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Mannozzi, Burnett Capture 30 Km Titles

Valley Cottage, N.Y., Sept. 14—Mike Mannozzi and Katie Burnett captured National USAT&F titles at 30 Km on a full day of racewalking today. Mannozzi, now representing Shore AC, won going away in 2:31:37.2 as did Burnett in an impressive 2:37:38. Since this is the Ohio Racewalker, we will note that Mike became the fourth Buckeye winner at the distance joining Johnny Abate, who represented the Fenwick Club of Cincinnati when he won in 1943 with 2:49:35, Jack Mortland of the OhioTC a 1962 winner in 2:36:02, and Matt Boyles who had a 2:32:17 in his 2007 victory.

Mannozzi finished seven minutes ahead of runner-up Dave Talcott and Burnett had a victory margin of nearly 17 minutes after the early leader Teresa Vaill dropped out at 15 Km. The 30 Km distance was first on the national schedule in 1937 and was contested every year through 1988. From 1989 through 1999 it was held only four times, but has been back on the schedule every year since.

There were accompanying races at 10,20, and 50 Km, with the most impressive performance being a 1:23:45 at 20 Km by Ecuador's Marcio Artega.

Results of the races:

National 30 Km., Men: 1. Michael Mannozzi, Shore AC 2:31:37 2. Dave Tallcot, Shore At (1st Master, 1st 50-54) 2:38:29 3. David Swarts, Pegasus (1st 50-54) 2:40:51 4. Jonathan Hallman, Shore AC 2:42:30 5. Mark Green, Pegasus (1st 55-59) 3:00:30 6. Michael Korol, Park RW (2nd 55-59) 3:16:20 7. Leon Jasionowski, Pegasus (1st 65-59) 3:20:07 8. Bill Vayo, Shore AC (2nd 45-49) 3:22:37 9. Dan O'Brien, Pegasus (3rd 45-49) 3:26:54 10. Bruce Logan, Park-RW 3:30:47 11. Vlado Haluska, un. (2nd 60-64) 3:31:06 12. Tom Quattrocchi, Shore AC (2nd 60-64) 3:35:39 13. Timothy Chelius, Shore AC (2nd 55-59) 3:37:12 14. Bryon Kaelin, World Class RW (2nd 50-54) 3:40:59 15. John Morrison, Potomac Valley TC (2nd 60-64) 3:55:17 DQ—Patrick Bivona, Shore AC (3:09:03 at 25 Km) and Ron Salvio, Freehold RC (1:57:12 at 16.67 km). Team Score—1. Shore AC 7:52:33 2. Pegasus 9:01:24

National 30 Km, women 1. Katie Burnett, un. 2:37:38 2. Darlene Backlund, So. Cal. TC (1st 65-69) 2:54:23 DNF—Teresa Vaill, Pegasus 1:15:08 at 15 KM. DQ—Lou Kealin, World Class RW (1:18:55 at 10 Km)

Other Concurrent Events:

Jr. Women's 10 Km—1. Brittany Collins (19), WalkUSA 2:00:42

International 50 Km—1. Jhon Alexander Castaneda, Colombia 4:13:21 DQ—Andres Chocho, Ecuador (1:45:16 at 35 Km) and Omar Daniel Sierra, Colombia (48:12 at 10 Km)

Men's International 20 Km—1. Maricio Artega, Ecuador 1:23:45 2. Jordy Jimenez, Ecuador 1:29:57 3. Jaime Saquipay, Ecuador 1:32:00 DQ—Edwin Ochoa, Ecuador (24:49 at 5 Km)

Women's International 20 Km—1. Magaly Bonilla, Ecuador 1:39:57 2. Maritza Guaman, Ecuador 1:43:04 3. Yadira Guaman, Ecuador 1:43:05 DNF—Erica Sena, Brazil (1:08:39 at 13.33 Km)

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Women's 10 Km—1. Katy Michta, Walk USA 54:29 2. Panseluta Geer, Shore AC 1:09:56
Men's 10 Km—1. Richard Evans, Shore AC 1:05:19 2. Fred Linkhart, Shore AC 1:05:51 3. Robert Campbell, World Class RW 1:06:24
Women's 5 Km—1. Elizabeth, Shore AC 30:39

Results of Other Races, Near and Far

5 Km, Eatontown, N.J., Sept. 2—1. Richard Evans 32:19 2. Fred Linkhart 32:29 3. Ray Robertson 33:21 4. Ron Salvio 36:49 5. Elliott Denman 4:18
Florida State 8 Km, Sept. 15—1. Juan Yanes (64) 53:34.1 2. Gerry Gomes (83) 60:01.2
Women—1. Sandra DeNoon (63) 53:34.1
Rocky Mountain Masters and Mid-America Masters 3 Km, Colorado State U., August 24—1. Francisco Pontoja 14:24.5 2. Rita Sinkovec (70-74) 21:19.6 . . . 4. Bob Smith (70-74) 23:37.9 (he who was responsible for our front page with the little walking figure, low those many years ago when he resided in Dayton, Ohio.
State Games of America, Harrisburg, Pa., Aug. 2-4: **Women 50-54 1500 meters**—1. Mary Jacobsen.Pa 8:36:62 2. Loretta Dodson, Pa. 9:26.88 **Women's 60-64 1500**—1. Jeanette Priest, Mont. 9:34.0 **Men 45-49 1500**—1. Rick Hawley, Mich. 9:15.96 **Men 65-69 1500**—1. Alan Moore, Georgia 9:02.60 **Men 70-74 a500**—1. Joel Dubow, Georgia 9:17.65 **Men 50-54 1500**—1. Robert Dabbs, Georgia 8:1273
10 Km, Whiting, N.J., Sept. 7—1. John Fredericks (65) 1:05:00 2. Pat Bivona (72) 1:11:35 3. Ron Salvio (64) 1:15:20 4. Tim Chelius (57) 1:15:22 5. Ben Ottmer (79) 1:18:07 (1 DQ) **Women**—1. Panse Geer (66) 1:10:29 2. Maria Paul (48) 1:10:47 (1 DNF, 1 DQ)
Pacific Association 20 Km, Sept. 22—1. Alex Price 1:57:18 2. Joe Berendt (58) 2:17:16 **Women**—1. Karen Stoyanowski (58) 2:17:28 2. Susan Mears (58) 2:19:10 3. Doris Cassels (78) 2:37:40

