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Four Straight For Michta; 46 Total For Seaman Junior Titles to Josephs and Roberts

Des Moines, Iowa, June 22-23—Walking on the Drake University on a Saturday morning, Maria Michta powered to her fourth straight U.S. 20 Km/20,000 meter title (it's officially 20,000 meters when held on the track, 20 Km on the road). The next day, Tim Seaman, now 41, strolled to his 46th National title and second of the year with a 1:30:13.6 performance.

Michta, a 2012 Olympian, finished in 1:37:34.36, nearly 2 minutes off her season's best of 1:35:38 at the Pan Am Cup Trials in March. But it was a commendable performance in the humid conditions and good enough to beat Erin Gray by nearly 2 minutes. Michta walked 1:32:27 for 29th place in the London Olympics and will seek to improve that finish in the World Championships in Moscow in August. Gray and Miranda Melville, third today, are also qualified for Moscow with "A" standard (1:36 or better) performances from last year. Melville was third today.

Sunday morning's men's 20 Km was delayed for more than 3 hours by severe storms and finally went off on a very wet track in conjunction with the Junior women's 10,000, which was scheduled to start after the men's race finished. The combined race was necessary to keep the rest of the meet on schedule. Seaman, more concerned with coaching than racing these days, controlled the race nonetheless as he won in 1:30:13.6, nearly a minute ahead of John Nunn.

Pre-race favorite, Patrick Stroupe was another minute back. Seaman is the lone U.S. walker qualified for the World meet, having bettered the "B" standard (1:26) by just 2 seconds last year. After the race, he was undecided about whether he will go. Nunn, is nowhere close to a "B" standard, but will go to Moscow in the 50. Stroupe is 20 seconds off the B standard, so if Seaman passes on the opportunity, the U.S. will not be represented at 20 in Moscow. Missing from the race were Trevor Barron, who had a nearly sure spot on the team with an "A" standard from last year, and Tyler Sorensen, who raced the National 20 effectively last year while still a junior. More on Trevor and Tyler in the "From Heel To Toe" section of this issue.

The Junior Men's 10,000 followed the women's 20 on Saturday with Nathaniel Roberts edging Alexander Peters by less than 2 seconds in 52:06.97. Alexander's brother, Anthony, was a minute back in third. Roberts shook off two red cards in the first half of the race to hang on for the win. The Women's Junior 10,000 went to Molly Josephs in 54:88.27.

Following her race, Michta noted: "Tim Seaman is my coach and he has an excellent philosophy. He has a book called *Racing Smarter by Training Harder*. It's basically that we have two hard days a week and the rest is steady mileage that we keep going with. It's really worked for me and we have built in a lot of recovery time. This is the first time going into this race that I haven't been injured.. We are not really changing anything, just improving on what we are already doing."

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"I have my eyes set on the American record in Rio. (2016 Olympics.) Who knows, every time I train with Tim it feels like I PR. . . I'm not going to put any limit on my potential. . . My goal was just to make the team. It's such a special feeling when you get your USA uniform and you get to try it on and wear it. To have achieved that today by winning the title means so much."

Erin Gray noted: "I need to smooth out my form again. . . That's my primary goal heading into the next eight weeks. A lot of Yoga and Pilates for strength training and upping that regime. Doing a lot of hill repeats will smooth out my stride, which I have kind of dropped of the past two weeks with school winding up and nationals."

And Miranda Melville reflected: "It was pretty hot and humid. It was kind of hard to tell where it was going to go, especially with the wind. About halfway through I could tell that I was not adapting to the weather conditions. So I just told myself, 'All you have to do is get third today, get your best placing, and don't get disqualified and make that trip.' It became a reevaluation of goals through mid-race."

Tim Seaman noted: "In this type of weather, you just have to be strong. I was pretty strong. I'm just tired. . . I don't know if I'm going yet (to Moscow). I'm 41 and it's not fun to be the oldest person in the race. . . I'm going to consult with my wife—the London Olympian for Canada—who is a great sounding board. We have an 8-week-old new born and I have to see if I want to take the time away from my family."

Here are the results:

Women's 20,000 meters, June 22—1. Maria Michta, Walk USA 1:37:34.46 2. Erin Gray, Bowerman AC 1:39:19.80 3. Miranda Melville, NYAC 1:40:38.14 4. Katie Burnett, un. 1:42:26.94 5. Lauren Forgues, NYAC 1:44:07.03 6. Susan Randall, Miami Valley TC 1:49:31.48 8. Rachel Tylock, Mansfield U. 1:49:53.65 9. Janelle Brown, Pegasus AC 2:05:36.70 10. Monica Lawrence, Cornerstone U. 2:13:12.01

Men's 20,000 meters, June 23—1. Tim Seaman, New York AC 1:30:13.06 2. John Nunn, US Army 1:31:01.64 3. Patrick Stroups, Kansas City Smoke 1:31:08.73 4. Cody Risch, Cornerstone U. 1:36:38.84 5. Alejandro Chavez, Missouri Baptist 1:37:00.25 6. Michael Mannozi, Shoorer AC 1:37:10.37 7. Matt DeWitt, Parkside AC 1:46:16.03 8. Nathan Vanderwall, Cornerstone U. 1:49:39.51 9. David Swarts, Pegasus AC 1:56:02.02 DNF—Jonathan Hallman, Shore AC; Nick Christie, Missouri Baptist; and Michael Nemeth, Wings of Moon

Junior Women's 10,000 meters, June 23—1. Molly Josephs, Missouri Baptist 54:18.27 2. Brenda McCollum, un. 54:58.94 3. Monika Farmer, Walk USA 55:44.24 4. Abby Dunn, un. 56:34.25 5. Brittany Collins, Walk USA 56:48.50 6. Katie Michta, Walk USA 58:15.29 7. Nicole Court-Menendez, 59:29.97 9. Melissa Tylock, Penfield AC 59:53.02 9. Kayla Ovokaitys, Cornerstone U. 60:23.17 DNF—McKayla Roberts, Cornhusker Flyers

Junior Men's 10,000 meters, June 22—1. Nathaniel Roberts, Bowerman AC 52:06.97 2. Alexander Peters, Elgin Sharks Track 52:08.62 3. Anthony Peters, Elgin Sharks 53:08.33 5. Andy Vasquez, Cornhusker Flyers 54:18.42 6. Spencer Dunn, un. 54:35.73

Mexicans Dominate Pan Am Cup Races

Guatemala City, Guatemala, May 25-26—Mexico's national team took center stage during the 10th Pan American Racewalking Cup, which had a record 140 competitors. In the men's 20 Km on Saturday, Mexico's Diego Flores was a bit off the form he showed at IAAF Challenge in Rio Maior, Portugal, where he clocked a personal best of 1:21:56. But his effort of 1:24:16 was enough to best Colombia's Jose Arevalo, who trailed him by 19 seconds. Brazil's Caio Bonfim was a distant third in 1:25:57.

"It was tough, but it's not every day you feel in a position to achieve your personal best. I hope I can do it again in the coming months and better if it's in Moscow," said the 25-year-old Flores, who pulled away from his rivals from halfway and had the luxury of being able to tease back in the final kilometer.

Mexican superiority was also demonstrated on Sunday when they achieved a clean sweep of the men's 50 Km medals. Omar Zepeda, now 35 and a modest 23rd at the London Olympics, got the biggest win of his career when he crossed the line in 3:57:52, eight seconds in front of his compatriot and race favorite Horacio Nava, who has won over the same distance at the 2011 Pan American Games and taken a memorable silver medal in front of his ecstatic home crowd at the 2010 World Racewalking Cup in Chihuahua. Another Mexican, Omar Mendoza, finished third in 4:03:11.

