

OHIO RACEWALKER



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Two More Challenge Races Lead Up TO Olympics

After two more IAAF Racewalking Challenge races in June, the next step for racewalking's elite is the London Olympics beginning in late July. Some of those athletes tested themselves in June Challenge Races in La Coruna, Spain and Sesto San Giovanni, Italy.

The June 10 race in Italy saw 20 Km wins by China's Jianbo Li and Hong Liu. In the men's race on a flat 1 km circuit, China's World Cup winner, Zhen Wang, easily pulled away from the field in the first 2 Km and had a commanding lead by 5. Wang continued his rapid pace and was still well clear of a 10-man chasing pack at 10, with Wei Yu and Jianbo Li of China, Giorgio Rubino of Italy, and Miguel Lopez of Spain leading the chase.

But, having a lead of more than a minute, Wang surprisingly dropped out at 14 Km. With 3 km to go, Li shifted gears and started to pull away, finally prevailing by just 4 seconds over Lopez with Yu another 5 seconds back at the finish. "It's my first 20 Km race this season and this win means an enormous morale booster for the Olympic Games," said Li. "I'll now go straight to the Olympics, no more races until then."

The second-place finish earned Lopez the Spanish National title as he lowered his personal best by 42 seconds. The 24-year old 2009 European Under 23 winner noted: "The most remarkable achievement today has been to place second at an IAAF meeting. It would be great to be in the top 10 at the Olympics."

In contrast to the men's race, the women's 20 had no drama as Li proved much more than the other competitors could handle. Her two teammates made the early pace, but only briefly, and when Li took over after the first kilometer it was no contest. Spain's Mario Vasco was second after the other two Chinese women faded, but she was unable to match Liu's pace after 5 Km and was soon caught by teammate Beatriz Pascual, who eventually finished second, some 1:41 behind Liu's stunning 1:27:32. Vasco held on for third and Spanish women also finished fourth and fifth in a display of tight team walking.

A week later, the scene shifted to Italy and a new cast of characters. On a scorching hot day, Mexico's Eder Sanchez and Russia's Tatyana Sibeleva finished strongly to take honors in 20 km races.

In the men's race, Sanchez started conservatively in the stifling heat and let a Japanese duo of Yusuke Suzuki and Takayuki Tani set the pace. The pair passed the 5 Km mark in 20:58, two seconds ahead of Russia's Petr Trofimov. Sanchez was fourth in 21:15, just ahead of Australia's Luke Adams.

Tani dropped away at 7 Km, leaving Suzuki and Trofimov alone in the lead, reaching 10 Km in 42:03. They had extended their lead over Sanchez, who went through in 42:35, 11 seconds ahead of Adams.

The lead duo slowed over the next 5, but still led Sanchez by 21 seconds as they hit 15 in 1:03:47. Having conserved his energy, Sanchez was able to accelerate over the final 5

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FOREVER



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and he caught Trofimov at 18 Km, the Russian having drawn away from Suzuki. Closing with a 20:44 for the final 5, Sanchez finished in 1:24:52, 30 seconds ahead of Trofimov.

"My tactic was perfect and it paid off," Sanchez said. "My opponents pushed hard at the beginning. I am used to these conditions in Mexico and I kept my head. I am now going to

St. Mortiz for one month to prepare for the Olympic Games in London."

Federico Tondonati in seventh place won the Italian National title with Jean Jacques Nkouloukidi in second (eighth overall).

The women's race also started at a conservative pace, considering the heat. At 5 km, Ireland's Olive Loughnane; Australia's Claire Tallent; Sibileva; and Russia's Tatyana Korotkova were together in 22:58. Three minutes later, Korotkova dropped of the pace and it became a three-woman race. They were still together at 10 Km in 46:06. Then Sibileva took over.

By 15 Km, she had a 38 second lead on Loughnane, with Tallent another 34 seconds back, having stepped up from the 23+ pace to a 22:09 for that third kilometer. Finishing it off with a 22:21, she finished nearly a minute ahead of Loughnane in 1:30:35. Tallent was almost another minute behind Loughnane with fourth place Lucie Pelantova of the Czech Republic another three minutes back.

"I like hot weather but today it caused me a lot of problems, especially in the second half," Sibileva said. "I wanted to show that I am among the best walkers in the world."

Federica Ferraro in sixth place won the Italian title.

Results of the two Challenge races:

La Coruna, June 10

Men's 20 Km—1. Jianbo Li, China 1:20:55 2. Miguel Angel Lopez, Spain 1:20:59 3. Wei Yu, China 1:21:04 4. Giorgio Rubino, Italy 1:21:30 5. Matteo Guipponi, Italy 1:22:07 6. Tianfeng Si, China 1:23:14 7. Daniel Gomez, Mexico 1:23:21 8. Kevin Campion, France 1:23:29 9. Luis Fernando Lopez, Colombia 1:23:41 10. Caio Bonfim, Brazil 1:23:53 11. Luis Corchete, Spain 1:23:54 12. Evan Dunfee, Canada 1:24:21 13. Francisco Arcilla, Spain 1:24:48 14. Thomas Bosworth, Great Britain 1:24:49 15. Hagen Pohle, Germany 1:25:20 16. Hirooki Arai, Japan 1:25:43 17. Jesus Gabragado, Spain 1:25:50 18. Maik Berger, Germany 1:26:21 19. Herve Davaux, France 1:26:35 20. Carl Sdohman, Germany 1:26:51 21. Marcel Lehmberg, Germany 1:26:51 22. Zhongliang Chen, China 1:27:09 24. Wayne Snyman, South Africa 1:27:54 25. Lebogang Shange, South Africa 1:28:00 (38 finishers, 9 DNF; 3 DQ including Bristian Berdeja and David Mejia, Mexico.

Women's 20 Km: 1. Hong Liu, China 1:27:32 2. Beatriz Pascual, Spain 1:29:53 3. Maria Vasco, Spain 1:30:05 4. Julia Takacs, Spain 1:30:37 5. Sabine Krantz, Germany 1:30:57 6. Eleonora Giorgi, Italy 1:31:18 7. Laura Reynolds, Ireland 1:32:34 8. Sandra Arenas, Colombia 1:32:36 9. Sandra Galbis, Colombia 1:33:24 10. Maria Poves, Spain 1:34:45 11. Huanhuan Sun, China 1:35:22 12. Johanna Jackson, Great Britain 1:35:25 13. Ainhoa Pinedo, Spain 1:35:28 14. Lorena Luaces, Spain 1:35:39 15. Raguel Gonzalez, Spain 1:36:32 16. Monica Equihua, Mexico 1:37:56 (22 finishers, 1 DQ)

Sesto San Giovanni, June 17

Women's 20 Km: 1. Tatiana Sibileva, Russia 1:30:35 (22:59, 46:05, 1:08:14) 2. Llive