Central American and Caribbean T&F Championships, Morelia, Mexico, July 5-7L
Women's 10,000—1. Maria Gonzalez, Mexico 47:48.30 2. Melangela Rosales, Venezuela 49:27.10
Men's 20,000—1. Jorge Martinez, Mexico 1:27:17 2. Julio Salazar, Mexico 1:29:51 3. Allan Segura, Costa Rica 1:39:14
5000 meters, Tonsber, Norway, August 23—1. Erik Tysse 18:59.17 2. Avar Haukenes 20:57.11
Polish Junior Championships, Gdansk, August 31: **Men's 20 Km**—1. Lukaz Augustyn 1:27:36 2. Jakub Jelonek 1:28:53 3. Michal Stasiewicz 1:31:44 (It's listed as Junior championships, but these three were all born 1990 and earlier.) 4. Szymon Zielinski 1:35:06 5. Daniel Chojewski 1:35:51 6. Adrian Matuzewski 1:37:10 (These next three are indeed juniors) (14 finishers) **Women**—1. Agnese Pastare 1:29:55 (National record) 2. Monika Kapera 1:36:34 3. Katarzyna Golba 1:39:39 (Again, these first three are not juniors) 4. Joanna Bemowski 1:45:57 5. Anna Bajon 1:48:45 (13 finishers)
5 Km, same place—1. Brzegorz Sudol 19:22 2. Rafal Sikora 19:39 **Women**—1. Palina Buziak 21:50 2. Agnieszka Szwarzog 22:333. Natalia Plominska 23:14
20 Km, Australia, Sept. 1—1. Dasne Bird-Smith 1:25:43 2. Brandon Reading 1:27:51 3. Rhydian Gowley 1:29:31 4. Nicholas Dewar 1:31:01 5. Kim Mottrom 1:31:14 6. Kyle Malone 1:31:58 7. Brandon Dewar 1:32:30 (11 finishers, 1 DQ) **Women**: 1. Kelly Ruddick 1:33:15 2. Rachel Tallent 1:38:06 3. Lauren ourke 1:43:40 (5 finishers)
Francophonie Games, Nice, France Sept. 14—**Men's 10 Km**—1. Kevin Campion, France 1:24:32 2. Evan Dunfee, Canada 1:25:30 3. Mabrook Mohamen, Qatar

1:26:26 4. Ben Thorne, Canada 1:30:50 5. Aurelien Quinion, France 1:33:33 6. Jerome Caprice, Mauritania 1:39:17
Women's 20 Km—1. Laura Polli, Switzerland 1:37:23 2. Ines Pastorino, France 1:39:14 3. Corinne Baudoin, France 1:40:39 4. Marie Polli, Switzerland 1:41:12
10 Km, Katowice, Poland, Sept. 7: **Women**—1. Ferraro Federica, Italy 43:53 2. Brigita Virbalte, Lithuania 44:01 3. Agnieszka Dygacz 44:40 4. Paulina Buziak 44:59 5. Neringa Aideityte, Lithuania 46:02 6. Viktoria Madarisz, Hungary 46:13 (10 finishers) **Men**: 1. Andrij Kowlenko, Ukraine 39:28 2. Anton Kucmin, Slovakia 39:37 3. Dawid Tomala 40:11 4. Marius Ziukas, Lithuania 40:23 5. Rafal Augustyn 40:51 6. Artur Brzowski 41:00 7. Rafal Degaczynski 41:14 8. Magtej Toth, Slovakia 41:21 (12 finishers)
Finland-Sweden Dual, Sept. 13: **Men's 5000**—1. Perseus Karlstrom, Sweden 40:32.80 2. Jarkko Kinnunen, Finland 40:48.69 3. Andreas Gustafsson, Sweden 41:43.72 4. Ato Ibanez, Sweden 42:01.07 5. Veli-Matti Partanen, Finland 42:34.8 6. Aleks Ojala, Finland 43:07.21 Team score—Sweden 14 Finland 8
Women's 5000—1. Anne Halkivaha, Finland 22:49.36 2. Mari Olsson, Sweden 23:01.37 3. Mikaela Lofbacka, Finland 24:33.89 4. Hannika Parvianen, Finland 25:26.15 5. Lena Tomas, Sweden 25:03.08 Siw Karlstrom, Sweden, DQ Team—Finland 14 Sweden 7.
Russian Grand Prix Final, Voronovo, Sept. 14: **Men's 10 Km**—1. Aleksandr Yargunkin 39:35 2. Petr Trofimov 40:09 3. Aleskey Golovin 41:20 4. Marko DeLuca, Italy 41:38
Women's 10 Km—1. Antonella Palmisano, Italy 45:10 2. Irina Shushina 45:33 3. Galina Kichigina, Kazakhstan 46:21 4. Evdokia Korotkova 46:37
28 Hours, Roubaix, France, Sept. 14-15—1. Dmitriy Osipov Russia 231,961 meters 2. Eddy Rose 228,832 3. Dominique Bonel; 226.494 4/ Gilles Letessier 217.828 5. Daniel Lhoest, Belgium 215.021 . . . 8. Irina Poutinseva, Rusia 21-.158 . . . 12. Sarah Brown, England 200,429 13. Maggy Labylle 200,177 14. Olga Borisova, Russia 196,656 (53 finishers)
Baltic Championships, Tukumi, Estonia, Sept. 21: **Men's 20 Km**—1. Perseus Karlstrom, Sweden 1:24:56 2. Ibanez, Sweden 1:26:56 3. Arnie Rumbeniaks, Latvia 1:31:06 4. Havard Kaukenas, Norway 1:31:23 5. Gennadij Kovlaskij, Lithuania 1:32:05 (11 finishers, 1 DNF) **Women's 10 Km**—1. Agnese Pastare, Latvia 46:44 2. Mari Olsson, Sweden 48:17 3. Siv Karlstrom, Sweden 50:31 (10 finishers)
Jr. Men's 10 Km—1. Makars Arture, Latvia 46:14 (6 finishers, 1 DQ) **rJ. Women's 5 Km**—1. Gintare Vaisukeviciute, Lithuania 23:41 2. Engin Vaisukeviciute, Lithuania 23:56 3. Maris V., Lithuania 24:44 Teams: 1. Lithuania 44 2. Sweden 39 3. Latvia 34 4. Estonia 22