Peru triumphed in the women's 20 thanks to Kimberly Garcia, who won in 1:35:01. Garcia, just 19, excelled to take more than five minutes off her best time, and was pushed to new heights by another 19-year-old, Colombia's 2012 World Junior Championships 10,000 meter bronze medalist Sandra Arenas, who took second with 1:35:14. Mexico's Yanelli Caballero was also in the fray most of the race, finishing third with 1:35:19.

The 10 Km junior titles were shared between Mexico and Colombia. In the women's race, Mexico's Alejandra Ortega, who set an area junior record of 46:00 when taking the silver medal at last year's World Racewalking Cup, was a comfortable winner in 49:13, coming home more than two minutes in front of the Peruvian silver medalist Jessica Hanco.

The junior men's race was much closer and Colombia had its only Cup victory thanks to Manuel Soto, who won in 41:19, taking more than a minute off his best despite racing at 1500m altitude. In a close finish, Mexico's Erick Gonzalez was second with 41:27 ahead of his countryman Ivan Carrido (41:33).

It was not a great two days for the U.S. In the women's 20, Katie Burnett finished 14th in 1:45:15 and Susan Randall 16th in 1:48:42. Erin Taylor-Talcott was disqualified. In the men's 20, Patrick Stroupe was 15th in 1:31:06, John Nunn 24th in 1:36:33, and Dan Serianni did not finish. Ray Sharp was not sharp in the 50 and was DQ'd.

Women's 20 Km—1. Kimberly Garcia, Peru 1:35:01 2. Sandra Lopez, Colombia 1:35:14 3. Yanelli Caballero, Mexico 1:35:19 4. Wendy Cornejo, Bolivia 1:35:37 5. Monica Equihua, Mexico 1:35:43 6. Sandra Galvis, Colombia 1:35:45 7. Angela Castro, Bolivia 1:36:06 8. Lizbeth Silva, Mexico 1:37:17 9. Yeseida Carrillo, Colombia 1:37:53 10. Rosalia Ortiz, Mexico 1:39:22 11. Paola Perez, Ecuador 1:40:08 12. Cristina Lopez, El Salvador 1:42:33. . . 14. Katie Burnett, US 1:45:15 . . . 16. Susan Randall, US 1:48:42 DQ—Erin Taylor-Talcott, US (26 finishers, 3 DNF, 3 DQ)

Men's 20 Km—1. Diego Flores, Mexico 1:24:16 2. Jose Montana, Colombia 1:24:35 3. Caio Bonfim, Brazil 1:25:27 4. Evan Dunfee, Canada 1:25:43 6. Mauricio Argeteaga, Ecuador 1:26:13 6. Isaac Palma, Mexico 1:26:55 7. Jaime Quiyuch, Guatemala 1:27:49 8. Inaki Gomez, Canada 1:27:58 9. James Rendon, Colombia 1:28:05 9.10. Ronal Quispe, Bolivia 1:28:51 11. Rolando Saquipay, Ecuador 1:29:30 12. Yerko Araya, Chile 1:29:43 13. Pavel Chihuan, Peru 1:29:59 14. Anihol Paau, Guatemala 1:30:13 15. Patrick Strobe, US 1:31:06. . . 24. John Nunn,

US 1:36:33. .28. Michael Mannozi, US 1:41:41 (31 finishers, 5 DNF including Ben Thorne, Canada, 4 DQ, including Creighton Connolly, Canada)

Men's 50 Km—1. Omar Zepeda, Mexico 3:57:52 2. Horacio Nava, Mexico 3:58:00 3. Omar Segura, Mexico 4:03:11 4. Mario Bran, Guatemala 4:03:59 5. David Berdeja, Mexico 4:07:14 6. Omar Sierra, Colombia 4:09:02 7. Luis Bustamante, Mexico 4:10:06 8. Jorge Ruiz, Colombia 4:10:56 9. Ferney Rojas, Colombia 4:13:45 (15 finishers, 3 DQ, including Ray Sharp, US)

Junior Women's 10,000—1. Alejandra Ortega, Mexico 49:12.8 2. Jessica Hanco, Peru 51:30.4 3. Jessica Tapia, Mexico 52:31 4. Carolina Marino, Colombia 52:44.4 5. Mildred Raya, Mexico 53:37.4 6. Cheskaya Rosales, Venezuela 54:54.6 7. Lii Montero, Cuba 55:22.4 8. Rayane Lins, Brazil 55:23.1 9. Brenda McCollum, US 56:20.4 10. Karin Guzman, Guatemala 56:28.8 11. Milena Resgopo, Colombia 56:41.5 12. Bri Gonzalez, Ecuador 56:45.6 13. Maritza Poncio, Guatemala 57:1.3 14. Natali Alfonso, Venezuela 57:43.315. Brittany Collins, U.S. 59:29.1 (19 finishers, 2 DQ)

Junior Men's 10,000—1. Manuel Soto, Colombia 41:18.6 2. Erwin Gonzalaz, Mexico 41:26.5 3. Ivan Garrido, Colombia 41:32.4 4. Brian Pintado, Ecuador 41:34.7 5. Richard Vargas, Venezuela 41:40.2 6. Kenny erez, Colombia 42:29.2 7. Paolo Yurivilca, Peru 42:29.2 8. Bruno Marques, Brazil 43:08.5 9. Marco Roriquiz, Bolivia 43:39.8 10. Maringa Batista, Brazil 44:59.6 11. Franco Chocho, Ecuador 45:13.2 12. Jose Barrondo, Guatemala 45:38.8 13. Luis Lopez, El Salvador 45:50.6 13. Jordy Jimenez, Ecuador 46:12.5 15. Lucas Gomes, Brazil 46:28.8 16. Jan Ramirez, Puerto Rico 46:38.8 17. Elvin Coy, Guatemala 46:43.2 18. Lismandi Martinez, Cuba 46:51.5 19. Cesar Escobar, El Salvador 47:57.7 20. Luis Colon, Peto Rico 48:26.2 21. Jefferson Chacon, Venezuela 48:33.6 22. Anthony Peters, US 51:31.4 23. Sgteven Washburn, US 51:52.6 24. Alexander Peters, US 53:26.5 25. Jansel Marzan, Dominican Republic 56:06.7 (1 DNF, 1 DQ)

Tallent, Henriques Rule At La Coruna

La Coruna, Spain, June 1 (IAAF Report)—Australia's double Olympic Games 50 Km silver medalist Jarred Tallent and Portugal's Ines Henriques captured 20 Km victories in 1:21:21 and 1:29:30 at the 27th Gran Premio Cantones de March, the Spanish leg in the 2013 IAAF Racewalking Challenge here today. On a cloudy day that was ideal for endurance events, with the thermometer reading around 14 C (67 F) during the races, Tallent and Henriques both made decisive moves at similar points in their races, before pulling away over the final 5 km to win by the handsome margins of 24 and 17 seconds respectively. The victories put the pair into the lead in this year's IAAF Challenge with just two races remaining.

The races were on a flat 1 Km circuit and the men started leisurely with a 4:22 for the first lap. By 5 Km, 17 walkers were still in the lead group, clocking 21:13. The pace picked up a bit for the next 5, but there still 15 in contention as they passed 10 Km in 41:47. Among the pack were pre-race favorites Tallent, Vieira, and Colombia's 2011 World bronze medalist Luis Fernando Lopez, who all took turns at the front.

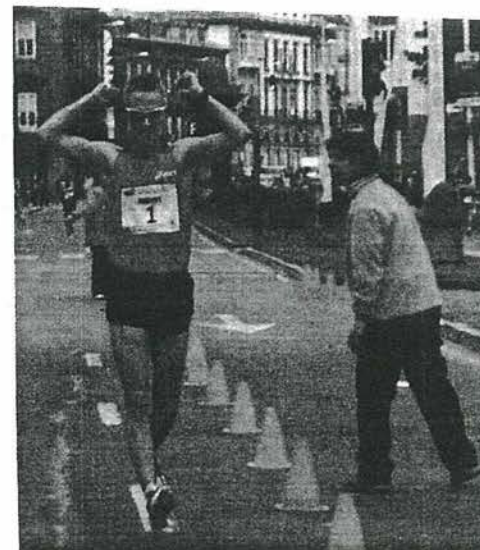
The pace continued to get faster over the third quarter of the race, but just after crossing the 15 Km point in 1:01:47, the 28-year-old Tallent broke away and made his bid for glory with a 3:49 lap. Behind him, Vieira, Lopes, and Tallent's Australian compatriot Dane Bird-Smith started what was to be the battle for the minor medals, although the latter began to lose ground at around 17 km.

