

OHIO RACEWALKER



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Foreign Invasion At Millrose

New York City, Feb. 16—The 1 Mile Racewalks (men and women) at the Millrose Games (see list of past winners in last month's ORW) doubled as the USATF 1 Mile Indoor Championships but the honors went to walkers from outside the country.

In the women's race Canada's Rachel Seaman came home in 6:17.29, shattering the meet record of 6:40.06, set by Maria Michta last year. Maria battled valiantly to retain the record and the Millrose title but fell 5 seconds short at the finish. It was Seaman's fourth Millrose win, earlier wins coming in 2009, 2010, and 2011. In the first of those she was still Rachel Lavallee. This time, she led throughout but couldn't really shake Michta until the final quarter. She hit the first quarter in 1:36.83, just .3 ahead of Michta. The margin was the same at 880, which Seaman reached in 3:11.31. At three-quarters where Seaman had 4:46.07, Michta was still just a half-second behind. But, when Seaman accelerated for a 1:32 over the final quarter, she finally dropped away, although she too made her final quarter her fastest.

Third place went to Miranda Melville, who couldn't match strides with the two front walkers but still bettered Michta's old record with a 6:37.26 effort.

The men's race was much the same with Ireland's World 50 Km Champion Robert Heffernan chasing Sweden's Andreas Gustafsson to within .92 seconds of Tim Lewis Millrose and World Indoor record of 5:33.53 set in 1988. In the early going, it looked as if Lewis's record was safe. Gustafsson went through the first quarter in 1:25.53 and reached 880 in 2:50.82, with Heffernan trailing by .4. When Gustafsson stepped up the pace to reach 3/4 in 4:13.39, Heffernan began to lose contact, trailing by 1.9 seconds with 440 to go. A 1:21 effort on the final quarter brought the Swede home in 5:34.45. Heffernan was 5.3 back at the finish. Mr. Rachel Seaman (Tim), nearing his 42nd birthday, tried to make it a three-way race and trailed by full 2 seconds at 880. But the gap swelled to 9 seconds by the 3/4 mark and a DQ ensued before he reached the finish. That left third place to defending Millrose title holder Jonathan Hallman who finished in 6:07.32, .3 ahead of his winning time in 2013.

And here are the results:

Women—1. Rachel Seaman, Canada 6:17.29 2. Maria Michta, Walk USA 6:19.00 3. Miranda Melville, NYAC 6:37.26 4. Ashleigh Resch, Miami Valley TC (Australia) 7:19.28 5. Annica Penn, un. 7:22.51 6. Katie Michta, un. 7:40.11 7. Sidney Sinois, LA Walkers 7:43.90 8. Kayla Allen, LA RW 7:53.42 9. Brittany Collins, Walk USA 8:02.81 10. Jessica Szela, un. 8:14.57 DQ—Susan Randall, Miami Valley TC (7:06.96)

Men—1. Andreas Gustafsson, GK Stagt Sweden 5:34.45 2. Robert Heffernan, Togher AC, Cork, Ireland 5:39.75 3. Jonathan Hallman 6:07.32 4. Marek Adamowicz, CARS 6:25.96 5. Joel Pfähler, Miami Valley TC 6:40.96 6. Richard Luettichau, Shore AC 6:42.61 DQ—Ricardo Rosa, Florida AC and Tim Seaman, NYAC



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National Indoor Titles to Michta and Seaman

Albuquerque, N.M., Feb. 23—Maria Michta and Tim Seaman secured national titles in the 3000 meter racewalk at the USATF Indoor Championships today. For the 41-year-old Seaman, it was a matter of outkicking a determined John Nunn to cop his 47th and final U.S. title. He announced his retirement following the race. Seaman finished in 11:41.75, just two tenths of a second in front of Nunn, a mere babe who celebrated his 36th birthday two weeks ago.

Maria Michta had an easier time in the women's race, finishing nearly 12 seconds ahead of Miranda Melville in a sparkling 12:47.79. In both races, the third place finishers, Nick Christie and Erin Gray, were well back.

Following the race, Tim noted: "In the last race of your career, you don't want to take too much risk. I went out there and I didn't want to take the lead to make sure it's a nice, fair, even race, and then John took the lead and I was ecstatic because he took the pace. It takes all the pressure off me. I decided I was just going to wait until I could push to the end. I made the push, and then he came back on me. I just put my head down and pushed my shoulders."

Nunn thought it was a good race. "I knew Tim was in shape because he has been training for this indoors since he knew that this was his last race. I know he really wanted it, so I didn't want to turn it into a sprint at the end, but unfortunately it did. . . I'm glad to see Tim do well."