Some Opportunities To Lace Up Those Walking Shoes

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)
Sn. Oct. 20	Pacific Association 10 Km, Carmichael, Cal. (J)
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)
Sun. Nov. 24	50 Km (World Cup Trial, National Masters, South Region, and Florida State Championship), South Florida (B)
	South Region and Florida State 20 Km, same place (B)
Sun. Dec. 21	5 Km, Hudson, N.Y. (S)
Sun. Dec. 28	USATF Open/Masters Indoor 5000 meter, Rochester, N.Y. (L)

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From Heel To Toe

World Cup Qualifying. The USATF Racewalk Executive Committee discussed and voted on the following qualifying standards for the U.S. team for the 2014 World Cup in Taicang, China: Men's 20 Km--1:32:00; Women's 20 Km--1:43:30; Men's 50 Km--4:25:00; Junior Men's 10 Km--47:15; Junior Women's 10 Km--53:15. Athletes must achieve these qualifying standards before or on the day of the 2014 World Cup Trials (To be held in late March or early April 2014 for the 10 and 29 km distances.) The qualifying time frame is from Dec. 1, 2012 to the date of the trials. Since the 50 Km trial is scheduled on Nov. 24, 2013, those athletes will have time to chase the standard in the months following the trial if they have not achieved before or during the trial. The top five finishers in the 20 and Km trials and the top three in the 10 Km trials who have achieved the qualifying standard will be selected for the World Cup Team. (Also note that the 50 Km Trial in November offers prize money to the top eight finishers, as follows: 1. \$7000 2. \$5000 3. \$3000 4. \$2000 5. \$1000 6. \$750 7. \$500 8. \$500).

Clarification. As reported in the August issue, Elena Lashmanova was confused about the finish line in her World Championships 20 Km win. Roger Burrows offers further clarification on this confusion. "Elena Lashmanova used the word 'twice' to describe her finish in the women's 20 Km in Moscow. Most reports assume that meant the real finish, plus her miscalculation when she thought she had finished with 400 meters to go. As you said, she slowed at that point, but quickly got going again without breaking stride. Now look at the YouTube video. It looks like 'twice' actually means 'twice before the real finish'! When she has 200 meters to go, over on the other side of the stadium, she seems to think that the 5000

meters start line is the finish line too! The video is a little fragmented at that point, interspersed with shots of Sokolova just after being disqualified. But you can clearly see Lashmanova at a complete stop, actually turning around to watch Anisya Kiryapkina 'finish second'! By that time, Kiryapkina was indeed pretty close and Lashmanova had to take off like a rabbit to preserve her win." . . . **Winter Camp.** The North American Racewalking Institute finds it can afford to offer full local costs plus up to \$300 travel reimbursement to several additional coaches for the customary winter camp in Pharr, Texas from Dec. 28 to January 4. Coaches are expected to contribute and to learn. Interested coaches should e-mail AC Jaime (acjaime@sbcglobal.net) or Tom Eastler (eastler@maine.edu). The camp expects a record number of out-of-area campers. Details are posted at www.etamz.c/stwc/. Scholarships (not including camp costs) are also available for top athletes. Coach Jaime is anticipating an enrollment of 40 to 50 athletes. . . **Pacebands.** . . Tom Eastler, President and CEO of the North American Racewalking Institute (sponsor of the Pharr camp, is the father of Gretchen Eastler Fishman, who was a highly competitive racewalker before she turned to motherhood, presenting Tom with three grandchildren. Gretchen had a personal best of 1:36:25 in 2000 and was ninth in the Olympic Trials that year. Retiring to the married life, Gretchen decided to set a goal of running a marathon in each of the 50 states. So far she has checked 12 states off the list. Gretchen has used a Garmin Forerunner 205 wristwatch to help her stay on pace in her marathons. The Garmin uses a GPS to pinpoint exact position during a race. But she notes: "Anyone who has run a marathon with a Garmin knows that even though the GPS says you're at 26.2 miles, you may not really be at the finish. So, she has founded a company called Pacebands that makes a GPS alternative, using no technology at all: a \$9 silicone bracelet embossed with the split times runners need to hit in order to cross the finish line when they want. A runner trying to complete a marathon in 3:45, for instance, can get a bracelet bearing a pace chart for that exact time: 8:35 per mile. A simple complement to any stopwatch, it's actually more foolproof than GPS, according to Fishman, because runners (or walkers) need only glance at their wrist at each mile marker. Gretchen can be contacted at Gretchen Fishman@yahoo.com. . .

Russian Racewalking Scandal

by Mel Watman
 from the British publication *Athletics Weekly*

The news that Russian walker Igor Yerokhin has been banned for life by the anti-doping commission of the Russian Athletics Federation indicates that although the Russian authorities are doing a good job in catching drug offenders, the IAAF must consider taking draconian measures over the constant cheating by Russian walkers based in Saransk.

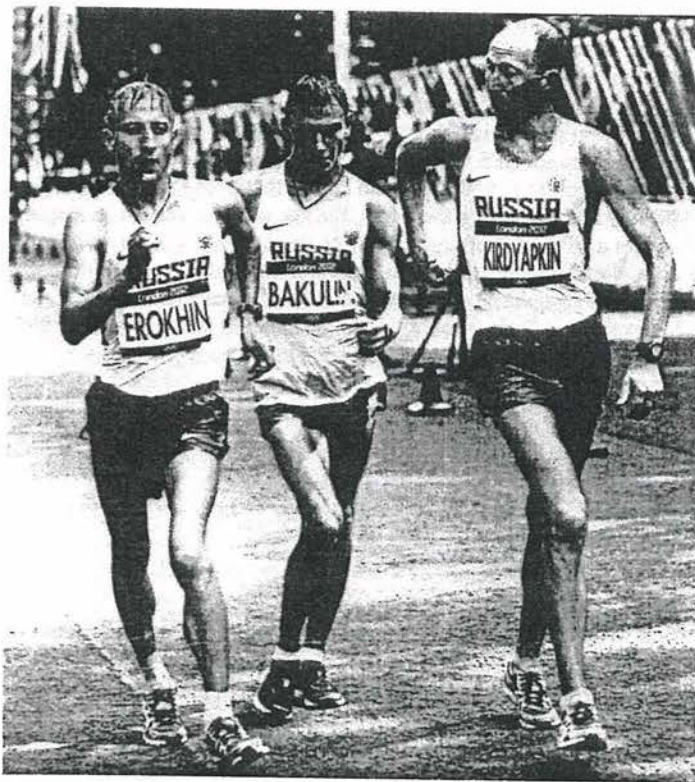
Winner of the European under-23 20 km walk title in 2005 and fifth in the 2012 Olympic 50 Km, Yerokhin had already served a two-year drugs ban from 2009 to 2010 for testing positive for EPO. New data showed abnormalities in his biological passport and all of his results since February 2011 have been annulled, including his Olympic placing and the European Cup 50 Km second place and the Russian 35 Km winter title he won in 2011.

