, she will never be forgotten. . .how could we ever forget those short legs churning out blazing mile after mile in her prime. She flew down to Sacramento in 2000 for the Olympic Trials that Ron Daniel and I staged and was on our judging panel. Along with being a super walker, she was an outstanding RW judge. Bev, YOU GO GIRL...teach em' up there how to walk correctly!!!!"

From Gary Little holder of many world masters records, in New Zealand: "As time passes, we all lose someone that we know has had an everlasting effect on their sphere of interest. I never had the chance to meet Bev, but we had occasional e-mail contacts and I found her to be very accommodating in her dealings with someone from the other side of the world. In the dim past, she wrote a very gracious article about me (a non-US walker) and was always approachable in any queries I had as the years went by. I thank her for her interest in our sport and know she will be sadly missed."

From George Opsahl in Oregon: "I remember the first time I met the wonderful lady and athlete, Bev LaVeck McCall. It was at a racewalk in Portland in January 1999. Bev was gracious and kind with a wonderful positive perspective and a great smile. I last heard from Bev just three weeks ago when I received an e-mail with her monthly racewalking newsletter. Bev touched many in a very gentle and positive way and will be remembered."

I, too, received that newsletter and always looked forward to seeing the latest results from the many 2.8 mile races around Green Lake in Seattle. We never met in person, but I considered Bev a good friend and, certainly, a wonderful friend of, and contributor to, our sport. The following article by Sherry Brosnahan appeared in Walk About magazine several years ago. Sherry repeated it online as her contribution to the memory of Bev.

GUTS TO GLORY

Bev LaVeck Is Still Racewalking
After 25 Years and Winning

By Sherry Brosnahan

When you watch Bev LaVeck racewalk, with a style that seems as effortless as it is efficient, you might assume she was a natural. And you'd be wrong. "I wasn't one of those fortunate people who take to racewalking naturally," she says.

Bev got her start in racewalking through running. "I got caught up in the running boom of the 1970s," she says. "And having an irritatingly intact sense of endurance, I loved marathons." Several marathons and stress fractures later, Bev turned to racewalking to extend her running life.

"In Seattle, there were racewalking clinics, articles, and all-comers events, so it was relatively easy to find out about racewalking," she recalls. "I liked it right away, but it took a while for me to learn." She says it was advantageous that she began racewalking in the month of January when nobody could see her training in the dark.

Now a resident of tiny Mazama, WA, Bev laughs as she describes her first local race as a racewalker in 1980 ("I beat the only other walker, and he said I was cheating") and her first out-of-state race shortly thereafter ("We did everything wrong, went out too fast, had a very embarrassing day"). He was disqualified regularly, but she persevered. "I was pretty good at straight legged running, but after a couple of years I became flexible enough in the right places to racewalk properly." The rest, as they say, is history.

By 1983, Bev had mastered the technique enough to rack up world track "bests" at 100 kilometers and 100 miles and she began medaling at national championships in the shorter distances. Today Bev, now 68, holds 15 U.S. masters for racewalking for distances from 3k to 50k.

Bev's dedication to the sport extended beyond competition. She was one of the first racewalking judges to make IAFF Number One Panel. She served as U.S. Masters Racewalking Coordinator, kept U.S. and World Masters records, and devised Standards of Excellence for National Masters News. In honor of her contributions as an administrator and an athlete, Bev was inducted into the U.S.A. Track and Field Masters Hall of Fame in 1996. "There was so much to do to get racewalking into its present prominence in masters athletics, especially women's racewalking," she explains. "I'm proud to have helped."

For Bev, racewalking has been more than records and trophies: it's part of a healthy lifestyle. "Walking kept me fit for tennis and hiking with my husband Jerry," she says. And it helped her through a very difficult time after Jerry died suddenly. "I'm not sure how I managed to get out and walk after that, but I think I simply knew I had to," she says. "It was very hard, but I had friends in the area who wanted me to come out and walk. If I hadn't walked, I would have just sat in the house by myself, and I knew that wouldn't be good."

According to Bev, enduring friendship is one of the best things about racewalking. "When I was starting out in the 1980s, I had the encouragement and support of women who were competitive and knowledgeable but very generous," she says. "There was a known genealogy - everyone knew who trained with whom - and I had racewalking friends all up and down the West Coast."

