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Michta, Seaman Capture Indoor Titles

Albuquerque, March 3—Tim Seaman, at age 40, captured his 45th National title today, winning the USATF National Indoor 3000 meter race in 12:08.65, well ahead of Patrick Stroupe. Maria Michta, coached by Seaman, won the women's title in 13:07.02. It was the fourth consecutive indoor title for Michta. Seaman was aided in his victory by the absence of defender Trevor Barron, another of those he coaches. Trevor was scheduled to compete, but had to withdraw due to illness. ("He would have crushed me," said Seaman.)

Seaman's title was his fourteenth indoors, at 3000 and 5000. It gives him the most indoor golds of any U.S. athlete. He had been tied with Lance Deal, who won 13 titles in the 35-lb weight throw..

Stroupe challenged Seaman for the first mile of the race but dropped away over the second half finishing in 12:30.15. In the women's race, Oregon's Erin Gray hung with Michta through the first 11 laps (2200 meters), but lost contact in the final laps to finish second in 13:17.90, seven seconds ahead of Miranda Melville. Gray is the daughter of Bob Gray, who competed for the Chicago Track Club in the middle '60s to middle '70s, i.e., in the twilight of your editor's serious walking days.

"The pace was slower than I thought it would be, but that was fine with me," Michta said. "My schedule's still tight, but I still find time to train somehow. I'm definitely going to go all out to make the big ones later this year—the Pan Am Racewalk Cup in Guatemala in May and the World Championships in Moscow in August."

Seaman, now based in California, coaches the track team at Cuyamaca College, in addition to coaching Michta, Barron, and other aspiring walkers and conducting clinics with Jeff Salvage.

The results:

Women: 1. Maria Michta 13:07.0 2. Erin Gray 13:17.90 3. Miranda Melville 13:24.96 4. Katie Burnett 14:07.36 5. Susan Randall 14:30.93 DQ—Erin Taylor-Talcott

Men: 1. Tim Seaman 12:08.65 2. Patrick Stroupe 12:30.15 3. Dan Serianni 13:03.40 4. Michael Mannozi 13:05.81

Stroupe, Michta First in Pan-Am Cup Trials; Canadians Shine

Huntington Beach, Cal., March 17—In today's 20 Km Trials to determine the U.S. team for the Pan Am Cup in May, Patrick Stroupe and Maria Michta led the way. Sort of. Stroupe actually trailed a pair of swift guests from north of the border, Evan Dunfee and Ben Thorne. Patrick, however, was rewarded with a personal best time of 1:25:28. Michta dominated the women's race, winning in 1:35:38, more than two minutes ahead of Miranda Melville.

Dunfee and Thorne took off from the start and no U.S. walker cared to risk trying to match their pace with Pan Am Cup berths at stake. Walking together all the way, they finished in 1:22:46 and 1:22:49. Stroupe had no trouble winning the U.S. portion of the race well clear

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of Tim Seaman, who finished in 1:28:03—not bad for a 40-year-old coach. The real revelation of the race was one of Seaman's athletes, Alex Chavez, who finished third in the Trial in a personal best—I'm not sure if he ever walked 20 before—1:29:01. Going through the first 10 in about 45:40, he proceeded to do his fastest ever 10—around 43:20—over the second half. John Nunn took fourth among U.S. walkers—there was another guest besides the Canadians who finished ahead of him—in 1:33:02. Nick Christie walked with Seaman for the first 6, but abductor pain slowed him and he finished just behind Nunn in 1:33:20, but well ahead of Michael Mannozi.

Michta walked with Mannozi and Dan Serianni for the first 10 before letting them go, not to risk a very comfortable lead over Melville. Melville, who had missed nearly six weeks of training earlier in the year after being hit by a bicycle, did very well to finish in 1:37:58. Katie Burnett bettered 1:40 for the first time to take third ahead of now 50-year-old Teresa Vaill.

We must note that, while dominating this race, Dunfee and Thorne are still only numbers two and three in Canada, behind Inaki Gomez.

Men 20 Km: 1. Evan Dunfee, Canada (Guest) 1:22:46 2. Ben Thorne, Canada (Guest) 1:22:49 3. Patrick Stroupe 1:25:28 4. Tim Seaman (40), NYAC 1:28:03 5. Francisco Pantoja, Colorado (Guest) 1:28:47 6. Alex Chavez, Missouri Baptist 1:29:01 7. John Nunn, US Army 1:33:02 8. Nick Christie, Miss. Baptist 1:33:20 9. Michael Mannozi, Shore AC 1:34:12 10. Dan Seriani 1:34:20 World Class RW 1:34:20 11. Bruno Carriere, Canada (Guest) 1:36:14 12. Jonathan Hallman 1:40:37 13. Ian Whatley (53) 1:42:40 14. Pablo Gomez, Chicago Walkers 1:45:36 15. Dave Talcott, Shore AC 1:45:52 16. Rob Frank 1:47:29 DNF—Adrian Zamudio, guest
Women's 20: 1. Maria Michta, Walk USA 1:35:38 2. Miranda Melville, NYAC 1:37:58 3. Katie Burnett 1:39:32 4. Teresa Vaill (50) 1:41:04 5. Nicola Evangelista, Canada (Guest) 1:41:19 6. Susan Randall, Miami Valley TC 1:42:07 7. Mereth Zalba, Miss. Baptist 1:44:19 8. Erin Taylor-Talcott, Shore AC 1:45:14 9. Katie Grimes 2:01:02 10. Leann Young 2:05:03 11. Carmen Jacinsky, RW Northwest 2:09:10

Christie, Chavez, Bonk Better NAIA records

Geneva, Ohio, March 2—At the USATF Indoor 3000, Tim Seaman was fortunate that one of his athletes, Nick Christie*, was competing in Geneva the night before in the NAIA National Championships. Christie won there in 11:59.79, barely ahead of his Missouri Baptist teammate, Alex Chavez, both well under the meet record. In the women's race, Nicole Bonk defended her title, also in record time. The results:

Men: 1. Nick Christie, Missouri Baptist 11:59.73 (Old record 12:15.95 by Chris Tegtmeier in 2011) 2. Alex Chavez, Missouri Baptist 12:00.57 2012 winner in 12:40.27) 3. Nathan Vanderwall, Cornerstone 13:16.87 4. Jacob Gunderkline, Goshen 13:23.61 5. James Hafner, Evangel 13:27.70 6. Yasuaki Komuro, Benedictine 13:49.13 7. Mitchell Brickson, Goshen 14:44.57 8. Isaac Withrow, Cornerstone 14:45.01 DQ—Aleksandr Jakobsen, Ashford and Cody Risch, Cornerstone

Women: 1. Nicole Bonk, Embury-Riddle 13:53.63 (Old record 13:56.06, Amber Antonia, Wisconsin Parkside, 2002. Bonk was the defender, having done 14:41.95 in 2012.) 2. Mereth

Zalba, Missouri Baptist 14:15.18 3. Abby Dunn, Goshen 15:16.09 4. Monica Lawrence, Cornerstone 15:20.17 5. Erin Helms, Goshen 15:25.19 6. Molly Josephs, Missouri Baptist 15:47.84 7. Reine Brickson, Lindsey Wilson 15:51.94 8. Nicole Court-Menendez, Dakota Wesleyan 16:06.32 9. Lauren Breithaupt, Baker 16:15.47 10. Mercedes Mancha, St. Xavier 16:28.92 11. Jourdann Green, Lindsey Wilson 16:39.33 12. Brianna Griffiths, Cornerstone 16:41.38 13. Kaitlyn Loeffler, Central Methodist 16:44.01 14. Teresa Graybill, Benedictine 17:20.67 15. Julia Townsend, Concordia 17:32.51 DQ—Kayla Ovokaitys, Cornerstone and Amanda Bland, Lindsey Wilson

* Note that, while Tim Seaman writes training schedules for Christie, Alex Chavez, Mereth Zalba, and Molly Josephs and advises them from a distance, Coach Tish at Missouri Baptist oversees their training and their education at Missouri Baptist and shares in their steady improvement.)

