

Ohio Race Walker
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OHIO RACEWALKER



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Dublin In the Books; Worlds Up Next

Dublin, Ireland, June 29 (IAAF Report)—There was a comfortable win for Guatemalan favorite Erick Barrondo in the 20 Km at the Dublin Grand Prix of Racewalking—part of the IAAF's Racewalking Challenge and the last event in the series before the IAAF World Championships in Moscow in August. But there were surprises in the other two events in this Irish capital

For the first time in the 19 years of the Grand Prix, there was also a switch in venue with Phoenix Park being rejected in favor of the user-friendly St. Anne's, which the organizers judged was better for attracting spectators. The 2 Km circuit had just the slightest of rises, and the walkers had to tackle a breeze that got up for the two 20 Km races, but when it came to road surface, this was as good as it gets. There was even a suspicion that the organizers had been out with a paver during the night, such was the smoothness of the tarmac

Barrondo made sure the men's 20 Km was over by the halfway point, which he reached in 40:22. That's how long it took for the 2012 Olympic Games silver medalist to shake off an early bunch of seven and motor to the finishing line.

There have been critics of Barrondo's style in the past, which saw him disqualified in the 50 Km at the 2012 Olympic Games and in Rio Maior earlier this year, but here he was fluency itself in a race where the gaps at the end were massive. Spain's Benjamin Sanchez was an isolated figure for second in 1:23:25 and Mexico's Omar Segurra was more than a minute in arrears in third place as he completed the podium in 1:25:00.

In the 50 Km race, Barrondo's compatriot and training partner Jaime Quiyuch, a former Pan American Games bronze medalist with a best of 3:50:33, made use of the quick surface from the start. The Guatemalan cruised through 10 Km in 46:27, with Finland's Aku Partanen towing the British twins Daniel and Dominic King from more than a minute in his wake.

Quiyuch hit 20 Km in 1:32:56 and appeared away and gone. He had a lead of almost 5 minutes over the 22-year-old Finn at 40 Km, but then things started to go badly wrong for the leader, who threw in the towel on the next lap. It was a case of second time lucky for the Partanen, who failed to finish at the European Cup in Dudince last month, as he pushed on to dip under the magical four-hour barrier with 1:10 to spare.

In fact, his metronomic count on each kilometer was uncanny. His slowest kilometer was 4:37 and his fastest 4:35. Dan King finished a distant second in 4:17:15.

Spain's Maria Poves has for many years been languishing in the shade of some of her better-known mates, but, after winning the bronze medal at last year's World Cup, and in the absence of the likes of Maria Vasco, Beatriz Pascual, and Julie Takacs, the 35-year-old seized her chance to shine again.

Guatemala's Maria Ortiz was the favorite off her 1:29:58 for second place in Rio Maior in April. However, she incurred the judges' displeasure at the 15 Km mark where she held a 21-second lead over Poves. Poves strode on to win in 1:29:58, only just over a minute

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slower than her best despite walking into a stiff breeze for part of the course.



Erick Barrondo on his way to Dublin victory. With the rules reading "as seen by the naked eye" there is now an acceptable flight phase in racewalking and I have no trouble with that, thought some "oldtimers" do. But to me, Barrondo is beyond an "acceptable" flight phase in this picture and perhaps is lucky he didn't add to his list of DQ's. Your opinions encouraged.

In second place, Mexico's 20-year-old Yannelli Caballero is starting to fulfill some of her youthful promise as she came home in a personal best of 1:30:58, improving by more than 3 minutes. But then, it was her first 20 not walked at altitude. The results:

Women's 20 Km: 1. Mria Poves, Spain 1:29:58 2. Yanelli Caballero, Mexico 1:30:58 3. Mayra Carolina Herera, Guatemala 1:31:25 4. Regan Lambie, Australia 1:35:33 5. Ligin Xu, China 1:38:18 6. Qui He, China 1:38:19 7. Claudia Balderrama, Bolivia 1:40:59 8. Bethan Davies,

Great Britain 1:41:44 (15 finished 1 DNF, 1 DQ)

Men's 20 Km—1. Erick Barrondo, Guatemala 1:20:25 2. Benjamin Sanchez, Mexico 1:23:25 3. Omar Segura, Mexico 1:25:00 4. Hatem Ghoul, Tunisia 1:25:20 5. Alex Wright, Great Britain 1:25:23 6. Marc Mundell, South Africa 1:27:25 7. Luis Angel Sanchez, Guatemala 1:27:29 8. Angel Rolando Batz, Guatemala 1:31:22 (14 finished, 4 DNF including Eder Sanchez, Mexico; 4 DQ)

50 Km—1. Aku Partanen, Finland 3:58:50 2. Dan King, Great Britain 4:17:15 3. Christer Svensson, Sweden 4:42:08 (5 DNF)

Various U.S. National Championships:

USATF National Club T&F Championships, Randall's Island, New York City, May 29:

Women's 5000 meter Racewalk—1. Maria Michta, Walk USA 22:43.97 2. Katie Michta, Walk USA 28:14.52 3. Maryanne Daniel, Conn. 28:34.55 4. Brittany Collins, Walk USA 28:49.25 5. Cheryl Armstrong, Raleigh Walkers 29:19.08 6. Melissa Endy, Westfield Ar 29:42.01 7. Katharine Newhoff, Walk USA 29:56.37 8. Alexa Kluepfel, Walk USA 31:32.73 **Men's 5000 meters**—1. Richard Luettchau, Shore AC 23:48.34 2. Dave Talcott, Shore AC 25:12.50 3. John Soucheck, Shore AC 27:22.00 4. Bill Vayo, Shore AC 28:13.01 5. Curt Clausen, NYAC 29:15.42 6. Bruce Logan, Park RW 30:55.80 (1 DQ)