The most annoying part of racewalking for Bev? Slugs. "In the Portland to Coast Relay, there's an early morning segment and there are slugs everywhere," she says. "It's barely light and you can't see them so you slip." Ick!

With a competitive career dating back 25 years, Bev has no shortage of amusing stories to tell. Like the time she was the only racewalker in a women's road race, in an area where racewalking wasn't exactly a run-of-the-mill sport. "The runners did their best to ignore me as I warmed up," she says. "They politely averted their eyes, probably because I looked like I had an unusual disability and they didn't want to stare. Maybe they didn't want to have to show me how to do it right."

At times, racewalking advice was hard to come by. "I was eager to walk a 100-mile race, and I asked Martin Rudow how to train for it, but he had only raced 20Ks," Bev recalls. "He said 'go out and walk a lot.'" She took his advice, taking 8 to 12 hour walks around Seattle, and had an outstanding 100-mile race. "As it turns out, his advice was pretty good, since it got me used to being on my feet for long periods of time. It didn't matter what kind of ambulation I did but for how long." Since then, Bev dispenses similar advice for first-time marathon walkers: to do at least one five-hour walk within a month of the marathon.

The advice Bev regrets heeding was to skip the 1984 Olympic Trials. "The women's racewalk was an exhibition event then, and the advice I got was 'Why travel to an event where you won't walk your best because it will be too hot?'" Racewalking would become an Olympic event for women in the Barcelona Olympics in 1988.

"There were times I shouldn't have listened to myself, either," she admits, "Like the time they were introducing the racewalkers at a major track meet and I wished the track would just swallow me up." Over time, she learned how to handle the excitement of a big race. "At one of the WAVA races, I told myself, 'Finally! It's been so long since I raced, I'm really looking forward to this - this is going to be FUN!'"

The best advice Bev has to offer first-time racewalkers: train anywhere, but avoid construction sites and middle schools unless you're thick-skinned or hard of hearing. "Men beginning to racewalk should take a female racewalker with them," she says. "Work on your flexibility and learn how to automatically relax your non-working body parts." And pay attention to holes in the road and slanted pavement.

Bev, who has been very fortunate in avoiding racewalking injuries, is also a proponent of cross-training. "I think we do best mixing our activity among varied pursuits," she says. And not simply ambulatory activities, but weights, swimming, kayaking, splitting wood - "all kinds of stuff." And to prevent injury she recommends seeing a racewalk-knowledgeable physical therapist early on if your back and hip joints begin to hurt - before there's a problem."

"And above all else, have fun!" she advises. "It's all about fun - for life!"

Sherry Brosnahan is a writer, publicist, and, at the time of publication of this article, the world's fastest 50-year old female racewalker at the 50k. At that time, he held nine American masters racewalking records and was selected as U.S.A. Track and Field's Female Master's Racewalker of the year in 2002.

LOOKING BACK

45 Years Ago (From the March 1966 ORW)—Rudy Haluza launched what was probably his most successful year in racewalking (and not discounting his Olympic fourth place finish 2 years later) with a storming last lap to nip Don DeNoon in the national Indoor 1 Mile. In Albuquerque's altitude, DeNoon's very fast early pace proved to be his downfall. Going through 440 in 1:31 and 880 in 3:06, DeNoon was nearly 50 yards up on Rudy, who had 1:38 and 3:18. However, Rudy maintained his pace, while DeNoon staggered through a final quarter in 1:53. Gaining 20 yards on the final lap, Haluza caught his struggling opponent at the line to win in 6:39.2. Ron Daniel was third in 6:43.8 and Larry Walker fourth. . . Ron Laird, only fifth in the mile, earlier broke three American records in a San Diego race. He covered 15 miles in 1:57:36, 25 Km in 2:02:01, and 15 miles 501 yards in 2 hours. DeNoon set an American outdoor 2 Mile record of 13:18.6, also in San Deigo.

40 Years Ago (From the March, 1971 ORW)—Tom Dooley covered 20 Km in 1:32:13 in San Francisco. Although well behind Dooley in that 20, Goetz Klopfer shone in a Seattle area race, braking American records at 15 miles, 25 Km, and 2 hours—1:52:44, 1:56:53, and 15 miles 1578 yards. However, since he was in a 20-mile race that he failed to finish, he never got the records in the book. . . Greg Diebold won three IC4A (collegiate) indoor mile in 6:51.8. He also had a 6:37.6 in Albany, N.Y., edging Ron Kulik.