Tallent's final 5 was particularly strong with a swift 19:29 split, which proved to be simply too fast for his pursuers to match. "I had competed here several times but I hadn't managed to win yet at La Coruna. I decided to save my energies for the last kilometers and my tactics paid off," commented Tallent. "I'm thrilled to be back on top of the podium. All the hard work we put in the last month in St. Moritz has really paid off. To race so well over the shorter 20 Km distance

gives me huge confidence that my World Championship aspirations are on track."

Vieira, now 37, got rid of Lopez on the penultimate lap to finish second in 1:21:45 while the South American, who turns 34 on Monday, third in 1:21:51.

In contrast, the women's race witnessed a good pace from the gun by the leading pack. The 5 Km point was reached in 22:27, with six women in the leading group comprising the Spaniards trio of Raquel Gonzalez, Beatriz Pascual, and Julia Takacs, the Portuguese pair of Ines Henriques and Vera Santos, plus Czech Republic's Lucie Palantova, who was the first to lose ground short afterwards.



The Winners: Kimberly Garcia at Pan Am Cup and Jared Tallent at La Coruna

Halfway was reached in 44:57 with the surprise 23-year-old Gonzalez making most the pace. Finally Santos and then Pascual began to fade away after a 4:24 12th kilometer. Henriques found another gear at 16 Km to cave Gonzalez and Takacs behind and she added to her advantage over the closing kilometer to secure her second victory of the season, after her earlier success in Chihuahua.

"It's so emotional for me to win here as I consider La Coruna as a Mecca of racewalking events. In addition to my win, I'm also very satisfied as I walked pretty good technically," said delighted Henriques.

Men's 20 Km—1. Jared Tallent, Australia 1:21:21 2. Joao Vieira, Portugal 1:21:45 3. Luis Fernando Lopez, Colombia 1:21:51 4. Dane Bird-Smith, Australia 1:22:03 5. Caio Bonfim, Brazil 1:22:06 6. Francisco Arcilla, Spain 1:22:23 7. Alvaro Martin, Spain 1:25:25 8. Jose Diaz, Spain 1:22:09 9. Koichiro Morioka, Japan 1:23:01 10. Takayuki Tani, Japan 1:23:08 11. Pedro Gomez, Mexico 1:23:35 12. Kaihua Wang, China 1:24:35 13. Hatem Ghoul, Tunisia 1:24:06 14. Rhydian Crowl, Australia 1:24:22 15. Kayato Katsuki, Japan 1:24:43 17. Lis Corchete, Spain 1:25:41 18. Francis Duran, Spain 1:26:02 19. Marc Tur, Spain 1:26:10 20. Jesus Angel Garcia, Spain 1:26:13 21. Iv Pajuelo, Spain 1:26:45 22. Juan Antonio Raya, Spain 1:26:45 23. Leonardo Dei Tos, Italy 1:30:24 24. Ferran Collados, Spain 1:30:44 25. Hugo Andrieu, France 1:31:50 (31 finishers, 6 DNF, 1 I, that being Creighton Connolly of Canada who needs to avoid making a habit of this.)

Women's 20 Km—1. Ines Henriques, Portugal 1:29:30 2. Julia Takacs, Spain 1:29:47 3. Raquel Gonzalez, Spain 1:30:11 4. Vera Santos, Portugal 1:31:00 5. Lucie Pelantova, Czech Rep. 1:32:07 6. Beatriz Pascual, Spain 1:32:09 7. Dandan Duan, China 1:32:45 8. Yongbo Hou, China 1:33:25 9. Tongmei Zhou, China 1:37:36 10. Ai Michiguchi, Japan 1:37:50 11. Daniel Cardoso, Portugal 1:40:41 12. Taomi Maekawa, Japan 1:40:46 (15 finishers, 1 DQ, 8 DNF)

USA 5 Km Championships, Albany, N.Y., June 1: Women—1. Maria Michta 23:18.40 2. Teresa Vaill (50) 23:36.20 3. Katie Burnett 24:09.60 4. Rachael Tylock 25:33.00 5. Janelle Brown 28:56.30 6. Maryanne Daniel (54) 29:43.20 7. Melissa Tylock (16) 29:49.90 8. Meaghan Podlaski (15) 29:51.70 9. Elizabeth Pasquale (60) 30:34.90 10. Priscilla Capuano (14) 32:35.60 11. Rebecca Benjamin (47) 32:35.60 12. Carol Bendall (54) 32:48.80 (18 finishers) **Men**—1. Richard Luettchau 22:28.10 2. David Swarts (48) 23:38.30 3. David Talcott (53) 24:57.70 4. Dan O'Brien (48) 26:34.60 5. Bill Vayo (48) 27:40.09 6. Robert Keating (66) 28:32.70 7. Bruce Logan (48) 29:40.40 8. Leon Jasionowski (65 or more) 30:26.00 (11 finishers)

NAIA 5000 meters Championships, Marion, Indiana, May 24: Women—1. Mereth Zelba, Missouri Baptist 25:17.87 2. Molly Josephs, Missouri Baptist 25:34.33 3. Abby Dun, Goshen 26:07.49 4. Monica Lawrence, Cornerstone 26:58.55 5. Brianna Griffiths, Cornerstone 26:53.78 6. Lauren Breithaupt, Baker 27:31.91 7. Reine Brickson, Londsey Wilson 27:40.81 8. Nicole Court-Menendez, Dakota Wesleyan 27:50.88 9. Kayla Ovokaitys, Cornerstone 28:29.11 10. Mercedes Mancha, St. Xavier 28:56.07 11. Amanda Bland, Lindsey Wilson 29:24.53 12. Kaitoyn Loeffler, Central Methodist 29:28.97 13. Teresa Grabill, Benedictine 29:38.74 14. Jourdann Green, Lindsey Wilson 30:19.67 DQ—Nicole Bonk, Embury-Riddle the defending champion who crossed the line in 25:15.54 in first place.) (Meet record 25:11.56 by Nicola Evangelista of British Columbia in 2010.)

Men—1. Alejandro Chavez, Missouri Baptist 21:03.92 2. Cody Risch, Cornerstone 21:27.40 3. Nick Christie, Missouri Baptist 22:20.56 4. Jacob Gunderkline, Goshen 23:29.45 5. Nathan Vanderwall, Cornerstone 24:26.25 6. James Hafner, Evangeline 24:44.32 7. Mitchell Brickson, Goshen 26:05.50 8. Isacc Withrow, Cornerstone 27:56.94 (Meet record 20:07.38 by Al Heppner, Wisconsin Parkside in 1997.)

