

OHIO RACEWALKER



VOLUME XLIX, NUMBER 11

COLUMBUS, OHIO

JANUARY 2014

South Texas Racewalking Camp Huge Success

Pharr, Texas (Reports from Vince Peters and AC. Jaime)—The largest gathering of teenagers ever to attend a racewalking camp in the U.S. spent 12 days in this Texas community observing, learning, and being motivated by two-time US Olympian Tim Seaman, coach Diane Graham-Henry of Illinois, coach Patricia Hanna from Missouri Baptist, and coach Ian Whatley, from South Carolina via England, among others. A total of 62 campers toed the line in one or more the five racewalks held during the camp. More than 30 of the participants achieved personal bests during the races.

The junior-elite racewalk camps have been going on for about 14 years with the last seven in Pharr, the home town of coach AC Jaime. Jaime, once the mayor of Pharr, jump started the South Texas Walking Club about 15 years ago. Now the club is known nationally as the top club of racewalking for the under-16 crowd in the U.S.. The camp opened on December 28. The attendees came not only from the U.S., but also from Mexico, Venezuela, Puerto Rico, and Hong Kong. Adding to the international flavor was the assistance of Tim Seaman's wife, Rachel, a 2012 Canadian Olympian.

The racing got underway on December 29 with a 3000 meter event at the PJSA Stadium with 44 entrants. The 3000 was held in two sections with Molly Josephs, a 19-year-old from Missouri Baptist University leading the women in 14:37, just 5 seconds ahead of Mexico's Diana Mendoza. Josephs bettered her personal best by 12 seconds while qualifying for the U.S. Indoor Nationals in February. Another seven women qualified for the USATF Junior Nationals next summer.

In the men's 3000, 15-year-old Federico Gonzalez from Chihuahua, Mexico sped through the first mile in 7:01 and went on to win in 13:05, 13 seconds ahead of fast-closing Anthony Peters, a 17-year-old from Elgin, Illinois. Peters and three others qualified for the Junior Nationals.

Between the two sections, some of the best walkers living in the U.S. competed in a 10,000 meter event and two new National records resulted. Rachel Seaman was the first woman as she set a Canadian national record of 44:25 and in second was (Jessica) Siu Nga Ching with a Hong Kong national record of 44:25. Tim Seaman, an ambitious 41-year-old, edged his wife and his protege Nick Christie by 1 second. Results of these races:

Women's 3000—1. Molly Josephs (19), Missouri Baptist U. 14:37 2. Diana Miranda (16) Mexico 14:42 3. Laisha Antillon (14) Mexico 15:07 4. Katherine Newhoff (16) Walk USA 16:02 6. Jennifer Lopez (17), Elgin Sharks 16:15 7. Anali Cisneros (16), Elgin Sharks 16:19 8. Fiona Dunleavy (17), Rowlett, Texas 16:22 9. Charlotte Walkey (15), Miami Valley TC (Ohio) 16:25 10. Emily Belovich (16) Miami Valley TC 11. Miriam Andablo, Monton College (Ill.) 16:27 12. Sayra Pasillas (17), Mexico 16:56 14. Caitlin Palacio (15), California 17:04 15. Susan Leggett (16), N.Y. 17:08 16. Valia Vaitones (17), Pinkerton Academy (N.H.) 17:13 18. Gisela Flores (13), Pharr 17:34 19. Melissa Endy (14), Westfield, N.J. 17:34 20. Rithika Valatuari (11), Palo Alto, Cal. 18:20 (29 finishers, 1 DNF) **Men's 3000**—1. Frederico

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The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$15.00 per year. Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit Street, Columbus, OH 43202. Phone 614-263-8318. E-mail address is: jmortlan@columbus.rr.com. Approximate deadline for submission of material is the 24th of each month.

Gonzalez (15) Mexico 13:05 2. Anthony Peters (17), Elgin Sharks 13:18 3. Cameron Haught (15), Miami Valley TC 14:30 4. Geraldo (Bebe) Flores, South Texas WC 14:38 5. Steve Berry (14), Utah 14:52 6. Ricky Rosa, Puerto Rico 14:52 ;7. Jack Lazor (17), Madison, Conn. 15:13 8. Matias Serna (15), San Juan, Texas 16:09 9. Nehemiah Cionelo (14), New Mexico 16:16 10.. Michael Belovich (14), Miami Valley 16:26 11. Jonathan Aguilar (13), Alamo, Texas 16:36 12. Christian Rios (123), Pharr 17:58 (14 finishers) **Women's 10,000 meters**—1. Rachael Seaman, Canada 44:25 2. (Jessica) Siu Nga Ching ,Hong Kong 48:45 3. Natalia Alfonzo (19) Missouri Baptist 55:56 **Men's 10,000**—1. Tim Seaman, NYAC 44:24 2. Nick Christie, Miss. Baptist 34:42 3. Alex Chaves, Miss. Baptist 45:15 4. Emmanuel Coruer (20), Cuyamaca Comm. Coll. 45:16 5. Jonathan Hallman, Shore AC 50:00 6. Ian Whatley (50+), World Class RW 52:52

On Jan. 3, following a week of training and instruction, it was time to race again, this time over 1 Mile (plus an elite 3000 meter race). Gonzalez earned his second victory with a 6:34.6 effort, following an opening half-mile in 3:12. Peters was again second, this time in 6:41.0 and Flores also snuck under the 7 minute barrier.

In the women's race, Mexico's Diana Miranda pulled away in the final 440 to win in 7:23.4. Second was Natalia Alfonzo, a 19-year-old from Venezuela now at Missouri Baptist. Molly Joseph, the 3000sinner, was a solid third in 7:29.

In the elite 3000, Sweden's Andreas Gustafsson, now training in San Diego, took off at the gun and never looked back. His 1:31 opening lap took him clear of the pack and he went on to an impressive win in 11:23.9. The ageless Tim Seaman was impressive in second with 11:38.5, but was less than 4 seconds ahead of protege Alex Chavez at the finish. Jonathan Hallman surprised Nick Christie to capture fourth. Results of these races:

Men's 1 Mile: 1. Federico Gonzalez (15), Mexico 6:34.6 2. Anthony Peters (17), Elgin Sharks 6:41.08 3. Geraldo (Bebe) Flores, South Texas WC 6:59.8 4. Ricky Rosa, Puerto Roco (20+) 6:59.8 5. Cameron Haught (15), Miami Valley 7:18.3 6. Steve Berry (14), Lone Peak TC (Utah) 7:20.7 7. Ian Whatley, World Class RW (50+) 7:21.2 8. Alex Price, Pacific Racewalkers 7:22.1 9. Matias Serna (15) 7:56.2 10. Michael Belovich (14), Miami Valley 8:39.5 11. Emilio Mancha (17), Elgin Sharks 8:43.3 12. Vince Peters, Miami Valley (55+) 8:47.4 13. Nehemiah Cionelo, Cougar TC (New Mexico) 9:05.7 14. Peter Armstrong, (65+), N.Mexico 10:14.9