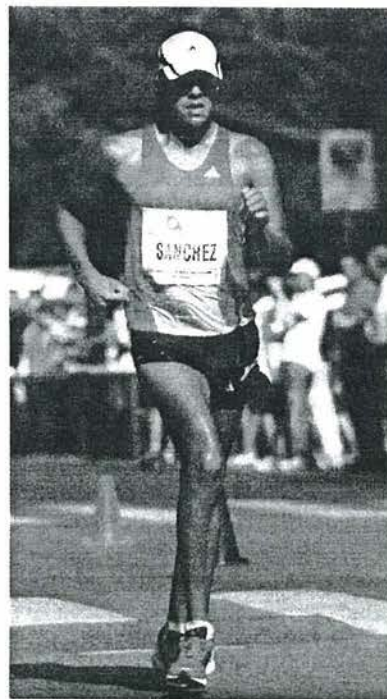
Loughnane, Ireland 1:31:33 (22:58, 46:07, 1:08:52) 3. Claire Tallent, Australia 1:32:30 (22:58, 46:06, 1:09:16) 4. Lucie Pelantova, Czech Rep. 1:35:35 5. Masumi Fuchise, Japan 1:36:32 6. Federica Ferraro, Italy 1:37:43 7. Tatyana Korotkova, Russia 1:38:26 8. Myriam Fernandez, Spain 1:38:48 9. Irina Shushina, Russia 1:39:55 10. Antigoni Drisbiote, Greece 1:41:54 (14 finishers, DQ)

Men's 20 Km—1. Eder Sanchez, Mexico 1:24:52 (21:15, 42:35, 1:04:08) 2. Petr Trofimov, Russia 1:25:22 (21:00, 42:03, 1:03:47) 3. Yusuke Suzui, Japan 1:26:42 (20:58, 42:03, 1:03:49) 4. Luke Adams, Australia 1:27:01 (21:16, 42:49, 1:04:54) 5. Kevin Campion, France 1:28:06 6. Francisco Arcilla, Spain 1:28:11 7. Federico Tontodonati, Italy 1:28:37 8. Jean Nkouloukidi, Italy 1:29:04 9. Terdorico Caporaso, Italy 1:29:16 10. Takayuki Tanii, Japan 1:29:45 11. Vito Di Bari, Italy 1:30:21 12. Daniel Paris, Italy 1:30:35 13. Hatem Ghoul, Tunisia 1:31:20 (31 finishers, 4 DNF—including Trond Nymark, Norway, 1 DQ)

National USATF 10 Km, Albany, New York, June 2

Women: 1. Teresa Vaill (49), Pegasus AC 47:41 2. Erin Taylor-Talcott, Shore AC 50:00 3. Susan Randall, Miami Valley TC 50:38 4. Rachael Tylock (19), Mansfield U. 51:54 5. Maite Moscoso, Florida AC 52:53 6. Katie Smith, Pegasus TC 60:17 7. Debbie Topham (58), Pegasus 61:02 8. Cheryl Armstrong, Raleigh Walkers 63:53 9. Sandra DeNoon (57), Florida AC 67:58 10. Panseluta Geer (65), Shore AC 68:14 11. Maria Paul (47), Shore AC 73:00

Men: 1. Dan Serrianni, World Class RW 44:25 2. Michael Mannozi, Miami Valley TC 45:40 3. Richard Luettchau, Shore AC 45:46 4. Ben Shorey, Shore AC 47:15 5. Dave Talcott (52) Shore AC 6. Kyle Hively, Miami Valley 50:22 7. Dan O'Brien (47), Pegasus 53:09 8. Mark Green (56), Pegasus 53:28 . Andrew Smith (62), Pegasus 55:07 10. Bill Vayo (47), Walk USA



Challenge medalists. Left: Sesto San Giovanni winner Eder Sanchez. Right: La Coruna medalists Beatriz Pascual, Hong Liu, and Maria Vasco from left to right.

57:29 11. Robert Keating (65), New England Walkers 58:33 12. Bruce Logan (47), Park RW 60:50 13. Tom Quattrocchi (61), Shore AC 70:58 DQ—Omar Nash, Miami Valley DNF—Bruce Logan (47), Albany, NY

National Jr. 10,000 meters, Bloomington, Indiana, June 16

Men—1. Tyler Sorensen, un. 45:35.46 2. Michael Nemeth, Wings of Moon 46:00.82 3. Jonathan Hallman, un. 47:38.51 4. Alejandro Chavez, Missouri Baptist 48:54.18 5. Nathaniel Roberts, Bowerman Athletic 50:40.00 6. Anthony Peters, Elgin Sharks 51:43.75 7. Mitchell Brickson, Goshen Col. 54:30.38 8. Alexander Peters, Elgin Sharks 55:18.62 9. Samuel Beal, Miami Valley TC 57:21.16 10. Andy Vasquez, Cornhuskers Flyers 59:46.30 11. Isaac Withrow, un. 59:50.51

Women: 1. Maite Moscoso, Central Florida Glide 54:32.42 2. Katie Michta, WalkUSA 56:07.70 3. Nicolette Sorensen, un. 57:51.46 4. Kaitlin Flanders, Maine RW 58:04.21 5. Abby Dunn, Maine RW 59:04.19 6. Molly Josephs, Walk USA 59:10.54 7. Kelly Maranchock, Walk USA 59:27.54 8. Holly Lindoe, Walk USA 60:21.56 9. Nicole Court-Menendez, Maine RW 61:45.19 10. Emily Belovich, Miami Valley TC 62:52.57 11. Sarah LaPorta, Walk USA 63:30.58 12. Natalie DeQuarto, Walk USA 66:49.57

Other Results

Girl's H.S. 15000 meters, Bellport, NY, May 25—1. Katie Michta 6:49.49 2. Kelly Maranchock 6:58.76 3. Brittany Collins 7:00.61 4. Holly Lindoe 7:03.23 5. Alyssa Furlani 7:07.20 6. Amanda Catherall 7:11.61 7. Natalie DeWuarto 7:16.79 8. Sarah LaPorta 7:31.07 9. Alyssa English 7:39.51 10. Valerie Auciello 7:47.79 (15 finishers, 2 DQ) **Division 2**—1, Stephanie Saccente 6:56.04 2. Julia Donahue 7:33.19 3. Danielle Reffsin 7:45.81 4. Samantha McMahon 7:53.41 (16 finishers, 2 DNF) **Division 3**—1. Annica Penn 7:00.23 2. Alexa Kluepfel 7:30.18 3. Lena Vergnes 7:31.98 4. Rachel Steinmuller 7:42.13 (17 finishers, 1 DNF) **Girl's H.S. 1500, Randalls Island, N.Y., June 3**—1. Ji Won Kang 7:18.09 2. Karen Zheng 7:30.49 3. Sophia Mahin 7:33.65 4. Jessica Szela 7:42.72 (16 finishers, 1 DQ) **Girl's 1500, Port Jefferson, N.Y., June 3**—1. Annica Penn 6:41.23 2. Katie Michta 6:48.97 3. Kelly Maranchock 6:50.26 4. Holly Lindoe 6:59.48 5. Stephanie Saccente 7:04.19 6. Alyssa Furlani 7:04.82 7. Brittany Collins 7:05.42 8. Amanda Catherall 7:22.10 9. Natalie DeQuarto 7:22.13 10. Rachel Steinmuller 7:29.29 11. Jourdann Green 7:29.36 12. Julia Dohanue 7:34.63 (17 finishers, 1 DNF) **5000 meters, Randalls Island, N.Y., June 10**—1. John Soucheck 27:14.12 2. Bill Vayo 27:19.50 3. Alexis Davidson 30:42.45 4. Bruce Logan 31:19.43 5. John Kosa 32:00.80 (2 DNF) **Women**—1. Lisa Vellucci 19:30.59 2. Janie Yang 29:36.73 3. Mei Wu 31:22.59 4. Amanda Huang 31:58.75 **New Balance H.S. Nationals 1 Mile, North Carolina, June 15**—1. Annica Penn 7:42.23 2. Maria Gorecki, N.Y. 7:47.36 3. Brittany Collins, N.Y. 7:50.74 4. Caroline Muir, N.Y. 7:56.95 6. Kristi Licursi, N.Y. 7:57.76 7. Alex Shaw, N.Y. 8:13.96 8. Monika Farmer, N.Y. 9:29.45 (12 finishers) **Boys**—1. Geraldo Flores, Pharr, Texas 7:43.14 2. Benjamin Kates, Maine 7:47.57 3. Peter Littlefield, Maine 9:29.32 (5 finishers) **20 Km, Dearborn, Michigan, May 19**—1. Dave Talcott (52) 1:44:45 (51:01) 2. Katie Smith 2:15:04 **10 Km, same place**—1. Bill Reed (59) 58:05 **5 Km, same place**—1. James Hafner 27:45 (4 finishers) **Ohio USATF 10 Km, Yellow Springs, June 9**—1. Jill Cobb 47:50 2. Omar Nash 51:23 3. Sam Beal (16) 57:37 4. Erika Shaver 59:00 3. Emily Belovich (15) 62:19 **3000 meters, Yellow Springs, June 7**—1. Sam Beal (17, Huh? Two days later he is 16, as reported above?) 14:56.61 2. Jake Gunderkline 14:56.86 3. Jill Cobb 14:57.33 **1 Mile, same place**—1. Charlotte Walker (14) 9:20:40 2. Sydney Beal (13) 9:33.30 (5 finishers) **1500 meters, Yellow Springs, June 10**—1. Taylor Ewert 8:36.70 2. Elliot Wiggins 8:51.28 (In Midget Girls and Midget Boys categories respectively) **NAIA 5000 meter Nationals, Marion, Indiana, May 24**—1. Ben Thorne, British Columbia 22:41.13 2. Cody Risch, Cornerstone 22:57.70