National Masters Meet, Olathe, Kansas: 5000 meters, July 11: M75—1. Alan Poisner (78), Kansas 34:02.78 M80—1. Alfred Dubois (81), Wis. 36:17.60 2. Fred Adams (80), Missouri 37:33.02 W55—1. Sandra DeNoon (58), Fla. 32:29.68 2. Eileen McManus, Kansas City 34:09.61 3. Sunday Cavallaro, Kan. 35:44.46 W60—1. Donna Green (60), Ill. 32:43.34 2. Doris McGuire (64), Ill. 36:10.45 W65—1. Panselta (66), N.J. 34:10.88 2. Darleen Backlund (67), Cal. 35:45.76 3. Kathleen Frable (67), Utah 36:51.13 (5 finishers) W70—1. Rita Sinkovec, Col. 37:00.67 2. Sandra Hults (71), Fla. 39:06.76 W75—1. Julie Haller (75), Kan. 46:49.16 **5000 meters, July 12**—M45—1. David Swarts (48), Mich. 23:49.61 M50—1. Mark Young (53), Ill. 33:51.48 (2 DQ) M55—1. David Couts (57), Missouri 24:53.27 2. Jim Scott (55), Ill. 27:44.78 3. Charles Brugh (57), Cal. 27:53.91 4. Jerry Young (55), Ill. 31:44.52 M60—1. Michael Wiggins (64), Iowa 28:24.50 2. Andrew Smith (63), N.C. 29:00.02 3. Michael DeWitt, Wis. 31:16.61 M65—1. Max Walker (66), Ind. 29:54.88 2. Leon Jasionowski (68), Mich. 30:06.04 3. Norman Frable (67), Utah 30:16.48 4. Richard McGuire (65), Ill. 31:49.36 5. Philip Rogosheske (68), Minn. 31:57.34 6. Peter Armstrong (68), N.M. 32:25.05 M70—1. Joel Dubow, Georgia 34:15.70 2. Gary O'Daniels (70), Iowa 34:21.48 3. David Gordon (72), Texas 34:26.86 4. James Carmines, Jr. (70), Penn. 35:29.18 5. John Backlund (73), Cal. 35:30.56 6. Ronald Shields (70), Penn. 35:33.14 (8 finishers, 1 DQ) **10 Km, July 14:** M45—1. David Swarts 46:05.90 M50—1. Zbigniew (51), Mich. 49:04.40 2. Byron Kaelin (53), Tenn. 67:37.10 3. Mark Young 67:40.70 M55—1. David Couts 56:00.90 2. Charles Brugh 57:49.20 3. Jarry Young 63:40.59 M60—1. Michael Wiggins 57:55.40 2. Andrew Smith 58:40.40 3. Michael DeWitt 64:11.90 M65—1. Max Walker 60:34.90 2. Leon Jasionowski 60:35.70 3. Norman Frable 62:02.60 4. Richard McGuire 63:38.00 5. Philip Rogosheske 65:12.10 6. Peter Armstrong, N.M. 66:36.10 M70—1. Gary O'Daniels 69:52.70 2. Joel Dubow 70:31.20 3. James Carmines 71:45.50 4. John Backlund 72:34.60 5. Bernie Finch (73), Wisc 85:41.40 M75—1. Alan Poisner 69:38.50 M80—1. Alfred Dubois 73:04.30 W45—1. Rebecca Garson 63:01.10 W50—1. Lou Kaelin 7:32.60 W55—1. Sandra DeNoon 67:17.20 2. Sunday Cavallaro 71:52.10 W 60—1. Cathy Mayfield, Ind 66:05.20 3. Donna Green 66:45:00 3. Doris McGuire 73:00.40 W65—1. Panseluta Geer 69:03.40 2. Darlene Backlund 73:11.00 3. Kathleen Frable 74:51.80 4. S. Brinkley, Penn. 75:36.50 W70—1. Rita Sinkovec 74:51.90 2. Sandra Hults 80:03.30

USATF National Jr. Olympics, Greensboro, N.C.: July 22: Girls 9-10 1500 meters: 1. Emily Grace, Westfield 9:04.16 2. Lana Bernardez, N.J. 9:27.87 3. Celeste Sanchez, South Texas 9:34.76 (19 finishers, 7 DQ) **Boys 9 10 5000**—1. Christopher Renn, N.J. 9:14.09 (7

finishers, 4 DQ) **Girls 11-12 1500**—1. Taylor Ewert, Miami Valley TC 7:24.86 2. Camile Vicens, Track Houston 7:27.72 (My pick as the outstanding performances of all the races.) 3. Gladys Sanchez, South Texas 8:11.77 4. Rithica Vattori, un. 8:16.86 5. Julian Pena, Cougar TC 8:24.99 (27 finishers, 3 DQ) **Boys 11-12 1500**—1. Evan Castro, N.J. 8:38.95 2. Jaden Davis, Woodlawn 8:52.51 (14 finishers, 2 DQ) **Girls 13-14 3000**—1. Kerra Facer, Temecula Rangers 16:40.71 2. Melissa Endy, Westfield 16:49.77 3. Julisa Juarez, South Texas 17:07.52 4. Alvia Kaspavions, J. 17:16.04 5. Kristen Van Hise, Temecula Rangers 17:24.87 (24 finishers, 1 DQ) **Boys 13-14 3000**—1. Jonathan Aguilar, South Texas 15:40.32 2. Nehemiah Cionelo, Cougar TC 15:57.79 3. Robert Missirian, Sant Cruz TC 16:33.28 4. Michael Belovich, Miami Valley TC 16:45.71 5. Jordan Crawford, E-1 TC 16:48.76 6. Angelo Peters, Elgin Sharks 16:50.33 (12 finishers, 2 DQ) **July 23: Girls 15-16 3000**—1. Caislin Palacio, un. 15:31.81 2. Amberly Melendez, South Texas 15:41.06 3. Anali Cisneros, Elgin Sharks 15:52.32 4. Monika Farmer, Walk USA 16:01.57 5. Katherine Newhoff, Walk USA 15:03.04 6. Emily Belovich, Miami Valley TC 16:14.40 (25 finishers, 1 DNF, 2 DQ) **Women 17-18 3000**—1. Katie Michta, Walk USA 15:23.06 2. Fiona Dunleavy, Rockwall 16:16.89 3. Jennifer Lopez, Elgin Sharks 16:18.23 4. Cassandra Delgado, Elgin 16:26.73 5. Moriah Cionela, Cougar TC 16:41.09 (11 finishers) **Boys 15-16 3000**—1. Andy Vasquez, Cornhuskers 15:07.62 2. Cameron Haught, Miami Valley TC 15:18.36 3. Matias Serna, South Texas 15:51.54 4. Casey Kiefer, N.J. 16:16.57 (10 finishers) **Boys 17-18 3000**—1. Alexander Peters, Elgin Sharks 13:54.72 2. Anthony Peters, Elgin Sharks 14:04.55 3. Geraldo Flores, South Texas 14:45.52 (6 finishers, 1 DQ) (I would estimate that at least 80percent of the DQ's were for bent knees.)

