

OHIO RACEWALKER



Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

VOLUME XLIX, NUMBER 2

COLUMBUS, OHIO

APRIL 2013

Lashmanova Shines in Rio Maior

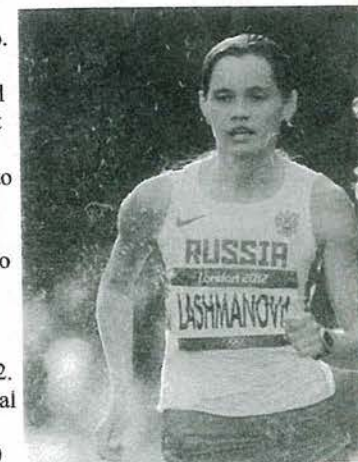
Rio Maior, Portugal, April 6-- The IAAF 2013 Challenge moved to Rio Maior and Russia's Olympic Champion Yelena Lashmanova won as expected in the women's 20 Km in 1:28:19. In the men's race, Portugal's Vieira twins took one-two as Guatemala's Olympic silver medalist, Erick Barrondo, suffered his second disqualification of the year.

Lashmanova, the world recordholder and still three days short of her 21st birthday, was in just the fifth 20 Km of her career and it proved to be her slowest (she had started her season with a 1:25:49 in February), but was, nonetheless, an untroubled win. Part of a pack that stayed together for the first 10 Km, Lashmanova moved away as the second half of the race began. But Guatemala's Mirna Ortiz never lost sight of her and eventually finished just 13 seconds back in a Central American and Caribbean record. The Portugal pair of Ana Cabecinha and Ines Henriques took third and fourth, both under 1:30.

In the men's race, Portugal's twins, Joao and Sergio Vieira, still going strong at age 37, finished one-two. Joao, the Portuguese record holder and a bronze medalist in both the 2006 and 2010 European Championships, was well clear at the finish in 1:21:08 Sergio finished in 1:21:53, just five seconds ahead of Mexico's Diego Flores. The favored Barrondo was pulled by the judges after 14 Km as he tried to keep pace with Joao. Last month, he was DQ'd at Lugano. In between, he walked a brilliant 50 in Podebrady, so perhaps that is the distance he needs to concentrate on. Two other Guatemalan walkers were also DQ'd here. Perhaps, their coach needs to take a close look at their style. The results:

Women's 20 Km: 1. Elena Lashmanova, Russia 1:28:19 2. Mirna Ortiz, Guatemala 1:28:31 3. Ana Cabecinha, Portugal 1:29:21 4. Ines Henriques, Portugal 1:28:56 5. Monica Equihua, Mexico 1:31:08 6. Beatriz Pascual, Spain 1:31:40 7. Ainhoa Pinedo, Spain 1:32:22 8. Kristina Saltanovic, Lithuania 1:33:47 9. Vera Santos, Portugal 1:34:36 10. Jany Franco, Guatemala 11. Paul Perez, Equador 1:39:15 12. Daniela Cardoso, Portugal 1:41:37 (16 finishers, 1 DQ, 4 DNF)

Men's 20 Km-- 1. Joao Vieira, Portugal 1:21:08 2. Sergio Vieira, Portugal 1:21:53 3. Diego Flores, Mexico 1:21:58 4. Jaime Quiyuch, Guatemala 1:23:58 5. Andreas Chocho, Equador 1:24:33 6. Francisco Arcilla, Spain 1:24:46 7. Pedro Isidro, Portugal 1:25:26 8. Luis Amexcua, Spain 1:25:49 9. Antonio Pereira, Portugal 1:27:02 10. Daniel Pintado, Equador 1:27:11 11. Jesus Porras, Spain 1:29:08 12. Haavard Haukenas, Norway 1:29:13 12. Miguel Carvalho,



Russian race walker Yelena Lashmanova won the 20km race at the European Athletics Race Walking Permit Meeting in Rio Maior, Portugal, clocking 1:28:19 on Saturday. (Getty Images)

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

Portugal 1:30:10 14. Dionisio Ventura, Portugal 1:31:36 15. Joaquim Saelen, Norway 1:32:16 (21 finishers, 5 DQ's—including Erick Barrondo, Guatemala, two other Guatemalan's, and Andreas Gustavsson, Sweden.

LatinAmericans Mine Gold In Podebrady

Podebrady, Czech Republic, April 13—The IAAF Challenge continued here and Colombia's Eider Arevalo and Mexico's Monica Equihua emerged as winners in the 20 Km races. On a day with rain and sun and mild temperatures, Arevalo became the first walker to dip under 1:20 at this site as he prevailed in 1:19:45. Not far behind, Norway's Erik Tysse became the second in 1:19:53. Slovakian Matej Toth was close with 1:20:14 for the bronze. Toth was the defending champion and a four-time winner in this classic race. In a highly competitive race, five walkers were still in contention at the 15 Km mark. Arevalo, just 20 years old, broke away in the last 3 Km to grab the win.

"I'm very happy with the time," said the World junior champion, who competed at the London Olympics where he was the top junior finisher in 20th place. "I moved into the lead with five kilometers to go and was trying to make a break. With 3 to go, I believed I would win," added Arevalo, who will compete at the Pan-American Cup in Guatemala City in May. There he will face Olympic silver medalist Erick Barrondo. "I want to win," he said.

Tysse, just 40 seconds off his personal best, said "It was a good fight."

The 31-year-old Equihua had set a personal best of 1:31:09 in Rio Maior and followed it up with her second best (1:31:56) here. "The time is very good and I'm very happy with today's race," she said. "I didn't expect it because I competed last week. The weather was fine for me and the race was good preparation for the Pan-American Cup and the World Championships."

Just 13 seconds back was Lucie Pelantova of the host nation who raced side-by-side with Equihua for the first 16 km. She said, "I'm very satisfied with the race. Although I set a personal best last year, it was only by four seconds—that's like nothing in the 20 km." Italy's Antonella Palmisano repeated her third place finish of last year but was 2 minutes faster with a 1:32:36. The results:

Men's 20 Km—1. Eider Arevalo, Colombia 1:19:45 2. Erik Tysse, Norway 1:19:51 3. Matej Toth, Slovakia 1:20:14 4. Giorgio Rubino, Italy 1:21:07 5. Andreas Gustafsson, Sweden 1:21:51 6. Federico Tontodonati, Italy 1:22:33 7. Mate Haelebrandt, Hungary 1:22:39 8. Jarkko Kinunen, Finland 1:22:53 9. Hagen Pohle, Germany 1:22:58 10. Anton Kucmin, Slovakia 1:23:44 11. Carl Dohmann, Germany 1:23:50 11. Ato Ibanez, Sweden 1:24:35 13. Tom Bosworth, Great Britain 1:24:44 14. Alex Florez, Switzerland 1:25:20 15. Marcel Lehmberg, Germany 1:25:22 16. Riccardo Macchia, Italy 1:25:27 17. Nils Bremback, Germany 1:25:40 18. Dusan Majdan, Slovakia 1:25:56 19. Nils Gloger, Germany 1:25:57 20. Andrea Adragna, Italy 1:26:28 21. Aurelien Quinon, France 1:27:28 22. Aku Partanen, Finland 1:27:46 23. Vladislav Lobchenko, Ukraine 1:28:18 24. Pavel Schrom, Czech Rep. 1:28:32 25. Genadij Kozlovskij, Lithuania 1:28:52 26. Tomas Galdamavicius, Lithuania 1:29:06 27. Tadas Suskevicius, Lithuania 1:29:09 28. Michael Doyle, Ireland 1:29:46 29. Kosgtyantyn Puzanov, Ukraine 1:30:11 30. Anders Hansson, Sweden 1:30:15 (46 finishers, 8 DQ, 5 DNF)