His personal bests included 1:19:21 in 2007 and 3:37:54 in 2012. That latter mark will now be disallowed, leaving him with 3:38:08 in 2009. Almost inevitably, Yerokhin is from Saransk, the center of Russian waling and increasingly controversial as numerous other walkers who train there have received doping bans.

Back in January, reporting on the life ban imposed on Sergey Morozov, who in 2009 was credited with an unrated 20 Km world record of 1:16:43, I wrote: "This latest doping scandal continues to make a mockery of international walking at the highest level and surely

it's time for the IAAF to take stern action. Russian walkers, several from Saransk, have achieved exceptional results in recent years and, although it would be unfair to accuse them all of cheating, it does appear that the coaching and medical set-up there should be thoroughly investigated by the world governing body.

Medal winning and/or record breaking Russian walkers who have received doping bans include German Skurygin (1st 1999 World 50 Km; two years), Valeriy Borchan (1st 2008 Olympic and 2009/2011 World 20 Km; one year), Vladimir Kanayhkin (World 20 Km record, 2nd 2011 World 20 Km, two years; Victor Burayev (3rd World 20 Km, two years), Aleksey Voyebvodin (3rd 2004 Olympic 50 Km and 2nd 32005 World 50 Km, two years), Olympiada Ivanova (World 20 Km record, 1st 2002 European and 2005 World and 2nd 2004 Olympics; two years), and Tatyana Mineyeva (1st World Junior 10 Km and 2011 European U23 20 Km; two years.)



Some of the principals. The offender Yerokhin (or Erokhin as transliterated on his number), on the left, along with Bakulin and Kirdayapkin.

The Saransk walking center, which has a \$4 million budget this year, is headed by Victor Chegin. Is it possible that he could be unaware of the apparently widespread drugs culture at that center? And, therefore, how much credence should we place on the achievements of other record stars nurtured at Saransk?

They include Sergey Kirdayapkin (2005 and 2009 World 50 Km champion and 2012

Olympic champion), Olga Kaniskina (2008 Olympic and 2007, 2009, 2011 World 20 Km champion), Denis Nizhegorodov (World 50 record), Stanislaw Yemelyanov (2010 European 20 Km champion, Sergey Bakulin (2011 World 50 Km champion), Yelena Lashmanova (2011 World and 2012 Olympic 20 Km champion and world 20 Km record holder), and Aleksandr Ivanov (2013 World 20 Km champion).

Hopefully, all these athletes are clean. . . but Saransk's disgraceful record besmirches everyone involved.

What sanctions could be applied? How about Russian walkers being barred from the IAAF World Cup and European Championships in 2014 and the IAAF World Championships in 2015? Russian walkers could be admitted to the 2016 Olympics only if no further positive tests are revealed between now and then. That might persuade athletes and their support teams to compete honestly.

(This article was first published in Athletics International, the track and field newsletter that is published by Mel Watman and Peter Matthews at least 35 times a year by e-mail. For more details, contact mel@gardencourt.fsnet.co.uk.)

On a more positive note, this from an August 8, New York Time article: (Positive if you ignore the "funny" in the headline)

Walking Funny and Fast Puts Russian City on Map

by Andrew E. Kramer

Their hips swinging, their arms pumping, the sports heroes of Saransk set out for their daily workout in a city park, followed by dozens of wide-eyed young admirers. Taking the lead were Olga Kaniskina, an Olympic gold medalist and three-time world champion, and Elena Lashmanova, an upstart talent in the world of female racewalking who defeated Ms. Kaniskina at the Olympics in London.

Behind them came a crowd of boys and girls, all rotating their hips, locking their knees and gliding along at a fast jogging pace—though, of course, never technically breaking into a run. This trick is the strange allure of racewalking, this city's favorite and best sport—particularly among women.

It is telling of Russia's approach to sports that when the Friday night lights come on in Saransk, the town's heroes are not muscle-bound football players, or even dashing soccer aces, but demure and willowy young women who walk funny. And these women have this town's unwavering respect; they have shown a fearsome ability to cream any challengers, even the Chinese, the rising world power in men's racewalking.

Four of the five top-ranked female racewalkers in the world are from Saransk, an otherwise unremarkable city of 310,000 people 320 miles southeast of Moscow. In previous years, before the Chinese surged, 9 or the top 12 female 20 Km racewalkers were from here.

Today, in International Association of Athletics Federation rankings, Russian and Chinese women hold the top 11 spots, followed by Marina Ortiz of Guatemala.

Russian girls dream of growing up to figure skate or dance in the Bolshoi, but in Saeransk, they want to be racewalkers. On a recent afternoon, Alesa Komarova, a gangly 14-year-old, laced up her Adidas and limbered up by walking—not running—in place. "I really like to racewalk," she said. "We look at the Olympic champions and want to be like them."

She watches the races on television, she said, and analyzes technique and discusses meets with friends at school. "It's all very interesting, she said. "You need to keep your legs straight, and it is very difficult."

At racewalking events in the city, which occur as often as once a week in the fall, residents line the streets. "They yell and cheer and tell us to walk faster," said one walker,

Vladilena Odushkina, 17. Galina Vaskina, a waitress at the Big Ben sports bar, said that one night last winter, "A group of men were sitting here and drinking beer and they said, 'Hey, can you put on a female racewalking' and so I did."