Other Results

5000 meters, Farmingville, N.Y. June 9—1. Spencer Dunn (16), Maine 26:40.0 2. Abb Dunn (19) 27:02.00 3. Monika Farmer (16) 27:16.2 4. Katherine Newball (16) 29:51.1 5. Irene Fletemeyer (18), Maryland 29:59.0 6. Katie Michta (17) 32:53.7 (8 finishers, 1 DQ) **5000 meters, same place**—1. Maria Michta 24:05.5 2. Cheryl Armstrong, N.C. 30:00.3 3. Lina Gruz, Walk USA 30:52.8 4. Alexa Kleupfel (17) 31:26.8 5. Robert Campbell (68) 32:54.8 6. Amy Tontsis (55) 34:16.7 (9 finishers, 1 DQ) **Liberty Games 5000 meters, Valatie, N.Y. July 19**—1. Bill Vayo (49) 28:20.20 2. Don Lawrence (54) 28:20.57 **Women**—1. Kem Bailey (18) 29:40.93 2. Miriam Ramon, Ecuador 30:24.12 **Girl's 3000, same place**—1. Carolina Ramon (15), Ecuador 17:18.29 2. Sagan Leggett (17) 19:11.73 **5 Miles, Wall, N.J., July 6**—1. John Fredericks (65) 53:56 2. Fred Linkhart (60) 54:55 3. Ray Robertson (69) 57:45 **Women**—1. Panseluta Geer (66) 55:07 **5000 meters, Long Branch, N.J., July 8**—1. John Fredericks 32:11 2. Ron Salvio (64) 33:01 3. Fred Linkhart (60) 33:32 4. Tom Quatrocchi (62) 35:17 (7 finishers) **Women**—1. Maria Paul (48) 33:49 2. Panse Geer 34:23 **5000 meters, Long Branch, July 15**—1. John Fredericks 33:37 2. Fred Linkhart 33:37 3. Tom Quatrocchi 35:53 4. Ron Salvio 34:53 5. Elliott Denman (79) 44:31 (7 finishers) **Women**—1. Panse Geer 35:40 2. Jo Bivona (67) 44:48 (A digression. The Long Branch races are held at Takanassee Lake and have been for 50 years! And here is a message from Elliott Denman the father of these races and their director for all those years: "This is the 50th year of racing at Takanassee Lake! Can you believe it??? 50 years??? Wow, time sure does fly when you're having fun. Yes, our first races at "Lake Tak" were held in the summer of 1964 and have been held every summer since. That means that going on to nearly 500 sessions of the "lake Tak" races have been held and thousands and thousands of men, women, boys, and girls have taken part. The races have meant so much. They've produced some really great racing. They've brought lots and lots of folks together and built the friendships that have endured for years. They've given youngsters the confidence they've needed to go on to so many bigger and better things in the sport. They've given the older folks the confidence they could still hold their own with the younger generation. They've led to the creation of the "new" Shore Athletic Club, now one of the nation's busiest and best track

and field clubs. They've led to "spin-off" summer series events on the Lake Tak" model in a number of other towns. And best of all, they've been such a tremendous destination for so many Monday evenings over so many summers!!" Elliott goes on to describe plans for a big celebration at the "Lake Tak" session on July 29. A gala reunion, no less! That will happen too late for this issue of the ORW, but we will hope for a report we can publish in the August issue. And, now, back to more results.)

Ohio Junior Olympics, Cedarville, June 22-23 (highlights): Girls 11-12 1500 meters—1. Taylor Ewert 8:19.99 Girls 15-16 3000 meters—1. Emily Belovich 17:38.28 2. Charlotte Walkey 18:10.37 Boys 15-16 3000—1. Cameron Haught 17:38.56 **1 Mile, Yellow Springs, Ohio, July 3**—1. Taylor Ewert (11) 8:09.4 2. Emily Belovich (16) 8:15.4 3. Charlotte Walkey (15) 8:32.5 **3000 meters, same place**—1. Jacob Gunderkline 14:36.2 2. Tina Peters 16:51.9 3. Sarah Kenney (19) 17:53.09 4. Michael Belovich (14) 18:14.03 5. Niki Worsham (18) 18:53.3 (8 finishers) **Sprint Medley Relay (100-200-200-400)** 1. Miami Valley TC 12:51.3 (E. Graves, V. Peters, T. Peters, J. Gunderkline) (Not to denigrate an interesting effort, but I must note that some speedsters of the past when Indoor 1 Mile races were in vogue, guys like Tim Lewis, Ray Sharp, and Jim Heiring, would have been ahead of this group at 800 meters and then held the pace to a mile. Of course, a camera might have revealed a bit more than what we today deem an acceptable flight phase, but the times were amazing, nonetheless.) 2. RW Swag 3:20.8 (Another digression, I seem to be in a digressive mood. This event puts your editor in mind of the Track & Field event he once thought would be a worthwhile addition to the competitive program—the individual medley, as in swimming. It would consist of a 1 mile walk, a 1 mile run, and a 1 mile steeplechase). I never tried it, but maybe I would have had there been a track available with a water jump and hurdles in place. I did occasionally do a workout alternating mile walks with mile runs for six miles and from that I know that the proper order for my proposed event would be with the walk first. It is much easier to smoothly switch from walking to running than vice versa, at least for me. But, enough digression. Back to results.) **1 Mile, Yellow Springs, July 19**—1. Cameron Haught 7:48.10 2. Emily Belovich 7:58.57 3. Jill Cobb 7:58.85 4. Russell McMahon (55+) 8:19.83 5. Charlotte Walkey 8:28.70 6. Taylor Ewert 8:40.14 7. Michael Belovich 8:54.53 8. Nichole Worsham 9:29.98 9. Julian Willaims 10:34.54 (12 finishers) **3000 meters, same place**—1. Jake Gunderkline 14:51.10 2. Russell McMahon 15:47.33 **Jr. Olympics, Humble, Texas, July 9: (Selected results)** Girls 11-12 1500 meters—1. Camila Vicens 7:49.76 2. Gladys Sanchez 8:11.24 3. Emily Antuna 8:23.18 4. Janessa Campos 8:25.96 (13 finishers) Girls 13-14 3000 meters—1. Julisa Juarez 11:37.15 2. Gisela Flores 18:08.23 3. Itzel Gonzalez 18:31.80 (8 finishers) Girls 15-16 3000 meters—1. Amberly Melendez 16:25.96 2. Kasandra Rodriguez 17:05.39 3. Denisse Aguilar 18:08.11 Girls 17-18 3000—1. Fiona Dunleavy 17:48.60 Boys 13-14 3000—1. Jonathan Aguilar 16:06.58 Bos 15-16 3000—1. Matias Serna 16:23.67 2. Matthes Schmidt 16:40.42 **National Youth Championships, Edwarsville, Ill., June 25 (Selected results).** Boys 13-14 3000 meters—1. Steven Berry, un., Utah 17:29.12 Girls 15-16 3000—1. Emily Belovich, Miami Valley TC 17:31.39 2. Charlotte Walkey, MVTC 18:47.25 Girls 17-18 3000—1. Fiona Dunleavy, Rockwell Mus 16:24.39 2. Irene Fletemeyer, Racewalk Maryland 16:34.95 3. Keara Lenard, KC High Perf. 17:42.92 Boys 15-16—1. Andy Vasquez, Cornhusker Flyers 15:13.92 2. Cameron Haught, MVTC 16:37.73 3. Casey Kiefer, N.J. Striders 17:20.00 Girls 11-12 1500—1. Camila Vicens, Track Houston 7:35.39 2. Taylor Ewert, MVTC 7:57.56 3. Morgan Taylor, S. Cal Roadrunners 8:49.08 **Masters West Regional, Pasadena, June 15-16:** Men 45 5000—1. Art Morrow 32:41.25 Men 55, 5000—1. Charles Tucker Brugh 27:55.41 Men 65 5000—1. Richard Campbell 30:14.91 Men 70 5000—1. Wayne Wurzbarger 33:41.42 Men 75 5000—1. Carl Acosta 35:25.69

Canadian 10 Km Moncton, June 22—1. Inaki Gomez 40:01 2. Evan Dunfee 40:19 3. Ben Thorne 41:07 4. Creighton Connolly 42:02 5. Marek Adamowicz 46:02 6. Bruno Carriere 47:37

Women—1. Katelyn Ramage 54:36 2. Lauren Van Leeuwen 57:07 3. Chelsea Rodrigues 57:27