Women's 20 Km—1. Monica Equihua, Mexico 1:31:55 2. Lucie Pelantova, Czech Rep. 1:32:08 3. Antonella Palmisano, Italy 1:32:36 4. Anezka Drahotova, Czech Rep. 1:33:42 5. Laura Reynolds, Ireland 1:34:07 5. Federica Ferraro, Italy 1:34:48 7. Maria Czakova, Slovakia 1:36:30 8. Valentina Trapletti, Italy 1:36:52 9. Maria Galikova, Slovakia 1:36:58 10. Inga Mastianica, Lithuania 1:40:09 11. Vasylyna Vitovschchuk, Ukraine 1:40:33 13. Cecilia Stetskiv, Italy 1:41:05 14. Laura Polli, Switzerland 1:42:10 15. Federica Curiassi, Italy 1:42:19 16. Marie Polli, Switzerland 1:42:52 (28 finishers, 3 DQ, 2 DNF)

Men's Under 20 20 Km—1. Vito Minei, Italy 41:25 2. Marius Saveiskia, Lithuania 41:52 3. Francesco Rortunato, Italy 42:51 4. Mirosslav Uradnik, Slovakia 43:11 (26 finishers, 1 DQ, 3 DNF)

Women's Under 20 10 Km—1. Anna Clemente, Italy 47:52 2. Gintare Vaiciukeviciute, Lithuania 48:00 3. Mariavittoria Becchetti, Italy 48:39 4. Zivile Vaiciukeviciute, Lithuania 49:02 (16 finishers, 1 DNF)

Other Results

Girl's High School 5000 meters, Nyack, N.Y., April 7—1. Katie Michta (15=6) 25:47.5 2. Annica Penn (17) 26:35.8 3. Holly Lindoe 26:46.8 4. Natalie DeQuarto (17) 17:01.2 5. Sophia Mahin (16) 17:23.9 6. Allison McConville (16) 27:53.7 7. Stephanie Saccente (17) 18:12.4 8. Sarah LaPorta (17) 28:33.5 9. Courtney Kiernan (18) 28:43.7 10. Valerie Auciello (17) 28:52.0 11. Irene Fletemeyer (18) 29:04.1 12. Athena Blair (15) 29:13.4 13. Michelle Szeto (17) 29:27.6 14. Katherine Miale (16) 29:34.8 15. Caitlin Apollo (16) 29:35.6 16. Karen Su (15) 29:42.5 17. Meaghan Podlaski (15) 29:55.6 18. Alina Kasparsons (13) 30:04.8 19. Melissa Endy (13) 30:06.2 20. Gabriela Kluzinski (15) 30:41.8 21. Patircia Wang (15) 30:41.8 22. Safrah Haver (17) 33:08.4 23. Rahsin Akanda (16) 33:41.1 (1 DQ—with a distinguished group of judges: Reggie Weissglas, Lon Wilson, Bill Pollinger, Tom Menendez, Ron Daniel, and Stella Cashman) I interrupt these results for a little insert:

Seeing this number of young girls stepping up from their usual 1500 meter and 1 mile races and walking these times is most encouraging. As a matter of fact, it is interesting to compare these results with those of the first two U.S. National Women's 5 Km races in 1973 and 1974. Here are those results:

5 Km, Boulder, Col., July 21, 1973—1. Sue Brodock, Sports United Road Runners 27:39.9 2. Ellen Minkow, un., New York 28:02.3 3. Ester Marquez, SURR 28:10.1 4. Cindy Arbelhide, un. 28:47.4 5. Cristy Dotseth, Mayor Daly Youth Found. 28:52.6 6. Carol Mohanco, Kettering Striders 29:22.8 7. Lori Thomas, Colorado Pacers 29:33 8. Gwen Eberle, Ozark TC 29:42 9. Martha Iverson, U. of Colorado TC 29:43 10. Stella Palamarchuk, un. N.J. 30:06 11. Jaydee Falcons, un. Cal. 30:42 12. Sonia Garth, SURR 31:30 13. Elisa Haire, Col. TC 32:05 14. Ingrid Martin, un. Col. 32:52 15. Debbie Kirchofer, Col. Pacers 35:29 16. Maria Flores, SURR 35:50 17. Joyce Schulte, Columbia TC 36:15

5 Km, Los Angeles, June 23, 1974—1. Ester Marquez, Rialto Roadrunners 26:27.4 2. Ellen Minkow, Syracuse Chargers 26:46 3. Linda Brodock, RRR 26:53.6 4. Joan Shima, un., N.Y. 27:55.4 5. Chris Sakelarios, Redwood City Flyers 28:12.2 6. Susan Brodock, RRR 28:23.6 7. Gwen Eberle, Ozark TC 28:14.8 8. Daina Dimmic, San Jose Cindergals 28:46.8 9. Cindy Johnson, Blue Angels 29:05 10. Debbie Maybor, un. 29:06.6 11. Linda Ontko, Ozark TC 29:07 12. Terri Teegarden, Blue Angels 29:15 13. Jaydee Falkens, South Bay Striders 29:53.2 14. Jane Janousek, S. Cal. Cheetahs 30:11.6 15. Bev Pakovich, Ozark TC 30:12 16. Mary Cortex, RCS 30:17.2 17. Linda Morrow, Ozark TC 30:12 18. Judy Hyten, Ozark TC 31:24 21. Ann Dandoy, SBS 31:25.8 22. Shelly Sim, Ozark TC 31:40 23. Jill Steiner, RRR 31:36 24. Sharon Gallivan,

Orange Coast 31:40 25. Laura Naised, SBS 31:51.4 26. Kelly Nash, Blue Angels 32:27 27. Maria Flores, RRR 33:23.6 28. Cindy Partridge, Moscow Mercurians 33:47.4 29. Virginia Dunninger, RCE 34:35 30. Erin Daly, Blue Angels 36:08.8 31. Chrsi Bersamen, RCS 37:44 Teams: 1. Rialto Roadrunners 10 2. Ozark TC 35 3. Blue Angels 47 4. South Bay Striders 71 5. Redwood City Striders 78

Prior to 1973, there was very little women's walking in the U.S. (or anywhere else). So those racers were pioneers. Still, it is encouraging to see greater depth from a group of girls, almost entirely from the greater New York City area, showing greater depth of performance than we had in the whole country 40 years ago. If only we can maintain the interest. That's why we need racewalking in our colleges.)