Women's 1 Mile: 1. Diana Mirando (16), Mexico 7:23.4 2. Natalia Alfonzo (19), Missouri Baptist (Venezuela) 7:26.9 3. Molly Josephs (20), Missouri Baptist 7:29.8 4. Laisha Antolin (14) Mexico 7:44.0 5. Nirvana Azalba (20,) Missouri Baptist (Mexico) 7:45.0 6. Charlotte Walkey (15), Miami Valley 7:58.1 7. Katherine Newhoff (16), Walk USA 8:05.0 8. Jennifer Lopez (17) Elgin Sharks 8:08.9 9. Caitlyn Palacio (15), San Jose, Cal. 8:11.0 10. Fiona Dunleavy (17), Rowlett, Texas 8:12.2 11. Anali Cisneros (16), Elgin Sharks 8:13.1 12. Emily Belovich, (16), Miami Valley 8:15.9 13. Miriam Andablo (20+), Monton College 8:23.9 14. Sayra Pasillas (17), Mexico 8:25.0 15. Melissa Ewndy (14), Westfield Flyers (N.J.) 8:15.1 16. Camila Vicens (11), Houston 8:25.8 17. Katie Michta (17), Walk USA 8:25.8 18. Kaitlyn Loeffler (20+), Central Methodist U. 8:42.1 19. Nayeli Cisneros (15), Elgin Shrrks 8:56.7 20. Julisa Juarez (13), South Texas WC 8:57.0 21. Gisea Flores (:13), South Texas 9:07.6 22. Rithika Vatturi (11), Palo Alto,Cal. 9:07.6 23. Stefanie Edwards (30), Houston 9:09.6 24. Gina Bentley, (14), Valencia, Cal. 9:11.0 25. Itzel Gonzalez (13), South Texas WC 9:14.0 (33

finishers)

Elite 3000 meters: 1. Andreas Gusatafsson, Sweden 11:23.9 2. Tim Seaman, NYAC 11:38.5 3. Alex Chavez (20), Missouri Baptist 11:42.1 4. Jonathan Hallman (20), Shore AC 12:08.2 5. Nick Christie (22), Missouri Baptist 12:10.0 . Emanuel Corvera (20) Cuyamaca Comm. College 12:51.4

The final day (Jan.4) saw both 5 and 10 Km walks. Gustafsson was unchallenged in the men's 5 Km as he strolled to a 20:03 win., 6 ½ minutes ahead of Alex Price. Caitlyn Palacio, age 15, walked a 28:29 in the women's race to score a 13 second win over 11-year-old Camila Vicens.

Alex Chavez narrowly edged his coach Tim Seaman to win the 10 Km race in 43:46, just a second ahead of Seaman. The duo broke away from Nick Christie at 6 Km with Christie finally finishing 2 minutes back but well clear of Mexico's young Federico Gonzalez. Anthony Peters in fifth bettered the qualifying time for the IAAF World Cup Junior race. The women's race went to Molly Josephs who bettered her personal best by two minutes as she beat Mexico's Diana Miranda. Results:

Men's 5 Km: 1. Andreas Gustafsson (32), Sweden 20:03 2. Alex Price (30+), Pacific RW 26:36 3. Vince Peters (55+), Miami Valley 29:50 4. Christian Rois (13\2), South Texas 30:11 5. Peter Armstrong (65+), New Mexico 32:43 6. Emilio Mancha (17) Elgin Sharks 33:45 (10 finishers)

Women's 5 Km: 1. Caitlyn Palacio (15), San Jose, Cal. 28:29 2. Camila Vicens (11), Houston 28:42 3. Melissa Endy (14) Westfield Flyers 29:41 4. Stefanie Edwards (30) Houston 29:51 5. Kasandra Rodriguez (15), South Texas 29:59 6. Julisa Juarez (13), South Texas 30:07 7. Rithika Vatturi (11), Palo Alto, Cal. 30:44 78. Emily Antum (12) South Texas 30:56 9. Gisea Flores (13), South Texas 30:58 10. Nayeli Cisneros (15), Elgin Sharks 31:22 12. Lily Stoneman (11), Houston 32:47 13. Jessica Heiser-Whatley (14), Greer, S.C. 33:18 14. Gina Bentley (14), Calencia, Cal. 33:28 15. Priyankia Vatturi (14), Union City, Cal. 33:28 (24 finishers).

Men's 10 Km: 1. Alex Chavez, Missouri Baptist 43:36 2. Tim Seaman (41), NYAC 43:47 3. Nick Christie (22) Missouri Baptist 45:48 4. Federico Gonzalez (15), Mexico 46:53 5. Anthony Peters (17), Elgin Sharks 47:02 6. Jonathan Hallman (20), Shore AC 48:35 7. Geraldo (Bebe) Flores (17), South Texas 50:57 8. Emanuel Corvera (20), Cuyamaca Comm. College 50:58 9. Ian Whatley (50+) World Class RW 51:00 10. Cameron Haught (15), Miami Valley TC 53:30 11. Steve Berry (14), Lone Peak TC (Utah) 54:32 12. Nehemiah Cionelo (13), Cougar TC (N. Mex.) 57:12 13. Matias Serna (15), South Texas 57:13 14. Jonathan Aguilar (13), South Texas 61:17 15. Michael Belovich (14), Miami Valley TC 61:54

Women's 10 Km 1. Molly Josephs (20) Missouri Baptist 50:59 2. Diana Miranda (16), Mexico 51:43 3. Katie Michta (17), Walk USA 54:35 4. Laisha Antillon (14), Mexico 54:54 5. Charlotte Walkery (15 0, Miami Valley TC 56:24 6. Nirvana Zelba (20) Missouri Baptist (Mexico) 56:29 7. Anali Cisneros (16), Elgin Sharks 56:37 8. Jennifer Lopez (17), Elgin Sharks 56:39 9. Sayra Pasillas (17) Mexico 57:28 10. Fiona Dunleavey (17), Rowlett, Texas 57:41 11. Emily Belovich (16), Miami Valley TC 57:46 12. Amberly Melendez (16), South Texas 58:07 13. Miriam Andablo (20+), Monton College 58:14 14. Katherine Newhoff (16), Walk USA 58:36 15. Ellerie Lagenhausen (20+), Ashford U. (Iowa_ 70:22 (1 DNF)

A note of praise for the efforts that went into this camp, with which I heartily agree:

This is what's promising and good and wonderful about Race Walking!!!

As one of the RW Development Chairs trying to work with USATF and do things to help our event (and often very frustrated) This is where I see true "Development" happening and it happens because people with big hearts expend a lot of energy and come together and

make it work. It happens because North Am RW Foundation and the people who give to it are extraordinarily generous. It happens because lots of people make sacrifices, travel long distances open their homes, cook mountains of spaghetti and in the process have a lot of fun. A place where Olympians toe the line with brand new RWers, where kids truly get inspired, see beyond regionals and develop a future plan.

I salute AC and all those involved, YOU are doing true Development!!!!