Saransk might seem to exist in some through-the-looking-glass world where clocks run backward and a women's team practicing an obscure sport has the city's full attention. In fact, though, it sits firmly within the context of Russian sports politics. Russia has been preparing to host a series of high-profile sporting events, starting with the World Athletics Championships and followed by the Olympics next winter, by reviving the modus operandi of the once-vaunted Soviet sports machine. That approach focused on national prestige and Olympic medal counts, not popularity of sport.

At the World Championships, Russian sportswriters say, do not look for a Russian to get close to Usain Bolt in the 100 meter sprint, for example. High profile is not Russia's strategy. Instead, says the newspaper *Komiersant's* Alexey Dospekhov, Russia is expecting a harvest of medals in women's hurdles, women's pole vault, and men's and women's racewalking. "Our women are always the favorite," he said. As they are in Saransk, where Russia's methodical approach to medal counts is on full display.

"People criticize by saying, 'Well, yes, you win all the time, but that's because nobody else in the world cares about this sport,'" Said Mikhail M. Nikishin, a spokesman for the regional government. "And we say 'Fine, but just try to catch these girls if you can.'"

Officials here lavish funds on women's racewalking. In 1996, the regional governor signed a decree forming the Center for Olympic Preparation, a school for racewalkers. Its budget has grown with its successes; this year it is \$4 million. The Center's talent scouts, working from 20 local branch offices, have first pick of athletically gifted students in town and village schools.

Vyachislav Golovin, a scout, said in an interview that he watched a physical education classes and picked students who caught his eye for "looking live". The best prospects then wind up in a boarding school for racewalkers in Saransk, run by the Center for Olympic Preparation. It opened with 50 beds in 2006 and is already expanding, to add an additional 100 beds.

Coaches from other, seemingly broadly appealing, sports, like soccer or tennis, are left grumbling that "all the best athletes are scooped up for speed walking," said Yevgeny Naumov, a sports columnist at *Stolitus S*, a local newspaper. Mr. Naumov said scouts were able to tell young athletes, presumably with a straight face: "Look, you could be a runner or a soccer player, but nobody from our town has ever achieved anything in running or soccer. So, if you want to be serious in sports, and want results and material benefits, you need to get into racewalking."

The method is highly evolved. To emphasize the development of future talent, school girls and Olympic athletes train together in the city's parks, so that children are inspired by success, he said. As the Olympians circle the park, the children periodically fall in behind for a lap, the rest. The head coach and top athletes decline all interviews stating about a month before a race.

On a recent afternoon, a few dozen girls waited in the park, going through the racewalk step in slow motion, hips twisted and one shoulder thrust forward, almost as if posing for a glamour photograph. When Ms. Kaniskina and the other Olympians swing past, the pack set off behind them, torsos swaying, arms swinging, and disappeared into a poplar forest, damp and humid after a summer rain.

The regional governor gave Ms. Kaniskina a white Mercedes sport utility vehicle, and she and dozens of female racewalkers were given free apartments. The head coach, Viktor Chegin, and Ms. Kaniskina are recipients of the Order of Glory of Mordovs, the highest honor bestowed by the local government. It means their busts will eventually be cast in bronze and

displayed in a city park, an honor delayed only by a Russian tradition not to raise statues for the living.

Why Walk Instead of Run

(For many, many years, Colorado's Bob Carlson edited and published the *Front Range Walkers News*, a highly entertaining monthly newsletter that covered a bit of everything—health, nutrition, physiology, psychology, sex, philosophy, flatulence, language, history, humor, on and on, and, yes, even racewalking. Bob gave up the newsletter, I suppose two or three years ago, and Craig Foreman has carried it on, though in a much less extensive manner. And, that's not to denigrate Craig; who else would have the time or patience to do all that Bob did. Bob also authored two books on racewalking, the most recent *Walking for Health, Fitness and Sport*, Fulcrum Publishing, Golden, Colorado 1996. I had saved Bob's newsletters for many years, but recently went through them and preserved what I considered the real gems of his fertile contributions to my ideas of real worthwhile literature, some of these rescued items pertaining to racewalking. Here is one item I saved from the June 2008 issues. I assume that Bob wrote this himself as he didn't attribute any other source and he was very good about doing that.)

An immortal quote by silent Cal Coolidge prior to the 1928 presidential campaign makes more sense than ever today. For you youngsters who were not around in those days, the quote was "I do not choose to run". While in the quoting business, it should be noted that Hippocrates, the father of modern medicine, said "Walking is man's best medicine" more than 200 years ago. Such great advice should not go unheeded. (*Which, reminds that that the motto of Bob's newsletter was "Leave no stone unturned and no tern unstoned", with several variations.*) A great number of thinkers throughout history have used walking as their chief mode of exercise and realized its relaxing qualities. The human body was truly designed for walking and all of us are reasonably good at it unless we are in very bad physical shape. Conversely, many experts say that 20 percent of people have the legs, body, and joints that can stand extensive running without injury. George Sheehan, the eminent runner, cardiologist, and author tells us in his books that at least 70 percent of runners who do enough training to race somewhat competitively at any level will receive injuries at least once (and probably more than once) that will keep them sidelined for at least a week to a month or two at some time or another. If world-class runners could be polled about injuries that have kept them out of action for a month or more, it would be a rarity to find one who hasn't. However, a poll of the world-class racewalkers would show that very few have been injured from the sport. Aches and pains and sore muscles, yes, but nagging injuries are very rare in the sport. Because walking is a gliding movement instead of a pounding one, walkers can get by nicely with very ordinary feet and knees. Certainly, runners cannot because of the fact that they lift themselves off the ground on each step and land with about three times body weight on a bent leg. When the weight is on one foot at all times, as in walking, there is very little strain on any of parts of the body.