Following her race Michta said: "I came off the indoor mile just missing the national record by a second and it keeps you hungry and fired up. I looked up the meet record and indoor national record, and I knew it would be a long stretch at sea level, and this is altitude. I hit it for the first Km, the race is 3 K long. There is always next year and coming back stronger. I'm 20 seconds stronger than I was last year and the whole field is getting stronger. Having Miranda on my heels was great to keep me awake and it just lights the fire for Rio." He results:

Women: 1. Maria Michta, Walk USA 12:47.79 2. Miranda Melville, NYAC 12:59.75 3. Erin Gray, Bowerman AC 13:56.34 4. Susan Randall, Miami Valley TC 14:17.25 5. Katie Burnett, un. 14:38.42 6. Molly Josephs, Missouri Baptist 14:52.19

Men: 1. Tim Seaman, NYAC 11:40.75 2. John Nunn, US Army 11:40.95 3. Nick Christie, Missouri Baptist 12:30.04 4. Alejandro Chavez, Miss. Baptist 12:37.46 6. Michael Mannozi, Shore AC 13:00.66 DQ—Emanuel Corvera, un.

Colombia Scores Two Wins in Chihuahua Challenge Race

Chihuahua, Mexico, Feb. 23 (From IAAF Report)—Sandra Arenas and Eider Arevalo scored a double win for Colombia in the 20 Km during the third leg of the 2014 IAAF Racewalking Challenge. Mexico's Jose Leyver scored a win in the 50 Km race.

Arenas, 21, scored her most important international victory ahead of the more decorated Portuguese women, including Ines Henriques, a three-time Chihuahua winner.

Henriques, second overall in the 2013 Challenge took an early 10 second lead, but was soon joined by Arenas, Ana Cabecinha and Mexico's Maria Gonzalez. They reached 15 Km together in 1:10:34.

With two laps to go (4Km) it came down to a dual between Arenas and Cabecinha, with the Colombian finally prevailing in 1:33:24, less than a minute off her personal best set in last year's World Championships. Cabecinha was just 5 seconds back at the finish, as she repeated her 2013 finish in this race. Gonzalez captured the third spot on the podium, just 13 seconds behind Gonzalez and well clear of Henriques.

Arenas, a bronze medalist at the 2013 World Junior Championships, said: "I am very satisfied with the win, especially as I am starting to become familiar with the 20 Km and considering that this is the first Challenge I have ever raced."

Arevalo completed the Colombian sweep in the 20 after a close battle with local favorite Omar Segura in the final three kilometers. Segura led a 25-man pace through the early part of the race. The group was reduced to 15 with Diego Flores setting the pace by the 10 Km mark (42:10).

The pack came down to six men by the 15 Km mark, led by Canadian Evan Dunfee and Italian Giorgio Rubino. At 17 Km, Arevalo and Segura made their move and it all came down to the final meters, when the young Colombian turned an extra gear to win in 1:23:07 with Segura 6 seconds back. Mexico's Jesus Tadeo Vega earned his first challenge podium in 1:23:20 followed closely by Rubino and Dunfee, Dunfee had a personal best 1:23:31. Well back in seventh was 2013 Challenge winner Jared Tallent, behind the 2013 winner of this race, Mexico's Isaac-Antonio Palma.

"This is a great boost to do even better at the World Cup. I already had the qualifying time from last year, but this gives me a lot of confidence," said Arevalo, who had a challenge win in Podebrady last year, where he set a national record of 1:19:45.

In the 50, Jose Leyver brought back honors to the host nation and relived his victory in 2011. A group of eight led through the first 20 and Leyver took the pace to the half-way mark in 1:56. Local hero and 2010 World Cup runner-up Horacio Nava moved to the front and at 35 Km and lead group was reduced to Leyver, Nava, Omar Zepeda, Luis Bustamante, and Poland's Grzegorz Sudol.

With 10 Km to go, Zepeda and Leyver upped the pace and eventually dropped the other three. On the final lap, Leyver made his decisive move to claim gold in 3:50:42, the second fastest time ever on the Chihuahua course.

Zepeda, the only man to dip below 3:50 in Chihuahua and a three-time winner of this Challenge leg, was second in 3:51:06. Both secured a spot on the Mexican team for the World Cup in May.

"Considering the conditions, I believe we achieved a good time. This is a good course and despite the hot weather, we produced a good result. Our next goal is China, where I hope to go under 3:45," said the 28-year-old Leyver, a 2012 Olympian. Sudol completed the podium trio, finishing 3:52:52, ahead of Nava (3:53:51).

Mexico's Ricardo Ortiz (42:34) and Guadalupe Sanchez (48:47) won junior 10 Km races. The next Challenge race is in Lugano, Switzerland on March 16. The results:

Women's 20 Km: 1. Sandra Arenas, Colombia 1:33:24 2. Ana Cabecinha, Portugal 1:33:29 3. Maria Gonzalez, Mexico 1:33:42 4. Ines Henriques, Portugal 1:34:02 5. Claudia Balderrama, Bolivia 6. Beatriz Pascual, Portugal 1:35:55 6. Susan Feitor, Portugal 1:39:13 7. Kelly Ruddick, Australia 1:39:23

Men's 20 Km—1. Eider Arevalo, Colombia 1:23:07 2. Omar Segura, Mexico 1:23:13 3. Jesus Tadeo, Mexico 1:23:30 4. Giorgio Rubino, Italy 1:23:24 5. Evan Dunfee, Canada 1:23:31 6. Isaac Palma, Mexico 1:24:02 7. Jared Tallent, Australia 1:24:11 8. Inaki Gomez, Canada 1:24:22 9.