Okay. Back to current results:

5000 meters, Nyack, April 7—1. Katie Burnett 23:35.1 2. Spencer Dunn (14), Auburn, Maine 25:15.9 3. Jack Lazor (160), Lazor, Conn. 28:02.6 4. John Fredericks (65), Brick, N.J. 30:56.5 5. Elizabeth Pasaquale (60), Ossining, N.Y. 31:40.6 (8 finishers) **10,000 meters, same place**—1. Dan Serianni 47:00.8 2. Dave Talcott (51) 50:04.8 3. Rachel Tylock (20) 53:11.2 4. Brittany Collins (18) 53:53.1 5. John Soucheck (47) 54:19.6 6. Bill Vayo (48) 57:33.6 7. Bruce Logan (47) 61:26.8 8. Alexis Davidson (57) 66:19 **3000 meters, Farmingville, N.Y., April 14**—1. Maria Michta 14:16.0 2. Katie Michta 15:09.7 3. Brittany Collins 15:12.4 4. Stephanie Sacente 16:15 6. Natalie DeQuarto 16:58.5 7. Rachel Steinmuller 17:16.8 (12 finishers) **H.S. Girls 1500 meters, New York City, April 19**—1. Ji Won Kang 7:03.43 2. Maria Gornecki 7:18.64 3. Sophia Mahin 7:24.24 4. Jessica Szela 7:27.71 5. Kristi Licursi 7:27.83 6. Karen Su 7:54.84 8. Gabriela Kluzinski 7:57.11 9. Michelle Szeto 8:01.44 10. Caitlin Apollo 8:01.46 (16 finishers) **Coney Island 10 Mile Handicap, Brooklyn, N., April 21** (Actual time shown) 1. Loretta McGovern 1:24:36.2 2. Cher Armstrong 1:46:44.6 3. Maria Paul (45) 1:51:50.4 4. Ron Salvio (64) 1:51:52.0 5. Lisa Marie Vellucci 1:43:08.6 6. John Morrison (64) 1:49:20.1 7. Bruce Logan (48) 1:50:41.6 **5 Mile, same place**—1. Bill Vayo (52) 45:29.9 2. Sophia Mahin (16) 46:07.5 3. Frank Stonitsch (67) 56:07.9 (38 finishers) **Ron Zinn Memorial 10 Km, Wall Township, N.J., March 24**—1. John Soucheck 57:12 2. Bill Vayo 58:19 3. Tim Chelius 65:14 4. John Fredericks 66:57 5. Tom Quattrocchi 67:24 6. Fred Linkhart 67:36 (10 finishers) **Women**—1. Panse Geer 68:03 2. Maria Paul 69:25 **5 Km, Freehold, N.J., April 17**—1. Ron Salvio (64) 31:18 2. Fred Linkhart (60) 32:45 3. Roy Roberson (67) 33:15 4. Pat Vivona (72) 34:50 5. Ben Ottmer (79) 38:08 **Women**—1. Panse Geer (65) 32:27 2. Maria Paul (48) 32:57 **5 Km, Manchester, N.J., April 17**—1. John Fredericks (65) 31:05.2 2. Fred Linkhart 33:14.2 3. Bill Meixner (63) 33:55 4. Pat Bivona 34:46.5 **Bill Matthews Memorial 10 Km, Orlando, Fla., April 7**—1. Ray Jenkins 70:08 **Women**—1. Joan Terry 54:37 2. Sandra DeNoon 67:15 3. (10 finishers overall) **10 Km, Winter Park, Fla., March 23**—1. Juan Moscoso 61:49 2. Paul Alvord 71:47 3. Mick Korenvaes **Women**—1. Michelle Heister 68:14 2. Debbie Glidden 69:10 3. Sandra DeNoon 69:33 (14 finishers overall) **5000 meters, Daytona Beach, Fla., April 5**—1. Trey Williams 26:58.96 **Women**—1. Nicole Bonk 25:29.85 2. D'Taries Luckett 31:13.93 **5000 meters, Berea, Kentucky, March 23**—1. Reini Brickson, Lindsey Wilson 27:33.21 2. Jourdann, Lindsey Wilson 28:35.04 3. Amanda Bland, Lindsey Wilson 29:56.46 **5000 meters, Columbia, Kentucky, March 30**—1. Bernard Graham, Lindsey Wilson 30:19.17 **Women**—1. Reini Brickson, Lindsey Wilson 28:08.85 2. Amanda Bland, Lindsey Wilson 28:45.66 3. Jourdann Green, Lindsey Wilson 19:31.44 4. Ashley Campos, Cumberlands 31:14.35 **5000 meters, Williamsburg, Kentucky, April 13**—1. Bernard Graham, Lindsey Wilson 32:5.19 **Women**—1. Reine Brickson, Lindsey Wilson 27:54.18 2. Jourdann Green, Lindsey Wilson 27:59.59 3. Amanda Bland, Lindsey Wilson 28:45.59 4. Ashley Campos, Cumberlands 30:46.51 **5000 meters, Goshen,**

Indiana, March 28—1. Cody Risch, Cornerstone 21:02.18 2. Nathan Vanderwall, Cornerstone 22:54.81 3. Jacob Gunderkline, Goshen 22:58.18 4. Mitchell Brickson, Goshen 24:12.03 5. Isacc Withrow, Cornerstone 24:56.99 **Women**—1. Monica Lawrence, Cornerstone 25:50.28 2. Abby Dunn, Goshen 26:24.21 3. Erin Helmuth, Goshen 25:43.50 4. Mercedes Mancha, St. Xavier 28:06.19 6. Casandra Delgado, un. 29:31.29 **5 Km, Pleasant Prairie, Wis., April 7**—1. Matt DeWitt 23:39 2. Sam Cohen 28:47 3. Will Preischel 28:47 **5000 meters, Fayette, Missouri, April 6**—1. Patrick Stroupe 20:26.66 2. Nick Christie, Mo. Baptist 20:55.41 3. Alejandro Chavez, Mo. Baptist 21:16.77 4. James Hafner, Evangeline U. 23:56.07 5. Yasuaki Komuro, Benedictine 24:18.33 6. Aleksander Jakobsen, Aahford 25:52.24 7. Austin Pinkston, Mo. Baptist 28:07.57 **Women**—1. Mereth Zalba, Mo. Baptist 25:34.67 2. Molly Josephs, Mo. Baptist 26:50.58 3. Nicole Court-Menendez, DWU 28:06.95 4. Lauren Breithaupt, Baker 29:23.37 5. Ellerie Lagerhausen, Ashford 29:38.01 6. Theresa Graybill, Benedictine 29:40.81 Kaitlyn Loeffler, Central Methodist 30:47.85 **5000 meters, Santa Barbara, Cal., March 30**—1. Adrian Samudio 27:11.84 **Women**—1. Julia Townsend, Concordia 29:34.47 **Mt. SAC 10 Km, Walnut, Cal., April 14**—1. Tim Seaman (40) 42:13.4 (Better U.S. Masters record) 2. Jc Nieroski (51) 59:33.5 3. Alex Kazaryan (58) 60:00.04 4. Patsy Hurley (18) 62:29.3 5. Rick Campbell (67) 66:18.7 6. Wendy Clark (59) 67:47.0 7. Bill Moremen (85) 75:29.9