Why then has walking not received more publicity as the most convenient, inexpensive, and injury free exercise? Because it is deemed to be too common. The problem is that the great majority strolls lazily instead of walking briskly enough to get training effects for the effort. If this fact could be more generally understood by the masses and if they would react positively, we would have a nation of super-fit citizens. Most of walk somewhere every day. If everyone made sure that their daily walks could be 20 minutes or more nonstop and at a brisk pace commensurate with individual ability and conditioning, then generally individual well-being and health would rise dramatically as time flows by. But researchers say about 60 percent of the populace will never embrace any helpful exercise of any sort and will never realize any sort of fitness. Other researchers say that less than 10 percent of Americans now do

enough regular exercise to produce a fit heart. The rest of us can only feel sorry for the unenlightened as we walk away into fitness.

How To Take Longer Strides For Efficiency

by Ray Sharp

(This article was also in that June 2008 issue. Ray Sharp is a long-time U.S. International racewalker, beginning with the 1981 World Cup team and most recently at the Pan-Am Cup in June of this year.)

The most effective way to increase your stride length is walking to maintain an upright posture with the hips forward. Keeping the pelvis forward under the torso, as opposed to sticking your rear end out behind you, will add to the length of your step without requiring extra energy. Some racers mistakenly try to gain these extra inches by reaching the lead foot too far forward of the center of gravity, or by using an exaggerated or excessive hip motion. These actions waste energy and lead to overstriding.

Overstriding refers to any increase in stride length that decreases overall efficiency, or any action that is perceived as increasing stride length, but actually doesn't. For example, when you try to lengthen your stride by reaching to far forward with the swinging leg, the following problems occur. The foot is carried to high, wasting energy and sometimes leading to loss of contact. When the heel makes contact, there is a deceleration that interrupts forward momentum. Finally, by emphasizing the forward reach of the foot, the hips may shift back and decrease stride length. When an excessive hip motion is used, often times the increased motion is mostly lateral, not forward, and this wasted motion adds nothing to propulsion (and makes you waddle like a duck).

So you can see that many times when you try to take a longer stride all you really do is waste energy. There is, however, a way to make your stride as long as possible and still efficient. Concentrate on driving the hip forward and then put the foot down quickly. At first, it may feel like you are shortening your stride by dropping the foot too close to your bod, but in reality the hips have already done this work so you are merely eliminating the pause in your rhythm and the breaking force of the overextending foot. Videotape analysis by the biomechanists at the U.S. Olympic Committee shows that the fastest walkers keep their hips forward and pt their heels down for less distance, percentage wise, ahead of their centers of gravity. In other words, more of the stride length is behind the body, and less is in front. Not only is the stride longer, but it's easier to roll te foot down quickly to overcome the break in inertia caused by the heel-strike and get to the propulsion phase sooner.

Try practice walking with the hips forward, try walking alternate 100 metes with your new and old techniques. Count the strides each way. With the hips forward, although the perception is that you are putting the foot down directly under the body and cutting your stride length, you should actually find that it takes about the same number of steps as it did the old way. Now, walk several times 400 meters, alternately using the old or new style for the entire repetition. I'm, sure that when you keep the hips in their proper forward position, you will walk faster with less effort.

By keeping the hips forward and putting the heel down quickly, you can walk with longer and faster steps by not overstriding. So, next time you want to walk fast, don't think about pumping your arms or reaching with your foot. Just focus on quick forward hips and you'll be on your way to faster, easier racewalking.

Final IAAF Grand Prix Standings

Women

1. Elena Lashmanova, Russia	38
2. Ines Henriques, Portugal	34
3. Ana Casbecinha, Portugal	23
4. Lcie Pelantova, Cze Republic	17
5. Monica Equihua, Mexico	16

Men

1. Jarred Tallent, Australia	34
2. Joao Vieira, Portugal	26
3. Matej Toth, Slovakia	26
4. Robert Heffernan, Ireland	23
5. Dane Bird-Smith, Australia	20

The Greatest World Cup Races Ever

(In the July issue, I published Nos. 10 through 6 on Paul Warburton's selection of the ten greatest World Cup races of all tim, promising the top five in the next issue. That August issue passed and I neglected to live up to the promise. So, belatedly, here are Nos. 5 through 1.)

No. 5. Men's 50 Km, Cheboksary 2008

Anyone who has ever led a marathon or walked 50 Km will know when you are caught—you usually stay caught. Not so Denis Nizhegorodov. In fact, such was the Russian's power of recovery at 44 km when teammate Vladimir Kanaykin reined him in, he went away again at speed to post the current world record of 3:34:14

The race seemed over as Kanyakin moved into first, and for a second Nizhegorodov's head dropped much as it did when he painfully crawled into the Olympic stadium for second in 2004. But this time, he regrouped mentally and posted 8:19 for the fastest 2 km lap of the race from 46 to 48 km on a picturesque course that could also be seen from start to finish.

The bonus of a natural amphitheater made by a surrounding hill allowed hometown spectators to marvel in the Russian's supreme effort that bettered Australian Nathan Deakes' record by 1:33. A world record anytime is good, but when achieved in the white heat of a major competition, it supersedes anything achieved using pacemakers and minus any pressure.

No. 4. Men's 20 Km, Monterrey,, 1993

There is nothing like a hometown winner to engender interest, and Daniel Garcia duly delivered the goods for this one. Racewalking is often described as the Cinderella sport of athletics. You would have been hard pressed to call it that after the Mexican won gold.

There were scenes reminiscent of the Oscars as cameramen, TV crews, radio and journalists all heaved, argued, and fought to get close to the winner and add to the moment. Live national TV wanted a piece of the action, as did just about everyone else, and it more than helped Mexico win the team event as well.

Often seen as a second national sport behind football (soccer), walking and Garcia's profile shot up as a result to a last-lap spring that curiously saw a road underpass used on the 2 km loop. He went down in the dark, but when he emerged, it was limelight from there to the

finish as Garcia beat Spaniard Valentin Massana by six seconds.

No. 3. Men's 50 Km, San Jose, 1991

This was a rare case of a non-winner taking central stage. In fact, bronze medalist Ronald Weigel thought he finished fifth, later to be told it was fourth,, only for the German to then be elevated to the podium.

As he joked afterwards, "I didn't want to get up there quickly, just in case there was even better news." Andrei Perlov was leading in the last 400 meters in northern California only to be shown the dreaded red disc of disqualification.

Ignoring protocol, the Russian, who would be Olympic champion the following year, pushed aside chief judge Gary Westerfield and kept going. Th official was having none of it, and hopping onto a golf cart ferrying information around the course he adapted the famous film cliché: "Follow that walker!"