10,000 meters, Colombia, June 27—1. Lorena Arenas 46:38.34 2. Arabelly Sanchez 47:07.28
Men—1. Jorge Pineda 40:30.60 2. Jhon Castenada 40:30.6 **South American 20,000 meter Championships, Cartagena, Col., July 6**—1. Caio Bonfim, Brazil 1:24:48 2. Eider Arevato, Col. 1:27:59.42 3. Andres Chocho, Ecuador 1:26:20.18 4. Stiven Diaz, Col. 1:27:59.42 5. Manuel Cano, Argentina 1:30:16.98 6. Pedro Saquipay, Ecuador 1:30:29.23 7. Rey Quispe, Bolivia 1:30:56.73 (1 DQ) **Women**—1. Lorena Arenas, Col. 1:37:46.17 2. Arabelly Sanchez, Col. 1:38:59.78 3. Wendy Cornejo, Bolivia 1:42:32.15 (6 finishers, 2 DQ)

Polish 20 Km Championships, Torun July 20—1. Artur Brzozowski 1:22:16 2. Lukasz Nowak 1:22:42 3. Dawid Tomala 1:23:18 4. Rafal Augustyn 1:23:31 5. Grzegorz Sudol 1:23:59 6. Rafal Skkora 1:24:19 7. Rafal Fedaczynski 1:25:33 8. Damian Blocki 1:27:05 9. Adrian Blocki 1:28:13 10. Michal Stasiewicz 1:29:24 11. Lukasz Augustyn 1:29:54 (16 finishers, 4 DNF including Jakub Jelonek) **Women**—1. Agnieszka Dygacz 1:30:58 2. Katarzyna Kwoka 1:33:03 3. Paulina Buziak 1:33:39 4. Agnieszka Szarnog 1:35:37 5. Katarzyna Golba 1:35:43 (9 finishers) **10 Km, Jutbourg, Germany, June 23**—1. Christopher Linke 39:13.38 2. Hagen Pohle 39:54.33 3. Christopher Cloger 39:54.34 4. Nils Brembach 40:20.64 5. Marcel Lemberg 40:38.86 **Russian Championships, June 9**: **Women's 20 Km**—1. Lina Bikulova 1:28:42 2. Svetlana Vasilyeva 1:28:36 3. Natalya Kholodililina 1:30:32 **Men's 20 Km**—1. Andrey Ruzavin 1:19:08 2. Petr Bogatyrev 1:19:38 3. Petr Trofimov 1:23:30 **50 Km**—1. Yuriy Andronov 3:43:54 2. Alexander Yurgunkin 3:49:47 3. Mikhail Puzakov 3:53:40 Jr. **Women's 10 Km**—1. Oksana Galyatkina 44:50 2. Tatiana Akulinushkina 45:40.3 Jr. **Men's 10 Km**—1. Viktor Sokolov 41:11.2 2. Alexei Sorachenkov 41:12.8 3. Damir Baibikov 41:12.8 **5000 meters, Reims, France, June 28**—1. Kevin Campion 18:44.79 2. Bertrand Moulinet 18:57.23 3. Hedi Teraoui 18:59.51 4. Petr Trofimov, Russia 19:14.05 5. Yohann Diniz 19:24.07 6. Antonin Boyez 19:30.01 7. Jacob Jelenoek, Poland 20:16.21 **Mediterranean 20 Km, Mersin, Turkey, June 27**—1. Elenora Giorgi, Italy 1:39:13 2. Raquel Gonzalez, Spain 1:41:38 **World University Games 20 Km, Kazan, Russia, July 9**—1. Andrey Krivov, Russia 1:20:47 2. Ruslan Dmytrenko, Ukraine 1:20:54 3. Denis Strekkov, Russia 1:21:32 4. Andrey Ruzavin, Russia 1:22:12 5. Inaki Gomez, Canada 1:22:29 6. Igor Glavan, Ukraine 1:22:32 7. Isaac Palma, Mexico 1:24:14 8. Ivan Losev, Ukraine 1:24:13 9. Eiki Takamashi, Japan 1:25:19 10. Nazar Kovalenko, Ukraine 1:25:12 11. Anatole Ibanez, Sweden 1:25:39 12. Maruicio Arteaga, Ecuador 1:25:59. . .16. Ben Thorne, Canada 1:26:59. . .21. Evan Dunfee, Canada 1:31:07 (25 finishers, 3 DQ) **Women**—1. Anisya Kirdyapkina, Russia 1:29:30 2. Irina Ymanova, Russia 1:30:41 3. Lina Bikulova, Russia 1:32:30 4. Hanna Drabenia 1:33:15 5. Mingxia Yung, China 1:33:22 6. Laura Reynolds, Ireland 1:33:36 7. Paola Perez, Ecuador 1:33:40 8. Auman Kazhakhmetova, Kazakhstan 1:36:37 9. Lucie Pelantova, Czech Rep. 1:37:03 10. Maria Czakova, Slovakia 1:37:20 (17 finishers, 2 DQ) **3000 meters, Cork, Ireland, July 2**—1. Robert Heffernan 11:11.94 2. Wayne Snyman 11:34.60 3. Brendan Boyce 11:36.98 4. Colin Griffin 11:51.39 **World Youth Games, Donetsk, Ukraine, July 10-14**: **Men's 10 Km**—1. Toshikazu Yamanishi, Japan 41:53.80 2. Maksim Krasnov, Russia 42:03.10 3. Diego Garcia, Spain 42:03.32 4. Yuga Yamashita, Japan 42:07.94 5. Nathan Brill, Australia 42:54.70 6. Zaharias Tsamoudakis, Greece 54:14.15 7. Gregorio Angelina, Italy 45:26.66 8. Bence Vanyoresan, Hungary 46:08.48 **Women's 10 Km**—1. Olga Skovgina, Russia 22:13.90 2. Momako Mizota, Japan 2:43.72 3. Noemi Stella, Italy 22:48.95 4. Wanil Zhao, China 22:58:56 5. Khariya Alfanosyova, Russia 23:33.36 6. Xianghua Xiao, China 23:44.23 **European Junior Championships, Rieti, Italy, July 20**: **Men's 10 Km**—1. Pavel Parchin, Russia 41:01.55 2. Vito Minei, Italy 41:08.76 3. Alvaro Martin, Spain 41:13.95 4. Nikolay Markov, Russia 41:50.18 5. Marc Tur, Spain 41:51.24 6. Francisco Fortunato, Italy 42:23.99 7. Jamie Higgins, Great Britain