Other Results

Indoor 3000 meters, Boston, Jan. 19—1. Katie Burnett, un. 14:08.15 2. Dave Talcott, Shore AC (53) 14:29.71 3. Spencer Dunn (15), un., Maine 14:47.20 4. Ed O'Rourke, New England Walkers 15:19.56 5. Sidney Sirois, LA Walkers (that's Lewiston-Auburn, Maine) 15:27.11 6. Kayla Allen, Franklin Pierce College 16:00.77 9. Stephen Peckiconis 17:00.47 **1 Mile, same place**—1. Maegan, Maine 8:30.9 2. Vaslentin Vaitones, Golden Spikes TF 8:33.9 3. Victoria Bveliveau, LA RW 8:409.2 (all are high school students)

USA Indoor Open and Maatesr 3000 meters Championship, Rochester, N.Y. Dec. 28—1. Machael Mannozi, Shore AC 12:40.36 2. Miranda Melville, NYAC 13:16.20 3. Dave Swarts (48), Pegasus AC 14:06.73 4. Dave Talcott (53), Shore AC 14:42.75 5. Kyle Swan (14), Australia 14:58.88 6. Katie Burnett, Un. 14:30.45 7. Chelsea Conway, Shoare AC 15:52.23 8. Meghan Podlaski (16), un. 16:55.14 9. Bailey Kem (17), Penfield AC 16:51.99 10. Don Lawrence (53), Fleet Feet Albany 17:19.27 11. James Miner (65), Syracuse TC 17:40.78 12. Irene Fletemeyer (18), Racewalk Maryland 17:52.10 13. Carol Bendall (55), Fleet Feet Albany 18:02.45 14. John Fredericks (65), Freehold Area Runners Club 18:06.72 15. Debbie Topham (60), Pegasus AC 18:34.28 16. Rebecca Benjamin (47), Pegasus 18:34.63 17. Sandy Archibald (54), Bytown Walkers, Ottawa 19:21.91 18. Byron Kaelin (54) World Class RW 20:07.05 19. James Carmines (70), un. 20:25.56 20. Ron Salvio (65), Freehold Area RC 21:48.85 21. S. Kay Carmines (67), un. 289:21.20 (1 DNF; 1 DQ)

Indoor 3000 meters, South Huntington, N.Y., Dec. 21—1. Tim Seaman, NYAC 11:52.31 (Masters World Record bettering his own mark of 12:08.65 at 2013 Nationals in Albuquerque) 2. Jack Lazor, Conn. RW 15:38.88 3. Bill Vayo, Shore AC 16:15.25 **Women**—1. Rachel Seaman, Canada 12:38.16 2. Maria Michta, Walk USA 12:42.97 3. Molly Josephs, Missouri Baptist 14:50.19 4. Katie Michta, Walk USA 15:04.51 5. Monika Farmer, Walk USA 15:05.18 6. Alexa Kluepfel, Walk USA 15:55.13 7. Britanny Collins, Walk USA 16:13.31 8. Kaitlin Maratins Walk USA 16:16.42 9. Natalie DeQuarto, Walk USA 16:16.44 10. Allie Bennett, Walk USA 16:30.34 11. Sydney Sirois, Auburn Walkers; Maine 16:34.51 12. Maryanne Daniels, Conn. RW 16:34.76 13. Allison McConville, Walk USA 16:49.83 14. Nicole Court-Menendez, Maine RW 16:54.13 15. Kayla Allen, Auburn Walkers 16:54.23 16. Katherine Newhoff, Walk USA 17:01.81 17. Cheryl Armstrong, Raleigh Walkers 18:45.31

H.S. 1500 meters, New York City, Dec. 1—1. Sophia Mahin 7:43.06 **1500, New York City, Dec. 7**—1. Marfia Gorecki 7:19.21 **1500 meters, New York City, Dec. 8**—1. Sophia Mahin 7:36.84 2. Natalie Yam 7:59.74

H.S. 800 meters, Brentwood, N.Y., Dec. 8 (Fastest times from four sections)—1. Katie Michta 3:41.28 2. Alexa Kluepfel 3:41.51 3. Monika Farmer 3:42.65 (All three were section winners) 4. Erin Gerfkin 3:52:03 5. Katharine Newhoff 3:53.71 6. Natalie DeQuarto 3:57:18 7. Kaitlin Maratins 3:57.66 (Total of 96 finishers, 1 DQ) **1500 meters, Brentwood, N.Y. Dec. 14** (Again fastest times from four sections.) Katie Michta, 7:03:01 2. Monika Farman ; 7:08.26 3. Natalie DeQuarto 7:24.02 4. Kaitlin Martins 7:24.30 5. Katherine Newhoff 7:43.44 5. Daniel Carson 7:55.44 **1500 meters, Brentwood, Dec. 17**—1. Alexa Kluepfel 7:27.54 2. Allie Bennett 7:44.04 3. Katherine Newhoff 7:44.68 4. Danielle Carson 7:48.47 **1500 meters, Seneca falls, N.Y., Dec. 20**—1. Rachel Tylock 7:53.92 2. Olivia Harbol 7:54.31 **1500 meters, Brentwood, N.Y., Dec. 13**—1. Katie Michta 7:03.01 2. Monika Farmer 7:08.26 2. 3. Natalia DeQuarto 7:24.02 4.

Katherine Newhoff 7:43:44 **1500 meters, New York City, Dec. 20**—1. Jessica Szela 7:36.04 2. Sophia Mahin 7:55.35 **1500, Brentwood, N.Y., Dec. 22**—1. Katie Michta 7:00.02 2. Monika Farmer 7:13.15 3. Natalie deQuarto 7:23.92 4. Kaitlin Maratin 7:27.30 5. Sara Farman 7:58.33 **1500, Huntington, N.Y., Dec. 23**—1. Allison McConville 7:38.39 **H.S. 1500 meters, New York City, Jan. 3, Frosh and Sophomores**: 1. Sara Farman 8:03.83 2. Kiera Mathaews 8:03.93 3. Christina Haddican 8:06.80 (25 finishers) **Jr. and Sr.**: 1. Monika Farmer 7:08.50 2. Natalie Dequarto 7:12.83 3. Kaitlin Maratians 7:12.87 4. Allie Bennett 7:20.16 5. Meaghan Podlaski 7:27.13 6. Maria Gogeci 7:28.63 7. Sophia Mahin 7:33.02 8. Erin Gerken 7:41.49 9. Katie Venier 7:43.92 10. Jessica Szela 7:46.99 (36 finishers, 3 DQ) **East Region Indoor 1 Mile Championships, Suffolk County Community College, N.Y., Jan. 18**—1. Britanny Collins, Walk USA 7:58.81 2. Katharine Newhoff, Walk USA 8:06.50 3. Bill Vayo, Shore AC 8:08.75 4. Maryanne Daniel (55+) 8:10.27 6. Cher Armstrong, Raleigh Walkers 9:01.96 6. Tara Mandel, Farmingdale H.S. 9:01.96 7. Bob Campbell (65+), World Class RW 9:56.89 (11 finishers) **Polar Bear 10 Mile, Asbury Park, N.J., January 22, 2014**—1. John Soucheck 1:36:29 2. Bill Vayo 1:37:09 3. Bruce Logan 1:47:41 4. Tim Chelius 1:48:58 5. John Fredericks 1:51:54 6. Fred Linkhart 1:53:17 (10 finishers) **Women**—1. Maria Paul 1:58:07 2. Sue Lockhart 2:16:54 (4 finishers) **50Km, Houston, Texas, Jan. 12**—1. Ray Sharp (54) 4:53:45 (2:38:45 at 30 Km before he hit the wall.) 2. Dave Talcott (53) 4:56:08 3. Vlad Haluska (61) 5:49:21 4. Bruce Logan (49) 6:24:17 **5 Km, same place**—1. Jonathan Aguilar (13), South Texas WC 28:31 2. Carmila Vicens (11) 29:21 3. Julisa Juarez (14) 32:12 4. Lily Stoneman (11) 34:03 5. Lizel Gonzalez (17) 34:17 (7 finishers) **10 Km, same place**—1. Matias Serna (15), South Texas 61:13