3. Alejandro Chavez, Missouri Baptist 23:19.44 4. Jacob Gunderkline, Goshen 24:20.75 5. Mitchell Brickson, Goshen 24:28.60 6. Roberto Vergara, Lindsey Wilson 24:34.43 6. Ricardo Vergaro, Lindsey Wilson 24:58.07 8. Nathan Vanderwall, Cornerstone 25:23.33 9. Aleksander Jakobsen, Ashford 27:19.77 10. Isaac Withrow, Cornerstone 28:40.69 (1 DQ) **Women**—1. Nicole Bonk, Embury-Riddle 26:43.05 2. Janelle Brown, Cornerstone 27:07.29 3. Reini Brickson, Lindsey Wilson 28:30.65 4. Monica Lawrence, Cornerstone 29:12.57 5. Mercedes Mancha, St. Xavier 32:11.25 **20 Km, Goshen, Indiana, May 27**—1. Jake Gunderkline 1:46:11.24 Dnf Cody Risch, 48:32.54 at 10 Km and Janelle Brown 23:48.37 at 4 km. **10 Km, Prairie Springs, Wis., June 3**—1. Mike DeWitt 63:34 2. Ali Bahr 65:04 3. William Hosken 73:55 **3000 meters, Waukesha, Wis., June 16**—1. Matt DeWitt 14:34.35 2. Pablo Gomez (40) 16:00.40 3. Klaus Thiedmann (57) 17:04.32 4. Jack Bray (79) 19:47.84 5. Alfred DuBois (80) 21:03.16 **5 Km, Utah, June 2001**. Tammy Stevenson 27:56 2. Kelly Clark 35:19 (6 finishers) **1 Mile, Houston, May 17**—1. Mario Alanis 8:29.61 **3000 meters, Houston, May 31**—1. Dulce Castorena 21:56.37 2. Deborah Thomas 21:56.40 3. Dave Gwyn 22:04.98 (6 finishers) **5000 meters, San Diego, June 9**—1. Miranda Melville 22:42.91 2. Lauren Forgues 22:49.75 3. Katie Burnett 24:23.44 4. Nicolette Sorensen 27:47.69 **10,000 meters, same place**—1. Tim Seaman 41:18.88 2. Nick Christie 43:37.98 3. Tyler Sorensen 44:11.35 (betterers World Junior qualifying standard.) **Pacific Assoc. 5 000 meters, San Mateo, Ma 27**—1. Caitlin Palacio (14) 27:50.10 2. Lila Haba (16) 28:47.80 3. Diana Rossman (45) 30:22.20 4. Susan Mears (57) 32:23.50 5. Nicolle Goldman (53) 33:23 6. Karen Stoyanowski (57) 33:49.70 (8 finishes) **Men**—1. Mark Green (56) 25:35.10 2. Alexander Price (30) 25:64.0 3. Robert Missirian (12) 27:34 4. Kevin Killingsworth (56) 28:28.50 5. Shoja Torabian (63) 29:45 6. Joe Berendt (56) 32:11.10 (12 finishers) **National USATF Masters 15 Km, Riverside, Cal., May 15**—1. Francisco Pantoja (35) 1:06:11 2. Tim Seaman (40) 1:08:45 3. Nick Christie 1:10:51 4. David Swarts (46) 1:16:48 5. Pablo Gomez (40) 1:18:26 6. Chris Schmid (65) 1:19:16 7. Mark Green (56) 1:23:03 8. Andrew Smith (62) 1:23:28 9. Alexander Price (30) 1:28:17 10. Michael Blanchard (50) 1:29:54 11. Alex Kaxzaryan (57) 1:33:30 12. Max Green (80) 1:45:29 13. Art Morrow (47) 1:47:11 14. Philip Dunn (40) 1:48:12 15. Jack Starr (83) 1:49:05 16. Bill Moremen (84) 1:54:40 (Ameican age group record for Schmid; Masters age bests for Smith, Max Green, Starr, and Moremen. 3 Dqs) **Women**—1. Rachel Seaman 1:15:49 2. Miranda Melville 1:17:55 3. Dawn Tenney (54) 1:34:25 4. Marianne Martino (61) 1:34:29 5. Mary Baglin (65) 1:41:46 6. Sandra DeNoon (56) 1:42:45 7. Susan Mears (57) 1:43:27 8. Diane Brandt (64) 1:45:17 9. Wendy Clark (58) 1:48:12 10. Kristin Ugrob (42) 1:48:21 11. Ellie Kallal (68) 1:53:45 (1 DNF, 1 DQ) **5 Km, same place**—1. Michael Gorney 26:44 2. Ryan Thong (13) 19:06 **Women**—1. Liz Salvato (49) 29:17 2. Alene Gardner (65) 34:09 3. Gina Bentley (13) 34:25 (12 finishers) **5000 meters, San Mateo, May 27**—1. Mark Green 25:25.10 2. Alexander Price 26:54 3. Robert Missirian (12) 27:34 4. Caitlin Palacio 27:50.1 5. Kevin Killingsworth (56) 28:28.50 6. Lili Haba (16) 28:47.80 7. Shoja Torabian 63) 29:45.0 8. Diana Rossman (45) 30:22.20 9. Joe Berendt (56) 32:11.10 10. Susan Mears (57) 32:22.50 11. Nicolle Goldman (53) 33:23.0 12. Karen Stoyanowski (57) 33:49.70 13. Steve Popell (73) 33:52.80 14. Doris Cassels (72) 35:03.71 (20 finishers) **20 Km, Portland, Oregon, June 10**—1. Ian Wehatle 1:37:47.74 (2 DNF) **Women**—1. Erin Gray 1:39:52.38 2. Stephanie 1:47:00.69 (2 DNF) **1 Mile, Burnaby, B.C., June 10**—1. Inaki Gomez 5:46.40 2. Creighton Connelly 6:18.68 3. Nicola Evangelista 6:54.97 **Russian Championships, Moscow, June 12: Women's 20 Km**—1. Anisya Kirdapkina 1:27:43 2. Vera Sokolova 1:28:06 3. Marina Pandakova 1:28:47 4. Nina Ohotrikova 1:28:40 5. Svetlana Vasilyeva 1:29:42 6. Anna Lukyanova 1:31:41 7. Tatania Korotkova 1:32:17 8. Anastsaya Yacevic, Belarus 1:32:18 9. Lina Bikulova 1:32:43 10. Irina Shushina 1:32:48 **Men's 20 Km**—1. Sergey Morizov 1:19:49 2. Andrey Ruzavin 1:20:48 3. Denis Strekkov 1:21:11 4. Petr Bogatynov 1:21:59 5. Petr Trofimov 1:22:39 6. Valeriy Filipchuk 1:23:54 7. Aleksey Golovin 1:24:01 8. Edikt Chabulin 1:25:24 9. Aleksandr Prozorov 1:26:57 10. Denis