42:25.06 8. Artsion Turkou, Belarus 42:28.29 (9 finishers, 2 DQ) **Women**—1. Anezka Drahotova, Czech Rep. 44:15.87 2. Oxana Golyatkina, Russia 44:21.03 3. Elisha Krahatovala, Czech Rep. 44:45.27 4. Nadezhda Leontyeva, Russia 45:23.95 5. Laura Garcia-Caro, Spain 47:17.74 6. Anna Clemente, Italy 47:51.13 (19 finishers, 2 DQ) **10,000 meters, Paris, July 13**—1. Kevin Campion 38:37.02 2. Yohann Diniz 39:27.63 3. Hedi Teraoui 39:37.96 4. Bertrand Moulinet 39:50.03 5. Cedric Houssaye 40:50.26 (18 finishers) **European Under 23 20 Km, Tampere, Finland, July 10**—1. Pyotr Bogatyrev, Russia 1:21:31 2. Aleksandr Ivanov, Russia 1:21:34 3. Hagen Pohle, Germany 1:25:04 4. Massimo Stano, Italy 1:25:25 5. Olaksandr Verbytsky, Ukraine 1:26:01 6. Ihor Lyarschenko, Ukraine 1:26:43 7. Lukas Gdula, Czech Rep. 1:27:10 8. Ivan Pajuela, Spain 1:28:06 (19 finishers, 2 DNF, 3 DQ) **Women**—1. Svetlana Vasilyeva, Russia 1:30:07 2. Lyudmyla Olyanovska, Ukraine 1:30:37 3. Antonella Palmisano, Italy 1:30:59 4. Natalya Serezhkina, Russia 1:31:50 5. Nina Ochotnikova, Russia 1:33:20 6. Darya Balkunets, Belarus 1:34:52 7. Federica Corazzi, Italy 1:37:34 8. Irina Pastorino, France 1:38:04 (19 finishers, 4 DQ) **Women's 5000 meters, Valmeira, Latvia, July 20**—1. Agnese Pastare 21:03.13 2. Anita Kazemaka 22:37.08

Pick A Place And Have A Race

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. Sept. 8	10 Km, New Albany, Ohio (L)
Sun. Sept. 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

National 20 Km. Some corrections and additions to my report on the National 20,000 in the June issue, thanks to Ron Daniel. Patrick Stroupe took the lead from the start and had about a 300 meter lead on Tim Seaman past the halfway point. Stroupe began his 'collapse' after 15 km.. Tim caught him with about 600 meters remaining and then John Nunn also caught Patrick with about 150 meters to go. In the results, I reported Michael Nemeth as a DNF, but he was actually disqualified. Likewise, in the Junior Women's 10,000, McKayla Roberts was a DQ, not a DNF, and Kayla Ovoklaitys, who was listed seventh with a finishing time, was actually a DQ. Back to the men's 20,000, I had reported that only Seaman had a "B" standard. Actually, Patrick Stroupe also had a "B" standard from the Pan-Am Cup Trials earlier this year and was eligible to go to the World Championships if Tim decided not to. However, Tim has since decided that he will go. . **Salvage-Seaman Clinics.** Marty and I had the distinct privilege of hosting Jeff Salvage and Tim Seaman for two nights last weekend as they conducted one of their racewalking clinics here in Columbus. In this case, since the registration numbers were so high (over 30 participants) they added Ohio's own "Italian Stallion", Mike Mannozi, to their team. While I didn't sit in on all of the sessions, I was there for enough of them that I can highly recommend their presentation. Very professional and knowledgeable with excellent visuals, including video analysis of each participant. Upcoming clinics are in Springfield, Illinois September 28-29 and San Jose, California November 16-17. Visit www.racewalkclinic.com for details. Jeff also has a two-page article in the latest issue of *Ultra Running* magazine in which he introduces racewalking to ultra-marathon runners as a way to improve their racing times. According to Jeff, few ultra-marathoners going 100 miles or more do so without any walking. The article explains how racewalking can help them on their breaks from running and goes through the basics of technique. . **Capella.** In the May issue, I had a brief article on a Canadian racewalker from my era, Felix Capella, whose name had come up in a conversation with another guest at a B&B in Stratford, Ontario. Shaul Ladany also remembers Felix, and writes:

"I raced with Felix several times and even trained with him. In the years 1965-69, while studying in New York, I participated in several Canadian races (at least one of them I drove there with John Kelly) and managed to add to my collection two Canadian National Championship Silver medals, and one Bronze medal. I believe, all in 50 Km events. Felix was always a very friendly and sympathetic person, even during the competitions. When I got to Mexico City for the 1968 Olympics, as a matter of rule I trained with John Kelly. However, at least once or twice a week (all of us stayed there several weeks before our events to acclimatize to the high altitude) we trained with the Canadian walkers, and sometimes even some of the U.S. walkers joined us, training on a long mountain road quite far from the Olympic Village. As I remember, Felix was there too, and he was friendly as in the past. . **Sadlej.** In the March issue, I had a result of a 3000 meter race in An Arbor won by Zbigniew Sadlej. I noted that he was a Polish national champion who had won the Alongi Memorial race in 1990 with 1:23:40 and wondered if he was now living in Michigan or just visiting. In a postcard, which I just uncovered from a stack of stuff, Dan O'Brien told me that "Zibby" has lived here for 20 years and has been a U.S. citizen for several years. You will see him in this month's results as a winner in the age 50 group at the National Masters 10 Km. . **National 20,000.** Ron Daniel sent me a few additions and corrections to my report on the National 20,000 meter Championships in the June issue. Patrick Stroupe took the lead in the men's race from the gun and lead about 300 meters at the halfway point. Patrick began his 'collapse' after 15,000. Tim Seaman caught him with about 600 meters remaining and John Nunn passed Patrick about 150 meters from the finish. In the results, Michael Nemeth was reported as a DNF, but was actually disqualified. I also reported that Tim Seaman had the only "B" qualifier and if he decided not to go to the World Championships (he was debating about that after the race) we would not be represented. Ron reminded that Stroupe had a qualifier from the Pan Am Cup Trials earlier this year. In the meantime, Tim has decided that he will go. In the Junior Women's 10,000, McKayla Roberts was listed as DNF, but was actually disqualified and Kayla Ovokaitys, who was given a finishing time in seventh, was also disqualified. . **The Mimms.** Here is a verbatim repeat from the Looking Back feature in the July 2008 issue; verbatim because it applies exactly again: "In last month's Looking Back feature we noted that 36 years ago Randy Mimm qualified for a junior national team to compete against the Soviets, making he and father Bob the first U.S. father-son internationals in racewalking. However, when typing that, what I forgot was that a year later another son, Cliff, also qualified to compete against the Soviets, so it became a father-son-son trio of internationals, which is even better. Thanks to father Bob for reminding me. Bob notes that Randy got a little better deal than Cliff. Randy got a trip to Russia, Ukraine, and Germany. When Cliff qualified, the Soviets were coming here and he got a trip to Virginia. We also might note that in 1982, Randy was also on a U.S. team that competed in a meet with Sweden, West Germany, and Great Britain." So, of course, we repeated the same oversight in last month's issue and Bob once again brought it to our attention, probably not remembering that he had done the same thing five years ago. I told Bob that, if the ORW is still around in five years, the odds are very great that the same mistake will be repeated again. (Bob, incidentally, for those who don't know, was on the 1960 U.S. Olympic team at 20 Km.). . **John Stowers.** John Stowers died in Houston at age 84. John was equally famous in ultra-running and racewalking circles and garnered several masters national championships from the 1970s to the 1990's while a resident of Houston. His personal best of 5:09 in the 50 Km came in 1989 at age 60 and remained the age 60-64 national record until 2010.