5000 meters, Burnaby, B.C., April 7—1. Ben Thorne 19:35.73 2. Evan Dunfee 19:49.15 **Women**—1. Katelynn Ramage 24:59.92 2. Simran Rai 30:10.44 **1 Hour, Ottawa, Ontario, April 14**—1. Marek Adamowicz (16) 11,240 meters 2. Lauren Van Leeuwen 10,718 3. Donald Cote 10,319 4. Linda Wilson (57), 10,312 5. Sarah Zahab 10,235 6. Nicole Begin 9658 7. Robert Marchand (62) 9657 8. Ken Atkins (57) 9270 9. Sandy Archibald (53) 9213 10. Catherine McCormack (40) 9200 11. Anne de Thy (59) 9154 12. Sarah Raetsen 9102 (35 finishers, 1 D)

Greek 20 Km Championship, March 30: 1. Antigoni Brishion 1:37:21 2. Despina Zapounidou 1:37:52 3. Spridoula Stevrov 1:47:41 (12 finishers) **Men**—1. Alexandros Papamihail 1:26:25 2. Konstantinos Ntentopoulos 1:31:42 3. George Alilierakis 1:33:07 (9 finishers) **20 Km, Olenouc, Czech Rep, March 31**—1. Dawid Tomala, Poland 1:20:30.2 2. Matej Toth 1:21:50 3. Artor Bzokowski, Poland 1:22:20 4. Jakob Jelonek, Poland 1:23:06 5. Rafal Sikora, Poland 1:23:20 6. Marios Zukis, Lithuania 1:24:15 7. Rafal Fedscyński, Poland 1:25:00 8. Anton Kucmin, Czech Rep. 1:25:58 **Women**: 1. Paulina Buziak, Poland 1:31:41 2. Brigita Girbalyte, Lithuania 1:33:12 3. Lucia Pelantova, Czech Rep. 1:34:13 4. Katarzyna Ciba, Poland 1:34:30 5. Neringa Aidietyte, Lithuania 1:35:34 6. Viktoria Madaras, Hungary 1:36:58 **10 Km, Saluzo, Italy, April 4**—1. Zhen Wang, China 37:52 2. Zhendong Wang, China 40:04 3. Jiaying Yin, China 40:17 4. Fanguang Xu, China 40:19 5. Federico Tondonati 40:46 **French 20 Km Championship, Saint Renan, April 14**—1. Emilie Tissat 1:37:23 2. Ines Pastorina 1:37:32 3. Emilie Menuet 1:38:03 4. Nandine Marcou 1:38:52 5. Violanine Averor 1:39:53 (25 finishers) **Men**—1. Hedi Terraoui 1:26:47 2. Kevin Campion 1:28:16 3. Mickael Thomas 1:31:35 4. Romain Densmal 1:31:58 5. Maxime Faiteau 1:32:21 (29 Finishers) **Balk 20 Im Championship, Ayvalik-Balikesir, Turkey, April 20**—1. Vladimir Savarone, Serbia 1:28:42 2. Ersin Tacir, Turkey 1:29:58 3. Kemal Gelecek, Turkey 1:30:14 4. Osgir Pamuk, Turkey 1:30:29 5. Serkan Dogan, Turkey 1:32:42 **Women**—1. Adriana Enache, Romania 1:39 2. Alexandra Aichimoaei, Romania 1:40:02 **20 Km, Poland, April 21**—1. Grzegorz Sudol 1:20:46 2. Lukasz Nowak 1:20:48 3. Rafal Augustyn 1:21:13 4. Andrei Chocho, Ecuador 1:21:26 5. Rafal Sikora 1:23:46 6. Lukasz Augustyn 1:25:46 7. Maciej Rosewicz 1:26:23 8. Michal Stasiewicz 1:26:56 9. Mieczyslaw Romanowski 1:27:35 10. Oleksiy Melnik, Ukraine 1:28:19 **Women**—1. Paulina Buziak 1:30:50 2. Agnieszka Szwarzog 1:31:35 3. Agnieszka Dygocz 1:32:01 4. Katarzyna Golba 1:32:37 5. Justyna Swierczynska 1:37:05 6. Natalia Plominska 1:38:37 7. Monica Kapera 1:39:27 **South African 20 Km, Stellenbasch, April**

12-1. Lebogong Shange 1:26:06 Women-1. Anel Oosthuizen 1:44:40 **African 20 Km Championship, Bellevue, Mauritius, April 19-** 1. Lebogang Shange, South Africa 1:28:31 2. Hasinine Sebei, Tunisia 3. Hichem Medjaber, Algeria 1:32:20 **Australian 5 Km, Sydney, April -1.** Dane Bird-Smith 19:25.21 2. Jess Rothwell 21:35.81 **Ecuador 20 Km Championship, Machala, April 13-** 1. Rolando Saquipay 1:28:38 2. Jose Rubio 1:34:15.9 **Racewalking Cup of Colombia, Bogota, April 13, Women's 20 Km-** 1. Sandra Viviana 1:39:05 **Men-** 1. Omar Sierra 1:28:35 2. Jose Montana 1:28:36 3. Jhon Castenada 1:29:14 4. Jorge Diaz 1:30:22 5. Jorge Ruiz 1:30:42 **Brazil Championships, Sao Paulo, April 14: 50 Km-** 1. Claudio dos Santos 4:14:18 **20 Km-** 1. Caio Bonfim 1:28:42 **20 Km, Mexico, April 21-** 1. Diego Flores 1:22:16 2. Jesus Veja 1:22:39 3. Isaac Palma 1:22:48 4. Omar Segura 1:23:28 5. Carlos Sanchez 1:23:32 6. Horacio Nava 1:25:02 7. Alvaro Garcia 1:25:02 8. Christian Gomez 1:27:09 9. Jorge Martinez 1:23:38 10. Ronald Quiste 1:27:49 11. Luis Bustamonte 1:30:01 12. Luis Rosales 1:30:09 13. Uziel Aguilar 1:30:19 14. Hector Viezca 1:31:08 (Eder Sanchez and Christian Berdeja, prominent on Mexican National teams in recent years, finished 16th and 17th. 21 finishers, 3 DQ) **Women-** 1. Yanelli Cabellero 1:34:58 2. Monica Equihua 1:35:14 3. Lizbeth Silva 1:35:44 4. Guadeloupe Gonzalez 1:37:02 5. Zayra Jauregui 1:39:01 6. Adriana Ochea 1:40:38 (13 finishers) **Under 20 Men's 10 Km-** 1. Erwin Gonzales 41:07 2. Omar Pineda 43:16 3. Juan Guerrero 44:00 (39 finishers. **Under 20 Women's 10 Km-** 1. Alejandra Ortega 46:49 2. Mildred Raya 49:06 3. Jessica Tapia 49:47 (21 finishers)