New Balance National High School Meet, Greenville, N.C., June 15: Boy's 1 Mile—1. Tyler Bard, Maine 7:16.78 2. Sapencer Dunn, Maine 7:28.12 3. Matias Serna, Texas 7:34.43 4. Ben Kates, Maine 7:38.68 5. Jonathan Aguilar, Texas 7:46.47 6. Peter Littlefield, Maine 8:01.20 7. Samuel Brenner, Maine 8:05.74 8. Ian Marshall, Maine 8:28.02 9. Tony Martel, Maine 8:03.05 10. Richard Ryckman, Maine 8:31.23 11. Timothy Sunnerberg, Mass. 8:34.66 (Meet record 6:11.05 by Benjamin Shorey in 2001) **Girl's 1 Mile**—1. Annica Penn, N.Y. 7:29.87 2. Monika Farmer, N.Y. 7:37.18 3. Holly Lindoe, N.Y. 7:49.47 4. Kristi Licursi, N.Y. 7:49.48 5. Amberly Melandez, Texas 7:50.99 (Missing Maite Moscoso's freshman by just over 3 seconds.) 6. Alexandra Bennett, N.Y. 7:56.05 7. Kerin Gerken, N.Y. 8:02.71 9. Brooke Gillette, N.Y. 8:11.89 10. Sabrina-Rose Mason, N.Y. 8:18.39 11. Irene Fletemeyer, Maryland 8:22.27 12. Sarah LaPorta, N.Y. 8:23.48 13. Rachel Steinmuller 8:30.92 14. Caitlin Apollo, N.Y. 8:31.78 15. Kayla Gray, Maine 8:33.17 16. Danielle Garson, N.Y. 8:40.97 17. Alex Shaw, N.Y. 8:43.33 18. Samantha Walsh, N.Y. 8:43.38 19. Valerie Auciello, N.Y. 8:45.33 20. Morgan Meaney, N.Y. 8:48.41 (31 finishers) (Meet record 7:00.87 by Heather Buletti in 2006 and whatever happened to her?)

Other Results

Girl's H.S. 1500 meters, New York City, June 2—1. Ji Won Kang 7:09.44 2. Sohia Mahin 7:32.03

3. Jessica Szela 7:41.60 4. Janie Ou Yang 7:52.49 5. Patricia Wang 7:54.15 6. Michelle Szeto 8:00.50 7. Karen Su 8:03.23 8. Natalie Yam 8:07.66 9. Luo Qi Kong 8:12.34 (18 finishers) **5000 meters, New York City, June 15**—1. Janie Yang 29:31.57 2. Meaghan Podlaski 30:05.33 3. Melissa Endy 31:03.37 (2 DQ) **Men**—1. Emerson Hernandez, El Salvador 21:02.44 2. Rich Luettchau 23:39.50 3. John Soucheck 27:16.38 4. Bill Vayo 27:44.92 5. Bruce Logan 28:31.08 6. Vyacheslav Troshkin 29:23.72 7. Michael Korol 29:51.53 8. Alexis Davidson 31:35.90 9. Barry Blake 32:56.92 **5000 meters, Farmingville, N.Y., June 9**—1. Maria Michta 24:05.5 2. Monica Farmer 27:02 3. Katherine Newhoff 29:51.1 4. Cheryl Armstrong 30:00.3 5. Lina Cruz 30:52.8 6. Alexa Kleupfel 31:26.8 7. Katie Michta 32:53.7 8. Robert Campbell (68) 32:54.8 (14 finishers, 3 DQ) **Sanford Kalb 9 Mile, Lakewood, N.J., May 26**—1. Bill Purdie 1:30:58 (A handicap start system with actual finishing times shown) 2. Bill Meixner 1:39:33 3. Tim Chelius 1:31:20 (fastest time) 4. Fred Linhart 1:35:08 5. Ron Salvio 1:43:43 6. John Fredericks 1:33:43 7. Elliott Denman 2:10:10 8. Alan Sherman 2:15:05 **5 Km, Long Branch, N.J., June 24** (Launching the 50th season of this weekly race, contested every Monday throughout the summer.)—1. John Fredericks (65) 30:48 2. Tim Chelius (56) 31:05 3. Tom Quatrocchi (62) 32:51 4. Fred Linkhart (60) 32:52 5. Frank Bergson (73) 39:44 **Women**—1. Panse Geer (66) 33:11 2. Marie Paul (48) 33:37 **1500 meters, Danville, Kentucky, June 15**—1. Douglas Johnson (53) 7:01.82 2. Amanda Johnson 7:52.46 3. Carson Johnson (12) 10:38.41 4. Woodie Jamison (58) 11:18.71 (9 finishers) **Junior Olympics 1 Mile, Yellow Springs, Ohio, June 12**—1. Taylor Ewert (11) 8:38. 2. Emily Belovich 8:39. 3. Charlotte Walkey 8:41.8 4. Cameron Haught 9:19.3 (12 finishers, 1 DQ) **1 Mile, Yellow Springs, June 5**—1. Russ McMahon (55+) 8:28.86 2. Emily Belovich (16+) 8:40.80 3. Taylor Ewert 9:03.71 (5 finishers) **3000 meters, same place**—1. Jill Cobb 14:31.41 2. James McGruder (65+) 18:07.24 3. Niki Worsham (16+) 18:14.12 4. Sarah McKinney (16+) 18:27.74 5. Barb Hensley (65+) 22:55.18 **1 Hour, Yellow Springs, June 2**—1. Jill Cobb 11,434 meters (52:14 at 10 Km, went on to 20 Km in 1:49:42) 2. Omar Nash 11,372 (52:07 at 10 and 1:55:18 for 20) 3. Ed Fitch (50+) 9867 meters 4. Russ McMahon 9605 (finished 20 Km in 2:08:53) 5. Jerry Muskal (55+) 9267 6. Donna Graham (65+) 8661 (10 finishers) **1 Mile, Yellow Springs, June 19**—1. Cameron Haught 8:07.97 2. Reine Brickson 8:20.21 3. Taylor Ewert 8:29.09 4. Charlotte Walkey 8:53.15 5. Nichole Worsham 9:13.15 6. Jim McGruder (65+) 9:19.84 (11 finishers, 2 DQ) **5 Km, New Orleans, May 24**—1. Glen Bodet (51) 25:19 2. Angel Curry (49) 32:29 **1500 meters, Hoover, Alabama**—1. Leslie Latterman 9:20:30 **Men**—1. Tilden Leigh (63) 8:12.30 **3000 meters, same place**—1. Leslie Latterman 19:39.84 **Men**—1. Tilden Leigh 17:00.54 **3000 meters, Atlanta, Georgia, June 1-2**—1. Robert Dabbs (53) 17:35.41 **5000 meters, same place**—1. Robert Dabbs 30:38.36 2. Alan Moore (67) 33:37.73 **Southeast Regional Championships, Miramar, Florida, June 8: Women's 3000 meters**—1. Carolyn Kealty (50) 17:05.31 2. Mann Harsh (62) 19:04.55 **Men's 3000**—1. John Fredericks (65) 18:16.66 2. Juan Yanes (63) 18:51.07 **Women's 1500 meters**—1. Carolyn Kealty 8:03.29 **Men's 1500**—1. John Fredericks 8:53.45 2. Juan Yanes 9:01.40 **5000 meters, St. Paul, Minn., June 9**—1. Dave Daubert (67) 32:57.60 2. Anita Macias-Howard (58) 33:19.81 **Jr. Olympics, Girls 11-12 1500 meters, Houston, Texas**—1. Camila Vicens 7:58.30 **1500 meters, Spring, Texas, June 15**—1. Camila Vicens 7:39.39 **3000 meters, Houston, May 4**—1. Steven Berry (14) 16:23 **1500 meters, Houston, May 4**—1. Camila Vicens (11) 8:36 **3000 meters, same place**—1. Rachel Byron 16:00 2. Adam Burumi (15-16) 17:04 **1500 meters, Houston, May 24**—Girls 11-12—1. Camila Vicens 7:45.7 2. Lily Stoneman 8:42.5 Girls 13-14—1. Rachel Byron 8:25.7 Girls 15-16—1. Denisse Aguilar 8:27.3 Boys 11-12—1. Nehemiah Houston 8:45.4 **1 Mile, Houston, May 30**—1. Steven Berry (13) 8:29.85 2. Loiza Vosta (74) 9:47.25 3. Dave Gwyn (61) 11:09.51 **5000 meters, Westwood, Cal., June 1**—1. Patsy Hurley 29:14.79 2. Julia Townsend 29:58.72 3. Paula Rasmussen 35:26.72 4. Darlene Backlund 35:46.96 **Men**—1. Adrian Zamudio 27:19.41 2. Charles Brugh 28:07.51 3. Richard Campbell 31:23.56 4. John Backlund 35:49.69 5. Carl Acosta 35:50.81