Assinov 1:27:10 **Men's 50 Km**—1. Yruiy Adronov 3:40:46 2. Konstantin Maksimov 3:46:17 3. Aleksandr Yargunkin 3:50:51 4. Aleksey Khimin 3:54:31 5. Semion Lovkin 3:57:31 6. Sergey Koroponov 4:04:15 7. Aleksey Barcaykin 4:08:44 8. Vitaliy Arickin 4:08:52 (Winners of the three races will join those already named on the Russian Olympic team—Yelena Lashmanova and Olga Kaniskina in the women's 20; Andrei Krivov and Valeriy Borchin in the men's 20; and Sergei Kirdyapkin and Sergein Bakulin in the 5.0.) **Jr. Women's 10 Km**—1. Ekaterina Medvedeva 44:30.49 2. Olga Dubrovina 44:42.38 3. Anna Emina 46:11.46 **Jr. Men's 10 Km**—1. Pavel Parshin 41:14.73 2. Aleksandr Pikcakov 41:36.47 3. Evgeniy Nushaev 41:41.19 **Youth Women's 5000**—1. Olga Shargina 22:30.40 2. Oksana Golakina 22:36.30 3. Klaudia Afansayeva 322:40.46 **Youth Men's 10,000**—1. Nikolay Markov 42:43.71 2. Denis Tpstov 42:50.54 3. Maksim Krasnov 43L56.67

20 Km, Alytus, Lithuania, June 1—1. Marius Ziukas, Lith. 1:24:06 2. Arnis Rumbenieks, Latvia 1:24:18 3. Veli-Matti Partanen, Finland 1:27:02 4. Genadij Kizlovski, Lith. 1:27:11 5. Andrei Shepanchuk, Belarus 1:27:54 6. Artur Moslianica, Lith. 1:32:41 (8 finishers, 5 DQ) **Women**—1. Agnese Pastare, Latvia 1:32:49 2. Kristina Saltanovic, Lith. 1:33:28 3. Brigita Virbalyte, Lith. 1:34:15 4. Anita Kazemaka, Lat. 1:34:29 5. Antigoni Drisbioti, Greece 1:38:04 6. Krisfine Platece, Lat. 1:39:03 7. Panayiota Tsinopolou, Greece 1:39:59 (9 finishers, 1 DNF) **Ibero-American Championships, Barquisimeto, Venezuela, June 12: 20,000 meters**—1. James Rendon, Colombia 1:26:12 2. Moacir Zimmermann, Brazil 1:29:15.6 3. Ruben Abreu, Cuba 1:30:09.2 **Women's 10,000**—1. Arabelly Orjuela, Colombia 46:21.89 2. Ingrid Hernandez, Colombia 46:48.81 3. Milaneggela Rosales, Venezuela 48:10.8 **Asian Junior 10,000**, Sri Lanka, June 12—1. Kuldeep, India 45:01.43 2. Matsugaga, Japan 45:03.01 3. Zhang Zhi, China 45:05.27 **Women**: 1. Lee Jeongeun, Korea 49:04.60 2. Yalan Wang, China 50:01.15 3. Khushbir Kaur, India 50:39.40 **Ukraine Jr. 10,000, Yalta, June 1**—1. Igor Lyashchenko 42:30.68 2. Andrey Grechkovski 43:07.86 3. Yuri Shvarik 45:52.88 **Women**—Lyudmila Olyanovska 45:54.94 (national record) 2. Alina Galchenko 47:34.18 3. Oleksandra Olyanovska 51:14.77 **Slovakian 20 Km, Borsky Mijulas, June 9**—1. Matej Toth 1:27:54 2. Anton Kicmin 1:28:07 (Seventh National 20 title for Toth, equaling the mark of Josef Pribilinec.

5000meters, Gdansk, Poland, May 26—1. Dawid Tomala 19:17.82 2. Rafal Fedaczynski 19:30.58 3. Patryk Orgowski 19:49.14 4. Tomasz Zmudzki 20:25:46 **Women**—1. Justyna Swierczynska 22:15.65 2. Monika Kraqcwczuk 22:38.74 3. Monika Kapera 22:47.62 4. Natalia Plominska 23:09.70 **20 Km, , Poland, June 21**—1. Grzegorz Sudol 1:24:27 2. Luasz Nowak 1:24:30 3. Dawid Tomala 1:24:35 4. Rafal Augustyn 1:24:42 5. Jakub Jelonek 1:25:12 6. Rafal Fedeczynski 1:26:28 7. Adrian Blocki 1:37:42 8. Matge Helabrandt, Hungary 1:29:35 9. Alex Wright, Great Britain 1:30:44 10. Lukasz Augustyn 1:31:17 **Women**—1. Paulina Buzniak 1:35:10 2. Agnieszka Szarnog 1:37:19 3. Katarzyna Kwoka 1:37.50. 4. Anita Kazamaka 1:38:42 5. Agnieszka Dygacz 1:39:27 **French 10,000, June 20**—1. Anne Gaelle Retout 47:32.57 2. Inez Pastorino 47:40.15 3. Violane Avenous 48:04.88 4. Amandine Marcou 48:12.36 **Men**—1. Yohan Diniz 39:46.78 2. Antonine Boyez 40:56.23 **Jr. 20 Km, China, June**—1. Guanyu Su 1:22:48

There's Many A Place For you To Race

Sun. July 8	5 Km, Brookline, Mass. , 9:30 am (X)
Mon. July 9	5 Km, Long Branch, N.J., 6:45 pm (A)
Wed. July 11	1 Mile, Yellow Springs, Ohio (M)
Sat. July 14	Bay State Games 3000 meters, Weston, Mass., 9:30am
Sun. July 15	Midwest Regional 5000 (and a 3000), Waukesha, Wis., 9:30 am (I)
Mon. July 16	5 Km, Long Branch, N.J., 6:45 pm (A)
Thur. July 19	1 Mile and 3000 meters, Yellow Springs, Ohio (M)
Sat. July 21	New England Masters and Open 3000 meters, Providence, Mass., 11:00 am
	West Region Masters 5 Km (U) (X)