Let's Go Racing

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, Farmingville, N.Y. (K)**
Jack Mortland 5, 10, and 20 Km, Dayton, Ohio ((M)
40 and 50 Km, Pleasant Prairie, Wis., 7 am (I)
5, 10, and 20 Km, Rochester, N.Y. ((T)
Sat. May 11 5000 meters, Goshen, Ind. ®
20 Km, Manchester, N.J., 9 am (W)
Sat. May 18 New Jersey 5000 meters, Bergen County, N.J. (A)
Sat. May 18 Marathon, Half-Marathon, and 50 Km, Melrose, Minnesota (V)
Sun. May 19 15 Km, Riverside, Cal. (J)
4000 meters, Farmingville, N.Y. (K)
Sun. May 26 5 Km, Portsmouth, N.H. (S)
Sanford Kalb 9 Mile, Lakewood, N.J. (A)
Sat. June 1 5 and 10 Km, Royal Oak, Mich. (F)
5 Km, Albany, N.Y. (H)
Sun. June 2 Ohio 1 Hour, Yellow Springs (M)
Sat. June 8 10 Km, Portsmouth, N.H. (S)
Sun. June 9 Jr. 5000 meters, Farmingville, N.Y. (K)
Sun. June 16 5 Km, Royal Oak, Mich. (F)
Fri. June 22 **National USATF Men's 20,000 meters and Jr. Men's 10,000 meters, Des Moines, Iowa (D)**
Sat. June 23 **National USATF Women's 20,000 meters and Jr. Women's 10,000 meters, Des Moines, Iowa (D)**
Sat. June 29 USATF Niagara 5000 meters (S)
Thur. July 4 1 and 2 miles, Royal Oak, Mich. O(F)

Fri. July 19 1 Mile and 3000 meters, Yellow Springs, Ohio (M)
National USATF Masters 5,000 meters, Olathe, Kansas (D)
Sat. July 20 **National USATF Masters 10 Km Olathe, Kansas (D)**

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From Heel To Toe

Stan Vickers. British racewalking great Stan Vickers died on April 18. The 1958 European 20 Km champion, Vickers also competed in two Olympic Games. He was fifth at Melbourne in 1956 with a time of 1:32.34.2. Four years later in Rome's stifling heat he moved up to a bronze medal finish in 1:34:56.4. Vickers won eight national titles at distances from 2 to 20 miles. . . **2014 National 10.** Vince Peters has announced that the 2014 National 20 Km championship will be a part of the 27th Annual Jack Mortland Racewalks. Vince already has \$1500 in prize money promised, which should be matched by USATF. He's looking for another \$2000 to bring the purse to \$5,000, and would even welcome a further \$500 to cover costs of bringing judges from outside Ohio. Sponsors will get their name on the official t-shirt, the finish line banner, logos on website(s), and entry forms, along with mention in press releases. They will also be invited to the race and invited to assist with award presentations. Contact Vince at mv_t@sbcbglobal.net, or 937-767-7424 if you have a few spare bucks to contribute. This year's event is scheduled for May 5 in Dayton. The first Jack Mortland race was held in Columbus in 1988. John White, then the major domo of the Wolfpack Track Club, had promised at the National Convention in 1987 to host a 20 Km that spring as an Olympic Trials qualifier. He approached me wondering if he could use my name on the race, to which I had no objection.

(My hunger for fame, you know.) Thus was born an annual event, featuring a 20 Km race in all but one year of its existence and also including races at 5 and 10 Km in most years. When John White retired from coaching and race promotion 5 or 6 years later, Vince, then breaking in as Ohio Racewalk Chair, and more recently National Chair, thinking it was a worthwhile event, moved it to Yellow Springs. When traffic on the course became a problem, he found a new home at a beautiful park in Dayton, where the event still resides. Thus, I get my name on a t-shirt every year, my promised 15 minutes of fame. . . **Postal 1 Hour.** The Shore Athletic Club is pleased to announce the 2013 One Hour Postal Racewalk Championships. The rules are similar to last year. Anyone who walks a one-hour race that has racewalk judges is eligible to score as an individual and also a member of a three person team. Teams are not gender specific. International athletes may also enter the competition. There are awards for the top three in all age groups beginning with 10 and under and going up to 85 and over and for the top three open and masters teams. The entry application by contacting Dave Talcott at dave.talcott@yahoo.com. Complete results will be tabulated and sent out after the competition, which opened January 1, 2013 and closes on December 31, 2013. Last year was the first year back for the event hosted by the Shore AC. There is plenty of time. Get your walking clubs and teams motivated and put on a One Hour race. Then enter the Postal Championships. Last year Erin Gray led all walkers with 12,554 meters with Ian Whitley 51 meters back. Contact Dave with any further questions. . . **Memories and tributes.** Received the following letter from long-time subscriber Andrew Crane in Ocala, Florida: "I read your article on Lon Wilson and read the results of the Pan Am Cup Trials where Teresa Vaill, aged 50, does a 20 Km in 1:41 - amazing!!! My wife, Ingrid and I started racewalking in 1983 and were coached by Howard Jacobson in Central Park. We attended two racewalking camps, and Dave McGovern was there, too. He was about 20 years old. Ingrid always remembers a race in Central Park where she beat Mary Ann Daniel, nee Torrellas, who was eight months pregnant at the time! Ingrid just completed the Ocala half-marathon racewalking the event to celebrate her 65th birthday in May. I had a sign at the finish line, which read WELCOME TO MEDICARE, ING1 We don't compete anymore, but still train every day. We also know, as Hippocrates said: 'Walking is your best medicine.' He also said 'Make food your medicine and medicine your food.' When I see people like Norm and Kathy; Frable, Jack Starr, Teresa Vaill, Maryanne Daniel, Lon Wilson, Sandra DeNoon still competing, these people and others are very inspiring to their fellow racewalkers. We love getting the Ohio Racewalker to see how the old timers are doing as well as the young and up-and-coming racewalkers. Wishing all walkers perfect health, abundance, and love." . . .

Shoes

In a column titled *The Art of Walking, Walk a Mile in Their Shoes: Talented Racewalkers Talk About Footwear*, Tony Miksanek talks to seven accomplished racewalkers about their shoes. Miksanek is a physician and writer in Benton, Ill. He is a part-time instructor at John A. Logan College. He was a student athlete at the U of Chicago where he played football and wrestled. He competes in master's racewalking events. Here are excerpts from that article as included in the newsletter of the Buckeye Striders.

Tim Seaman—two-time Olympian, 45 time National Champion. ASICS Tarther is Tim's favorite shoe, using it for training and competition. He suggests the adidas Mana for those needing more support.

Jonathan Matthews—an age-group World Champion and who has set 40 age-group American records (*Ed, Not to mention four World Cup and one World Championships teams.*) He races in Nike Lunaracer+ because of the lightness and cushioning, and suggests they would work for heavier athletes though they breakdown quickly because of the cushioning. For

training he wears neutral running shoes with Superfeet Green insoles.

Joanne Dow—2008 Olympian and five-time Olympic Trials qualifier. She has won many indoor and outdoor national championships. She wears the same lightweight racing flats many marathon runners wear. Her current shoe for training and racing is the Adizero.

Dave McGovern—long-time member of the U.S. National Racewalking team, coach, and clinician. Though he likes to wear about 10 different shoes, he likes low-profile, lightweight and flexible shoes. He trains in three styles of Brooks: PreFlow, Race STT, and Green Silence. He races in either the Greene Silence or Brooks T7.

Jeff Salvage—founder of racewalk.com and the author of several racewalking books and DVDs. Though he doesn't compete any longer, he still trains in Hersey Custom shoes. Jeff says they last longer than other shoes and you can reorder them to be exactly the same each time.