Southeast Asia Games 20 Km, Nay Pyi Taw, Myanmar, Dec. 15—1. Hendro Hendro, Indonesia 1:29:41 2. Yuan Vinh, Vietnam 1:33:30 3. Myo Min Thiha, Myanmar 1:36:18 4. Mar Lar Nwe, Myanmar 1:35:03 5. Dhoon Sieng Lo, Malaysia 1:38:15 **Women**: 1. Saw Mar Lar Nwe, Myanmar 1:35:03 2. Thi Thanh Phuc Nguyen, Vietnam 1:37:08 3. Kay Khine Myo Tun, Myanmar 1:40:15 **10 Km, Tokyo, Dec. 14**—1. Daisuke Matsunaga 39:08.23 **10 Km, Getafe, Spain, Dec. 15**—1. Mark Turc 40:17 2. Alvara Martin 40:28 **Women**—1., Maria Poves 45:19 2. Brigita Verbalyte, Lithuania 45:47 **20 Km, Rio Maior, Portugal, Jan. 4**—1. Sergio Vieira 1:28:23 2. Pedro Martins 1:30:29 (9 finishers) **Indoor 3000, Chuvasia, Russia Jan. 12**—1. Irina Yumanova 11:56.59 2. Savetlana Vasileva 11:57.71 3. Marina Padnokova 11:57.89 4. Vera Sokolova 11:58.04 **5000 meters, same place**—1. Andrei Ruzavin 18:26.31 2. Aleksandr Yarganin 18:57.87 3. Petr Trofimov 19:00.48 4. Mikhail Ryzhov 19:15.44 5. Kirili Frolov 19:28.30 **Indoor 5000 meters, Sheffield, England, Jan. 4**—1. Quentin Rew, New Zealand 11:17.66 2. Tom Bosworth 11:44.78 3. Crawford Connolly, Canada 12:16.78 **Indoor 500, Athens, Jan. 18**—1. Alexandros Papamihail 19:30

2013 National 1 Hour Postal Competition

Each year the Shore AC sponsors a "Postal" competition over 1 Hour. Races are held on tracks across the country and throughout the year (and also in Canada and Hong Kong this year) with results submitted to the Shore AC for final compilation. For the second year in a row Oregon's Erin Gray was the overall winner, covering 12,828 meters (7 miles 1709 yards). Michigan's Zbigniew Sadlej was second with 12,557 meters. He was also the master's winner ahead of Linda Wilson of the Bytown Walkers (Ottawa, Ontario). There were 84 competitors overall. The results:

Women—1. Erin Gray (26), Bowerman AC 12,828 meters 2. Lauren Van Leeuwen (24), Bytown Walkers Club 10,718 3. Linda Wilson (57), Bytown WC 10,312 4. Katie Grimes (49), Racewalkers Northwest 10,289 5. Sarah Zahab (33), Bytown WC 6. Irene Fletemeyer (18), Racewalk Maryland 10,062 7. Ashley Haratmeier-Rigg, RW Northwest 9815 8. Nicole Begin (54), Kilomaitres LaSalle (Quebec?) 9658 9. Nana Bellerud (54), RW Northwest 9267 10.

Sandy Archibald (53), Bytown WC 9213 11. Catherine McCormack (40), Ontario Racewalkers 9200 12. Anne de Thy (59), Ontario RW 9154 13. Debbie Topham (60), Pegasus AC 9130 14. Sarah Raetsen (37), Ontario RW 15. Cheng Ip Ming (55-59), Hong Kong and Sylvia Ng, Hong Kong 9100 17. Billie Kwok (35-39), Hong Kong 9100 18. Kris Kozell (60), Ontario RW 8849 19. Anne Fischer (51), Ontario RW 8774 20. Sharon Wright (63), Bytown WC 8771 21. Irene Hapanowicz (58), unattached 8672 22. Lily Whalen (61), Ontario RW 8626 23. Veronique Jonsson (49), un. 8500 24. Lalitha Tella (653), Bytown WC 25. Joanne Gage (58), Bytown WC 8460. . .32. Angelena Quinlan (66), Bytown WC 8060. . .34. Paula Graham (51), Tidewater Striders 7947. . .39. Eileen Sarkar (70), Bytown WC 7673. . .42. Lois Dicker (74), Potomac Valley TC 7564. . .51. June Marie-Provost (79), Ontario RW 7128 (53 finishers. I didn't list them all, but tried not to exclude any of my faithful subscribers.)

Men: 1. Zbigniew Sadlej (51), Pegasus AC 12,557 meters 2. Jan Klos (53), Canada 11,768 3. Marek Adamowicz (16), Rive-Sud (Quebec?) 11,240 4. Edward Tse, Hong Kong 11,050 5. Donald Cote (29) Club d'Athlisme de Gatineau, Quebec 10,319 6. Leon Jasionowski (68) Pegasus AC 10,086 7. Lubvin Hernandez Palomino, Potomac Valley TC 10,060 8. Robert Marchand (62), Kilomaitres LaSalle (Quebec? 9657) 9. Ken Atkins (57), Ontario RW 9270 10. Jason Fu (35-39), Hong Kong and Daniel Cheung (50-54), Hong Kong 9100 12. John Gardam (56), Bytown WC 9094 13. Lawrence Malek (53), Toronto RW 9042 14. Tom Gerharst (62), Tidewater Striders 9030 15. Peter Blank (58), Potomac Valley TC 8845 16. John Morrison (64) Potomac Valley TC 8643 17. Bill Purves (65-69), Hong Kong (But still a U.S. citizen, I presume.) 8450 19. Sam Liu (50-54), Hong Kong 8450 20. Ho Man Ho (50-54), Hong Kong 8450. . .24. Hartley Dewey (66), Tidewater Striders 7947 25. Victor Litwinski (70)i, Potomac Valley TC 7745 26. Steve Durrant (74), Tidewater Striders 7382 (31 finishers). The team title went to Pegasus AC (Sadlej, Jasionowski, and Topham) with 31773 meters. Second was Bytown Walkers Club "A" (Wilson, Archibald, and Gardam) at 28,619 meters.