Mon. July 23	5 Km, Long Branch, N.J., 6:45 pm (A)
Sat. July 28	1500 and 5000 meters, Austin, Texas (G)
Sun. July 29	5 Km, Rehoboth, Del. (T)
Mon. July 30	5 Km, Long Branch, N.J., 6:45 pm (A Mon. Aug. 6
Aug. 2-5	National USATF Masters T&F Championships, Lisle, Ill. (D)
Sat. Aug. 4	5 Km, Dover, Delaware (T)
Sun. Aug. 12	1500 and 5000 meters, Austin, Texas (G)
Mon. Aug. 13	5 Km, Long Branch, N.J., 6:45 pm (A)
Sat. Aug. 18	Virginia and East Regional 1500meters, Virginia Beach (N)
	3 Miles, New Orleans (G)
	3000 meters, Albuquerque, N.M. (Q)
Sun. Aug. 19	1500 and 5000 meters, Austin, Texas (G)
	US-Canada Jr. Walks and Weinacker Cup, Toronto (K)
Mon.. Aug. 20	5 Km, Long Branch, N.J. 6:45 pm (A)
Sat. Sept. 1	5 Km Chestertown, Md. (T)
Sun. Sept. 2	2 Miles and 10 Km, Houston (G)
Sat. Sept. 8	5 Km, Felton, Del. (T)
Sun. Sept. 9	National USATF 40 Km, Ocean Twp., N.J. (A)
	5 Km Lewes, Del. (T)
Sat. Sept. 22	5 Km, Dover, Del. (T)
Sat. Sept. 29	National USATF 5 Km, Kingsport, Tenn. (D)
	5 Km, Millsboro, Del. (T)

(Note: The Olympic 20 Km Trials are on June 30 (men) and July 1 (Women), too late for inclusion in this issue, so you must wait until next month for our report.)

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Update

Last month we ran an article from an Irish newspaper on John Kelly. For purposes of accuracy and giving proper credit to some deserving individuals here are some updates to that article courtesy of Jim Hanley, who I am sure could have given himself more credit for some of what he reports. He too was part of the great effort put forth to ensure the success of the racewalk events at the LA Olympics in 1984.)

There were some errors and omissions in the ORW article on John Kelly, which originally appeared in an Irish newspaper. As the Southern California Racewalk Chairman from 1978 to 1984, John was the guy in charge of many National championships, Pan American Games Trials, International Dual Meets, and many major indoor and outdoor invitationals. Visiting athletes often stayed in his Santa Monica home during this time. No one did more for our sport during the time leading up to the Olympics than John Kelly, who was also a first-rate coach and tireless promoter of the sport.

However, during the 1984 Olympics Ron Daniel—not John—was the Racewalk Director. Ron did a fabulous job in an incredibly difficult, politically charged arena that included a late boycott by most of the Soviet-block countries. The future IAAF Chairman, Bob Bowman (at that time he was a U.S. Representative to the IAAF RW Committee and was elected chairman in 1991), got these two guys and other racewalk people involved in officiating the racewalks of the 1984 Games, resulting in the “best run Olympic racewalk events in the history of the Olympics” according to the IAAF. Besides having to deal with putting on two major races that were to be watched by something like 2 billion people, Daniel and Bowman had a huge number of issues that most track fans wouldn’t even think about. Topics like television camera placement, communications, transportation, athlete and official housing, paperwork and costs, what to do with ‘official’ Olympic binoculars and TV sets, materials for visiting coaches, language translation, signage, hospitality for the international judges, screaming Mexican fans along the course making so much noise that officials were having trouble hearing each other, leader board placement, table clothes to hide the legs of officials as they sat at tables on the course, e-mail (the first time any of us heard about it), physically getting huge aid and water stations in place, instantly getting the 5 km split hand times to the media center (no chips then and no problems either), media and press access to the venue, escorting the athletes through the L.A. Coliseum tunnel and to the starting line, LAPD requests regarding street closures conflicting with their overall traffic plan, a city work crew getting instructions to tear up the road course a few hours before race time, color-coded uniforms and photo ID badges indicating who had access to various venues (and who got which uniform and how to physically get them to the official, etc.), access to the opening and closing ceremonies, coordination with track and field people in the stadium, helicopters and blimps over the course, getting athletes and officials into and out of the stadium instantly despite very strict security, acquiring and placing large digital clocks on the road, portable showers on the course, community outreach programs that encouraged residents along the course to paint their homes and to enjoy the races from their front yards, etc., Youth Education programs, parking issues, contingency security plans for about everything, and—of course—dealing with a huge bureaucracy with many local and international personalities and egos.

As mentioned in the article, John played a big part in the events leading up to the Games, including the original recruiting, training, and supervision of most of the key officials. He was the Race Director for the USA-East Germany Dual Meet, a dress rehearsal for the Games. During the Olympics, John’s long-time experience as a racewalk Olympian, coach, and sports chairman served him well as the Technical Coordinator, but he did not actually lay out the Racewalk course. That job was done by Hal McWilliams, who had measured every walk course in Southern California from the ‘60s until 1984. Later, IAAF course certifiers checked Hal’s Olympic Games Course with lasers, the first time EDM was used. The results: a 1 cm

difference between the lasers and Hal’s very good work!

An Inside Look At the World Cup

(Last month we reported on the competition at the 2012 World Cup of Racewalking in Saransk, Russia. Here is a look at the non-competitive aspects of the experience as drawn from the official report of U.S. Team Coach Dave McGovern.)

After traveling from their home cities, then embarking on a 10-hour flight from New York, the majority of TEAM USA arrived in Russia early on Wednesday, May 9. With a full day layover in Moscow before taking a night train to Saransk, there was ample time for a day trip into Moscow to see Red Square. . . Team USA enjoyed several hours in the square and an enjoyable lunch at the “GUM” department store. *(Ed. I must wonder how much GUM has changed since 1961 when Ron Zinn and I were there with another Team USA. I do know that old Joe Stalin is gone from the mausoleum on Red Square.)*

The overnight train to Saransk was a throwback to the post-war era with athletes booked in four-bunk sleeper cars. Most of the US team slept quite well arriving reasonably well rested at 7:30 am. The team was shuttled to the Athletes’ Village in vans decked out with World Cup Banners emblazoned with life-sized images of Olga Kanaskina, one of Saransk’s many hometown racewalking heroes. The clean, well-appointed city has been undergoing a dramatic facelift over the past decade. There are family-oriented parks, top-notch sporting facilities, including a hockey arena, a track and field/football stadium, and an ever-expanding training center devoted entirely to racewalking.

The “Olympic Training Centre of the Republic of Mordovia on Race Walking of a Name of Chegin” features a 333.3 meter track, which enable Coach Chegin to take kilometer splits without having to move between the starting line and the 200 meter mark as is required on a standard 400 meter track. The clean, albeit Spartan, dormitory contains a gym, sauna/pool room, massage/sports medicine room, and a restaurant where meals are menu-ordered and feature meats, fish, caviar, and once-weekly beer to keep the athletes well fueled for their training)

Between the Chegin Center’s athlete dormitory rooms and the restaurant lies a Wall of Heroes featuring photos and bios of the Center’s current and former champions to provide a constant reminder of both the Center’s legacy and the competition that will be encountered both of the Olympic Course and during the next day’s training. A new, much larger dormitory is under construction as are a considerably larger sports medicine/training room as well as a 400 meter track with a 200 meter track built within the infield.

The Center is surrounded by miles of multi-use trails, including a 200 meter loop through a birch forest that is furnished with porta-johns, split marks every 100 meters, and benches for coaches or drink bottles, making for a perfect all-weather distance work or long-interval training location for the 40-45 racewalkers currently in residence at the Center. every 100 meters.