Sandra DeNoon—USATF Florida Racewalk Chair, IAAF Level 1 Official, and Master racewalker. She competes in Asics Piranha 3, but trains in the Nike Streak LT, Saucony Progrid and Progrid Lite, or, for interval training, the Asics Piranha.

Ian Whitley—is one of the world's leading authorities on footwear patents and technology, he has competed in five Olympic Trials and finished ninth in the 20 Km Olympic Trials in 2012. He randomly rotates several different shoes for training and owns between 200 and 300 pairs of shoes. For competition, he wears a customized pair of Nike Luna Race One. His advice, "Wear different shoes on a regular basis to decrease localization of wear and tear that can cause overuse injuries." (*Ed. But, WOW! The decision each day to pick a pair from the 200 to 300.*)

More Early Olympic History

(See Jan. issue for 1906 and 1908)

1912 Stockholm

10,000 meters (track)

Heat 1, July 8

1. George Goulding, Canada 47:14.6
2. Ernest Webb, Great Britain 47:25.4
3. Aage Rasmussen, Denmark 48:15.8
4. Fernando Altimani, Italy 48:54.2
5. William Palmer, Great Britain 51:21.0
6. Sam Schwatz, USDAS 53:50.8
7. Edward Renz, USA 53:30.8
- 8 did not finish

Heat 2, Aug. 8

1. William Yates, Great Britain 49:43.6
2. Arthur St. Norman, South Africa 50:17.6
3. Edward Dumbill, Great Britain 50:57.6
4. Wilhelm Glyche, Denmark 51:13.8
5. Frank Kaiser, USA 51:31.8
6. Arthur Voellmeke, USA 52:29.2
7. Roberto Salinas, Chile 55:02.0
8. H. Ripezam, Hungary 55:20.8
9. Alexandr Ajde, Russia 59:24.2
- 5 did not finish, 3 disqualified

10,000 meters Final, July 11

1. George Goulding, Canada 46:28.4
 2. Ernest Webb, Great Britain 46:50.4
 3. Fernando Altimani, Italy 47:47.6
 4. Aage Rasmussen, Denmark 48:00.0
- Frank Kaiser, USA; William Palmer, Great Britain; and Wilhelm Glyche, Denmark did not finish. Edward Dumbill, Great Britain; William Yates, Great Britain; and Arthur Norman, South Africa disqualified.

1920 Antwerp

10,000 meters (track)

Heat 1, August 15

1. Ugo Frigerio, Italy 47:06.4
 2. Joseph Pearman, USA
 3. George Parker, Great Britain
 4. Donato Pavesi, Italy
 5. Charles Gunn, Great Britain
 6. Albert Doyen, Belgium
 7. William Roelker, USA
 8. Josef Slehofer, Czechoslovakia
 9. Elmar Hermann, Estonia
 10. Edward Freeman, Canada
- G. Wiggers, Belgium did not finish
Paul Werlaecht, Belgium, disqualified

Final, August 18

1. Ugo Frigerio, Italy 48:06.2
2. Joseph Pearman, USA 49:40.2
3. Charles Gunn, Great Britain 49:43.9
4. Cecil McMaster, South Africa 50:04.0
5. William Hehir, Great Britain 50:11.8
6. Thomas Maroney, USA 50:24.4
7. Jean Seghers, Belgium 50:32.4
8. Antoine Doyen, Belgium 56:430.0

(This is from an IAAF Olympic compendium.. Another source, Olympic Distanced and Olympic Results IN Race Walking, compiled by Denmark's Egon Rassmussen in 1972, shows Donati Pavesi of Italy in seventh; William Plant, USA in eighth; George Parker, Australia in ninth; and L. Melendez, Spain in tenth. Take your choice.

3000 Meters (track)

Heat 1, August 19

1. Donato Pavesi, Italy 13:46.4
2. George Parker, Australia
3. Thomas Maroney, USA
4. Charles Dawson, Great Britain
5. Niels Pedersen, Denmark

Others

- Joseph Seghers, Belgium
Josef Slehofer, Czechoslovakia
Pal Werlaecht, Belgium
C. Gubbels, Holland
Elmar Hermann, Estonia
Joseph Pearman, USA

Final, August 20

1. Ugo Frigerio, Italy 13:14.2
2. George Parker, Australia 13:19.

Heat 2, August 15

1. William Hehir, Great Britain 51:34.6
 2. Cecil McMaster, South Africa
 3. Thomas Maroney, USA
 4. William Plant, USA
 5. L. Melendez, Spain
 6. Joseph Sweghers, Belgium
 7. Charles Dawson, Great Britain
 8. Michel Simon, France
- S. Andelmetti, Switzerland, disqualified
Gunnar Rassmussen, Denmark, disqualified
Niels Pedersen, Denmark, disqualified



George Goulding (CAN) OL Champ, 1212.

Heat 2, August 19

1. Ugo Frigerio, Italy 13:40.0
 2. Cecil McMaster, South Africa
 3. Richard Remer, USA
 4. William Roelker, USA
 5. William Hehir, Great Britain
 6. Charles Gnn, Great Britain
- Others
A. Schotte, Holland
G. Wiggers, Belgium
S. Anselmette, Switzerland
Gunnar Rassmussen, Denmark, disqualified

3. Richard Reimer, USA 13:22.2
4. Cecil McMaster, South Africa 13:23.6
5. Tomas Maroney, USA 13:25.0
6. Charles Dawson, Great Britain 13:28.0
7. William Hehir, Great Britain 13:29.8
8. William Roelker, USA 13:30.4

(Rassmussen's book shows Donato Pavesi, Italy in eighth, Roelker in ninth, and Niels Pederson, Denmark tenth.

Paris 1924

10,000 meters (track)

Heat 1, July 7

1. George Godwin, Great Britain 49:04.0
 2. Donato Pavesi, Italy
 3. Harry Hinkel, USA
 4. Lusigi Besatra, Italy
 5. Henri Clermont, France
 6. Edward Freeman, Canada
- Ernie Austen, Australia disqualified
Kuhel, Austria disqualified

Heat 2, July 9

1. Ugo Frigerio, Italy 49:15.6
 2. Cecil McMaster, South Africa
 3. Arthur Tell Schwab, Switzerland
 4. Armando Valente, Italy
 5. Pal Clarke, Great Britain
 6. Francois Decrombecque, France
 7. Kalmins, Latvia
 8. Mario Fredegrada, Italy
- Gordon Watts, Great Britain, disqualified
Kunel, Austria disqualified

(Whatever this might mean, it was said Kunel misunderstood the judges in the first heat and was allowed to compete in the second. Now he has a name that will live in ignominy, disqualified twice in the same race.)

Final, July 13

1. Ugo Frigerio, Italy 47:49.0
2. Gordon Godwin, Great Britain 48:27.9
3. Cecil McMaster, South Africa 49:08
4. Donato Pavesi, Italy 49:17.0
5. Arthur Tell Schwab, Switzerland 49:50.0
6. Ernest Clarke, Great Britain 49:59.0
7. Armando Valente, Italy 50:07.0
8. Luigi Besentra, Italy 50:09.0
9. Harry Hinkel, USA
10. Henri Clermont, France

Los Angeles 1932

(There were no Olympic racewalk events in Amsterdam 1928.)