Opportunities For That Stirring Competitive Walk

Sun. Feb. 9	Indoor 1 Mile, New Haven, Conn. (X)
Sat. Feb 15	Indoor 1 Mile or 3000 m, Albany, N.Y. (X)
Mon. Feb. 17	USATF National Indoor 1 Mile, New York City (D)
Sun. Feb. 23	Presidents' Day 3.7 mile, Brockton, Mass. (X)
	National Masters 20 Km, Open 6, 10, and 20 Km, South Florida (B)
	USATF Northeast Indoor 3000, Boston (X)
Sat. Feb. 22	USATF National Indoor 3000 meters, Albuquerque (D)
Sun. March 9	50 Km (Track), Banks, Oregon, 9 am (E)
Sun. March 16	USATF Masters National Indoor 3000, Boston (X)

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 Z--Roger Burrows, roger@bytownwalkerfs.ca

From Heel To Toe

A reader speculates. Richard Wing in Texas writes: I also found the listing of the top performers in the 20 Km for 2013 noteworthy. The lack of correlation between the best times walked this past year and the top podium finishers for the major walking competitions was strange in the extreme. It, of course, begs the question as to what might be the cause of such a disparity? Sadly, in the post-confessional world of Lance Armstrong, a reasonable person would have to consider the possibility of doping. It would be hard not to notice that many of the top 50 were from only two countries--Russia and China (42 % of the list). Yes, it is true that both countries have strong sporting cultures of racewalking, large numbers of young athletes entering the sport, and a great deal of financial support to their development programs. However, it also true that both countries have had significant numbers of their top walkers testing positive for banned substances--Saransk in particular has been an epicenter for this in recent years. Another possibility is these times are being walked on non-certified courses where the distances are "juiced" (*Ed. The Russian Winter Championships have always been suspect.*). I think it would be interesting to list the type of meet where each of the 50 performances occurred. Let us not forget, as well, the importance of expert racewalk judges. How many of the times listed might be the result of lifting "in excess" that would make Mexico City's 1968 man-of-the-hour Pedrasa proud! I was particularly amused by the appearance of two gentlemen from India on the list--not exactly a racewalking juggernaut nation. (*Ed. In a second e-mail, Richard noted that A New York Times article on Jan. 2 reported that since 2009 India has had the most athletes sanctioned for doping (500), far out-stripping the second place country, Russia, at 260. It discussed that steroids were readily available at a remarkably cheap cost from pharmacies throughout India and that India had hired a number of foreign coaches--many from Eastern Europe--who might have brought to India a culture of using performance enhancing drugs in training athletes.* In short, times are interesting to look at, but I agree with the great Australian distance runner Ron Clark, who thought the measure of a great athlete was how he/she performed at big meets against quality competition--regardless of the winning time. (*Ed. Unfortunately, Ron himself was not a great competitor, running his fastest times when there was little competition but failing to win major competitions.*) Your comments on the dearth of depth and quality of American walkers of today compared to that of earlier years were sadly illustrative. I do wonder, however, if this type of comparison could also be made of middle and long distance American runners of today with the previous era? I think the runners' decline would parallel that of the walkers' The reasons? A sociologist of sport

could probably spin out quite a few guesses. My thought: it may be the result of general decline within our society as a whole for jobs involving manual labor, transportation of the two-legged variety, interest in outdoor recreational pursuits, and a passion for physical movement in the form of healthy competitive sport. Whatever the reason(s), it is too bad because Americans are missing out. t on a lot of fun. *(In support of Richard's suggestion that there is parallel decline in running performance, I recently read a very interesting book by David Epstein titled "The Sports Gene". In a chapter on running he noted that between 1983 and 1998 the number of U.S. men who ran under 2:20 for the marathon in the year declined from 267 to just 35, just as the number under 1:40 and 5:00 declined sharply in the racewalks. In England, the same decline was from 137 to 17. But, at the same time, I would guess that the total participation in the marathon may have increased during that same period, while we find fewer and fewer racewalkers at 20 and 50.).* **Racewalkers of the year.** All-Athletics.com announced racewalkers of the year for 2013 worldwide in different areas, as follows. World: Male--Jared Tallent, Australia. Female--Anisiya Kiryapkina, Russia. Africa: Male--Hatem Ghoul, Tunisia. Female--Grace Wjiru Inue, Kenya. Asia: Male--Yusuke Suzuki, Japan. Female--Hong Liu, China. Europe: Male--Mikhail Ryzhov, Russia. Female--Kiryapkina. North and Central America: Male--Inaki Gomez, Canada. Female--Mirma Ortiz, Guatemala. Oceania: Male--Tallent. Female--Tanya Holliday, Australia. South America: Male--Jose Montana, Colombia. Caio Bonfim, Brazil. Female--Sandra Lorena Arenas, Colombia. **Racewalking vs. Race Walking.** Bob Mimm writes having noted my comments in the last issue regarding racewalking vs. race walking (I don't recall what I said. I know I have defended racewalking on line in the past. Did you know that baseball was base ball back in the 19th century? And I know that it is the Ohio Racewalker primarily because when Bob Smith laid out our front page with the little racewalking guy, there wasn't room for a space in racewalking. Anyway, Bob notes that back in 2009 he wrote an article about this for the Walkers Club of Los Angeles newsletter and sent the article along. Here it is:

Mimmisms...

Race Walking, Racewalking, and the English Language

English is spoken on six continents. Only Mandarin Chinese is spoken by more people. In the world, English is the primary or secondary language for one of every seven persons. English has the largest vocabulary of any language. There are some 540,000 words.

English is a growing language. New words are constantly being added. We know that computers and the internet have been responsible for the addition of many new words. Often a word will be officially accepted into the dictionary after it has been used for a long time. One exception is ain't. Although much used, it is still not acceptable.

In the most recent edition of Webster, 100 new words were listed. A few examples are staycation, showarama, locavore, and frenemy (*Ed. None of which my spell checker recognizes.*). One word (or should I say two words) that has (have) held my interest is race walking. Or, should I say racewalking? Most people use racewalking. I always suspected that race walking would be more correct.

To satisfy my curiosity as to which is better I decided to do a bit of research. I know that putting two words together to form a new word is called compounding. Because of compounding many new words have been added to the English vocabulary. Frequency of use is the determining factor.

I have learned that Merriam Webster's online dictionary listed racewalk as a closed compound. The American Heritage Dictionary of the English language added racewalking in 1992. The editor says both forms are acceptable but racewalking is predominantly used.

So it seems you can correctly use either one. I wonder if kite flying, binge eating, or

wind drinking will ever become acceptable as one word?

Kaniskina Turns To Coaching

Olga Kaniskina, Russia's three-time World Champion and Olympic gold and silver medalist at 20 Km has turned to coaching. Following is an article about her from a Portuguese racewalking blog which google.gold thoughtfully translated to "English" for me. Just to demonstrate that computer translation is still an inexact art, I will publish it as it appeared on my screen. Have fun reading it. (Note that Olga is still a female despite the masculine pronouns used here.)

Kaniskina: 'Age is not an obstacle to train and compete' »

Young attentive to instructions Kaniskina.

Olga Kaniskina, that next January 19 will complete the age of 29, officially ended his career as an athlete of high competition and began training young people.

When answering questions from a journalist said, always smiling, the only habit of ancient life that is to miss is a sleep afternoon rest.

It was with great regret not having participated in world championships 'at home' in Moscow, for reasons of injury.

Has a training group with about 20 athletes, aged between 6 and 12 years old, and all of them have participated in various competitions.

Olga believes that age is not an obstacle to train and compete, and perspective the participation of their athletes in a competition to be held at the end of year 2013, the championships of Mordovia of racewalking, where the little ones age 6 made 500 meters.

The workouts start at 14 hours and last about 1 hour and a half. Although the paces and distances are different, all are running, marching and games.