35 Years Ago (From the March 1976 O RW)—In the National Indoor Meet, veteran Ron Laird captured the 2 Mile in 13:37 and Sue Brodock the women's 1 Mile in 7:12.7. Although he controlled the race throughout, Laird was only 1.6 seconds ahead of Larry walker and Todd Scully at the finish. Ron Daniel and Dave Romansky were also under 13:50 in a tight finish. The Ohio Track Club's Laurie Tucholski was second to Brodock in 7:39.6. . . Laird and Scully journeyed to Leningrad with the U.S. National track team, but couldn't cope with the Soviet walkers. Yevgeniy Yesyukov won the 5 Km indoor race in 20:21.8 with Alexis Troitski close behind in 20:31.6. Scully had 21:06 and Laird 21:56.2. . . Jim Heiring won the NAIA Indoor 2 Mile in 14:07.3, breaking his own meet record. Carl Schueler was second in 14:49. . . On his way from Leningrad to Mexico, Senor Laird stopped off in Springfield, Ohio for a friendly 6 Miler, winning handily in 44:39. In a battle of aging Jacks, Mortland beat Blackburn 49:49 to

50:00. Laurie Tucholski did 51:56. . . Larry Walker won the L.A. Times Indoor Mile in 6:28.1

30 Years Ago (From the March 1981 ORW)—The Eastern Interscholastic Indoor Mile went to Andy Liles in 6:50.3. He was followed by Bill Isberg (6:54.4), Pat Mornone (6:59.6), and Jim Mann (7:09.3). . . At the Philadelphia Track Classic, Toddy Scully won the 1 Mile in 6:18.8, 6.2 seconds ahead of Tim Lewis. . . An indoor 3 Km in Madison, Wis., went to Ray Sharp in 11:42.5. Jim Heiring was second in 11:52. . . In the European Indoor Championships, the 5 Km racewalk went to Hans Gauder, of East Germany in 19:08.59. Italy's Maurizio Damilano was second in 19:13.90. . . Moving outdoors, Dan O'Connor had 1:33:53 for 20 Km in Long Beach, beating Sweden's Roland Nilsson and Lenart Mehter (1:34:35 and 1:36:13). Sue Brodock walked a 1:46:14 at the same site ahead of Monica Karlsson, Sweden, who had 1:49:25.

25 Years Ago (From the March 1986 ORW)—John Alfonso won a 60 Km race in New York City (don't know why he had a 60 Km race) in 5:58:37, passing 50 Km in 4:58:39. . . That was a short stroll indeed in light of a news "Flash" we lifted from the N.Y. Daily Mirror, May 31, 1942 edition: "If you think you're being abused because you are forced for one reason or another to walk more these days, get a load of Jim Hocking, the man who never once in his 85 years has been nicknamed "Hitch". With the help of Ray Van Cleef, the Hotel New Yorker's rub-downer par excellence, we have some of Hocking's feats at hand. Hocking has walked a quarter of a million miles, without replacements. When he was a sprightly lad of 61, he walked from Times Square to the City Hall in Philadelphia, 97 miles in 19:16. Seven years later, he strolled from New York to Chicago in 17 days 11 hours. It took him only 83 walking days the time he ankled from Coney Island to San Francisco. Sgt. John Walsh, when 61, did the same 3684 miles in 85 days, didn't like San Francisco, did an about-face, and walked back. Made nice time coming back: 91 days. Jim Ennis is another who contracted the same curious siege of vagabondia at Coney Island and immediately lit out for San Francisco. Last year, at the age of 84, Hocking walked from Yonkers to Poughkeepsie, 61 miles, in 13:40. On his 84th birthday, he legged it from old Teaneck, N.J., his home when not walking, and made it to Bear Mountain Inn, 55 miles away in 12 hours. Edward Payson Weston, at 75, walked from Minneapolis to New York, 1546 miles, in 60 days. So what are you griping about? Boy, call me a cab."