He jumped out 50 meters from the finish and clinging on to clipboard and everything else, caught up with Perlov inches from the line before physically shoving him to one side.

What did Perlov say to Westerfield? "I don't know," said the judge, "it was in Russian—but I don't think he was pleased."

Mexican Carlos Mercenario was the eventual winner. Simon Baker, Australia, was second, and, when second Russian Aleksandr Potashov also got belated bad news, Weigel made up the places.

(Editor: I was on a stand overlooking the finish line as part of the Athletics Congress (now USASTF) press crew and must say it was a matter of a few feet, not inches, as Gary shoved Perlov aside to prevent his breaking the tape. Of course, he was DQ'd regardless, but in a heroic and dramatic effort, Gary preserved the integrity of the event.)

No. 2. Women's 20 Km, Turin 2002

This was athletics theater mixed with classic emotion—and all the better for it. The backdrop added to the occasion, with the tace taken slap bang through the middle f main shopping street in Turin.

Saturday shoppers lingered to swell spectator numbers, and saw Italian Erica Alfriedi shed home pressure to mount a marvellous last kiometer. Waiting for her at the finish line and screaming at the top of her lungs was her mother.

LOOKING BACK

50 Years Ago From the September-October 1963 issue of Chris McCarthy's Race Walker—Great Britain scored an overwhelming victory in the 2nd Edition of the Lugano Trophy Championships (now World Cup), scoring 93 points to the 64 of runner-up Hungary. Sweden, Italy, Czechoslovakia, and West Germany followed. Earlier zone competitions had narrowed the field to these six nations. The U.S. did not participate. Ken Matthews, Great Britain, won the 20 Km in 1:30:10.1 with teammate Paul Nihill second in 1:33:18. The 50 went to Hungary's Istvan Havasi in 4:14:24, nearly 3 minutes ahead of Britain's Ray Middleton. . . Ron Zinn won the New England 15 Km in 74:38 with Paul Schell second in 76:18. . . A 50 Km race on Staten Island was won by Bruce MacDonald in 4:58:17//Zinn finished second and recorded the fast time in a 10 mile Handicap race on Long Island. Ron has a 1:19:07. . . In the Far Western 50 Km in Berkeley, Ron Laird cruised through a 4:46:28, nearly 15 minutes ahead of Mickey Brodie

45 Years Ago (From the September 1968 ORW)—In the Olympic Trials in Alamosa, Col., Ron

Laird prevailed at 20 Km in 1:37:45, with Rudy Haluza (1:38:14), Larry Young (1:38:40), and Tom Dooley (1:41:03) following. Young was an easy winner at 50 Km three days later in 4:34:10, followed by Goetz Klopfer (4:44:02), Dave Romansky (4:47:23), and Bob Kitchen (4:50:56). The races were at high altitude to simulate conditions in the upcoming Mexico City Olympics, thus the modest times. When Young opted to walk only the 50 in the Games, Dooley won a spot at 20. . . We also reported the birth of Derek Douglas Mortland, an event that occurred early on the day of the 50 Km Trials, September 14. Your editor attended the birth, not the Trials. . . Dooley zipped a quick 5 miles (35:20) in California, leaving Bill Ranney and Klopfer well back , , A week before the Trials, Young scored an easy win in the National 30 Km in Columbia, Missouri in 2:31:20. Jack Blackburn was second, some 24 minutes back, as few people showed up for the race. . . A few days after the rirals, a few of those competitors traveled to Atlantic City for the National 15 Km. Laird won in 1:08:03, with Romansky 19 seconds back. The next four spots went to Ron Kulik, Jack Blackburn, Ron Daniel, and Steve Hayden.

40 Years Ago (From the September 1973 ORW)—The U.S. women took the first four places to win an international dual match with Canada. Ellen Minkow was the winner in 26:32 (5 Km), followed by Esther Marquez, Cindy Arbelhide, and Sue Brodock. . . The national 35 Km went to John Knifton in 3:00:31. Bill Ranney was more than 3 minutes back, w ith Jim Bean and Bow Bowman next in line. . . Hartwig Gauder won the European Junior 10 Km title in 44:14, the first of many international wins for the East German 50 Km great.

35 Years Ago (From the September 1978 ORW)—In the European Championships, East Germany's Roland Weiser won at 20 Km and Spain's Jorge Llopart at 50. Weiser pulled away from three Soviet competitors in the fianl 5 Km to win in 1:22:12. He had a 20:30 for that last loop. Pyotr Potschenchuk and Anatoili Solomin finished in 1:23:43 and 1:24:12. Jose Marin was fifth and Maurizio Damilano sixth. Llopart took command after 30 Km to win in 3:53:50. Next were Veniamin Soldatenko in 3:55:12 and Pole Jan Ornoch in 3:55:16. Fuor others broke four hours. . . The U.S. 50 Km title race saw Mexican gueets Domingo, Colin, Pedro Aroche, and Enrique Vera take the first three spots. Colin had 3:55:50. Marco Evoniuk took the U.S. title in 4:24:05 with Augie Hirst and Carl Schueler also under 4:30. . . U.S. Junior titles went to Peter Timmons at 5 Km (25:31) and Mike Morris at 20 (1:47:10). Dave Cummings was second at 5 and Timmons second at 20. . . Sweden won the Women's World meet with Britt Marie Carlsson first at 5 Km (23:05) and Elisabeth Olsson first at 10 (49:22). Sue Brodock was the top U.S. finisher in the 5 with 24:41. Liz Dufour was seventh at 10 in 52:39. The U.S. team finished third behind Norway.

30 Years Ago (From the September 1983 ORW)—Alan Price won his fourth U.S. title at 100. miles in Columbia, Missouri, covering the distance in 22:39, well off his best of 18:57:01 in 1978. The only other finisher in extremely hot conditions was Chris Custer in 23:50, her first attempt at the distance. She became the 42nd U.S. Centurion and the fourth female. . . Our analysis of the T&F News rankings for the previous 12 years showed the USSR as the leading walking nation during that period, followed closely by East Germany (German Democratic Republic), and Mexico. Everyone else was far back, with the U.S. ninth.