Two Challenge Wins For Chinese

Lugano, Switzerland, March 17—China's Zhen Wang and Hong Liu walked off with victories in today's 11th Annual Memorial Albisetti Trophy, a part of the IAAF Racewalking Challenge series. Wang, a bronze medalist in the 2012 Olympics was unchallenged as he crossed the line in 1:19:08. He also won here in 2011.

Liu, a training partner of Wang's under Italian coach Sandro Damiano, also won easily in a sparkling 1:27:06. The Asian record holder is a two-time World Championships medalist who finished fourth in the Olympics.

Wang broke away after 8 kilometers and quickly opened a 14 second gap over a trailing field of eight. By 10 Km, which he reached in 39:51, the lead had grown to 31 seconds over France's Kevin Campion in second. By 15 Km (59:01 with 19:10 for that third 5), the lead had swelled to 79 seconds and he then continued to pull away.

At the finish, he led Ukraine's Ruslan Dmytrenko by 90 seconds. Campion struggled in third, 24 seconds behind Dmytrenko. Another Ukrainian, Nazar Kovalenko, was fourth, just 8 seconds behind Campion and only 3 seconds clear of Mexico's Isaac Palma, with Poland's Lukasz Nowak a close sixth. In all, ten walkers finished under 1:22, another five under 1:23, and a total of 25 under 1:25. Not among them was Olympic silver medalist Erick Barrondo of Guatemala, who was disqualified. Usual high placer, Eder Sanchez of Mexico, struggled on this day, finishing 39th in 1:28:10. Thirty-seven of the 76 finishers had personal bests.

Liu broke the meet record, held by Russia's Tatyana Sibileva, by 57 seconds as she swept to her victory. Like Wang, Liu had also won here in 2011. Nearly two minutes behind her in second was Guatemala's Mima Ortiz, who duplicated her time of last year (1:28:54) which stands as a Central American and Caribbean record.

Two others broke 1:30—Russia's Lina Bikulova with a personal best of 1:28:58 and Poland's Katarzyna Kwoka in a Polish record 1:29:21. Bikulova was with Liu at 10 Km in 44:15, but a 21:50 on the next 5 was too much for the Russian and Liu had a 22 second lead by 15 Km. If there was any doubt, a 21:01 final 5 settled it. Struggling home, Bikulova was overtaken by Ortiz in the final stages, losing the silver medal by 4 seconds. Kwoka was fourth, another 23 seconds back. The results:

Men's 20 Km: 1. Zhen Wang, China 1:19:08 2. Ruslan Dmytrenko, Ukraine 1:20:38 3. Kevin Campion, France 1:21:02 4. Nazar Kovalenko, Ukraine 1:21:10 5. Isaac Palma, Mexico 1:21:13 6. Lukasz Nowak, Poland 1:21:17 7. Faguang Xu, China 1:21:35 8. Pedro Gomez, Mexico 1:21:38 9. Ivan Losev, Ukraine 1:21:55 10. Robert Heffernan, Ireland 1:21:59 11. Ever Palma, Mexico 1:22:02 12. Anibal Paau, Guatemala 1:22:19 13. Jaime Quiyuch, Guatemala

1:22:25 14. Takumi Saito, Japan 1:22:42 15. Quentin Rew, New Zealand 1:22:56 16. Alex Wright, Great Britain 1:23:05 17. Federico Tontodonati, Italy 1:23:20 18. Shendon Wang, China 1:23:42 19. Antonin Boyez, France 1:23:46 20. Jakul Jelonek, Poland 1:23:47 21. Matteo Giupponi, Italy 1:23:50 22. Daniel Paris, Italy 1:24:29 23. Nils Brembach, Germany 1:24:39 24. Andres Chocho, Ecuador 1:24:43 25. Hayato Katsuki, Japan 1:24:44 26. Teodorico Caporaso, Italy 1:25:22 27. Vito Di Bari, Italy 1:25:42 28. Lukas Gdula, Czech Rep. 1:26:10 29. Andrea Andragna, Italy 1:26:27 30. Tianfeng Si, China 1:26:39 31. Jiaxing Yin, China 1:26:38 32. Jean-Jacques Nkouloukidi, Italy 1:26:49 33. Riccardo Macchia, Italy 1:26:58 34. Massimo Stano, Italy 1:27:15 35. Brendan Boyce, Ireland 1:27:20 36. Sandor Racz, Hungary 1:27:22 37. Clan McManamon, Ireland 1:27:35 38. Luis Angel Sanchez, Guatemala 1:27:36 39. Eder Sanchez, Mexico 1:28:10 40. Keny Guinaudeau, France 1:28:20 (76 finishers, 4 DNF, 6 DQ, most notably Erick Barrondo, Guatemala and Caio Bonfim, Brazil).

Women's 20 Km: 1. Hong Liu, China 1:27:06 2. Mirna Ortiz, Guatemala 1:28:54 3. Lina Bikulova, Russia 1:28:58 4. Kwoka Katayzyna, Poland 1:29:21 5. Paulina Buziak, Poland 1:30:15 6. Elisa Rigaud, Italy 1:30:49 7. Anezka Drahotova, Czech 1:30:54 8. Brigita Virbalyte-Dimsiene, Lithuania 1:31:47 9. Anihua Pinedo, Spain 1:32:20 10. Mayra Carolina Herrera, Guatemala 1:32:29 11. Jamy Franco, Guatemala 1:33:11 12. Lucie Pelantova, Czech Rep. 1:33:23 13. Federica Ferraro, Italy 1:33:42 14. Angese Pastare, Larvia 1:34:10 15. Viktoria Madarasz, Hungary 1:34:26 16. Antigoni Drisbioti, Greece 1:34:37 17. Laura Polli, Switzerland 1:35:22 18. Irina Shushina, Russia 1:35:26 19. Maria Czakova, Slovakia 1:35:30 20. Paola Perez, Ecuador 1:36:48 21. Marie Polli, Switzerland 1:37:48 22. Ines Pastorino, France 1:38:21 23. Corinne Boudoin, France 1:38:24 24. Erica de Sena, Brazil 1:39:12 25. Panayiota Tsinopoulou, Greece 1:39:31 26. Valentina Trapletti, Italy 1:39:40 27. Federica Curiazzi, Italy 1:39:48 28. Maandine Marcou, France 1:40:26 29. Mariela Sanchez, Mexico 1:40:51 30. Natalia Plominska, Poland 1:41:09 (48 finishers, 9 DNF)