50 km, August 3

1. Thomas Green, Great Britain 4:50.10
 2. Janis Dalins, Latvia 4:57.20
 3. Ugo Frigerio, Italy 4:59.06
 4. Karl Hahnel, Germany 5:06.06
 5. Ettore Rivolta, Italy 5:07.39
 6. Paul Sievert, Germany 5:16.41
 7. Henri Quintic, France 5:27.25
 8. 5:28:02 Ernie Crosby, USA
 9. William Chishold, USA 5:51:00
 10. Masin, Estonia
- Arthur Tell Schwab, Switzerland and at least four others did not finish
Green, Dalins, and Frigero were together through 37.5 km with splits of 1:10:28 at 12.5, 2:23:11 at 25, and 3:39:55 at 37.5.

Berlin 1936

50 Km, August 5

1. Harold Whitlock, Great Britain 4:30:41.4
 2. Arthur Tell Schwab, Switzerland 4:32:09.2
 3. Adolfs Bubenkos, Latvia 4:32:42.2
 4. Jaroslav Stork, Czechoslovakia 4:34:00.2
 5. Edgar Bruun, Norway 4:34:55.2
 6. Fritz Bleiweiss, Germany 4:36:48.4
 7. Karl Reiniger, Switzerland 4:40:45.0
 8. Emile Laisme, France 4:41:40.0
 9. Teodor Bieregowoj, Poland 4:42:09
 10. Art Toscani, Holland 4:42:59.4
 11. Evald Segerstrom, Sweden 4:43:30.4
 12. Ettore Rivolta, Italy 4:48:47.0
 13. Albert Courtois, France 4:49:08.0
 14. Guiseppe Gobbato, Italy 4:49:51.0
 15. Adolf Aebersold, Switzerland 4:51.14
 16. Herbert Dill, Germany 4:51:26.0
 17. Mrio Brignoli, Italy 4:58:12.0
 18. Mario Brignoli, Italy 4:58:12
 19. R. Nraoka, Japan 5:07:15
 20. Vasile Firea, Romania 5:09:39
 21. Al Mangan, USA 5:12:00.0
 22. Teal, China 5:16:02.4
 23. Joseph Koehler, USA 5:20:18.4
 24. Yen Y. Chow, China 5:25:01.0
 25. C.C. Chang, China 5:26:54.2
 26. Ernie Crosby, USA 5:31:44.2
- Einar Beck, Denmark; Joseph Hopkins, Great Britain; Janis Dalins, Latvia; and Arnolds Krkline, Latvia did not finish. Gosa Grandin, Sweden; Dick Loff, Sweden; and Friedrich Prehn, German disqualified.



Hector Harold Whitlock (GB) and John Mikaelsson (SWB)
London 1937

At 20 Km, Stork led in 1:41:31 followed by Bleiweiss 1:43:26, Bruun and Reininger 1:43:30, Whitlock 1:43:36, Schwab and Bubenko 1:43:54. At 30 , Whitlock had taken the lead at 2:38:10, but it was still a close race with Schwab at 2:38:40, Bruun at 2:38:44, Stork at 2:38:46, Bubenko at 2:38:50, and Bleiweiss at 2:39:10

LOOKING BACK

50 Years Ago (From the April 1963 American Race Walker, published by Chris McCarthy in Chicago)—Canada's Alex Oakley won the Pan American Games 20 Km in Sao Paulo, Brazil with a rather pedestrian 1:42:43, thanks largely to temperatures in the 80s and 3000-ft. altitude. Nick Marone completed a Canadian sweep with 1:46:35, as Ron Zinn managed only 1:49:44 and Ron Laird 1:52:13 (after both being in the mid 1:30's a month earlier at the National race.) Mexico was still about 3 years from the arrival of Jerzy Hausleber from Poland and the start of a program that revolutionized the sport, not only in Mexico, but in the world. . . The National 30 Km in Los Angeles went to Mick Brodie in 2:49:34, better than 5 minutes ahead of Ron Daniel, with Bob Bowman another minute back. Just 18 days before his Sao Paulo demise, Zinn had done 12 miles in Philadelphia in 1:32:05 with Akos Szekely; a minute back. . . Apparently Chris had a very late April issue, because it carried the result of the National 10 Km held on Chicago's Stagg Field track. Zinn won in 46:35. Laird edged out the Ohio TC duo of Jacks, Blackburn and Mortland, for second. Those two had 48:00 and 48:07. Laird's finish gave the New York AC the team title over the Ohio TC as both teams finished with 15 points.

45 Years Ago (From the April 1968 ORW)—An unknown shook things up at the National 10 Km in Maryland and the officials botched things up with an inability to count laps in the track race. Ray Somers, walking in his first race (coming off a strong distance-running background), won in 47:59.4, but had to walk an extra lap to satisfy the inept officials, so he was actually close to 46 minutes. Ray moved easily away from Ron Laird over the last 4 miles to win by 40 seconds. The walkers had to straighten out the finish places among themselves, as the officials had many going 2 and even 3 extra laps. . . A week later, Somers proved it was no fluke as he reeled off 8 miles 797 yards in a one hour race. . . In the National 25 Km in Detroit, Don DeNoon had his greatest race ever, whipping Larry Young by nearly 2 minutes in 1:55:13. Ron Laird and Bill Ranney took third and fourth, still under 2 hours, and Canada's Karl Merschenz just missed the barrier in fifth. . . Jack Blackburn and Jack Mortland waged a classic 10 Km dual on the Upper Arlington, Ohio track, with Blackburn edging away in the second half to win in 48:54 to Mortland's 49:14. . . Larry Young set a U.S. 50 Km record on the track with a 4:21:02. . . Shaul Ladany took his annual 50 Mile walk in New Jersey, breaking his own record for the race with 8:05:18.

40 Years Ago (From the April 1973 ORW)—Bill Ranney moved away from the Colorado Track Club's Jerry Brown in the final mile to win the National 20 Km in Santa Barbara, Cal. Bill's 1:34:15 left Jerry 20 seconds behind. Bob Kitchen had 1:35:02, with Todd Scully, Ray Somers, and John Knifton following. . . Gerhard Weidner broke the World Record for 50 Km on the track with a 4:00:27 in Hamburg. . . Englishman beat transplanted Englishman John Knifton to win the National 1 Hour in Lawrenceville, NJ. Mills covered 8 miles 252 yards. Todd Scully was third.

35 Years Ago (From the April 1978 ORW)—Augie Hirt missed Shaul Ladany's meet record by less than a minute in winning the National 75 Km in 7:05:46. Martin Kraft had 7:10:32, with Ladany a distant third on this day. The master's title went to Sal Corrallo in 8:01:52, sixth overall. . . John Knifton won the National 35 Km in Des Moines, Iowa with a 3:05:42. . . In Mexico City, Raul Gonzalez went nearly 7 minutes under Bernd Kannenberg's world record for 50 Km with a 3:45:52 on the track. . . On the local scene, Chris Knotts showed his potential with

a 47:17 for 6 miles. Steve Pecinovsky topped him with a 47:03. Jack Blackburn (42) won the old man's battle over Mortland (43) in 50:08.