25 Years Ago (From the September 1988 ORW)—Curt Clausnen won the National 40 Km in Union, N.J. in 3:35:51, becoming the youngest (age 20) ever to capture that title. Mark Fenton was second in 3:41:10 and Alan Jacobson third. Gary Null, in sixth place, won the Master's title in 3:48:08. . . The first woman was Dorit Attias in 4:12:39. . . In the World Junior Games in Sudbury, Ontario, Spanish women Maria Diaz and Olga Sanchez finished one-two at 5 Km, with Diaz clocking 21:51:31. Dierdre Collier was the first U.S. finisher in 12th with 24:40.14. The men's 10 Km went to Cruz of Mexico in 41:16:11, with Spain's Valentin Massana,

destined to be the 1993 World Champion at 20 Km, second 17 seconds back. John Marter led the U.S. walkers with a 47:40 in 18th.

20 Years Ago (From the September 1993 ORW)—National 5 Km titles went to Victoria Carazo (22:55) and Andrzej Chylinski (21:06). In the Denver races, Debbie VanOrden (23:15) and Curtis Fisher (21:40) were second. . .The National 40 Km in Fort Monmouth, N.J. went to Puerto Rico's Jose Ramirez in 3:40:10. Gary Null was second in 3:44:33, won both the National title and the National Master's title. Bob Keating, also in the 45-49 age group, followed him in 3:50:31. As a matter of fact, the first non-master was Herb Zydek in tenth (4:11:55). . .National Junior 3 Km and 5 Km titles went to Debbie Iden in 15:13.88 and Al Heppner in 2:39:38. The races were in Orono, Maine. . .Bernardo Segura, Mexico, won the Alongi 20 Km title in Dearborn, Michigan in 1:21:55 with Gary Morgan the first U.S. walker in sixth (1:29:31). Italy's Annarita Sidoti won the 10 Km title in 46:06, 47 seconds ahead of Debbie Van Orden.

15 Years ago—(From the September 1998)RW)—In Pan Am Cup Trials, Joanne Dow won the women's 20 Km in 1:35:45 and Philip Dunn the men's 30 Km in 2:26:30. Teresa Vaill trailed Dow by 58 seconds and Susan Armenta was nearly 3 minutes further back in the women's race. Theron Kissinger (2:27:13) and Steve Pecinovsky (2:35:36) followed Dunn. . .In National 5 Km races, Curt Clausen and Teresa Vaill prevailed. Clausen (21:04) beat Al Heppner (21:49) and Warrick Yeager (21:54). Debbi Lawrence (23:18) and Lyn Brubaker (23:59) were 2-3 in the women's race. . .The National 40 Km went to Gary Morgan in 3:21:37 with Dunn close behind (3:22:58). John Soucheck was third ahead of Yeager. . .Clausen also had a 20:37 to win an open race at the National Master's 5 Km two weeks later. . .The master's titles went to Victoria Herazo (23:31) and Jonathan Matthews (21:09). Don DeNoon had a 23:32 in winning the 55-59 title. . .European titles were won by Russia's Ilya Markov (1:21:10), Italy's Annarita Sidoti (42:49), and Poland's Robert Korzeniowski (3:43:51). All were competitive races. In the 20, Larvia's Aigars Fedejevs (1:21:25) and Spain's Francisco Fernandez (1:21:39) were second and third. Italy's Erica Alfriedi (42:54) and Portugal's Susan Feitor (42:55) followed Sidoti. Finland's Valentin Kononen (3:44:29) was second at 50.

10 Years Ago (From the September 2003 ORW)—Curt Clausen was a walk-away winner of the National 40 Km in Ocean Twp., N.J., finishing more than 25 minutes ahead of John Soucheck in 3:35:58. Nick Bdera set a U.S. 50-54 age group record of 3:51:06 in third and Ed Parrot also finished under 4 hours. Cheryl Rellinger won the women's race in 4:32:50. . .Later, Clausen was a distant second to Tim Seaman in the National 5 Km. Tim's 20:32 left Curt 82 seconds back but well clear of third-place finisher Dave McGovern (22:20). On the women's side, Bobbi Jo Chapman was an easy winner in 24:28. . .A week earlier, Seaman had gone much faster in Hildesheim, Germany as he finished third in 19:09, behind Ivan Trotskiy, Belarus and Eric Tysse, Norway. Trotskiy had 18:57 and Tysse 19:01. The next day, Tim was sixth at 10 Km in 39:59. Poland's Robert Korzeniowski won the race in 38:44, 8 seconds ahead of Trotskiy. At the same site, Norway's Kjersti Platzer won a 3 Km in 11:41 and 5 Km in 20:08.

5 Years Ago (From the September 2008 ORW)—In IAAF Challenge races Spain's Francisco Fernandez (1:23:14) and Portugal's Susan Feitor (1:30:17) won at 20 Km. Following Fernandez were Jared Tallent, Australia (1:24:02) and Jefferson Perez, Ecuador (1:24:35). In the women's race, Greece's Athanasia Tsomileka and Norway's Kjersti Platzer were second and third in 1:31:17 and 1:31:31. . .Ray Sharp, still going strong at 48, won the National 40 in Ocean Township in 3:58:32. . .It was Ray's 19th National title, his first coming at 30 Km in 1980. . .Solomiya Login won the women's race in 4:15:32.

On the lighter side (thanks to faithful subscriber and Ohio TC teammate in the good old days, Charles (Chuck, Charley) Newell:

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

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

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

I tried to catch some fog, but I mist.

I stayed up all night to see where the sun went, and then it dawned on me.

When chemists die, they barium.

I'm readying a book about anti-gravity. I just can't put it down.

PMS jokes aren't funny; period. . .

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?



A USSR 20 Km sweep at the 1956 Melbourne Olympics. Leonid Spirin was first in 1:31:27.4. Arnenas Mikenas was second in 1:32:12 and Bruno Junk third in 1:32:12. Spirin was Russian, Mikenas Lithuanian, and Junk Estonian. Sweden's John Ljunggren was fourth in 1:32:24, Great Britain's Stan Vickers fifth in 1:32:34.2, and Australia's Donald Keane sixth in 1:33:52. Henry Laskau did 1:38:46.8 in 12th for the U.S.