Racewalking Fun! Alex and Maria Discover Racewalking

(A review by U.S. International racewalker Jonathan Mathews)

The 20 people in the racewalking clinic that I led this morning found this recently published USATF-funded book an important resource that helped them become enthusiastic beginning racewalkers. Though the book is crafted for elementary-school-aged children, its creators have loaded it with resources that beginning racewalkers of any age would certainly find useful and motivating, as did the participants in my clinic, who were between 15 and 70.

The book begins with 15 pages of Alex and Maria's story, as they move from being unenthusiastic about this new sport to discovering that they really enjoy it. Watercolor and ink illustrations by Vern Mauk bring much charm to this story that will appeal to elementary-school-aged readers. This story is followed by 5 pages of racewalking drills illustrated with small color photographs. These drills are followed by 22 full-page color photographs clearly illustrating all phases of the racewalking stride, with captions pointing out the important features. Then comes 11 ages about designing training programs for young racewalkers.

Participants in my clinic this morning included one of the top 9th-grade distance runners in the country (9:38 3200 meters at 1 mile altitude) and the mid-30s owner of my town's running store. All participants got turned-on to racewalking and they all wanted to buy a copy of the book--which I was not free to give or sell to them.

Thanks go to USATF for funding this edition of the book, to Dr. Tom Eastler for writing it, to Vern Mauk for the drawings, to Jeff Salvage and Diane Graham-Henry for the photographs, to Tim Seaman for editorial contributions, and to A.C. Jaime for being the project director.

Further endorsement of the book from Tom Eastler:

Jonathan Matthews said what I wanted to say about our youth development book much better than I could. Although in year three of a 10-year grant from USATF, A.C. Jaime and his advisors are making great progress in touching the lives of teachers, student athletes, coaches, and others throughout the 15 USATF Youth Regions in the U.S. A.C. and his South Texas Walking Club have already introduced some 25,000 third and fourth graders in South Texas to racewalking through use of our earlier edition of the book (which can be viewed at racewalk.com as a flash animation).

The new Second Edition, which was printed in 16,000 copies can be found as a pdf at www.narionline.org.

The new President of the University of Maine at Farmington introduced the new version to the 25 faculty authors of books in 2012 and their friends and relatives, unbeknownst to me, with a statement very much like that seen in Jonathan's review. She said that at first glance, the book was clearly meant to be used with elementary school age children, but after reading the entire book, she knew that it was a remarkable vehicle for introducing racewalk techniques to all ages in a very digestible form. If that was not enough, she slipped off her shoes, tied on a pair of track shoes, and proceeded to racewalk with excellent technique around the stage and then demonstrated the "rock the baby" warm-up drill.

50 Km Coaching Program

In another attempt to boost the development of racewalkers in this country, John Knifton has established and generously funded an initiative, which he describes below.

The new "50 Km Coaching Program" is an initiative to fund the development of our younger, promising, USA racewalkers so that we will have international-standard 50 Km

competitors representing us at the 2016 Olympics in Brazil. It will be funded at \$10,000 per year for the next three years with the monies channeled through the non-profit North American Racewalk Institute (NARI). Tim Seaman has graciously consented to spearhead this program—he will be the head coach who will select the athletes participating in this program and he will be coaching these young men so that they can reach their full potential. I have been very impressed by how well Tim relates to our young and upcoming racewalkers, as well as with his success in training and coaching our new generation of men and women 20 Km walkers. The development of new 50 Km talent is undoubtedly a huge challenge. My opinion is that only those who have successfully racewalked at 4:10 or better can fully understand all the contributing factors that go into reaching that level of performance—and once again, Tim is in a unique position to bring his expertise and first-hand knowledge to achieving that goal for our younger athletes. I'm very hopeful that once again the USA 50 Km team can be competitive in 2016. Who knows, maybe we have another Larry Young or Curt Clausen out there waiting to be discovered.

Finally, I would like to acknowledge the invaluable help of Ron Daniel (my old NYAC teammate and now racewalking's National Chairman, Tom Eastler, A.C. Jaime, and others in setting up this initiative. Let's all wish Tim every success and look forward to great performances in 2016! John will welcome any suggestions or ideas how to make this program a success. His e-mail address is: johnknifton@earthlink.net.

An Analysis of Pacing Profiles of World Class Racewalkers

(Following is the abstract of a paper by Brian Hanley of Leeds University published in the *International Journal of Sports Physiology and Performance*, June, pp.: 435-441))

Purpose: The aim of the study was to describe the pacing profiles used by racewalkers competing in the IAAF World Championships.

Methods: The times for each 5 km segment were obtained for 225 men competing over 20 Km 214 women competing over 20 Km, and 232 men competing over 50 Km, of whom 49 did not finish. Athletes were grouped based on finishing position (for medalists) or finishing time.

Results: Different pacing profiles were used by athletes grouped by finishing time, with 20 Km medalists using negative pacing and those finishing within 5 percent of the winning time matching the medalists' early pace but failing to maintain it. Lower-placed 20 Km athletes tended to start more quickly relative to personal best pace and experienced significant decreases in pace later. Across all competitions, the fastest finishers started the slowest relative to previous best performance. All 50 Km athletes slowed towards the finish but lower-laced finishers tended to decrease pace earlier (with up to 60 percent of the race remaining) After halfway in the 50 Km, 8 of the 15 athletes who had a 5 Km split more than 15 percent slower than the previous split dropped out.

Conclusions: The negative pacing profile used by 20 Km medalists required the ability to start fast and maintain his pace and similarly paced training may be beneficial in race preparation. Over 50 Km the tactic of starting slower than personal best pace was generally less risky, nonetheless, any chosen pacing strategy should be based on individual strengths..

The Greatest World Cup Races Ever

Leading up to the 2012 World Cup of Racewalking, Paul Warburton, IAAF correspondent, selected what he felt were the ten greatest World Cup races of all time. The World Cup, which brings nations together in a team as well as individual competition every other year, began at Lugano, Switzerland in 1961. Paul's criteria in selecting the 10 greatest included excitement, races that stick in the mind for different reasons, and class walking acts at

work. We present them in reverse order, beginning with No 10 and will save the top five for next month.

No. 10. Women's 20 Km, Mezidon-Canon, 1999

It would be remiss not to mention at least one win by China--but which one? There are plenty to go around after the nation came to walking prominence in the early 1980s. If the tiny little French village of Mezidon never sees another major sporting attraction, it will remember the patient dogged determination of Hongyu Liu.

Pacing a race is as much to be admired as anything else. And the Chinese waited while a series of early leaders, and there were various after two early Russians got reeled in, burnt themselves out, with Liu making a break when it mattered and winning in a fast time (1:27:32) on a hot Saturday by seven seconds over Russia's Natalya Fedoskina.

No. 9. Men's 20 Km, Milton Keynes, 1977

British walkers staged a series of fund raisers for the 5000 pounds needed for the event in the town of the future as Milton Keynes was dubbed. It was somewhat appropriate, therefore, that, after more than a decade of Eastern dominance, there were new kids on the block. Strangely, for Mexico, it had been a while coming.