And miscellaneous youth results, supplied by Dave Gwyn: April 13, Kissimmee, Fla.: 1500

meters: 1. Ana Cruz Pedrosa (17=18) 7:36 2. Guillian Cubillos (13-14) 8:30 **Savannah, Ga., April 20, 3000** —1. Alex Braden (14) 27:57.95 **1500 meters, Altamonte Springs, Fla., April 27—Boys 11-12—1. uanMoscoso 7:44.02 Men 15-29—1. Dais Heister (17) 7:44:46 15000 meters, Titusville, Fla., May 4—1. Davis Heister 7:4.09 3000 meters, El dorado, Kan., June 1—Brenda McCollum (18) 15:30.78 3000 meters, Hoover, Alabama—1. Kisondra (14) 17:00.54 3000 meters, Gulfport, Miss.—1. Eleni Lemoine (15) 17:28.35 3000 meters, Lima, Ohio—1. Jamila Latham (17) 16:02.18**

Paris to Colmar 426.4 Km, June 14=16—1. Jean Marie Roualt 54:10.59 2. Dmitriy Ossipov, Russia 54:59.00 3. Dominique Bunel 55:16:09 4. Emmanuel Lassalle 57:54:06 5. Giles Letessier 58:12.32 6. Pascal Bunel 64:23:26 7. Eddy Roze 65:45:18 Women's 308 Km—1. Irina Poutinseva, Russia 40:28.42 2. Nicoletta Margonelli, Italy 41:17:16 3. Corinne Fauqueur 41:54:59 4. Olga Borisova, Russia 42:01:15 5. Maggy Labylle 42:09:47 6. Sylvie Maison 43:51:01 7. Claudia Bizard 49:51:40 8. Francosie Fabre 50:06:42 9. Karen Davies, Great Britain 50:39:06 (This ultra-distance race dates back to 1925 when it went from Paris to Strasbourg. The route varied from year to year with the distance ranging from 500 to 550 km. In the mid 1970s the race switched to the Paris to Colmar route. Again the exact route varies from year to year, but the distance remained at 500 plus kilometers through 2007. Since then, it has varied from 436 to 471 km. There are 2 or 3 mandatory one-hour stops along the way, but, other than that, the walkers are on the road continuously. The pace in this year's race was close to 8 Km per hour. A rather ambitious pace to undertake over a 54 hours period.)

5000 meters, Bialystok, Poland, May 25—1. Dawid Tomala 19:50.05 2. Jakub Jelonek 20:46.52 Women—1. Agnieszka Szwarzog 21:53.93 2. Beata Heppner 23:56.06 5000 meters, Gdansk, Poland, June 1—1. Dawid Tomala 19:16.93 2. Rafal Fedaczynski 19:44.00 3. Lukasz Augustyn 20:33.43 4. Michal Stasiewicz 20:58.46 Women—1. Palina Buziak 22:12.00 2. Natalia Plminka 22:54.55 3. Justyna Swierczynska 23:13.42 Portuguese 5000, June 9—1. Joao Vieira 19:42.34 2. Sergio Vieira 19:46.77 Women—1. Vera Santos 12:50.23 2. Nadia Cancela 13:43.78 20 Km, Brazil, June 5—1. Erica Rocha 1:33:37 2. Elsanay Santos 1:40:31 3. Cisiane Lopez 1:40:56 Men—1. Caio Bonfim 1:26:10 2. Mario Santos 1:27:57 3. Jose Bagio 1:29:20 Norwegian 10 Km, June 1—1. Erik Tysse 41:56.3 Norwegian 20 Km, June 2—1. Erik Tysse 1:26:35 2. Havard Hakenes 1:29:02 3. Joakim Saelen 1:30:16 Italian 20 Km, June 2—1. Vito DiBara 1:27:01 2. Ricardo Macchia 1:28:47 3. Vito Minei (Junior) 1:28:47 4. Diego Cafagna 1:30:09 5. Massimo Stano 1:30:17 Women—1. Federico Ferraro 1:36:23 2. Sibilia DiVicenzo 1:37:39 3. Anna Clemente (junior) 1:38:20 10 Km, Mexico, May 1 1. Evar Palma 40:40.21 2. Adrian Ochoa 40:40.29 15,000 meters, Vaxjo, Sweden, June 9—1. Perseus Karlstrom 1:06:08.2 2. Ato Ibanez 1:07:38.1 1 Mile, same place—1. Ibanez 6:06.9 2. Karlstrom 6:13.2 20 Km, Altus, Lithuania, Jne 16—1. Brigita Virbalyte, Belarus 1:30:55 2. Darya Balkunets 1:32:43 3. Paulina Buziak, Poland 1:33:11 4. Federico Ferrare, Italy 1:33:24 4. Nieringa Aidietyte 1:33:43 6. Kristina Saltanovic 1:33:48 7. Anita Kazemaka 1:36:28 8. Nadzeya Darachuk 1:37:41 Men—1. Dawid Tomala, Poland 1:21:00 2. Dzianis Simanovich, Belarus 1:21:33 3. Andre Kovenko, Ukraine 1:21:38 4. Rafal Fedaczynski, Poland 1:22:01 5. Ivan Trotski, Belarus 1:22:25 6. Rafal Augustyn, Poland 1:22:44 7. Andrey Talashko, Belarus 1:23:13 8. Dmitriy Dziubin, Belarus 1:24:30 9. Rafal Sikora, Poland 1:25:28 10. Tadas Suskevicius, Lithuania 1:25:39 11. Arnis Rumbenieks, Latvia 1:25:42 12. Gennadi Kozlovskij, Lithuania 1:26:33 13. Alexander Liakhovick, Belarus 1:26:33 14. Michal Stasiewicz, Poland 1:28:13 15. Artur Mastionica, Lithuania 1:28:40 Jr. 5000 meters, Plascencia, Spain, June 21—1. Alvaro Martin 19:56.98 2. Diego Garcia 20:22.23 3. Jose Diaz 20:37.38 4. Ivan Pajeulo 20:40.61 Women: 1. Lorean Luaces 22:11.22 2. Ainhea Pineda 22:12.10 5000 meters, Sapin June 16—2. Sergio Aanchez 19:13.61 2. Alvaro Martin 19:25.96 3. Diego Garcia 19:47.37 4. Francisco Arcilla 19:47.27 5. Jose Diaz 19:52.06 6. Marc Tur 20:06.04 7. Francisco Duran 20:32.28 Women—1. Julia Takacs 21:07.07 2. Maria Poves 21:21.43 3. Lorena Luaces 21:37.08 4. Raquel Gonzalez 21:41.28 5. Ainhua Pinedo 22:29.72 20 Km Naumburg, Germany, April 28-- Men's

results were listed last month, but add 15. Dave Talcott, U.S. 1:41:27 **Women—1. Ann Halkivaha, Finland 1:35:17 2. Jouroqui Aguilar, Mexico 1:38:06 Philippine National Games, Pasig City, Men's 10,000, May 28—1. Lambert Padua 53:35.61 2. Dave Gumacal 54:30.44 (11 finished, 2 DQ) Women's 10,000, June 1—1. Nestle Niuda 62:19.10 2. Marie Alice Delacruz 52:30.29 (Results from Dan O'Brien, who suggests that anyone who would like to help promote racewalking in the Philippines can contact him at Pegasusac@hotmail.com.)**