20 Years Ago (From the March 1991 ORW)—Carl Schueler captured the U.S. 50 Km title for the sixth time in Long Beach. Carl's 4:11:03 put him better than 2 minutes ahead of Marco Evoniuk. Third in 4:15:13 was Eugene Kitts, on the far side of age 40. Paul Wick and Tim Lewis followed, both under 4:20, with Dan O'Connor, Herm Nelson, and Bob Briggs under 4:25 and Mark Manning just missing that time. . . In the U.S.-Great Britain Indoor track meet, Victoria Herazo edged Britain's Julie Drake in an exciting 3 Km. Victoria had 13:28.05 to Julie's 13:29.73. Susan Liers was fourth. Doug Fournier completed a U.S. sweep of the racewalks, winning in 11:34.9, 9 seconds ahead of Britain's Mark Easton. Tim Seaman was fourth in 11:50.71. . . Fournier also won the Millrose Games Mile in 5:51.87, nearly 4 seconds ahead of Curtis Fisher, with Don Lawrence edging Seaman for third, both under 5:58.

15 Years Ago (From the March 1996 ORW)—Allen James and Michelle Rohl won USATF Indoor titles, Allen with a 20:02.59 for 5 km and Michelle Rohl with a record 12:55.90 for 3. Gary Morgan was less than 4 seconds back of James in second, after surging into the lead with about 3 laps to go. Curt Clausen was third in 13:09.35 and Tim Seaman fourth in 20:39. In the women's race, Rohl was by herself most of the way, but it was close behind her with Maryanne Torrellas taking second in 13:09.35, Victoria Herazo third in 13:12.29, Debbi Lawrence fourth in 13:12.7, and Sara Standley fifth in 13:15.24. . . In the German Indoor Championships, Axel Noack blitzed the 5 Km race in 18:37.70 and Beate Gummelt roared through a 11:53.03 for 3

Km.

10 Years Ago (From the March 2001 ORW)—National Indoor titles went to Michelle Rohl and Tim Seaman. Rohl had a meet record at 3 Km, winning in 12:28.32, 22 seconds ahead of Jill Zenner. Sara Stevenson was third. Seaman's 19:29.96 for 5 Km put him 14 seconds ahead of second place Curt Clausen. Al Heppner was well back in third. . . U. of Wisconsin-Parkside walkers dominated the NAIA walks. Lachlan McDonald won the men's 3 Km in 12:40.92, with teammates Steve Quirke and Mike Stanton in second and third. Amber Antonia won the women's race in 16:04.68 ahead of Emma Carter and teammate Nicole Olson. . . In the Russian Winter Championships, Olimpiada Ivanova won by nearly 3 minutes at 20 Km in 1:24:50, with four others under 1:30 The men's race went to Dmitriy Esipchuk in 1:18:05, one second ahead of Victor Bryaev. Two others went under 1:20. The mens' 35 Km was won by Alexey Voyevodin in 2:28:46 with Vladimir Potomin second in 2:29:03.

5 Years Ago (From the March 2006 ORW)—The IAAF Challenge series kicked off in Mexico. At 20 Km, Ecuador's Jefferson Perez finished 7 seconds ahead of Mexico's Eder Sanchez in 1:23:17. Romania's Claudia Stef won the women's race in 1:33:27 ahead of Quiyan Jian of China. The 50 Km race went to China's Gadasu Alatan in 3:57:53, 32 seconds ahead of Mexico's Omar Zepeda. . . Ohio's Christina Peters won the Nike National H.S. 1 Mile in 7:25.71 and the next day repeated at the National Scholastic meet with 7:36.13. Heather Buletti of New York was second the first night and Jenna Monahan of New York second in the second race. In boy's races the Texan Vergara twins traded wins, Robert winning in 6:49.20 and Ricardo in 6:47.93. They were a close second to each other in the two races. . . Patrick Stroupe won the NAIA Indoor 3 Km in 13:13.27, 21 seconds ahead of Christopher Diaz. . . Amanda Gorst won the women's race in 13:49.30. . . Australia's Nathan Deakes won Commonwealth Games races at both 20 and 50 Km with 1:19:55 and 3:41:53. Jane Saville won the women's 20 in 1:32:46 as Aussies took eight of the nine medals, missing only the silver at 50.