Men Under 20 10 Km: 1. Jamie Higgins, Great Britain 43:30 2. Franco Chocho, Ecuador 44:55 3. Jonathan Hilbert, Germany 45:33 4. Ondrej Moti, Czech Rep. 45:59 (18 finishers, 4 DNF)

Women Under 20 10 Km: 1. Nadezhda Leontyeva, Russia 45:14 2. Nicole Colombi, Italy 48:53 90 finishers)

Men Under 18 10 Km: 1. Michal Morvay, Slovakia 44:54 2. Jean Blancheteau, France 45:56 3. Karl Junhann, Germany 46:12 (16 finishers)

Women Under 18 10 Km: 1. Lidia Barcella, Italy 52:24 2. Alessandra Casini, Italy 53:53 (8 finishers)

Chinese Also Strong At Home

Taichang, China, March 1—Two weeks earlier, the IAAF Challenge series came to Taichang. With Olympic champion Ding Chen failing to finish, China's Jianbo Li walked away with the 20 Km title. Li had a swift 1:18:52, just four seconds ahead of countryman Zelin Cai. Well back in third was Australia's Jared Tallent with a 1:20:41, just nine seconds ahead of Zhao Qi. India's Kolothum Thodi Irfan was fifth, another nine seconds back.

In the women's race, Huanhuan Sun turned in a swift 1:27:36, to record a 22 second victory over countrywoman Xiuzhe Lu. The Chinese swept the first six places. Australia's Regan Lambie and Rachel Tallent led the foreign competitors in seventh and eighth.

On rain-soaked streets, Chen led early, but the 20-year-old dropped out, leaving Li and Cai to decide the winner. Li, considered more a 50 Km specialist, prevailed at the finish. Sun was a surprise women's winner over 19-year-old Lu, who was sixth at the Olympics. Sun took the lead at about 8 km and moved on to the win.

The depth of Chinese walking was on display, as their National Championships were

held at the same time, although the finishes were recorded separately. Thus, in the men's race, although Tallent was third in the Challenge race, he was actually seventh across the finish line, with four other Chinese walkers, competing for the national title ahead of him. In the women's race, there were ten Chinese ladies under 1:30 between the two races. So, here are the results:

Men's 20 Km Challenge Race: 1. Jianbo Li, China 1:18:52 2. Zelin Cai, China 1:18:56 3. Jared Tallent, Australia 1:20:41 4. Zhao Qi, China 1:30:50 6. Kolothum Thodi, India 1:20:59 6. Tianlei Li, China 1:21:49 7. Tikaya Yoshida, Japan 1:22:13 8. Ivan Trotski, Belarus 1:23:29 9. Jakub Jelonek, Poland 1:23:49 10. Luke Adams, Australia 1:24:07 11. Kildung Kang, China 1:25:40 DNF—Ding Chen, China

Chinese National 20 Km, Men: 1. Wei Yu 1:19:07 2. Fongda Bian 1:19:24 3. Jianmin Liu 1:19:34 4. Chengang Sun 1:19:56 5. Shijia Li 1:20:54

Women's 20 Km Challenge Race: 1. Huanhuan Sun, China 1:27:36 2. Xiuzhe Lu, China 1:27:58 3. Shejie Qieyang, China 1:28:27 4. Huigui, China 1:29:42 5. Mingxia Yang, China 1:29:48 6. Ni Gao 1:31:03 7. Regan Lambie, Australia 1:34:03 8. Rachel Tallent, Australia 1:34:53 9. Weon Aseas-Byeoi, Korea 1:35:47 10. Tomomi Maksawa, Japan 1:37:56 11. Gauray Kumari, India 1:40:29

Chinese National 20 Km, Women: 1. Yanfei Li 1:27:40 2. Qin He 1:27:42 3. Jingjing Nie 1:28:33 4. Shanshan 1:29:30 5. Yanmin Bo 1:29:59

Other Results

National Masters Indoor 3000 meters, Landover, Maryland, March 23: Women 44—1.

Rebecca Garson (48), un. 18:42.47 Women 50—1. Maryanne Daniel (54), Conn. 16:47.39 2. Mary Jacobsen, un. 18:33.33 Women 55—1. Sandra DeNoon (57), Florida 18:46.41 Women 60—1. Donna Green, un. 18:45.76 2. Jeanette (63), un. 19:38.90 (1 DQ) Women 65—1. Sylvia Ellis (65), Florida AC 18:30.08 2. Yoko Eichel (65), So. Cal. TC 18:30.64 3. Panseluta Geer (66), Shore AC 19:26.20 4. Kathleen Frable (67), So. Cal. TC 22:53.43 (2 DQ) Women 70—1. Lois Dicker (73), Potomac Valley TC 20:31.72 Women Men 45—1. David Swarts (47), Pegasus AC 13:31.39 Men 50—1. Palomino Hernandez (52), Potomac Valley TC 17:10.03 3. Byron Kaelin (53), World Class RW 18:58.01 (2 DQ) Men 55—1. David Coutts (57) 15:44.38 2. Jim Scott (55) un. 16:04.70 3. Vince Peters (59), Ohio 16:18.59 4. Charles Brugh (57), un. 16:46.34 5. Peter Blank (58) Potomac Valley TC 18:40.66 Men 60—1. Andrew Smith (63), Pegasus AC 16:58.32 2. Bill Reed (6), Pegasus 17:15.28 3. John Morrison (64), Potomac Valley 19:05.56 4. James Wass (60), Potomac Valley 19:52.95 5. Thomas Augustine (63), Potomac Valley 21:2.76 Men 65—1. Norman Frable (67), So. Cal TC 17:46.68 2. John Fredericks (65), un. 17:52.34 3. Alan Moore (67), Atlanta TC 18:55.14 4. James Carmines (69), Potomac Valley 19:51.26 5. John Gersh (65), Potomac Valley 21:24.29 (2 DQ) Men 70—1. Joel Dubow (70), Atlanta TC 19:59.64 2. Sheldon Contract (73), Potomac Valley 21:21.84 3. Michael Schwed (71), Potomac Valley 24:02.78 Men 75—3 DQ Men 80—1 DQ Men 85—1. Charles Boyle (89), Potomac Valley 26:32.91 (1 DQ)

New York Masters Indoor 3000 meters, Feb. 23—1. Bill Vayo 15:27.55 2. Greg Dawson 15:39.33 3. Bruce Logan 16:23.23 4. John Kosa 18:37.73 (1st 50-59) 5. Robert Campbell 18:37.73 (1st 60-69) Women—1. Susi Vassallo 18:31.43 (50-59) Girls H.S. 1500 meters, New York City, Feb. 24—1. Ji Won Kang 6:44.62 2. Sophia Mahin 7:20.67 3. Jessica Szela 7:31.17 4. Janie Ou Yang 7:37.65 5. Mei in Wu 7:52:00 6. Gabriela Luzinski 7:52:20 7. Michelle Szeto 7:58.69 8. Luo Qi Kong 8:05.28 (16 finishers, 1 DQ) H.S. 1500 meters, New York City, March 2—1. Ji Won King 7:04.41 2. Alexa Kluepfel 7:06.26 3. Maria Gorecki 7:11.29 4. Melissa Tylock 7:11.77 5. Rebekah Champlin 7:12.18 6. Meghan Keetley 7:17.18 7. Allison McConville 7:28.42 8. Sophia Mahin 7:34.54 9. Loren Lozano 7:33.21 10. Athena Blair 7:37.62 11. Kelsey Barrett 7:41.89 12. Monica LaBorde 7:46.85 13. Alexis VanOsdol 7:57.90 14. Katie Connors 7:58.79 (17 finishers, 2 DQ) Adirondack Indoor Championships, Albany,