For Your Racewalking Pleasure

Mon. July 1	5 Km, Long Branch, N.J.
Thur. July 4	1 and 2 miles, Royal Oak, Mich. (F)
Mon. July 8	5 Km, Long Branch, N.J. (A)
Fri. July 12	National USATF Masters 5,000 meters, Olathe, Kansas (D)
Sun. July 14	National USATF Masters 10 Km Olathe, Kansas (D)
Mon. July 15	5 Km, Long Branch, N.J. (A)
Fri. July 19	1 Mile and 3000 meters, Yellow Springs, Ohio (M)
Sat. Aug. 10	1 Hour, Lakewood, N.J., 8:30 am (W)
Sun. Aug. 11	Weinacker Cup 10 Km, Port Huron, Mich. (F)
Thur. Aug. 15	10 Km, Portsmouth, N.H. (E)
Sat. Aug. 17	1500 meters, Virginia Beach, VA (N)
Mon. July 22	5 Km, Long Branch, N.J. (A)
Mon. July 29	5 Km, Long Branch, N.J. (A)
Mon. Aug. 5	5 Km, Long Branch, N.J. (A)
Mon. Aug. 12	5 Km, Long Branch, N.J. (A)
Mon. Aug. 19	5 Km, Long Branch, N.J. (A)
Mon. July 26	5 Km, Long Branch, N.J. (A)
Sat. Aug. 24	Crim 10 Mile, Flint, Mich. (F)
Sat. Sept. 7	10Km, Manchester, N.J., 9 am (W)
	5 Miles, Portsmouth, N.H. (E)
Sun. Septg. 15	USATF National 30 Km and Junior 20 Km, Valley Cottage, N.Y. (D)
Sat. Sept. 21	Michigan 1 Hour, Madison Heights (F)
Sat. Oct. 5	National USATF 5 Km, Kingsport, Tenn. (A)
Sun. Oct. 6	5 Km, Portsmouth, N.H. (E)
Sat. Oct. 12	5 Km, Endicott, N.Y. (S)
Sun. Oct. 13	National USATF 40 Km, Ocean Township, N.J. (A)
Sat. Oct. 26	5 Km, Portsmouth, N.H. (E)
Sat. Nov. 2	15 Km, Manchester, N.J., 10 am (W)
Sun. Nov. 3	10,000 meters, Clinton, Conn., 10 am (N)
Sat. Nov. 9	1 Hour, Virginia Beach Va. (N)
Sun. Nov. 10	½ Marathon, Portsmouth, NH (E)
Sat. Nov. 23	5 Km, Bethlehem, Pa. (S)

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From Heel To Toe

Memories. From Ray Somers, in an e-mail entitled "Can't remember crap from 2012, but 1968 is a different story", referring to a Looking Back item on a 1968 race in New York in which he was second to Dave Romansky: "Not that anyone cares, but if the ORW is still carrying on its noble work five years from now, the '20 Km' in Central Park was almost surely just under 12 miles. Nevertheless, I guess Dave and my times were not too bad for that era on a course with a number of rolling hills." My only question is: "Ray. How do you expect me to remember this five years hence? But, like Ray, had I been in the race, I would no doubt remember it quite clearly. It's amazing how much I remember from 50 years ago and how little I remember from yesterday."

Stan Vickers. ORW reader Chris Lesniak writes: "Hi. I was really interested in the photos of Stan Vickers and the comments. Does it mean that in the 'old days' it was acceptable to have a somewhat bent knee throughout the walk cycle, or does the knee finally straighten a bit later? Or is it that a bent knee was OK as long as contact was not lost? That they were more strict about contact then and less concerned about the knee. In a way that would make sense as regular walking is with a bent knee but loss of contact is what really defines running. Am I way off? Thanks." I replied to Chris: "Good observation. I was noticing the knee myself, but I didn't comment on it. I would say it is certainly straight in the second photo of the sequence. Then I was looking at the photo of Kirdyapkina on page 3, and there could be some question about her knee at the time of contact. Anyway, bent knees were not acceptable in the rules of the Vicker's era (and Mortland era), but the rules did not stipulate that the leg be straightened on contact. So Vickers was eminently legal under the rules at that time. I will invite further comment on this in my next issue." So here is that invitation. Look back to that May issue (I hope you still have it) and let me (and Chris) know what you think. . . **Racewalking in space.** John Knifton, who supplied the Vickers photos and comments, has a "Knifty" idea for his future walking exploits. He writes: "Now that I have been retired for close to 10 years, there have been plenty of opportunities to indulge my passion for travel and consequently I have now racewalked in some 80+ countries around the world. However, racewalking in space is obviously more technically challenging. You have probably read in the recent press that Virgin Galactic is planning to fly people into space on a six-passenger craft known as Space-Ship Two from a spaceport in New Mexico by the end of 2013. So far some 500 people have signed up for the experience. The second stage rocket plane will fly to an altitude of about 60 miles above the earth's surface, where you should be able to

clearly see individual countries, continents, mountain ranges, etc. By signing up for this adventure, I may possibly be the first international racewalker to racewalk in space? And, who knows, with zero gravity, no wind resistance, and in a rocket ship traveling far in excess of the speed of sound, there should be little problem in improving on my old PR's from the 1960s-70s! Are there others out there who are also game for this adventure to the "last frontier"? One comment on John's odyssey. He mentions seeing individual countries from aloft. However, one of the early astronauts noted how clearly he could see geographical features—continents, oceans, rivers, lakes—but not all those lines that we put on maps, showing the false boundaries that we, not the creator, have put in place. . . **Barron and Sorensen.** We noted in the lead article that Trevor Barron and Tyler Sorensen were missing in the National Championships. We queried their coach, Tim Seaman, about their status and got the following reply: "For Tyler—he unfortunately is still injured. Whatever plagued him last year and caused him to have sports hernia surgery is still there. It seems to have gotten worse, unfortunately. He is unable to run, or even walk regularly without pain. Our goal this season was for him to become the first U.S. Junior to break 40:00 for 10 Km. I am very confident that a healthy Tyler Sorensen could have accomplished that task. For Trevor—I am afraid that it appears that the high demands of college and the rigors of training alone all of the time have led him to become disinterested in racewalking. I did see that he ran the Denver Marathon in just under 2:50. A good first effort for him, but no where near the athleticism he showed leading up to London. He is a MUCH better racewalker than runner, that's for sure. It is my belief that if he continued training, he would have become the first American to break 1:20 for 20 Km." **An observation.** From Wayne Armbrust in Columbia, Mo.: I attended two Regional Championships recently, the West Region at Los Angeles June 1 and the Midwest Regional in Crawfordsville, Indiana June 8. At the West Regional (a very well run meet by the way) there were a number of racewalkers, both men and women. There were no elite walkers (why not, quite a few in the area), all seemed to be masters, but the event was judged and all the competitors seemed to be complying with the ruse (no DQ's). The situation was entirely different in Indiana. Two persons, one man and one woman ambled around the track side by side 12.5 times in 47:52.34 and were no more racewalking than they were flying. They literally looked like they were out for a Saturday morning stroll. No judges were present to DQ them. The fact that these people were allowed to perpetrate such a farce did a great disservice to all dedicated racewalkers by making people unfamiliar with racewalking think they were representative of the event. They also did a great disservice to athletes in other events by holding up the meet. Why were there no Judges: Indiana has them? Why were there no real racewalkers in the event; Indiana has plenty of them as well? Racewalkers continually complain how USATF doesn't do enough for racewalking, yet year after year fail to compete in events that are offered. This situation also often exists at the National Club Championships. Hopefully, this will not be the case at this year's edition in New York City. Please tell me why, at the Club Council session at the next Annual meeting, I shouldn't recommend that racewalking be eliminated at those Regional Championships next year where no or only few walkers showed up and/or no judges were present this year? *(Wayne is a long-time track and racewalking coach, track designer, track fan, who has always tried to be a friend of racewalking. His wife, Gayle Johnson competed at the masters level in racewalking for many years. Actually, I stood in as Gayle's father when they were married here in Columbus those many years ago.)* . . . **Elliott the Great.** Hats off to Elliott Denman! As you may have seen in the results, Monday evening 5 Km races in Long Branch, N.J. are alive and well. And Elliott Denman has been behind them from the start. This fall, the National 40 Km will be held in New Jersey for the forty-something time (or is it 50 something.) Another Denman production from start to finish. Unending support of racewalking in so many ways. The highly successful Shore Athletic Club, producing outstanding athletes in all the T&F disciplines, including racewalking, throughout the years. Yes, Elliott has been at the helm. Innovative and dependable throughout the years—Elliott Denman. Not to mention a 1956 Olympic 50 Km berth or his 1959 National Championship at the extremes of distance—3 Km at altitude in Boulder and just two weeks later 50 Km in steamy Pittsburgh.