After a breakthrough Olympic silver in 1968, it took another eight years before Daniel Bautista provided the gold in Montreal 1976. He was back for this one, and the spectators swear it was one of the few occasions they saw a walker 'lifting' (losing contact) going up a slope!

Such was his and Domingo Colin's strength, the two left the rest behind and although there was a comfortable win for Bautista (1:24:03), his amigo had a desperate last 50 meters when he just held off the fast-finishing Karl-Heinz Stadtmüller to remind everyone the GDR had a way to go before they could be totally forgotten.

No. 8. Men's 20 Km, Eschborn 1970

Even if there are massive questions over the old East German regime--there was no doubt about the quality of this race. It featured three of the best walkers from the '60s and '70s and two Olympic champions. But the winner was a man on the first of two Lugano wins as it was known then.

Hans-Georg Reimann never achieved the lasting fame of Vladimir Goubnichiy and Peter Frenkel, but the GDR champion knew how to sprint in 1970. There was never a vest-width between the three for the first 16 km. But the man wearing number one then lit the afterburners to get the better of adversaries and put seven seconds between he and the great Russian, with Frenkel a further 11 seconds back. Reimann finished in 1:24:54.6.

No. 7. Men's 20 Km Isle of Man, 1985

World Walking Cups tend to be on flat courses--but no one told the good folks at St. John's on the Isle of Man. The isle that sits halfway between northern England and Northern Ireland produced a hill on a 2 km circuit that only Montjuïc in the 1992 Barcelona Olympics came close to replicating.

It also appeared towards the end of each lap, so that when three of the finest to ever heel and toe went for it at the end, it looked as if they were going down rather than up--such was the acceleration. But that's what you get with the best.

And it was no surprise when Czech Republic's Jozef Pribilinec crossed the line in 1:21:41--an excellent time for a brute of a course. However, his joy would have to wait. A third DQ card already had his name on it--and the man who finished second by a second, went top of the podium. Mind you, Spain's Jose Marin was in turn just one second ahead of Italy's

Maurizio Damilano in one of the closest finishes in Cup history.

All three ended up with other major honors to boast. Marin had already won the 1982 European Championships, and Damilano, 1980 Olympic gold. Pribilinec would have to wait another three years before his Olympic gold in Seoul.

No. 6. Junior Women's 10 Km, Chihuahua, 2010

The beauty of all sport is the unexpected--and the outsider's win is about as good as it gets in whetting our appetite for more. Russia dominated the junior women's 10 Km like no one else leading into the race at Chihuahua in 2010.

Seven of the previous nine medals had gone their way--the other two went to China. And in Cheboksary in 2008, the race was over after 50 meters. That's how long it took for clear daylight to appear between Russia's chosen three and the rest.

So there were short odds on anyone upsetting the Eastern appletart in Mexico. But the metaphorical fruit was scattered to the four winds after 8 km on a tough, hot day that did nothing for European skin unless it belonged to Antonella Palmisano. The 18-year-old Italian's personal best leading into the race was more than four minutes behind the leading Russian pair. But that counted for little leading into the last lap of five when Palmisano rescued a poor weekend for Italy to defy odds and conditions and win by five seconds from Chin's Qin He in 47:52. The time was no great shakes, but in championship events, it's all about crossing the line first.

Paul's top 5 next month.

LOOKING BACK

45 Years Ago (From the July 1968 ORW)--Ron Laird captured the National 20 Km title in 1:33:00 with Larry Young, Don DeNoon, and Tom Dooley taking the next three spots. Dooley, in fourth, was only 39 seconds behind Laird in a tight finish. The first ten qualified for the Final Olympic Trials to be held at altitude in September, with the Olympics scheduled for October in Mexico City (at 7000 feet). . . The National 50 wasn't so close as Young won easily in 4:12:12 (the course was found to be about a half-mile short). There were eight under 4:30, with Goetz Klopfer, Bob Bowman, and Dave Romansky following Larry. Again, ten qualified for the final trials. . . Young covered 7 miles 1386 yards to claim the National 1 Hour in Montana with Martin Rudow in second.

40 Years Ago (From the July 1973 ORW)--The National 35 Km was contested in Taunton, Mass., and John Knifton came away with the title in 2:05:50, nearly 2 minutes ahead of Ron Laird. Gary Westerfield was a distant third. Knifton was slowed by a dog attack during training two weeks earlier that had resulted in 28 stitches and five days in the hospital (or just "in hospital", as John, a transplanted Brit, would say.) To add to his woes, John had his left his gear at home and had to walk in a borrowed "kit" (again, as the Brits would say), including a half-size-too-large pair of bowling shoes. (Which, incidentally, were popular among U.S. racewalkers when I first came into the sport in the late '50s.) . . Sue Brodock won the National 5 Km title, the first time the women had competed at this distance at the National Meet (previously 1 Mile). Her 27:40 led Ellen Minkow and Ester Marquez. . . On the local scene, your then 38-year-old editor blasted a 31:56 for 4 miles, only a bit more than 2 minutes slower than what he might have done in the 'glory' years, and immediately announced that he was about to start challenging those near the "bottom of the top." A hollow challenge, as it turned out. . . Jim Heiring won the mile in the Wisconsin Junior Olympics in 7:59.4 and he eventually turned out to be a much more serious challenger to those at the "top of the top". . . Jerry Brown

and Bill Ranney competed in Europe with the U.S. track team, and, despite some good times (walking, that is, not boisterous revelry, which, if it happened, went unreported), didn't come off too well competitively. In Germany, Jerry had 44:56 and Bill 45:36 for 10 Km, but Bernd Kannenberg did 43:48 and Gerhard Weidner was second. In Italy, they had 45:36 and 46:06, respectively, but Vittori Visini and Zambaldo were well ahead. In Minsk, they gave the Soviets a good battle, but were still third and fourth. Yevgeniy Ivchenko won in 1:35:14, as Bill beat Jerry, 1:36:37 to 1:37:41.

35 Years Ago (From the July 1978 ORW)—Todd Scully led from the gun to win the National 10 Km in Niagara Falls in 46:16. Ron Daniel was 32 seconds behind and Peter Doyle and Martin Kraft followed. . . The Junior 10 Km went to Ray Sharp in 50:55 with Mike Morris second. . . Scully took second in the US-USSR dual when Vinechenko was DQ'd after finishing in 1:31:16. Polozov won in 1:30:40 with Todd doing 1:32:13 and Larry Walker 1:34:15. . . In two Junior duals against the Soviets Sharp did 48:40 and 47:20, but finished third both times. Morris had 48:43 in the second dual. . . Mexico's Raul Gonzales zipped a 3:41:20 for 50 Km in the Prague-to-Podebrady race. . . Paul Hendricks became the first American to compete in the Paris-to-Strasbourg race and covered 214 Km in 31 ½ hours before dropping out. Josey Simon of Luxembourg won the race in 66:10:47 for 500 plus Km.