N.Y., March : 1500 meters—1. Don Lawrence 756.00 2. Meaghan Podlaski 8:09.90 **3000 meters**—1. Bill Vayo 15:44.10 **New Balance Indoor H.S. Nationals, March 10: Girl's 1 Mile, Section 1:** 1. Allie Bennet, N.Y. 8:01.64 2. Allison McConville, N.Y. 8:05.99 3. Morgan Meaney, N.Y. 8:12.30 4. Courtney Kiernan, N.Y. 8:12.30 5. Kristi Licursi, N.Y. 8:12.90 6. Brooke Gillette, N.Y. 8:14.02 (16 finishers, 2 DQ) **Section 2:** 1. Holly Lindoe, N.Y. 7:26.42 2. Jawie (Katie) Kang, N.Y. 7:26.42 3. Stephanie Saccente, N.Y. 7:32.54 4. Katie Michta, N.Y. 7:32.84 5. Maria Gorecke 7:40.62 6. Monike Farmer, N.Y. 7:42.16 7. Alexa Kludpfel, N.Y. 7:45.38 8. Rebekah Champlin, N.Y. 7:45.73 9. Natalie DeQuarto, N.Y. 7:52.07 10. Sophia Mahin, N.Y. 7:52.45 11. Milissa Tylock, N.Y. 8:03.13 12. Xcassandra Delgado, Ill. 8:11.52 13. Kem Bailey, N.Y. 8:12.19 (16 finishers, 1 DQ) **Boy's 1 Mile:** 1. Mark Adamowicz, Canada 6:34.35 2. Anthony Peters, Ill. 6:37.96 3. Alexander Peters, Ill. 6:47.70 4. Geraldo Flores, Texas 7:20.01 5. Spencer Dunn, Maine 7:36.55 6. Cliff Tilley, Maryland 7:47.61 7. Jack Lazor, Conn. 7:58.85 8. Moses Watson, Maryland 8:52.05 **Mason Dixon Games 3000 meters, Louisville, March 2**—1. Douglas Johnson (52) 15:08.63 2. Amanda Johnson 16:53.15 **1500 meters, same place**—1. Carson Johnson (12) 10:11.80 **Southeast Masters 1500 meters, Winston-Salem, N.C., March 3:** 1. Ian Whatley (53) 6:40.17 2. Andrew Smith (63) 7:55.81 3. Joel Dubow (70) 9:08.98 4. Alan Moore (67) 9:09.29 5. William Gramley (77) 11:17.74 **Women**—1. Rebecca Garson (48) 8:46.56 2. Deborah Springer (39) 8:47.80 3. Paula Graham (50) 9:34.51 4. Karen Terry (44) 10:13.18 **National AAU Junior Indoor Championships, Birmingham, Alabama, March 22: Boys 10 a00 meters**—1. Jerrod Woods (9) 10:33.62 **Boys age 12 1500**—1. Aaron Bowen (11) 9:53.05 2. Kerrieum Price 9:54.39 **Boys age 14 3000 meters**—1. Alex Braden (13) 17:08.10 2. Steven Berry (13) 17:38.80 3. Tresawn Woods (13) 19:37.66 **3000 meters, Ann Arbor, Michigan, March 17**—1. Zbigniew (Zibby) Sadlej (51) 13:17.23 (7:09 at 1600. Zibby was a Polish National Capion who won the 1990 Alongi Memorial in Dearborn. In that race he walked 1:23:40 leaving Canadian great Guillaume Leblanc about a minute behind. That race was also notable as eight U.S. walkers went under 1:30 and four more under 1:32. Certainly one of the greatest displays of U.S. depth in history. Not sure if Zibby is now living in Michigan or if he was visiting in the U.S.) 2. David Swarts (47) 13:31.15 3. Dan O'Brien (48) 15:24.4 4. Zbigy Zlobicki (62) 20:27.95 5. Vance Genzlinger (83) 25:32.17 **1 Mile, Houston, Texas, March 16**—1. Matias Serna (15) 7:59.03 2. Jonathan Auilar (13) 8:11.87 3. Desiree Esperiqueta (15) 9:00.31 4. Itzel Gonzalez (13) 9:06.08 5. Gisela Flores (13) 9:16.27 6. Emely Antuna (12) 9:16.73 7. Janesa Campos (12) 9:20.84 8. Karina Rodriguez (17) 9:26.42 (all of South Texas Walking Club) 9. Maryannm Ramirez (52) 10:28.89 10. Janet Jones (55) 10:56.92 **1500 meters, Houston, Texas, March 9**—1. Steven Berry (13) 8:06.38 (Just resuming training following knee dislocation in December) 2. Denye Aguilar (15) 9:05.78 3. Maryann Ramirez (50) 10:01.08 4. Dave Gwyn (61) 10:24.03 **5 Km, Denver, Dec. 3**—1. Francisco Pantoja 23:05 **5 Km, Denver, Jan. 26**—1. Francisco Pantoja 21:25 2. Daryl Meyers (70) 35:57 **Women**—1. Marianne Martino (62) 31:45 2. Jan Hill (54) 34:19 **3000 meters, Colorado Springs, Feb. 10**—1. Francisco Pantoja 13:07.74 2. Rita Sinkovec 21:15.73 3. Bob Smith (He who is responsible for the design at the top of our cover page, way back when he was in Dayton and a member of the Ohio TC) 23:24.47 **H.S. 1 Mile, Albuquerque, N.M., Feb. 16**—1. Nehemiah Cionelo 8:43.18 2. Moriah 8:52.64 3. Laura Draelos 9:11.95 4. Taylor Gonzales 9:57.39 **3000 meters, Santa Barbara, Cal., Feb. 1**—1. Julia Townsend 16:17.46 2. Patsy Hurley 16:54.20 3. Esther Deaton 22:56.92 **3000 meters, Santa Barbara, Feb. 16**—1. Joseph Nieroski 17:28.45 2. Julia Townsend 18:19.12 3. Shara Leehey 19:27.93

Ontario Indoor Championships, Toronto, Feb. 16: 1. Jianping Xu 23:58.47 2. Dan O'Brien, US 25:54.37 **Women's 3000, same place**—1. Chelsea Rodriguez 16:44.43 2. Amanda Schneider 17:46.39 3. Kris Kozell 17:57.91 4. Catherine McCormack 17:58.93 5. Anne Dethy 18:18.77