On Thursday morning, the US squad took their first group workout on this particular course. Other training sessions took place in the neighborhood roads around the athlete village. The most memorable workout, however, took place on Friday morning as the US team joined squads from other nations training on the World Cup course, laid out in the center of town a short bus ride away from the athlete village. The course was a fairly standard 2 km loop, , albeit situated on an incline a bit steeper than most elite courses. The top of the loop was anchored by the town’s ornate gold-domed Russian Orthodox cathedral. Personal and aid tables were set up at this end of the course while communal water and sports drinks were located toward the bottom of the loop. Every inch of the course was barricaded to keep at bay the thousands of fans who would come to watch the weekend’s events.

The US team actually got their first sight of the course the previous evening as it was host to the Mordovian Junior 5 Km Championship and youth 3, 2, and 1 Km Championships. The Mordovian racewalkers did not disappoint, as huge field of technically proficient young athletes blazed around the shortened 1 km course under the watchful eyes of their coaches. Saransk's rabid racewalk fans, and even those of Mordovian heroes Olga Kaniskina, Valeriy Borchin, and coach Viktor Chegin, who were present in the form of huge banners and billboards that overlooked the course. In fact, it seems the only eyes in town **not** watching the races were the racewalk judges! The US team's vantage point near the top turn gave a clear view of many of the athletes flat out running around the turns with no judge present within 150 meters. Even more surprising than the lack of any judges near the turn was the fact that the nearest judge to the turn spent most of the race talking to spectators with his back turned to the athletes! Although Russia can clearly lay claim to many of the best racewalkers in the world, home-course times could be seen as suspect if the judging at these Championships is any indication.

Friday evening's Opening Ceremony was a full-blown Olympic-style extravaganza of native dancers, cheerleaders, multimedia video displays, confetti cannons, balloon, and dozens of flag-bearing walkers. The short walk back to the athlete village afterward took nearly as long as the hour-long Ceremony itself, as the athletes and staff were mobbed by autograph seekers and racewalking fans hoping to have their photographs taken with anyone decked out in USA or other foreign apparel.

Saturday was a quiet day for Team USA with afternoon 10 Km races on tap for the junior boys and girls as well as the 20 Km for the senior men. While it was relatively easy to navigate around the course during Wednesday's Mordovian Championships, this was not the case for the weekend races. A heavy police presence, as well as the throng of fans lined up 10-deep in places, made for some tricky coaching logistics. The press pass secured by Chef de Mission Steve Vaitones made it possible to both call splits and check the DQ board, which would not have been the case without the pass.

With the races out of the way, Team USA embarked on the secondary competition of trip uniform trading. Here we are among the world's best. Within hours of the final race, Belorussian, French, Canadian, Italian, Chinese, Russian, Brazilian, and Turkish walkers could be seen walking around the Athletes Village in Team USA gear while our US walkers sported a similar array of international colors. Further deals were close at the closing banquet, which featured traditional Russian dancers and musicians as well as the passing of the IAAF flag from the mayor of Saransk to the mayor of Taicang, China, site of the 2014 World Cup.

The team staff of Steve Vaitones (Chef de Mission/Manager, Dave McGovern (Head Coach), Tish Hanna (Junior Coach), and Maryanne Daniel (Medical/Massage) were ably assisted by local Saransk translators Yulia Orlova and Oleg Anisimov, who arranged for cars, busses, bottled water, computer cables, team photograph prints, and just about anything else the team needed or desired with efficiency and good humor. Major kudos to Aaron McGuire at USATF for handling the cumbersome visa process and other logistics for the trip.

A Good Story

(The following story appeared in the May 19 edition of the Dayton (Ohio) Daily News. It provides an inspirational look at one of the many highly competitive walkers to come out of the program National Chairman Vince Peters runs in Yellow Springs. Our pat on the back to Susan and Vince.)

Two of the last things she sees before going to sleep at night and the first things she sees each morning—provided she turns the light on because it's 2:20 am—are the pair of posters on the wall of their Beavercreek home. One shows a lone runner going down a long stretch of

deserted road. With the image comes the question: "The runner who beat you yesterday is training today. What are you doing?" The other poster trumpets the 2012 London Olympics.

Call it what you want—the labor and the fruits, the sacrifice and the glory—but for Susan Randall, this is much of her life right now. As for what she's doing:

After waking in the wee hours, she reports to a local Target store in Beavercreek where she stocks shelves for 3 to 9 am, after which she heads to the Beavercreek bike path or maybe the streets of her neighborhood to train, often ending with a 10-kilometer effort, or more.

Following that, there's a quick nap. Then, with husband Mike, now siding the hours, she might end up on a ladder with a hammer or in the kitchen preparing something for her budding catering business. She'll also spend time on the Internet trying to connect with her 19-year-old son John, who just was sent to Kuwait with the U.S. Air Force.

Come mid-afternoon, she goes to the Fairborn High School track for a two-hour second workout. Once back home in the evening she takes a last look at those two posters and falls into bed, only to repeat the whole routine a few hours later.

The 37-year-old Beavercreek mother is one of the elite racewalkers in the US. She has competed all over the world, including this past March at the European Cup in Lugano, Switzerland. Two weeks from now she's entered in the 10 Km National Championships in Albany, New York. The, following three weeks of altitude training in Colorado Springs, Colorado, she'll go to Eugene, Oregon for the July 1 20 Km race at the U.S. Olympic Trials and her bid to make the London Games.

While she's an outside shot at making the team (she was rated ninth in the nation early-season rankings), she has had several strong races this year and clocked a career-best of 1:42:47 in Switzerland. But more importantly—and the real story of Susan Randall—is that she has beaten far longer odds than this.

"It's really an amazing story," Mike said as he watched his 4-ft-10, 105-pound wife quick step it around the Fairborn track the other evening. "It's one of those American dream stories. And it's proof that anybody who is truly determined to something can do it."

A little over seven years ago, Susan had never even seen a racewalker, much less tried it. And 11 years ago, she still was living in China, working 10 hours a day, six days a week at a telecom company. Unmarried and with one son in a country with a one-child per-family law and, she says, many men not open to the idea of adopting someone else's child, she didn't see much hope for having a family life or a future.

Susan grew up on the outskirts of Guangzhou, a city of 13 million people on the Pearl River in Southern China. "Those early years for her, it was tough," Mike said. "They had no running water so she would have to schlep water down a hillside every day in buckets. They had to go to the bathroom in a building down the block. eventually, they moved more into the heart of the city and things got better." Her dad drove a delivery truck, her mom worked at a beauty parlor and Susan said she was 'just a typical Chinese girl.'

"I finished high school and got a job," she said. "And I'll say the truth: Chinese men do not want to find a wife that already has a kid, so my mom said 'You should try to find a Western husband because they will treat you better'"

Over here, Mike Randall, originally from Wisconsin and deep into an Air Force career, was stationed at Wright-Patterson Air Force Base in Dayton. He had traveled all over the world—Korea, Hong Kong, Thailand, Germany—and had thought about marrying a woman from overseas.

"I was doing all kinds of Internet programming for various companies, she was working for China Telecom and we met online," Mike said. "She invited me to come visit and I did and we had a great time." After that initial visit in February 2001, she invited him back five months later.

"I like to joke I went back and she informed me we were getting married," he laughed. "I was looking for an independent woman, a self-thinker, but also someone who wanted to be part of a family and someone who would like to be taken care of, too. And that seemed to be her. There was something about her. We just clicked. So, finally we went on a beautiful cruise at night on the Pearl River. With the lights and everything, it was just very romantic and I had practiced a week to propose perfectly in Chinese. After I finished, she just says 'OK.'"