30 Years Ago (From the July 1983 ORW)—Italy's Maruizio Damilana won an international 20 Km in Los Angeles in 1:25:53. Marco Evoniuk captured fourth in 1:27:07, behind the GDR duo of Hartwig Gauder and Ronald Weigle. Dan O'Connor (1:27:49) was sixth and Jim Heiring (1:28:12) seventh. . . A month later, Heiring bettered the National Record for 10 Km with a 41:07.91 on the track in Stockholm, finishing behind Sweden's Bo Gustavsson and Finland's Reina Salonen. . . Todd Scully won the National 10 Km at Niagara Falls again, this time doing 44:50, but finished behind Canadian guest Marcel Jobin. Steve Pecinovsky was just 22 seconds behind Scully and only 1 second ahead of Tom Edwards. . . Heiring won the National 5 Km in Racine, Wis., with 20:33.3, better than 1 minute ahead of Mike Morris. . . At the National Sports Festival, Scully won a very hot (i.e. high temperature) 20 Km in 1:39:14 and Randy Mimm walked away with the 50 in a very impressive 4:20:20. . . James Mann won the Junior National 10 Km in 47:24.

25 Years Ago (From the July 1988 ORW)—Conditions for the 20 Km Olympic Trials in Indianapolis were very steamy. At the 9 am start, the temperature had already risen to 90 F and humidity was high. Gary Morgan took command of the race after 5 Km and walked unchallenged (other than atmospheric conditions) the rest of the way to win in 1:34:12. Tim Lewis caught Paul Schwartzburg in the final 200 meters to take second in 1:36:32. Carl Schueler also caught Schwartzburg, but was already on the team at 50. He paused before the finish to give the third place to Paul. Unfortunately, it turned out Paul had gotten a third red card just before entering the stadium, so Jim Heiring (1:37:09 in fourth) moved onto his third Olympic team. In the conditions, Morgan was 6:41 off his qualifying time, but that was closer than anyone else in the race. . . There was also a women's 10 Km at the Trials, but it was essentially an exhibition race since the race wasn't added to the Olympic agenda until 1992. The race was postponed from 4:55 pm to 9:45 to get the heat-humidity index down to an acceptable level. Debbi Lawrence walked masterfully in the steamy conditions to win by more than a minute in 47:52. Teresa Vaill was second in 48:57 and Sarah Standley third in 50:05. . . In the National 10 Km at Niagara Falls, Dave McGovern won in 44:04, a minute ahead of Mel McGinnis. Curt Clausen was third in 45:41. . . Junior National titles went to John Marter (47:43) and Deirdre Collier (25:30).

20 Years Ago (From the July 1993 ORW)—The National 10 Km at Niagara Falls saw Canadian

dominance as Tim Berrett won in 42:19 and Arutro Huerta took third in 43:25 and Janice McCaffrey and Alison Baker were one-two in the women's race. Andrzej Chylinski (42:21) and Gary Morgan (43:57) led the U.S. walkers in the men's race. In the women's race, Michelle Rohl (50:01) and Lynn Brubaker (51:04) were third and fourth. . . Wil Van Axen (47:14) and Lisa Chumbley (25:01) won Junior National titles in Spokane. . . In the Pan-American Junior meet, Ecuador's Jefferson Perez flashed the brilliance that led to Olympic gold in Atlanta three years later with a 39:50.73 win. Van Axen was second in 44:26. . . Australia's Nick A'hem did 1:20:13 for 20 Km on the track in Bergen, Norway..

15 Years Ago (From the July 1998 ORW)—Yet again, it was Canada's day in Niagara Falls at the 10 Km Championships as Huerta (40:48) and Joan Bender (48:31) led the fields. Tim Seaman (46:59) and Cheryl Rellinger (49:58) led the U.S. walkers. . . Goodwill Games titles went to Russians—Ilya Markov in 1:23:29.7 and Yelena Nikolayeva (43:51.97). In the men's race, Mexico's Daniel Garcia (1:25:52) and Ecuador's Jefferson Perez (1:29:19) followed. Gary Morgan was the first U.S. walker, finishing fifth in 1:36:48. Nadezha Ryashkina (44:26) and Joanne Dow (45:37) were second and third in the women's race. . . National Junior titles went to Lisa Kutzing (24:42.97) and Christopher Brooks (48:43.17).

10 Years Ago (From the July 2003 ORW)—Michelle Rohl covered 12,504 meters to win the National 1 Hour in California, Pa., with Teresa Vaill 260 meters behind in second. Bobbi Jo Chapman was third with 11,870 meters. In the men's 2 Hour, Curt Clausen was an easy winner, covering 26,425 meters with Al Happner second at 25,749 meters. . . Canada's Paul Luc Menard (47:35) beat Pollinger (48:20) to win the U.S.-Canada Junior meet at 10 K. In the women's race, Maria Michta (54:51) beat Canada's Jennifer Reekie (54:59). Canads won the men's meet by one point and the U.S. team won the women's meet. . . Russia's Vera Sokolava won the 5 Km in the World Youth Championships in 22:50.23. Maria Michta was tenth (24:53). The men's 20 Km went to Russia's Aleksandr Prokhorov in 42:16.16. Zach Pollinger was eleventh in 46:09.

5 Years Ago (From the July 2008 ORW)—Kevin Eastler and Joanne Dow joined Phillip Dunn on the U.S. Olympic team, winning Trials races at 20 Km. Eastler, who already had an "A" qualifier won in, 1:27:07 with Matt Boyles second in 1:28:19.1 and Patrick Stroupe third in 1:29:17. John Nunn, seeking his second Olympic berth, took the early lead, but faded to fourth at the finish in 1:30:34.9. In the women's race, two 40 plus women battled for the win, and, as it turned out, the sole Olympic berth, since neither had the "A" standard of 1:33:30. Dow made her first Olympic team at age 44, winning in 1:35:10. Vaill, who, after a long, long career of numerous World Cup and World Championship teams, had made her first Olympic team in 2004, also at age 44, wasn't quite up to another at age 48, finishing second in 1:36:34. Phillip Dunn had made his third Olympic team earlier in the year, winning the 50 Km Trial. . . World Junior titles went to Russians—Tatyana Mineeva with a 43:24.72 and Stanislaw Emelyanov in 39:35:01

And, as I prepare to print this out and take it to the printer, results just in from faithful correspondent Harry Siitonen. Fitting them in to the results section would require some reconstruction of subsequent pages, so you get a closing bonus here.

Finnish National 30 Km, Konnevesi, June 16—1. Jarkko Kinnunen 2:14:53 2. Aku Partanen 2:15:16 **Women's 20 Km same place**—1. Anne Halkivaha 1:37:48 **Finnish National 20 Km, Vaasa, July 25**—1. Veli-Matti (Aku) Partanen 1:29:40 2. Aleksi Ohala 1:30:26 **Women's 10 Km, same place**—1. Anne Halkivaha 47:06 2. Henrika Parviainen (16) 49:49 3. Mikaela Lofbacka 49:52. Harry also noted that two-time Olympian and World Championship competitor Antti Kempas, 32, has announced his retirement from a career plagued with injuries. Also, both Kinnunen and Partanen are slated to contest the 50 in the World Championships in August.