France/Italy/Germany Jr. Meet, Ancone, Italy, March 2: Men's 5000 meters—1. Vito Minei, Italy 20:20.19 2. Franceso Fortunato, Italy 20:46.04 3. Andrión Cassagues, France 21:55.90 **Women's 3000 meters**—1. Noemi Stella, Italy 13:25.97 2. Anna Clemente, Italy 13:46.94 3. Myrian Begel, France 14:07.23 **Spanish Chmpionships, Murcia, March 3: Men's 20 Km**—1. Benjamin Sanchez 1:22:33 2. Miguel Lopez 1:22:40 3. Luis Corchete 1:24:20 4. Luis Amezcum 1:24:57 5. Jose Diaz 1:25:29 6. Jesus Garcia 1:26:46 7. Francisco Arcilla 1:27:40 8. Alex Flores 1:27:41 9. Ivan Pajuelo 1:28:00 10. Francesco Duran 1:30:13 **Women's 20 Km**—1. Julia Takacs 1:28:44 2. Raquel Gonzalez 1:31:16 3. Lorena Luaces 1:31:22 4. Eva Iglesia 1:37:02 5. Sara Alonso 1:41:43 **Jr. Men's 10 Km**—1. Alvaro Martin 41:52 2. Marc Tur 42:15 3. Diego Garcia 42:16 3. Manuel Bermudez 44:15 5. Pablo Oliva 44:19 6. Fabian Bernabe 44:43 **Jr. Women's 10 Km**—1. Laura Garcia-Caro 48:52 2. Maria Perez 49:30 3. Maria Jimenez 49:51 **Chinese 50 Km, Taicang, March 2**—1. Chris Erickson, Australia 3:55:39 2. Wenbin Ni 3:56:56 3. Xiao Hook 4:02:07 4. Zuegin Bai 4:03:11 5. Hao Wang 4:04:43 **Ukrainian 20 Km, March 1: Women**—1. Ljudmila Oljanovska 1:30:26 2. Olga Jakovenko 1:30:38 3. Olena Sumkina 1:32:39 4. Ina Kasian 1:32:58 5. Galina Jakovcuk 1:35:58 6. Ljudmila Selest 1:37:48 **Men**—1. Andrej Kovenko 1:20:22 2. Ruslan Smitrenko 1:21:45 3. Nazar Kovalenko 1:21:50 4. Ivan Losev 1:22:08 5. Olaksandr Verbickij 1:22:48 6. Kostjankin Pozenov 1:23:44 **Ukrainian 35 Km, same place**—1. Igor Glavan 2:33:06 2. Sergiy Budza 2:32:13 3. Olikij Kazamin 2:32:35 4. Ivan Banzeruk 2:33:06 5. Igor Sakaruk 2:35:36 6. Oleksandr Venglovskiy 2:36:18 **Portuguese Championships, Domingo, March 16: Men's 20 Km**—1. Joao Vieira 1:26:36 2. Sergio Vieira 1:26:57 3. Pedro Isidro 1:26:58 (10 finishers, 3 DNF, 1 DQ) **Women's 20 Km**—1. Ana Cabecinha 1:30:49 2. Ines Henriques 1:31:25 3. Fuest-Kristina Saltanovic, Lithuania 1:33:48 3. Vera Santos 1:34:56 (11 finishers, 4 DNF, 1 DQ) **50 Km**—1. Luis Gil 4:12:36 2. Pedro Martinez 4:18:39 3. Dionisio Ventura 4:25:39 (3 DNF, including two from Brazil) **Spanish 50 Km Championship (Held at Domingo along with the Portuguese 50)**—1. Claudio Villenoeva 3:55:13 2. Mikel Odriozola 4:00:05 3. Jose Ignacio Diaz 4:12:26 4. Ivan Pajuelo 4:12:52 (6 finishers, 4 DNF, 1 DQ) **10 Miles, London, England, March 10**—1. Michael Doyle 1:11:31 2. Daniel King 1:12:54 3. Dominic King 1:15:05 4. Jonathan Hobbs 1:24:51 (25 finishers) **50 Km, Ducince, Slovakia, March 23**—1. Erick Barrondo, Guatemala 3:41:09 2. Yohan Diniz, France 3:49:52 3. Adrian Blocki, Poland 3:50:48 4. Damion Blocki, Poland 3:51:32 5. Rafal Augustyn, Poland 3:51:33 6. Oleksandr Venglovsky, Ukraine 3:56:06 7. Padrag Filipovic, Serbia 3:58:21 8. Tadas Suskevicius, Lithuania 4:00:50 9. Dusan Majdan, Slovakia 4:03:27 10. Likasz Augustyn, Poland 4:04:42 **20 Km, sameplace**—1. Matej Toth, Slovakia 1:22:17 2. Vladimir Saranovic, Serbia 1:27:37 3. Pavel Schrom 1:28:39 **Women's 20 Km, same place**—1. Agnieszka Szwanog, Poland 1:31:37 2. Paola Perez, Ecuador 1:32:53 3. Erica Roche de Sena, Brazil 1:32:59 4. Justina Swierczynska, Poland 1:38:48 **5000 meters, Sydney, Australia, March 9:** 1. Tanya Halliday 21:21.51 2. Jess Rothwell 21:28.92 3. Regan Lambie 22:32.70 4. Cheryl Webb 22:51.59 5. Lauren Bourke 23:42:43 **Men**—1. Dane Bird-Smith 19:28.67 2. Rhydian Cawley 19:49.03 3. Ian Rayson 20:19.90 4. Nathan Brill 20:36.06 5. Nick Dewar 20:39.26 6. Brendan Dewar 20:44.16 7. Jesse Osborne 21:04.54) **Japanese and Asian 20 Km, Nomi, Japan, March 10** (Also part of the Racewalking Challenge)—1. Yusuke Suzuki 1:18:34 (National record. Splits of 19:30, 38:43, 58:19) 2. Tianlei Li, China 1:21:28 3. Gurmeet Singh, India 1:21:38 4. Ebrahim Rahimian Kanhah, Iran 1:24:08 5. Tnanh Ngung Nguyen, Vietnam 1:27:30 6. Choon Sieng Lo, Malaysia 1:28:07 **Women:** 1. Kumi Otoshi 1:33:49 2. Thi Nguyen, Vietnam 1:35:26 3. Yeon Jeon, South Korea 1:35:48 4. Khushin Kaur, India 1:37:2 5. Chin-Fen Chang, Taipei 1:40:46 6. Siu Ching, Hong Kong 1:41:45 (An IAAF Press release notes: "It says much for the future of the IAAF Racewalking Challenge that countries like Vietnam, India, and Iran are starting to make regular inroads on the race circuit and boost the credentials of both the sport and the series as truly global." They might have included Malaysia, Taipei, and Hong Kong in

that statement. **Victorian Championships, Melbourne, Australia, March 1: Women's 5000-**
 1. Kelly Ruddick 21:50.13 2. Beth Alexandder 24:01.74 (12 finishers) **Men's 5000-** 1. Rhydian
 Cowley 19:32.66 2. Jesse Osbourne 20:00.56 3. Nathan Brill 20:08.72 4. Bradley Simpson
 22:22.17 (14 finishers) **Venezuelan Championships, Sabodo, March 23-** 1. Richard Vargas
 1:31:42 2. Jose Gastamante 1:34:04 **Women-** 1. Milangele Rosales 1:42:06 **Colombia Cup,**
March 17: Women's 20 Km- 1. Arabelly Orjeta 1:37:38 2. Sandra Galvis 1:39:03 **Men's 20**
Km- 1. Eider Arevalo 1:25:00 2. James Rendon 1:25:03 3. Mauricio Arteaga 1:27:19 **Men's 35**
Km- 1. Molena Restrepo **Jr. Men's 10 Km-** 1. Ivan Garrido 44:03 2. Kenny Perez 44:04 3.
 Estaban Soti 44:06