Mike finally brought her back to the U.S. in late September 2001 and they married that November in Beavercreek. The adjustments were tough at first for Susan, who was trying to learn a new language, new kinds of food to eat and a new culture, all while answering to a strange new name.

When she took an English class in China, instructors gave all the students American names. "They said, 'how about Susan?': and I said 'OK'" she shrugged.

And then there was the embrace of married life to a man she barely knew. "I was doing triathlons back then and, in fact, just a week after we married we spent our honeymoon in Florida where I did the Ironman," Mike laughed.

"Watching us go through all that I figured she had to be wondering, 'What kind of crazy man did I marry?'" But that was when he discovered just what a "self-thinker" his new wife really was. Although she didn't swim, she soon was doing biathlons, which are similar to triathlons, except three is running, cycling, and then running again. "She's smart and adventuresome," Mike beamed. "She's quite a woman."

The adventure took another turn in 2005 when Susan took her son—who eventually would become a cross country and track athlete at Beavercreek High School and a nationally ranked junior racewalker—to a summer practice with the Miami Valley Track Club in Yellow Springs.

As she was watching, she said saw Tina Peters, the daughter of coach Vince Peters, one of the more successful racewalking coaches in the country go past "doing something so funny." "I wanted to learn what it was and how to do it and when I did, I found out I liked to racewalk," she said.

After just two years of racewalking, she finished fifth at the 2007 USATF Outdoor Championships with a time of 1:49:57 and qualified for the Olympic Trials for the 2008 Games in Beijing.

Although she didn't make the team, she made enough of a splash that in 2009 she was part of the three-woman U.S. team that won a bronze medal at Americas Racewalking Championships in El Salvador. Her personal coach is Andi Drake, the much accomplished British racewalker. She just spent six weeks training with him in the U.K., and, now that she's back here, her husband is in charge of her daily workouts and nutrition.

As Susan continues to whittle her time down at competitions across the country, the venture—with its travel, hotels, food, and entrance fees—is a costly one. That's why she works the Target Job. She has three prominent sponsors: Power Bar, Endurance Sports, and Drayer Physical Therapy.

She's also had help locally from Pat Harris, who has organized a "Walking to London" campaign. As for her chances at the Trials, where she'll be joined by Miami Valley

School grad and current Furman University athlete Erika Shavers, who qualified at 1:47:46, Susan has a positive outlook: "You never know until the racing starts and goes all the way to the end," she said. "I know right now not many people are in the position I am. I can dream about it. I can almost reach out and touch it. I have trained for four long years, day in and day out. I want to go, but if it does not happen, you're not breaking your heart. You just go harder."

And you take down the London poster and put up one for the 2016 Games in Rio de Janeiro.

LOOKING BACK

50 Years Ago (From the June 1962 American Race Walker, published by Chris McCarthy in Chicago)—Under a blazing sun that brought the temperatures into the low 90s, Ron Laird was one of the few survivors in the National 50 Km on Long Island. It took him a struggling 5:25:30. The next two spots went to Canadians Felix Cappella and Bill Grandy in over 5:40. Johnny Abbate and Dave Lakritz, well into the master's category (which wasn't even a category in those ancient days) were the only others able to better 6 hours as the heat took a tremendous toll. . . It was also very hot in Chicago where Ron Zinn won the National 10 Km in 47:54 on the Stagg Field track. Following were Jack Mortland (48:51), John Allen (48:56), Jack Blackburn (49:51), and Cappella (49:53). The Ohio Track Cub grabbed the team title (hurrah!)

45 Years Ago (From the June 1967 ORW)—This time temperatures only reached the low 80s as Larry Young won the National 50 in Chicago. His 4:33 effort left Goetz Klopfer 11 minutes back. Ron Laird was third, just under 4:49, with Ron Kulik another 4 minutes back. The Athens AC, from the SF Bay area, won the team title. . . Laird got the best of Young in the National 2 Mile, winning in 13:41.4. Larry had 14:07, just ahead of Don DeNoon. Next were Larry Walker, Ron Daniel, and Tom Dooley. . . In an earlier race, DeNoon did 3 Km in 12:39.4 to better Laird's American record and beat Ron in the process.

40 Years Ago (From the June 1972 ORW)—Dave Romansky covered 8 miles 80 yards to win the National 1 Hour Championship in Lawrenceville, N.J.. John Knifton was 374 yards back, with Ron Daniel and Steve Hayden going past 7 3/4 miles. . . Larry Young won national titles at both 5 and 10 Km. In Chicago, he beat Tom Dooley by 21 seconds in the 10 doing it in 44:51. Jerry Brown, Floyd Godwin, and Steve Hayden followed. . . In the 5 in Seattle, Young's 21:39.8 left Bill Ranney 50 seconds back with Todd Scully third. . . Laurie Tucholski walked an American record 7:50.4 for 1 Mile in Dayton, beating former record holder Lynn Olsen. . . ORW Editor Jack Mortland threw in final laps of 1:54 and 1:50 to win a track 7 miles in 55:20 with Jack Blackburn second.

35 Years Ago (From the June 1977 ORW)—Mexican Junior Marcos Castro overcame Tod Scully in the final 5 Km to win the U.S. 20 Km title race in Seattle with 1:30:05. Scully was 31 seconds ahead as he passed 5 in 1:06:29, but he faded just as Castro accelerated and was 30 seconds behind at the finish. Neal Pyke was third in 1:31:29, with two other Mexican juniors, one them named Ernesto Canto (a World and Olympic champion to be), in the next two spots. . . The real Mexicans were on the track in Bergen Norway, where Daniel Bautista set a World Record for 20 Km in 1:23:52. Domingo Colin and Raul Gonzalez also bettered the former record and Angel Flores missed it by less than a minute. . . The Mexican onslaught continued the next day with Enrique Vera taking Bernd Kannenberg's World Record for 50 Km down to 3:56:38. Kannenberg also held the 20 Km record. . . Jim Heiring won the NAIA 10 Km in 44:42, more than a minute and a half up on Earl Schueler. . . Neal Pyke did 8 miles 240 yards in a one-hour race. . . Sue Brodock won U.S. titles at 5 Km (24:10) and 10 Km (51:17).

30 Years Ago (From the June 1982 ORW)—Jim Heiring was an easy winner in the National 20 Km, held in Knoxville, Tenn. Jim's 1:30:22 put him 2:08 ahead of Ray Sharp at the finish.

Marco Evoniuk was third in 1:33:48, followed by Dan O'Connor and Todd Scully. . . Susan Liers-Westerfield won the National 5 Km in 24:50.6, 26 seconds ahead of Bonnie Dillon, with Teresa Vaill third. . . Heiring was also an easy winner in the National 10 Km in 44:17.6. Mike DeWitt and Mike Morris followed. . . Liers-Westerfield won the women's National 10 in 50:59, after a tough race with Sue Brodock. Brodock had 51:09.