Racewalking's Man of the Ages—no doubt!!!!

State of the publication statement

Last month we ran some tables showing the decline in elite participation in U.S. racewalking. Perhaps only coincidentally, there has been a steady decline in circulation numbers for the Ohio Racewalker. Starting out with the perhaps two dozen people we mailed our first edition to in March 1965, ORW circulation numbers rose steadily through the late '80s when a peak of about 700 was reached. Since then we have seen a steady decline, certainly attributed in part to the ready access to information via the internet. Who needs a newsletter that comes out once a month when so much information is at our fingertips?

Nonetheless, whatever the reasons, our circulation fell below 200 a couple of months ago and was at 197 for the May issue. Paid circulation is well below that since I send out quite a few complimentary copies, mostly in exchange for another newsletter or a flow of information. And most of those club or regional newsletters have disappeared. The ORW never has been and was never intended to be a money maker. We have managed to about break even through the years (if we don't count the editor's time, expense of monthly trips to the printer and the post office, cost of office space in the home, and other incidentals.) (Our ledger, starting in October 1968, shows income of \$125,965 and expenses of \$127,224 through March of this year. We operated in the black (slightly) through late 2008, so we are headed in the wrong direction. Breaking even becomes increasingly difficult as the number of paid subscribers continues to drop. We recently raised the subscription rate by \$3.00 and don't want to do that again.

So, I am asking those who see a "C" below their address on the label to consider if they are giving me something in return for their complementary subscription and if not to consider taking out a paid subscription. I don't intend to cut anyone off, just ask you to consider the situation. And to subscribers, let your racewalking friends know what they are missing (but, only if you feel that they are missing something). I'm not threatening to throw in the towel, still hoping that there is still some value in a monthly print publication that even presents some original material. Many subscribers let me know how much they appreciate my efforts as they renew and I thank all for that. Thanks for your attention and see you at your mail box next month.

Random Laws of Racewalking

(Lifted from the June 2013 issue of the *Front Range Walkers Club News*, ably edited by Craig Foreman in Ft. Collins, Colorado. A year or two ago, Craig succeeded the legendary Bob Carlson, who had filled this newsletter with all sorts of interesting things—some of them even related to racewalking—for many, many years.)

1. No one behind the first 50 walkers at the starting line of a race can understand the starter's announcements. (ORW editor: *Fortunately or unfortunately there are seldom 50 starters on the line in a U.S. walking race.*)
2. Moderate hills aren't.
3. Regardless of the wind direction before you turn for home, the last mile is always against the wind.
4. If you hear a song you really hate just before a race, you are doomed to hear it in your head, over and over, for the entire race.

5. Regardless of your age group, it always seems that the next older group is where you really should excel.
6. Never spit into the wind. (ORW Editor: *Or pee into the wind, even if you have the skill for doing it that Martin Kraft. used to display. Women need worry about this only if in a mixed race.*)
7. The person you successfully worked so hard to overtake just before the finish will enter a different chute and be credited with a better finish time.
8. You Know the honeymoon is over when your spouse no longer comes out to watch you race.
9. Racewalking while gulping water is a skill worth developing.
10. The race may be to the swift, but the random drawing grand prize will go to someone in the back of the pack. (FRW Editor: *I agree with this one. I've gone to numerous races where the highlight for me was the prize drawings.*)

LOOKING BACK

50 Years Ago (From the June 1963 American Race Walker, published by Chris McCarthy in Chicago)—Chris himself won the National 50 Km in Detroit with a 4:44:55, nearly 10 minutes ahead of Ron Laird. Jack Blackburn was a distant third. Heat slowed the competitors as the temperature soared to 87 F during the race... In the US-USSR dual meet in Moscow, Gennadiy Solodov ignored temperatures in the mid-80s to win in 1:33:45 for 20 Km, with Vladimir Sorin in second. Ron Zinn and Ron Laird went through 15 Km in about 1:12, but then faded badly to finish in 1:41:34 and 1:42:24, respectively... Jack Blackburn continued his sprint mastery over Jack Mortland winning the Ohio 1 Mile in 6:55.5. Blackburn also had a 39:13 for 5 miles and 31:11 for 4 miles while Mortland was off honeymooning. (During which time he took third in the National 2 Mile in St. Louis behind Zinn and Laird, but that result apparently wasn't reported to McCarthy in time for his June issue.)

45 Years Ago (From the June 1968 ORW)—Paul Nihill held off the challenge of two Americans to win the British 20 Mile in 2:35:07. Larry Young was second in 2:37:04 and Don DeNoon finished just behind Shaun Lightman in fourth with 2:39:50... DeNoon recorded a fast 3 km two weeks later in capturing the National AAU 2 Mile title in 12:37.9. Ron Laird was second in 12:40.6, Larry Young third in 12:49.4, and Tom Dooley fourth in 12:57.4... In a Philadelphia 30 Km race, Dave Romansky recorded 2:28:46 to easily beat Bob Kitchen (2:33:32).

40 Years Ago (From the June 1973 ORW)—The National 3 Mile title went to John Knifton in 21:35.4, while Jerry Brown won the National 15 Km in 1:12:26. Ron Laird (21:45) and Bill Ranney (21:49) trailed Knifton in the Bakersfield, Cal. heat and Laird was second in the 15 with 1:14:22. That race was conducted at high altitude in Boulder, Col... Randy Mimm won the Junior National 10 Km title in 52:45. Mimm qualified to compete against the Soviet juniors and thus became the first son of an international walker (Bob, 1960 Olympics) to gain international status (for the U.S., that is). And I believe they remain the only father-son U.S. internationals... Ron Laird won the Zinn Memorial 10 Km in Chicago with a 46:23. The women's title went to Jeanne Bocci in 54:29... East Germany won both races in an international match with France and Sweden. Karl-Heinz Stradt Müller doing 1:27:28 and Peter Selzer 4:03:35... West Germany's Bernd Kannenberg topped the Soviet walkers in a dual meet with a 1;27:19 for 20.

35 Years Ago (From the June 1978 ORW)—Augie Hirt moved through 100 km in 10:19:00 to win the National title in Lafayette, Col. Alan Price was second in 10:51:46... There were four races

the National T&F Meet that year. Susan Liers won the Women's 5 Km in 25:46, well clear of Sue Brodock and Chris Shea. Brodock came back to win the 10 in 52:18, with Paula Kash-Mori, fourth at 5, beating Liers 53:01 to 53:29 for second. Joe Berendt won the men's 5 Km in 22:31.6, just ahead of Carl Schueler and Wayne Glusker. Marco Evoniuk was fourth. In the 20, Todd Scully moved well clear over the second half to win in 1:34:46. Larry Walker had 1:35:27, Dan O'Connor 1:35:20, Tom Dooley 1:37:08, and Evoniuk 1:38:38. . .The Mexicans cleaned up in Europe. Raul Gonzalez set a world's record on the track in Norway with 3:52:24 for 50 and Daniel Bautista had 20 Km wins in Norway (1:25:10), Madrid 1:23:38), and Sweden (1:25:54), beating most of the best Europeans in the process. . .England's Derek Harrison broke the world mark for 24 hours, covering 219.5 km.