Races On The Horizon

Sat. April 6	500 Meters, Fayette, Missouri (V)
	5 Km, New Orleans (W)
Sun. April 7	5000 and 1000 meters, Upper Nyack, N.Y.
Sat. April 13	Carolina Masters 3000 meters, Charlotte, N.C. (E)
Sun. April 14	1 Hour, Ottawa, Ontario (Z)
	3000 meters, Farmingville, N.Y. (K)
	5 and 10 Km, Mt. SAC Relays, Walnut, Cal. (Y)
Sn. April 21	102nd Coney Island 10 Mile Handicap, Coney Island, Brooklyn (P)
Sat. April 27	Penn Relays 5000 women and 10,000 men, Philadelphia (L)
	5000 meters, Goshen College, Indian (R)
	1500 meters, Altamonte, Fla. (T)
Sat. May 4	1500 meters and 5 Km, Palo Alto, Cal. (J)
	5 Km, Portsmouth, N.H. (S)
Sun. May 5	USATF Niagara 20 Km, (S)
Sun. May 5	USATF National 10 K, Hauppague, N.Y. (D)
	Jack Mortland 5, 10, and 20 Km, Dayton, Ohio ((M)
Sat. May 11	5000 meters, Goshen, Ind. (R)
Sat. May 18	New Jersey 5000 meters, Bergen County, N.J. (A)
Sun. May 19	15 Km, Riverside, Cal. (J)
Sun. May 26	5 Km, Portsmouth, N.H. (S)
Sat. June 1	5 and 10 Km, Royal Oak, Mich. (F)
	5 Km, Albany, N.Y. (H)
Sun. June 2	Ohio ! Hour, Yellow Springs (M)
Sat. June 8	10 Km, Portsmouth, N.H. (S)
Sun. June 9	5000 meters, Farmingville, N.Y. (K)
Sun. June 16	5 Km, Royal Oak, Mich. (F)

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From Heel To Toe

Racewalking Clinics. For those seeking first-class instruction on racewalking technique and training, there are ample opportunities during the rest of the year. Dave McGovern, an international competitor, long-time coach, author, and very experienced clinician, has the following World Class Racewalking clinic schedule for 2013: April 19-21, Sugarland, Texas; May 17-19, Seattle, Washington; July 26-28, Denver, Colorado; August 10-11, Locust Valley, New York; and November 1-3, Louisville, Kentucky. Go to www.racewalking.org for further information. Jeff Salvage and Tim Seaman will be conducting their well-respected clinics on the following dates: May 18-19, Medford, New Jersey; July 20-21, Columbus, Ohio; Sept. 28-29, Springfield, Illinois; and November 16-17, San Jose, California. Further information at www.racewalk.com.

Fitness Guru Is Walking Tall

by Daniel Beekman

(Most of our space goes to the great walkers, but others deserve credit, too. Here is a NY Daily News article from, Jan. 25, 2011, that honors one of our very loyal subscribers and an active contributor to the sport in New York City. It has been laying in my stack of material too long. Let me give it the air it deserves.)

When it comes to fitness, Lon Wilson not only talks the talk, he walks the walk. Wilson stepped lightly down the icy track of Macombs Dam Park in the shadow of Yankee Stadium one frigid day last week.

He wore high-tech workout gear and a big smile. He spoke in a fast Bronx staccato, racing from one sentence to another without taking a breath. A cap hid Wilson's gray flattop. At 63 years old, the Bronx's outspoken fitness freak covers more than 6 miles a day by foot, and helps people of all ages stay fit.

"We can't all run, but we can walk," said Wilson, a retired Xerox engineer. Next

Friday, Wilson will take his fleet feet to Madison Square Garden for the 104th Annual Millrose Games, the city's top track and field event. But, he's not competing; he's judging the mile walk.

"The best walkers in the world will be there," he said. "They walk a mile in less than six minutes."

While growing up near the Stadium, the Samuel Gompers High School grad preferred Ring-o-levia, baseball and running marathons. "I was always active," said Wilson. "I would run to the schoolyard to play and drink up all the Kool-Aid."

After high school, Wilson traded ming for disco dancing at Manhattan clubs, such as the Electric Circus and the Tunnel. He stumbled on racewalking by chance, in Central Park in 1975, when he took his mother to a walking class and met coach Jake Jacobson.

As a runner, Wilson was often injured. Jacobson suggested racewalking, because there would be less wear and tear on the body. Wilson was hooked.

"Running felt like a boxing match," he said. "I was getting beat up. But racewalking felt like dancing, like poetry in motion"

Wilson admits racewalking is a funny-looking sport. Competitors are required to keep one foot on the ground at all times. They pump their arms and swivel their hips. Many people poke fun at Wilson's sashay.

"You hear guys yell out the window," he said. "I just yell back and pick up the pace."



Lon Wilson

After traveling the world as a champion racewalker, Wilson helped coach three New York racewalkers to the 1984 Olympics and co-founded the New York Walkers Club. Now he coaches the Gompers track team and leads fitness classes at Mid-Bronx Walkers Club. Wilson also volunteers for the Parks Department at Macombs Dam park. He keeps an eye on troublemakers and hands out hula hoops. "My parents never had much money, but Parks always had free programs for us," he said. "That's why I give back."

Wilson calls walking the answer to the Bronx's high rates of diabetes, cancer and asthma. "Hippocrates said 'Walking is man's best medicine'" said Wilson. "It keeps you fit and slows down the aging process."

Wilson's walking tips:

- o Walk tall and keep your head high.
- o Take short steps.
- o Focus on technique, not speed.
- o Come down on your heels and push off your toes.
- o Breathe deeply and have fun.

* * * * *

The following is from the book *Training For Racewalking* by Frank McGuire, published by Track & Field News in 1962. Frank McGuire was an Australian racewalker and coach who published numerous books on coaching and training. He died last November at 100 years of age (See November 2012 ORW.) The 1962 book included training schedules for walkers from around the world. Don Thompson, who we have chosen for inclusion here, won the 50 Km at the 1960 Rome Olympics with time of 4:25:30, then an Olympic record. He had failed to finish on a very hot day in Melbourne four years earlier. As you will see below, he prepared for the heat of Rome. In Tokyo in 1964, he walked a couple of minutes faster than in Rome, but could finish only tenth. His countryman Paul Nihill won the silver behind Italy's Abdon Pamich, who had been third behind Thompson in Rome.

Donald James Thompson

Don Thompson, Metropolitan Walking Club, Middlesex, England. Gold Medalist Olympic Games 50 Km, Rome 1960.

Best times: 1 mile 7:15; 1 miles 14:46, 5 miles 37:52, 7 miles 52:25, 10 miles 76:11, 20 Km 94:45, 20 miles 2:41:43, 50 Km (track) 4:17:29, London to Brighton 53 miles 7:35:12. Born Jan. 20, 1933. Height 5 ft. 5 1/2 in. Weight 120 lbs. Started racewalking in 1951. Holds British records at track 20 miles to 5 hours.

Pre-training warm up: Only before track training.