25 Years Ago (From the June 1987 ORW)—Finally pulling away from Paul Wick in the final 5 Km, Ray Sharp won the National 25 Km in Long Beach. The two were together at 20 km in a swift 1:28:52, but Sharp proved stronger at the finish winning in 1:51:25. Wick was just 35 seconds back and nearly 8 minutes ahead of Larry Walker in third a second under 2 hours. . . In the Women's National 20 Km at the same site, Teresa Vaill prevailed in 1:42:24, beating sister Lisa by more than 4 minutes. Sara Standley was third. Vaill opened a huge lead from the start and had splits of 23:53, 49:01, and 1:15:24. . . The National 5 Km races were held in Denver with Teresa Vaill and Tim Lewis scoring victories. Vaill was only slightly faster than her time on the way to 20 a week earlier with 23:44, but that left sister Lisa 28 seconds in arrears. Viisha Sedlak was a distant third (26:53), just ahead of Karen Rezach. Lewis won in 20:23, 65 seconds ahead of Carl Schueler. Brad Knutson, age 19, was third. . . The NAIA 10 Km went to Mike Stauch in 43:22.1, a time that broke Ray Sharp's meet record by 9 seconds. Dour Fournier was more 2 minutes back in second.

20 Years Ago (From the June 1992 ORW)—In the U.S. Olympic Trials, Debbi Lawrence was a clear winner at 10 Km in 45:46. Victoria Herazo (46:21) and Michelle Rohl (46:50) also captured Olympic Slots. Debby Van Orden was fourth in 47:32, ahead of Cindy March and Lynn Weik. In the men's 20, Allen James survived the hot, humid conditions to win in 1:29:38. Gary Morgan edged Jonathan Matthews for second, followed by Ray Funkhouser, Dave McGovern, and Carl Schueler. James was the only Olympic qualifier because none of the others had met the qualifying standard. . . Valeriy Spitsyn won a 50 Km in Moscow in an unbelievable 3:33:22. However, the course, although reported as accurately measured was also reported as one on which it was easy to take short cuts. The time was never accepted as valid. Viktor Popovich had a 3:36:12 in second and A. Plotnikov a 3:37:05 in third. (The fastest time Spitsyn ever had otherwise was 3:41:07 in 1994). . . Italy's Ileana Salvador edged Australia's Kerry Saxby in an Italian race, with both given a 42:07 for 10 km. Anna Marie Sidot was third in 43:03. . . In a more legitimate 50, Poland's man-of-the-future, Robert Korzeniowski, did 3:46:42 in Dudince, Czech Rep., with Canada's Tim Berrett second in 3:50:55.

15 Years Ago (From the June 1997 ORW)—In the National T&F Meet, Debbi Lawrence and Curt Clausen defended their titles, Lawrence winning the women's 10 Km in 46:45 and Clausen the men's 20 in 1:27:12. The meet was held in Indianapolis. Lawrence led from the 200 meter mark on, but Sarah Standley hung close and was just 8 seconds back at the finish. Victoria Herazo (47:18), Joanne Dow (47:23), Jill Zenner (48:11), and Deborah Van Orden (48:42) filled out the top six. Clausen was unchallenged as he won by more than a minute. Andrew Harmann (1:28:23), Tim Seaman (1:30:00), Gary Morgan (1:30:24), and Jonathan Matthews (1:30:49) followed. . . In Albany, New York, Harm Nelson (2:28:07) won the National 30 and Victoria Hearzo (1:43:14) the National Women's 20 Km. . . Al Heppner zipped through 5 Km in 20:07.38 to win the NAIA Championships, leaving Dave Michielli more than 2 minutes back in second. Jill Zenner won the women's 3 Km in 13:16.16.

10 Years Ago (From the June 2002 ORW)—Joanne Dow broke the American record as she won the National 20 Km in 1:34:46.52 on the Stanford U. track. The men's title went to Tim Seaman in 1:26:40.36. Dow had to overcome the hot pace of Teresa Vaill, who had won this title three times back in the 1980s. Vaill hit 10 Km in 46:28 with a 35 second lead on Dow and still led by 16 seconds at 15 (1:10:28). When she was finally caught and passed, Vaill rallied to stick close and didn't succumb until the final 400, losing by 7 seconds. Amber Antonia was third in 1:35:59.44 and Jill Cobb (nee Zenner) fourth in 1:39:46. Seaman eased through the

first 10 of the men's race in 44:47, a second behind John Nunn, with five others within 20 seconds. A 21:09 by Seaman on the third 5 settled the issue and he closed with a 21:05, finishing 1:16 ahead of Al Heppner (1:27:59.62). Kevin Eastler was third in 1:28:35.68, followed by Philip Dunn (1:28:59.62), Curt Clausen (1:29:33), Nunn (1:30:19), Sean Albert (1:30:42), and Matt Boyles (1:32:36). National Junior 10 Km titles went to Ben Shorey (42:50.21) and Robyn Stevens (50:29.32). . . The National 15 Km was won by John Nunn in 1:06:49 with Al Heppner second in 1:09:43. Amber Antonia won the women's race in 1:14:15. . . The Russian 20 Km went to Victor Burayev in 1:20:41, 13 seconds ahead of Vladimir Andreev. Twelve were under 1:25, with six of them under 1:22. Elena Nikoleva won the women's title in 1:27:02, 50 seconds ahead of Lyudmila Efimkina. There were eight walkers under 1:30. . . Ecuador's Jefferson Perez walked a 1:19:08 for 20 in Germany and Robert Korzeniowski won the Polish title in 1:20:54.

5 Years Ago (From the June 2007 ORW)—National 20 Km titles went to Kevin Eastler and Teresa Vaill in 1:26:43.28 and 1:27:28.70, respectively. In the men's race Eastler easily handled five-time winner Tim Seaman who finished second in 1:28:17.82 with Matt Boyles third in 1:28:17.82. John Nunn, Patrick Stroupe, and Michael Tarantino followed. Vaill also received little challenge with Jolene Moore nearly 2 minutes back in second (1:39:24.14). Sam Cohen was third and Maria Michta fourth. Junior 10 Km titles went to Roberto Vergara in 47:28.84 and Lauren Forgues in 51:49.96. . . In an IAAF Challenge in La Coruna, Spain. Ryta Turava of Belarus and Spain's Francisco Fernandez scored impressive wins. Turava won in 1:28:44 with Kjersti Platzer of Norway second in 1:30:22. Fernandez did 1:18:50.25 seconds ahead of Yucheng Han of China. Australia's Nathan Deakes was third in 1:19:34. Eastler and Seaman had impressive races in twelfth and thirteenth places with 1:22:56 and 1:23:38. . . Turava also won a race in Krakow, Poland in 1:30:36 ahead of Italy's Eliza Rigaud. Mexico's Eder Sanchez won the Men's 20 there in 1:20:26 with Norway's Erik Tysse second in 1:20:31. . . National 10 Km titles went to Teresa Vaill in 47:49 and Matt Boyles in 42:48 in races at Niagara Falls. . . Russian titles went to Irina Stankina (1:29:56), Vladimir Kanaykin (1:17:36), and Denis Nizhegorodov (3:40:53).

FLASH!

Last minute news from a Michigan newspaper report dated June 22 before I take this to the printer:

A Clarkston man who is a former Olympic racewalker is recuperating after falling more than 500 feet down Mt. Hood in Oregon. Gary Morgan, 52, suffered a hip injury and abrasions in his solo climb. He was at roughly the 10,000-foot level on the 11,239-foot mountain when he fell Thursday.

In an e-mail on Monday, June 25, Vince Peters noted: "Gary Morgan was seen maneuvering very slowly on crutches today (Sunday) at the Olympic Trials after surviving his 500-foot fall."

So, bad news followed by good news. And to the Michigan newspaper, there are no former Olympians—once an Olympian always an Olympian!