30 Years Ago (From the June 1983 ORW)—At the outdoor National Championships, Jim Heiring and Susan Liers-Westerfield both won their third straight title. Susan controlled the 10 Km race all the way to win 50:58. Debbi Lawrence was 42 seconds back, with Sam Miller third in 52:20. Surprising newcomer Maryanne Torrellas was just 2 seconds behind Miller at the finish. Heiring was also in full control in the men's 20 (both races were on the track), as he won in 1:26:55. Marco Evoniuk trailed by 50 seconds and Dan O'Connor took third in 1:29:38. Tim Lewis started the final 400 meters 11 seconds back of Todd Scully, but stormed through the final lap to overhaul the veteran (1:30:18 to 1:30:23) for the final spot on the U.S. World Cup team. . .The annual Naumberg, Germany races went to Soviet Nikola Polozov (1:22:37) and Ronald Weigel (3:41:31) of the host East Germans. . .Raul Gonzales walked two 50 Km races in just 3 weeks—3:51:50 in Mexico and 3:51:37 in Czechoslovakia. . .Susan Liers-Westerfield also won the National 5 Km on Long Island in 24:41.6.

25 Years Ago (From the June 1988 ORW)—In Tampa, Florida, Maryanne Torrellas defended her National 10 Km title, winning in 48:25.3. Teresa Vaill pushed her all the way and was just 7 seconds back at the finish Wendy Sharp (50:50.3) and Victoria Herazo followed. In the men's 20, Tim Lewis was never challenged and his 1:29:34 left him 2:40 ahead of second place Ray Sharp. Times were slowed considerably in sweltering conditions. Andy Kaestner beat Marco Evoniuk for third and Curt Clausen was fifth. . .Ray Sharp won the National 5 Km in 20:56.50 with Doug Fournier just 7 seconds back. . .Australia's Kerry Saxby won a women's 20 Km race in Sweden in 1:29:40, a startling time in a race rarely contested by women in those days. . .The Naumberg 20 went to Axel Noack in 1:20:39, one second ahead of Ralf Kowalsky, a pair of East German aces. . .Noack also had a 1:22:27 in Sweden and 1:22:39, behind Ronald Weigel's 1:22:05, in Potsdam. . .Herman Andrade did 3:49:38 for 50 in Mexico City's altitude and Hartwig Gauder had a 3:46:50 in Berlin.

20 Years Ago (From the June 1993 ORW)—Debbi Lawrence and Allen James were winners at the National Outdoor T&F Championships in Eugene, Oregon. Teresa Vaill led Lawrence all but the last 800 meters of the women's 10, but couldn't match Debbi's pace at the finish. Lawrence's strong surge brought her a 45:55 win, 9 second ahead of Vail. Sara Standley was more than 2 minutes back in third, but well clear of Debora Van Orden and Lyn Brubaker. The first 9 broke 50 minutes. James had control of the men's 20 Km throughout. He went through 5 Km in 21:12 and 10 in 43:06, with a 78 second lead on Jonathan Matthews. He slowed considerably the second half, cut still stretched the lead slightly to win in 1:29:09. Mathews was second in 1:30:45 with Doug Fournier (1:31:25) and Herm Nelson (1:31:52) following. The first 10 went under 1:35.

15 Years Ago (From the June 1998 ORW)—Overcoming steamy conditions in New Orleans, Joanne Dow beat favorite and American record holder Michelle Rohl to win the Women's National 10 Km race. Her 47:06.50 was excellent in the conditions and left her 26 seconds ahead of Rohl.

Debbi Lawrence was third in 48:06.50 and Victoria Herazo fourth in 50:04.50. The men's 20 went to Tim Seaman, who upset two-time defending titlist Curt Clausen with a 1:35:07. Clausen was 34 seconds back and just 17 seconds ahead of Jonathan Matthews. Gary Morgan was fourth, Al Heppner fifth, and Michael Rohl sixth, the only others under 1:40, thanks to heat and high humidity. Matthews, only a few days short of his 42nd birthday, and the 38-year-old Morgan showed the toughness of their years in testy conditions. . .Twelve days earlier, Michelle Rohl had shattered the American record with her 43:30.4 for 10 Km in a track race in the cool air of Wisconsin. . .In the European Cup, team titles went to Russia in the Women's 10, Belarus in the Men's 20, and Spain in the Men's 50. Individual winners were Russia's Nadezhda Ryashkina in 43:06, Spain's Francisco Fernandes in 1:20:31, and Poland's Tomasz Lipiec in 3:42:57. Silver medals went to Hungary's Maria Rosza (43:08). . .In the La Corona Grand Prix races in Spain, Ecuador's Jefferson Perez prevailed in 1:19:40, just 2 seconds ahead of Guatemala's Julio Martinez, 5 ahead of Mexico's Joel Sanchez, and 6 ahead of Poland's Robert Korzeniowski. . .Andrei Plotnikov walked a 3:41:14 to win the Russian 50, . .Perez also won in Naumberg, Germany with a 1:19:19, ahead of Mexicans Daniel Garcia (1:19:41) and Bernardo Segura (1:19:46, with Ivan Trotsky, Belarus; Alejandro Popez, Mexico, and Sutor Meleshkevich, Belarus also under 1:20 and Martinez right on it.

10 Years Ago (From the June 2003 ORW)—At the USATF National T&F Championships in Palo Alto Cal., racewalking titles went to Michelle Rohl, Kevin Eastler, Christine Tagliaferri, and Adam Staier. Rohl won her fourth 20 Km tiles in 1:34:31.06, nearly 27 seconds ahead of Joanne Dow. Teresa Vaill was third in 1:36:37. Amber Antonia was just under 1:40. In winning the men's 20, Eastler took more than 2 minutes off his PR, finishing in 1:23:20. Tim Seaman had 1:24:48, John Nunn 1:25:16, and Curt Clausen 1:26:31. Philip Dunn and Ben Shorey also came in under 1:29. Tagliaferri won the Junior. Women's 10 in 55:15.49, 26 seconds ahead of Maria Michta. Staier was an easy winner in the Jr. Men's 10 in 45:43.86, more than 4 minutes ahead of Zach Pollinger. . .In Racewalking Challenge races in Salpain, Helena Nikolayeva, Russia, won the women's 20 in 1:27:25 and Robert Korzeniowski, Poland, the men's 20 in 1:19:56. Ireland's Gillian O'Sullivan and Portugal's Joao Vieira were second. . .In Evansville, Indiana, national 15 Km titles went to Michelle Rohl in 1:10:21 and Curt Clausen in 1:06:22. Jolene Moore and Al Heppner grabbed the silver medals. . .O'Sullivan upset Nikolayeva in a 5 Km race in Krakow, Poland. O'Sullivan's 20:11 missed the World best ever by just 56 seconds and beat Nikolayeva by 5 seconds. Robert Korzeniowski won a 10 Km race at the same meet in 18:47.8, 8 seconds ahead of Ivan Trotskiy, Belarus.

5 Years Ago (From the June 2008 ORW)—Teresa Vaill defended her National 10 Km title in Albany, N.Y. finishing in 47:50, more than 3 minutes ahead of runner-up Solomiya Login. Lauren Forgues was third. Matt Boyles won the men's title with a 45:15 effort. Rich Luettichau was second in 46:59. . .The IAAF Racewalking Challenge in La Coruna, Spain saw a couple of Norwegian victories—Erik Tysse in 1:19:21 and Kjersti Platzer in 1:29:38. In the men's race, Hatem Ghoulia, Tunisia, was a distant second in 1:21:52, just 4 seconds ahead of Portugal's Joao Vieira, who led brother Sergio by just 2 seconds. John Nunn was seventh in 1:26:22. Germany's Sabine Zimmer was second in the women's race, just 2 seconds behind Platzer. . .Right here in Columbus, Miranda Melville and Matthew Forgues won National Junior titles at 10 Km, Melville in 54:04.07 and Forgues in 49:01.41. Forgues beat 14-year-old Tyler Sorensen by just 5 seconds.