30 Years Ago (From the April 1983 ORW)—Jim Heiring caught Ray Sharp with just 600 meters to go and then hung on to win the National 25 Km in Washington, D.C. Heiring's 1:50:38 beat Ray by just 1 second. Dan O'Connor had 1:53:24 and Tim Lewis 1:55:11. Steve Pecinovskiy, Sam Shick, Tom Edwards, and Mike Morris also finished under 2 hours. . . At the same site, Susan Liers-Westerfield won the Women's National 20 Km in 1:50:28, with Teresa Vaill recording the same time in second. Chris Anderson and Carol Brown were far behind. . . Sharp came back in two weeks to win the National 35 Km in Cleveland in 2:55:00, with Mike Morris 1:40 back. Wayne Glusker had 2:57:38 in third. Jack Blackburn's 3:33:58 won the Master's title when his obliging teammate, Jack Mortland, dropped out shortly after 30 Km in under 2:59. . . Dan O'Connor traveled to Tokyo and came second in a 20 Km with a 1:27:37.

25 Years Ago (From the April 1988 ORW)—The Olympic 50 Km Trial in Indianapolis saw Carl Schueler take command from the start and move to an easy win with an impressive 3:57:48. Marco Evoniuk and a surprising Andy Kaestner captured the other two Olympic berths in 4:03:33 and 4:05:07. Jim Heiring, Herm Nelson, Paul Wick, Eugene Kitts, and Mark Fenton followed. Schueler went through 25 Km in 1:56:53, but without competition, couldn't maintain that pace. There were 16 finishers and 2 DQ's from 22 starters. . . Gary Morgan was an impressive winner at the Jack Mortland 20 Km in Columbus, covering the distance in 1:27:50. Steve Pecinovsky was second in 1:30:54 and Dave McGovern third in 1:32:15. Of 34 starters, 32 finished. The Women's 10 Km went to Maryanne Torrellas in 48:03 with Debbi Lawrence 20 seconds back. Canada's Pascale Grand was right on Debbi's heels in 48:25. . . In the National Invitational 20 In Washington, D.C., Paul Schwartzburg prevailed in 1:26:39. Richard Quinn, Marc Bagan, and Curtis Fisher followed in 1:31:07, 1:31:35 and 1:31:37. The Women's 10 Km went to Teresa Vaill in 47:11, 3 minutes ahead of Mary Howell.

20 Years Ago (From the April 1993 ORW)—The World Cup was held in Monterey, Mexico and the home team ignored stifling heat that brought many elite wallers to their knees to romp home in the men's competition. The Italian women had a strong team effort to win that competition. Ileana Salvador led the Italians, although finishing sixth. But with Annarita Sidoti in seventh and Elisabetta Perrone in tenth, the Italians finished three points clear of China and Russia, who did not pack their teams nearly as well. China's Yan Wang won in 45:10 over Finland's Sari Essayeh (45:18) and Russian's Yelena Nikolayeva (45:22). Debbie Van Orden led the U.S. contingent with 50:22 in 44th place, two places ahead of Dana Yarborough. The U.S. team finished 13th. In the men's competition, Mexico, with first and third in the 20 and first, third, and fourth in the 50, finished 149 points ahead of second place Spain with Italy third. Daniel Garcia won the 20 in 1:24:25, 6 seconds ahead of Spain's Valentina Massana. Alberto Cruz was third for Mexico in 1:24:37; with Poland's Robert Korzeniowski fourth. Jonathan Matthews was the first U.S. walker in 41st (1:31:28). Carlos Mercenario beat Spain's Jesus Garcia at 50, 3:50:28 to 3:52:44, with German Sanches (3:54:15) and Miguel Rodriguez (3:54:22) completing the Mexican effort. Canada's Tim Berrett was a brilliant fifth in 3:55:12. Andrzej Chylinski led the U.S. in 38th (4:17:36). . . Teresa Vaill broke the American 5 Km record as she won the Penn Relays in 21:28:17, nearly 4 seconds under Debbi Lawrence's old record. Gretchen Eastler was just 19.4 seconds back. The men's 10 Km went to Curt Clausen in 43:31:40

15 Years Ago (From the April 1998 ORW)—The Rohls rolled along at the National Invitational in Manassas, Virginia as Michelle won the women's 10 Km in 46:55 and Mike captured the men's 20 in 1:31:06. Michelle was 47 seconds ahead of Joanne Dow at th finish, with Teresa

Vaill third in 48:04. Mike had a tougher time, but vanquished 43-year-old Steve Pecinovsky by 23 seconds. . . Down under, Craig Barrett did a 19:54:36 to win the New Zealand 5 Km title, but Nick A'Hern and Dion Russell went faster in Melbourne with 19:12.92 and 19:39.62. Barrett also had 1:24:25 for 20.

10 Years Ago (From the April 2003 ORW)—Ben Shorey and Jolene Moore won races at the Penn Relays, Shorey going 42:10.97 for 10 Km and Moore 23:44 for 5. Sean Albert trailed Shorey by 19 seconds in the men's race. Anne Favolise was 33 seconds behind Moore. . . Matt Boyles won the Mortland 20 Km in Yellow Springs, Ohio for the second straight year covering the distance in 1:31:33.9. . . In Naumburg, Germany, Melanie Seeger impressed with a 1:29:44 and Andreas Erm went 3:43:52 for 50, 2:10 ahead of Latvia's Aigars Fadejevs. Norway's Trond Nymark was third in 3:46:49.

5 Years Ago (From the April 2008 ORW)—The month saw two IAAF Challenge events. In Rio Maior, Portugal, Norway's Erik Tysse and his sister Kjerst Tysse-Platzer won 20 Km races in 1:19:51 and 1:29:59. Platzer beat Portugal's Susana Feitor by just 2 seconds with Ana Cabecinha, also of Portugal, third in 1:29:56. Tysse was challenged by Spain's Juan Manuel Molina, who finished in 1:20:06, with Germany's Andre Hohne only 13 seconds behind Molina in third. Then in Beijing, China's Hong Liu won the women's 20 in 1:29:33 just ahead of Yawei Yang, who was given the same time. Japan's Mayumi Kawasaki was the only non-Chinese walker in the first ten. Australia's Jared Tellent won the men's 20 in 1:20:11 ahead of Hao Wang (1:20:25) and Mexico's Eider Sanchez (1:20:57). The 50 went to Tianfeng Si in 3:45:13, two minutes ahead of Chingliang Zhao. . . Poland's Gregorz Sudol won a 50 Km in Dudince, Slovakia in 3:45:57. . . At the same site, Slovakia's Matej Toth won the 20 in 1:22:14. Two weeks later, he took another 20 in Podebrady, Czech Rep. with 1:22:35

And let us wrap up the month with a few lines of humor courtesy of our former Ohio TC teammate Chuck Newell, if you'll pardon the pun:

How does Moses Make his tea? Hebrews it.

Venison for dinner again: Oh deer!

A cartoonist was found dead in his home. Details are sketchy.

I used to be a banker, but then I lost interest.

Haunted French pancakes give me the crepes.

England has no kidney bank, but it does have a Liverpool.

I tried to catch some fog, but I mist.

They told me I had type-A blood, it was a Type-O.

I changed my iPod's name to Titanic. It's syncing now.

Jokes about German sausage are the wurst.

I know a guy who's addicted to brake fluid, but he says he can stop any time.