Answering the question whether it is a demanding coach, said yes, especially with older, having to raise his voice and get angry when they do not respect the rhythms in training and 'compete' with each other.

Mentioned still enjoy being with kids and colleagues gait and would rather go unnoticed in this new phase of transition from athlete to coach. However, the government has promised to soon Mordovia a great farewell this your athlete, the one to get the titles of champion Olympic (Beijing 2008), world 3 times (Osaka-2007, Berlin and Daegu-2009-2011), still winning the championship of Europe (Barcelona, 2010) and the World Cup (Cheboksary, 2008).

Walter Hawrys

(Racewalking lost a true and contributor recently, a man I never had the privilege of knowing. Here is Gary Westerfield's tribute to a man who had an important impact on Gary's life.)

It is with sadness in my heart, that through this impersonal form of communication, I report that at approximately 11pm last night our dear friend, and wonderful benefactor Walter Hawrys passed.

Walter Hawrys, age 88 at his passing, was at one time our fiercest competitor. We

met in Smithaven Mall more than 20 years ago, where some of us walked in the mornings to escape the winter cold. He was impressed with the grace of race walking and wanted to learn proper technique and to race. Race he did, leading our masters walkers to events all over the country. My role as coach, was to get him to slow down, to get him to pace himself. That was difficult, because as a successful businessman he gave everything 100% from the start. I was less concerned with the start and more so with the finish. Walter's finish came peacefully at home with his family, with grace.

After his surgery, Walter became less active as a walker but not in his support for WalkUSA. His legacy will be how he made it possible for many people to make race walking a central part of their lives. Through donations from him directly and from his family we have been able to fund developmental activities through the club and USATF Long Island. With the philosophy that no one should ever say "I can't afford to go," Long Island has developed many of the top junior walkers in the country. A quick look at New York State rankings today has WalkUSA girls at the top. Maria Michta, 2012 Olympian and many times national champion was once where our high school walkers are today, just beginning. She had dreams of competing at the Olympics. With the support of the Hawrys family, and through dedicated hard work she has become one of Long Island's most successful track and field athletes.

Whenever we were together, Walter could not wait to talk about race walking technique. Walter always had some new idea on how to think about race walking. "Suppose we taught it this practice was an individual or informal group activity. After one busy summer of racing and training at Hauppauge HS, and when sunset came early, WalkUSA practices were set to revert to an individual thing. "Hey Coach," he said, "there are lights at the Dennison Building. There's no one there, let's continue team practice!" We did. He was always there. We continue there to this day.

It seems like history now (That's what this is, a history.) Walter helped design a course on the roadway next to the Dennison Building which was the site of many national level events. Through his support, his sponsorship made our races a step above other walking competitions. We funded travel, accommodations and prize money for the best in the USA and other countries to compete on our unique 2K course. Appropriately, the course was titled the Walter Hawrys 2K. Perhaps it is time to honor his memory to recertify the course and host another national.

Walter called me "Coach" until the very end. He made me so proud. He was my friend. Over the years, my wife Nadya and I have shared many meals and activities with Walter. I hope that as you continue in race walking, you will make similar friends for a lifetime.

A History of Racewalking At The Millrose Games

by Vince Peters

The Millrose Games, the oldest of the indoor meets, will mark its 107th Anniversary this year. This will be the third year that the world renowned meet will be held in a venue outside of Madison Square Garden and its unique and challenging 145.4545 meter (160 yards), four-lane, high-banked oval. In re-birthing the meet, the Millrose Games have moved to a faster, friendlier surface—the 200-meter oval at the 169th Street Armory in uptown Manhattan Island.

But regardless of venue, it will be a great meet with the walks providing some intense competition. Thus, we have an excellent opportunity to look back at the fine tradition of racewalking at the world famous Millrose Games—and the USA 1 Mile Indoor Racewalk Championships.

According to the Games' archives, this will be the 47th Millrose to include the racewalk for men and the eighth for women. But, perhaps unknown to most, the walks were

conducted at Madison Square Garden long before the Millrose Games even came to be. In fact, the Millrose Games has its roots in the attraction New Yorkers have always had for contests featuring raw endurance, like racewalking. Pedestrianism, as it was called, came into vogue after the Civil War with many famous races taking place at Madison Square Garden, including the six-day Astley and then O'Leary Belt races in the 1870s and 1880s. Winners in those events were afforded incredible riches, sums that—even today—would make athletes jealous.

But walking would not find their way into the Millrose Games until 1915. Conducted periodically until 1978, it has since been contested annually. The women's mile was added for the first time to help celebrate the 100th Anniversary of the Games in 2007.

But, if you plan on watching, and all the athletes hope you do, don't be late. The walks—the USA Indoor 1 Mile Championships for both men and women—will be featured events at the start of the Games! The women's mile will be among the first events conducted, followed shortly by the men's race which is sponsored by the Rudin family in memory of his wife Susan.

Records always make attendance at any Track and Field Meet memorable. And race walking has done its part by bringing the crowd to its feet with multiple world indoor records at the Millrose Games over the years.

Born in Berlin Germany, Henry Laskau, now a member of the USA Track & Field Hall of Fame, was the first on the modern racewalkers who electrified the crowds at Madison Square Garden. After losing his family to the concentration camps, Laskau found his way to America where he provided counterintelligence support to the army after the USA's entry into World War II. Switching from distance running after the war to racewalking, Laskau became a three-time Olympian. It was during the height of his career in 1951 when he brought the Garden's crowd to its feet. Laskau's record walk of 6:19.2 for the mile that evening became a world record that stood for 12 years.

Following Laskau, the most significant mark occurred with the 1979 win of Todd Scully. Scully's time of 5:55.8 was racewalking's equivalent of Roger Bannister's running the first sub-four minute mile. Until 1979, no racewalker had ever broken the 6-minute barrier. But, once the barrier was breached, the records kept coming and the times went tumbling down with Ray Sharp—who is still actively competing—and Jim Heiring claiming the record for a year or two. Then came 1988. That was the year the great Tim Lewis walked the still standing indoor world and USA record for the mile: 5:33.52.

And then there is Allen James, the chairman of the boards for the racewalk. In the long history of walking, he has stood above the others in wins. While James has never set a record in the race while competing in the Millrose Games, he notched several in other competitions—he dominated an eight-year period with seven wins.

But racewalk leadership is forever changing. Two-time Olympian Tim Seaman age 39, logged his sixth victory. And, with his 2010 win Seaman tied the great Henry Laskau for second all time in national racewalk titles won at 42. Only T&F Hall of Fame member and four-time Olympian Ron Laird has won more national titles—an amazing 65.

Other multiple Millrose Games winners for the men are: Tim Lewis, who finished his career with five wins, ahead of Willie Plant 3, Harry Hinkel 3, Todd Scully 3, Henry Cieman 2, Jim Heiring 2, Ray Sharp 2, and Curt Clausen 2.

And where will the next great racewalker come from?

Millrose has always had those precocious high school teenagers in the field battling with the veterans and college stars. And sometimes they prevail. In 2003 and again in 2008, high school seniors pulled off surprising upsets. Zac Pollinger (2003) hailed from just across the Hudson in New Jersey. Texan Ricardo (Ricky) Vergara topped his twin brother Roberto (Robert) in his 2008 upset performance.