Pre-race warm up: Gentle walking, sprints, stretching repeated from about 1 hour before race until about 5 minutes from start. Trains all year. Races all distances on 50 km schedule.

Training for 50 Km

Sun. 15 to 30 miles (in shirt and trousers at 6 mph or better.)

Mon. 5 to 7 miles (stripped training)

Tue. Fast and slow laps—1:50 and 2:40 x 440 yards x12 to 15 laps.

Wed.. (If no race Saturday.) 6 to 8 miles on road or 5x1mile with 880 yard recovery laps.

Fri. Rest

Sat. 10 to 14 miles or race 20 to 50 miles.

Trains alone on road or in company with club mates on track. Has no personal coach but seeks advice from H.H. Whitlock. (Ed. Olympic gold medalist at 50 Km in 1936 and himself an author of a book of training.) Takes part in no other sports but enjoys hill walking on holiday. No calisthenics except stretching exercise occasionally.

Pre-race meal: Boiled egg, toast and marmalade, tea. During 50 Km: has nothing to eat, drinks lemon barley water (rich mixture with salt added) and lemonade.

(The following is extracted from "The Don Thompson Story", Modern Athletics, England, December 1960.)



1. Heat Treatment: I was a bit scared of the heat prospect and had great fear of failing as I did in Melbourne, because of the heat. So came the much publicized bathroom treatment. During the three months prior to the Games, there were nearly 20 sessions of 1/2 to 3/4 hours duration in an atmosphere of 100 degrees F, with a humidity of around 55. I am sure this was a great help.

2. Relaxed Training. In mid-August, some three weeks before the race, I spent a very vigorous week in the Lake District on my own. The lovely fells provided a training ground with which I doubt even the much publicized Australian Portsea can compare, for a walker anyway. Some 150 miles of fast walking were indulged in. Then being on my own for long

hours each day provided opportunity for plenty of uninterrupted thought about Rome prospects, and the walkers who might upset my hopes. There was a lot of very pleasant day dreaming, inducing a form of self-hypnosis, which in turn was used to strengthen the will and boost the spirit to a high degree of exhilaration. So, I went to Rome very relaxed.

3. In Rome. I normally consider myself as fairly active, but the four days spent in Rome prior to the race were unusually quiet and restful. The only training was three very short sprints on the roads round the village. Most of the time was spent resting on my bed or in deck chairs in the shade of the buildings, just summoning up enough strength for a journey to the restaurant to eat light meals.

No energy was wasted shopping or sightseeing. In fact, I only left the village twice, once to motor over the course, and the second time to inspect the exit from the stadium and the first mile of the course.

* * * * *

Your Editor's addition:

A couple of Don Thompson stories culled from time we spent with the British walkers in Tokyo:

Don was quite modest and enjoyed telling us of his experience at an invitational race in London after the Rome Olympics. (Perhaps the following spring.) It was a 5 miler on the track with a field of some of the world's fastest walkers, including England's Stan Vickers, third in the Rome 20 Km, and Ken Matthews, 20 Km gold medalist in Tokyo in 1964. These were all guys who would do 7 minute miles or faster for 5. As you see above, Don's best was 37:52, perhaps in this race. The announcer didn't seem to realize that Don was out of his element in this field and in the introductions built him up as the Olympic champion, apparently with the expectancy that he could whip this field. Don well knew that he could not match strides with the speed merchants and had somewhat reluctantly accepted the invitation because of that. So, it was with good humor that he suffered the embarrassment of being lapped by most the field after receiving top billing.

My other Don Thompson anecdote regards shoes. At that time adidas flat and similar shoes were just coming into use by the world's racewalkers. Prior to that, walking shoes were much like street shoes, with a distinct, separate heel. (Note Don's shoes in the accompanying picture.) In the U.S., some walkers wore bowling shoes. My own Ohio TC Teammate and ORW Publisher Emeritus Jack Blackburn had a pair of British Fosters (perhaps what Don is wearing in the picture.) Jack wore a size 12 or 13, I wore a 7 1/2 or 8. With my adidas 192s on, I could still slip my feet into Jack's Fosters. How, would that be for a racing shoe.

Anyway, Don was very much opposed to the new flat, lightweight shoes that were coming into usage. He swore that no shoe should weigh less than 14 ounces. With a lighter shoe, the walker would undoubtedly be flying off the ground. Don, with his interesting shuffling style, was never going to be off the ground, regardless of shoe.

While on the subject of ancient shoes, along with lighter weight, many of the newer shoes were white, as opposed to the black of most earlier shoes. The theory arose that the white shoes might give the appearance of lifting, while the black shoes looked solid against the ground. While in Tokyo, we ran an experiment. Chris McCarthy put a white shoe on one foot and a black one on the other foot. We then took a movie of him in full racewalking stride. Behold! He appeared to be limping and indeed, the black foot looked more solidly on the ground. So beware.

LOOKING BACK

50 Years Ago (From the February 1963 American Race Walker, published by Chris McCarthy in Chicago)—The National 20 Km was won by Ron Laird in 1:34:52. Ron Zinn led the race, held in Chicago's Horner Park, for 8 miles, starting off with a 6:58 mile, but faded from there to finish in 1:36:02, 34 seconds ahead of Canada's Alex Oakley. Akos Szekeley was close behind

in 1:36:41 with Jack Mortland almost 2 minutes further back, just ahead of John Allen. Mortland noted that he was pointing more for his June wedding than the Pan-Am Games, for which this race was a trial. . . Ken Matthews beat Paul Nihill in the British National 10 Mile, 73:99 to 73:34, with our own Rudy Haluza, stationed in England with the US Air Force, tenth in 77:19. Two weeks later, Rudy finished ninth in the British National 20 Km.

45 Years Ago (From the March 1968 ORW)—On the MT SAC track in Walnut, California, Larry Young bettered the American 50 Km record with a 4:25:40 and Ron Laird also bettered Goetz Klopfer's old record with 4:29:29. . . Tom Dooley also had a fast track race with a 1:08:50 for 15 Km in San Francisco. . . On the East Coast, our current national chair, Ron Daniel, got into the record act with a 3:05:43 for 35 Km, beating John Knifton by 2 minutes. . . Dave Romansky turned in a 1:16:50 for 10 miles on the Asbury Park, N.J. boardwalk.

40 Years Ago (From the March 1973 ORW)—Nikolai Smaga won the 3 Mile Race in the US-USSR indoor track meet in Richmond, Va., with a 20:56.3, 3 seconds ahead of Yevgeniy Ivanchenko. Ron Daniel had 21:21.2 and Ron Kulik 22:50. . . John Knifton covered 25 Km in a swift 2:00:15 with Ray Somers only 58 seconds back. A visiting team of Italian policemen filled the next four spots. . . On the local scene, Jack Blackburn edged you editor in a friendly 7 mile, 57:17 to 57:19, an all-out race for old men following a leisurely first 3 miles in 25:20. . . We also had a note on Latvian walker Adolfs Liepsalins, who in 1965 at age 55, did 10 Km in 44:40. He had done 43:11 at age 49, a considerable improvement over his youthful best of 46:00 at age 28.