And high school stardom doesn't end there. Superb performances by these youngsters

can sometimes be hidden behind the wins of older, and physically more mature, ssuperstars.

2010 was on of those years. Pennsylvania high school senior Trevor Barron did something truly special. The 17-year old from the Pittsburgh suburb of South Park smashed the national high school record in the mile with his third place finish behind his coach, Tim Seaman, and the Swede, Andreas Gustaffson. Barron, who would go on to break the American Junior records at 5,10, and 20Km in the outdoor season, finished third in 6:03:48. The old record of 6:11.0 was set way back in the 1990 Millrose Games by Paul Tavares of Centereach High School in New York.

In 2011, the youth movement hit a peak as a trio of high school athletes ruled the men's field. And, it was Barron, following up his record setting year, who won. Following him, just five days after qualifying for the 2012 Olympic Trials at 20 Km was 16-year-old Torry Pines H.S. junior Tyler Sorensen. Pharr, Texas high school senior Alex Chavez was third. Barron has gone on to compete at the 2012 Olympic Games in London. In 2012 and 2013, the changing of the guard continued with Michael Mannozi and Jonathan Hallman earning the crystal award as the winners of the Susan Rudan Mile Racewalk.

The women's mile doesn't have the tradition of the men's mile—yet. But, it is well on the way. For no more fitting an athlete could have won that initial mile race than New York City school teacher Loretta Schuellein. Schuellein, 27, dominated the field with a 14-second victory. 2004 Olympian Teresa Vaill won the 2008 race and finished a close second in 2009 to Canada's top racewalker Rachel Lavallee. In 2011, having married her coach Tim Seaman in the fall of 2009, she became the first woman to threepeat as champion. Maine's Lauren Forgues totally dominated the 2012 field.

In 2013, a stellar field was assembled. It featured nearly all of the top American athletes. A fast pace from the gun by 2012 Olympian Maria Michta resulted in an incredible first for American racewalkers—the top four finishers were all under the seven-minute barrier. And Michta came out on top to establish a new Millrose Games record of 6:40.06. This broke Rachel Seaman's 2011 mark of 6:41.32.

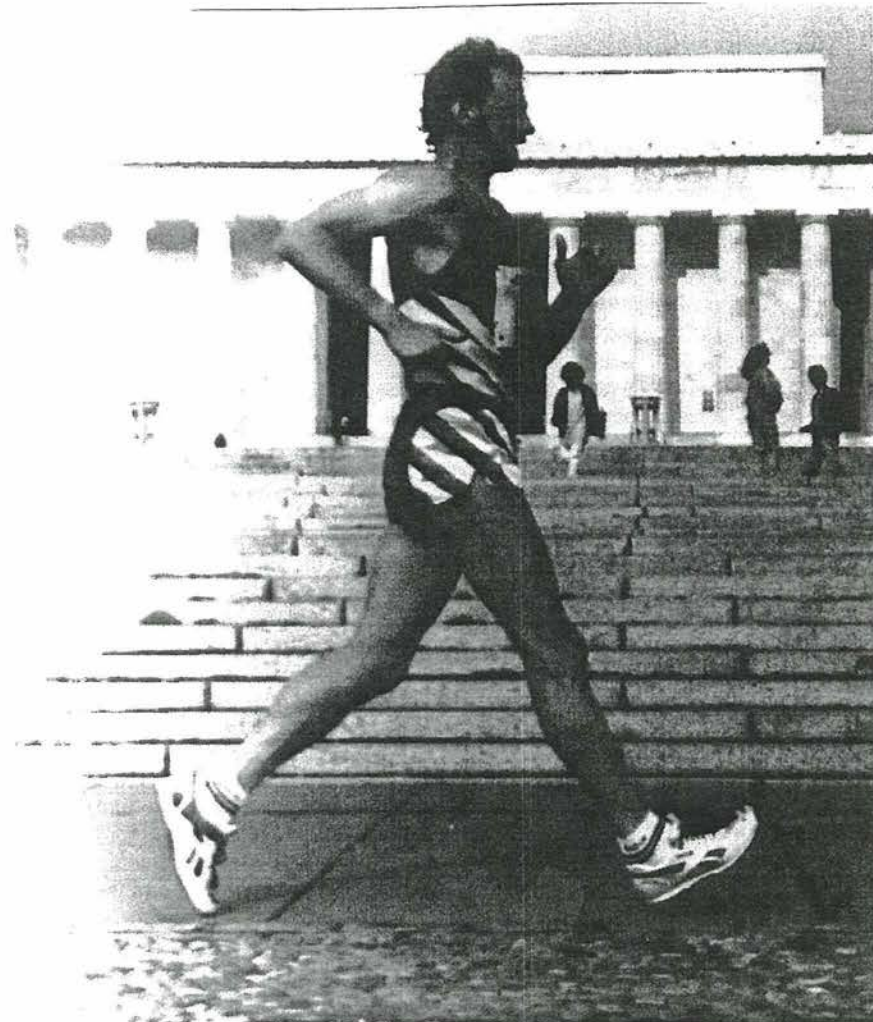
(Vince thanks Elliott Denman for the vast majority of the material in this article.)

The Winners

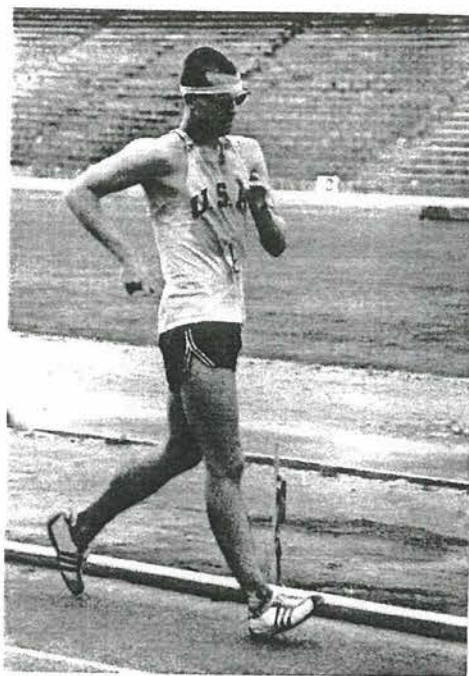
1915 Ed Renz	6:45.2	1991 Doug Fournier	5:51.87
1923 Willie Plant	6:32.6	1992 Tim Lewis	5:51.64
1924 Willie Plant	14:15.6 (2 miles)	1993 Allen James	5:50.44
1925 Willie Plant	26:06.6 (5000 m)	1994 Allen James	5:48.42
1926 Harry Hinkel	21:49.2 (3 miles)	1994 Allen James	5:48.42
1928 Harry Hinkel	12:59.0 (3000 m)	1995 Allen James	5:52.75
1929 Harry Hinkel	6:38.6	1996 Allen James	5:50.46
1936 Henry Cieman	?	1997 Allen James	5:55.21
1937 Henry Cieman	6:23.7 WR	1998 Curt Clausen	5:54.00
1951 Henry Laskau	6:34.3	1999 Allen James	5:59.94
1978 Todd Scully	6:34.3	2000 Allen James	6:15.43
1979 Todd Scully	5:55.8 WR	2001 Curt Clausen	5:53.05
1080 Todd Scully	6:00.6	2002 Tim Seaman	5:46.75
1981 Evan Fox	6:13.5	2003 Zachary Pollinger	6:41.19
1982 Jim Heirfing	5:59.74	2004 John Nunn	6:093.37
1983 Ray Sharp	5:46.21 WR	2005 Tim Seaman	6:00.76
1984 Ray Sharp	5:52.79	2006 Tim Seaman	5:47.55
1985 Tom Edwards	11:47.75 (3000m)	2007 Tim Seaman	5:51.18
1986 Jim Heiring	5:41.26 WR	2008 Rucardi Vergara	6:28.92
1987 Tim Lewis	5:41.12 WR	2009 Tim Seaman	6:02.58
1988 Tim Lewis	5:33.53 WR	2010 Tim Seaman	5:52.43
1989 Tim Lewis	5:56.17	2011 Trevor Barron	6:06.25
1990 Tim Lewis	5:50.53	2012 Michael Mannozi	6:19.40
WR—Worlds Record		2013 Jonathan Halman	6:07.62

Women

2007 Loretta Schuellin	6:52.12
2008 Teresa Vaill	7:01.17
2009 Rachel Lavallee	6:47.45
2010 Rachel Seaman	6:49.20
2011 Rachel Seaman	6:41.32
2012 Lauren Forgues	6:48.62
2013 Maria Michta	6:40.06



World Record Holder and five-time Millrose Winner Tim Lewis. Seen here on his way to a 1:26:52 win the 1989 National Invitational 20 Km in Washington, D.C.



Two other characters in the Millrose story. Henry Laskau on the left and Ron Laird on the right. Note that in both the Lewis and Laird photos, while the image doesn't quite catch double contact, it seems apparent that there was double contact. And a straightened knee to boot. Good going gentlemen.

LOOKING BACK

45 Years Ago (From the January 1969 ORW)—We boldly predicated that at some time before the year 2000 racewalking would get more play during actual sports programming time than in the commercials. I guess that has come about, but probably because there is less (if any) use of racewalkers in commercials now than in that era. During 1968, we had seen a lot more walking with the Winter Olympics (on various commercials) than we did during coverage of the Summer Olympics, where Larry Young coped a bronze medal and Rudy Haluza missed the bronze by one spot. . . Young won an indoor 1 mile in Los Angeles with a 6:41.2. . . Jim Hanley took a San Francisco 1 Mile in 6:53 and Dave Romansky turned in times of 6:31 and 6:28 in East Coast mile races.

40 Years Ago (From the January 1974 ORW)—John Knifton edged Ron Daniel with a 13:59.6 in the Met AAU 2 Mile and Ron Kulik won a 1 Mile race over Dan O'Connor in 6:46.

35 Years Ago (From the January 1979 ORW)—The National 1 Hour Postal Race was won by

Neal Pyke with an American record performance of 8 miles 1021 yards. Todd Scully wasn't far back, covering 8 miles 807 yards. Larry Walker went beyond 8 1/4 miles in third and Bob Hendrickson also exceeded 8 miles in the hour. . . Scully broke the American record at 1500 meters while winning the Olympic Invitational in New York with 5:40, the third year in a row he had bettered the record at this meet.

30 Years Ago (From the January 1984 ORW)—Canada's Guillaume Leblanc, ranked number 10 in the world in 1983, got the new year off to a fast start with a 1:26:12 for 20 Km in Santa Monica, Cal. Dan O'Connor was just a second behind at the finish and Marco Evoniuk did 1:26:59. Vincent O'Sullivan was fourth in 1:31:43.

25 Years Ago (From the January 1989 ORW)—Rene Haarpainter covered 13,400 meters in 1 Hour to win a Santa Monica, Cal. race over Larry Walker (13,019). . . Tim Lewis won a 4.3 miles race in Denver with a 31:24, which was probably a pretty good time and quite likely the fastest ever recorded at the distance (probably the only time ever recorded at the distance). . . In England, Roger Brown won a 100 miler in 17:00:35, nearly 10 minutes ahead of J. Cannell. Sarah Brown won the women's race in 21:11:14. (This was a late arriving report on a July 1988 race.)

20 Years Ago (From the January 1994 ORW)—The Annual ORW World Rankings saw Finland's Sari Essayah on top at 10 Km, Spain's Valentin Massana at 20, and Spain's Jesus Garcia at 50. At 10, Ileana Salvador, Italy and Yinn Wang, China, were second and third; 1t 20 in was Daniel Garcia, Mexico and Giovanni DeBenedictis, Italy following Massana; and at 50 Valentin Kononen, Finland and Carlos Mercenario, Mexico were second and third. . . The U.S. Rankings were as Follows: 10 Km—Teresa Vaill, Debbi Lawrence, and Debbie Van Orden; 20 Km—Allen James, Jonathan Matthews, and Doug Fournier; 50 Km—Jonathan Matthews, Herman Nelson, and Andrzej Chylinski. . . Indoor 3 Km races in New York City went to Curtis Fisher in 12:16.58, with Sean Albert less than 2 seconds back; and Tim Seaman in 12:02, followed by Al Heppner in 12:21.2.

15 Years Ago (From the January 1999 ORW)—Gary Morgan was the first racewalker to cross the finish in the Disney Marathon in Orlando, Florida with a 3:45:25. Cheryl Rellinger won the women's division in 4:12:44. . . Morgan also turned in a 12:20.29 indoor 3 Km effort in Chicago. . . Curt Clausen won an Indoor 3 Km in San Diego with a quick 11:22.4, followed by Tim Seaman in 11:33.7, Al Heppner in 11:37.9, and Philip Dunn in 12:05.6. Margaret Ditchburn won the women's race in 13:15.6. . . Nathan Deakes had a 1:20:15 for 20 Km in Australia, beating Nick A'Hern by 44 seconds.

10 Years Ago (From the January 1969 ORW)—Kevin Eastler and Michelle Rohl won National 30 Km titles in Chula Vista, Cal. Eastler covered the distance in 2:14:44, 2:08 ahead of Al Heppner. Following were Curt Clausen 2:19:07, John Nunn 2:19:39, Sean Albert 2:23:50, and Philip Dunn 2:25:50. Rohl had a 2:38:01 and was the only finisher of four starters in the women's race. . . A week later, Heppner beat Albert over 10 miles in Pasadena, 1:13:42 to 1:14:03. . . High schooler Zach Pollinger blistered 1 Mile in 6:27:08 in Providence, R.I.

5 Years Ago (From the January 2009 ORW)—At the Pharr, Texas Training Camp, Tim Seaman won a 1 Hour race covering 12,647 meters with 16-year-old Trevor Barron second at 12,207 meters. Seaman also won at 1 Mill and 5 Km. In the mile, he did 6:11.2 with Barron second in 6:25 and Chris Tegtmeier third in 6:31, just 9 seconds ahead of 14-year-old Tyler Sorenson. At 5 km, Seaman had 21:22.2, Barron 21:40, Tegtmeier 22:18 and Sorenson 23:10. . . Spain's Francisco Fernandez won a 30 Km race in Ireland with 2:07:35.