35 Years Ago (From the March 1978 ORW)—Collegiate indoor titles went to Carl Schueler and Peter Timmons. Frostburg's Schueler did 13:53.6 to win the NAIA 2 Mile, and Timmons, of St. Johns, won the IC4A Mile in 6:49.2. . . Schueler also beat an aging Dave Romansky at 10 km with a 45:26 performance. . . Italy's Vittorio Visini had a world's best indoor 2 miles with 12:57.6 in Genoa and East Germany's Karl-Heinz Stadtmuller did an indoor 20 Km in 1:27:19. . . In another race, Visini did 3 Km in 11:43.8, also the best on record. . . The British 10 Mile went to Olly Flynn in 67:29, but the course was reported as short.

30 Years Ago (From the March 1983 ORW)—Marco Evoniuk beat Jim Heiring in the National 30 Km, blasting a 2:16:42. Heiring was nearly 3 minutes back. Tim Lewis (2:23:50) came third. . . European 20 Km Champion Jose Marin won the Spanish 50 Km in a blistering 3:40:47, 7 minutes ahead of Jorge Llopart. Dan O'Connor finished seventh in the race with a 4:21:27. . . A week later, O'Connor won a 20 Km race in Long Beach in 1:28:38. . . Tom Edwards made an impressive debut at 50 Km, winning the Eastern Regional in 4:23:22.

20 Years Ago (From the March 1993 ORW)—At the World Indoor Championships in Toronto, the Russians prevailed with Mikhail Schennikov winning the men's 5 Km in 18:32.10 and Elena Nikolayeva the women's 3 Km in 11:49.73. Poland's Robert Korzeniowski trailed Schennikov by nearly 4 seconds with Canada's Tim Berrett a strong fourth in 18:43.02. Kerry Juna-Saxby, Australia, pushed Nikolayeva with 11:53.82. Italy's Eleana Salvador was less than 2 seconds back in third. Debbi Lawrence finished third in her heat in 12:20.78, but was DQ'd in the final. . . U.S. Titles went to Lawrence in 12:35.79 and Allen James in 20:34.37. Victoria Herazo and Sara Standley followed Lawrence—well behind in 13:08.73 and 13:48.24. Doug Fournier was just 10 seconds behind James with Marc Varsano third in 20:41.01. (Hey! What ever happened to Varsano Chocolates? He used to send me a holiday gift box each year.) . . . In an outdoor 5 Km in Australia, Frantz Kostyukovich, Belarus, beat Korseniowski 18:28.50 to 18:36.98. Junna-Saxby did 20:30 at the same site.

15 Years Ago (From the March 1998 ORW)—Michelle Rohl and Tim Seaman won U.S. Indoor Titles at 3 and 5 Km. Rohl's 12:40.37 put her 15 seconds ahead of Joanne Dow with Gretchen Eastler-Fishman third. Seaman did 19:54.36, 35 seconds ahead of Curt Clausen. Al Heppner was another 11 seconds back in third, just ahead of Jonathan Matthews. . . Clausen easily won the 1 Mile at the Millrose Games in 5:54.90 with Mike Rohl second in 6:09.28. . . In a battle of 43-year-old military personnel in Arlington, Va., Warrick Yeager finished 0.2

seconds ahead of Steve Pecinovsky in 12:33.7. . . The Japanese National 20 Km went to Daisuke Ikeshima in 1:21:49. Satoshi Yanagisawa had the same time in second. . . Australia's Nick A'hearn had 18:51.39 for 5 Km in Auckland, N.Z.

10 Years Ago (From the March 2003 ORW)—In the year's First IAAF Challenge race in Tijuana, Bernard Segura of Mexico won the 20 Km in 1:19:06, 2 seconds ahead of Spain's Francisco Fernandez and 5 ahead of Robert Korzeniowski. Tim Seaman was twelfth in 1:25:25. The women's 20 went to Ireland's Gillian O'Sullivan in 1:29:55 with Russia's Nadezhda Ryashkina nearly 2 minutes back. The men's 50 went to Spain's Jesus Garcia in 3:46:46, 4 ½ minutes ahead of New Zealand's Graig Barrett. Philip Dunn was fourth in 4:15:01. . . U.S. indoor records went to Tim Seaman in 19:21.56 and Joanne Dow in 13:07.68. John Nunn was just 5 seconds behind Seaman. In the women's race Michelle Rohl was second in 13:21.19. . . In Italian races, Rossella Giordano did a swift 1:05:56 for 15 Km, 29 seconds ahead of Elisabetta Perrone and Ivan Brugnetti had a 2:11:01 FOR 30 Km with Marco Giungi second in 2:12:33.

5 Years Ago (From the March 2008 ORW)—World Cup 20 Km Trials, held in Eugene, Oregon were won by Patrick Stroupe in 1:30:29.4 and Teresa Vaill in 1:36:18.5. John Nunn (1:30:56) and Tim Seaman (1:32:48.4) followed Stroupe. Second and third in the women's race went to Joanne Dow (1:38:36.4) and Susan Armenta (1:39:01.9). . . The IAAF RW Challenge kicked off in Mexico with Norway's Kjersti Platzer, Mexico's Eder Sanchez, and Mexico's Jesus Sanchez scoring victories. Platzer did 1:33:19 to best Germany's Melanie Seeger (1:35:44). Eder Sanchez did 1:22:53, beating Spain's Juan Manuel Molina (1:23:06). Jesus Sanchez was well clear of Spain's Jesus Angel Garcia at 50 Km with his 3:52:36. Garcia had 3:55:13. In the Russian Winter Championships, Valeriy Borchin won the 20 with a 1:17:55, with four others under 1:20. The women's 20 went to Olga Kaninskina in 1:25:11, just 19 seconds ahead of Anisya Kiryapkina. Ten finished under 1:30. The 35 Km race went to Vladimir Kanaykin in 2:25:29. . . Chinese titles went to Shiping Wang in 1:19:46, Quiyan Jiang in 1:29:08, and Xuejin Bai in 3:55:04

And how about this. . . From Vol.1, No. 1, March 1965, page 3:

Statement of Policy

With the thought that too little is written about the sport of racewalking, we bring you the first issue of the Ohio Racewalker. On these pages each month you will find complete news coverage of walking in this state, plus any results we receive from elsewhere, together with features and commentary on racewalking in general. In short, any information on the sport that we come across, and is of sufficient significance, will be passed on to you, the reader. (And one comes across so little on racewalking it is hard to imagine anything of too little significance.)

Our purpose is mainly to present information and news on the sport (and to keep our own names in print) and we are not planning any crusading-type journalism. However, when controversy arises in any way regarding our sport, we will not hesitate to take a strong editorial stand. At the same time, we will make our pages available for the opinions of others, though they may disagree with our own.

Any news, comments, criticisms, or general features on walking from our readers will be more than welcome. We are sending this first issue to you for free. Future issues will sell for 10 cents a copy or \$1.20 a year. Address all correspondence regarding subscriptions to 3033 Fishinger Road, Columbus, Ohio 43221. Address all correspondence regarding anything else you might have on your mind to the same place. (Needless to say, editorial preference will be given any material that comes in an envelope also containing \$1.20.)

Very interesting. A statement I had forgotten, but I think we have come pretty close to living up to it. Of course, the \$1.20 has changed. And the address, which was that of Publisher (now Publisher Emeritus) Jack Blackburn. Editorial offices were and remain at 3184 Summit Street, Columbus, Ohio 43202, where editor and spouse have resided for 50 years