Diego Flores, Mexico 1:24:32 10. Julio Salazar, Mexico 1:24:32 11. Anatola Ibanez, Sweden 1:25:13 12. Luis Lopez, Colombia 1:25:07 13. Erik Tysse, Norway 1:26:30 14. Jorge Martinez, Mexico 1:27:45 15. Ever Palma, Mexico 1:28:13 16. David Mejia, Mexico 1:28:18 17. Pedro Gomez, Mexico 1:28:40 18. Horacio Sanchez, Mexico 1:29:05 19. Harvard Hankanea, Norway 20. Marco Rodriguez, Bolivia 1:30:22 21. Armando Merino, Mexico 1:30:45 (38 finishers, 1 DQ, 5 DNF including Ben Thorne, Canada)

Men's 50 Km—1. Jose Layver, Mexico 3:50:42 2. Omar Zepeda, Mexico 3:51:06 3. Grzegorz Sudol, Poland 3:52:03 4. Horacio Nava, Mexico 3:53:01 5. Luis Amauri, Mexico 3:54:00 56. Cristian Berdeja, Mexico 4:05:34 7. Rodrigo Moreno, Colombia 4:10:02 8. Eitel Soto, Mexico 4:12:18 9. Marion Flores, Colombia 4:14:31 10. Luis Rosales, Mexico 4:17:41 (12 finishers, 5 DNF)

Australia's Bird-Smith Takes Opening Challenge Race

Hobart, Australia, Feb. 2—Defending IAAF Racewalking Challenge Champion Jared Tallent, walking on home ground, had a less than satisfying start to the 2014 season as he suffered a DQ in the Oceania 20 Km Championship, the season's Challenge opener. Tallent had a comfortable lead starting the final lap of the race, but 21-year-old Dane Bird-Smith mounted a determined pursuit and closed a 60 meter gap to just 15 at the finish line, where Tallent was informed of his DQ, handing the title to Bird-Smith, who finished in 1:22:39.

The up-and-coming walker is the son of Australian Olympian Dave Smith. He was eleventh in last year's World Championships in Moscow. Tallent and Bird-Smith had broken away from the field after a leisurely; first 10 Km on 42:43. Bird-Smith noted: "To have won my first open crown is awesome. I was in great company out there today and am proud of the fact that I can mix it so well with these guys. I was happy to be able to hold on as well as I did. My last 2 Km was 7:40, which is awesome."

In the women's race, the 41-year-old Kelly Ruddick also won her first national and continental title in 1:34:44, bettering her personal by two minutes. Her closest competitor, Tanya Holliday was disqualified on the final lap, but Holliday's win was already assured. The DQ handed second place to Stephanie Stigwood in 1:37:39 with Rachel Tallent third. Rachel is a sister of Jared. The results:

1. Dane Bird-Smith 2. Chris Erickson 1:25:23 3. Ryhdian Cowley 1:26:49 4. Adam Rutter 1:27:31 5. Nick Dewar 1:29:29 6. Kyle Malone 1:31:21 7. Kim Mottrom 1:31:23 8. Brendan Dewar 1:34:50 10. Steven Washburn 1:39:44. All Australian. (13 finishers, 3 DQ).

Women: 1. Kelly Ruddick 1:34:44 2. Stephanie Stigwood 1:37:39 3. Rachel Tallent 1:38:38 4. Mari Olsson 1:38:58 5. Jill Hosking 1:39:50 6. Regan Lambie 1:40:49 (12 finishers, 3 DQ)

Jr. Men's 10 Km—1. Jesse Osborne 41:27 2. Nathan Brill 42:46

Jr. Women's 10 Km—1. Jemima Montag 47:00 2. Clara Smith 48:17 3. Jasmine Deighton 49:11

Other Results

National Masters 20 Km, Coconut Creek, Fla., Feb. 23—1. Andrew Smith (64) 2:09:08 2. Leon Jasionowski (69) 2:11:14 3. Bruce Logan (49) 2:12:04 4. Ann Harsh (653) 2:15:38 5. Bill Reed (61) 2:19:17 6. Byron Kaelin (54) 2:23:33 7. Fred Linkhard (61) 2:25:57 8. Tim Chelius (57) 2:26:51 9. Kay Carmines (68) 2:37:19 10. Jim Carmines (70) 2:37:52 11. Ron Salvio (65) 2:40:32 12. Peter Bayer (75) 2:40:41 13. Sandra Hulst (72) 2:47:15 14. Lou Kaelin (53) 2:48:29 (2 DQ, 2 DNF) **Florida Association 10 Km, same place**—1. Juan Moscoso (41) 57:48 2. Maite Moscoso (41) 58:51 3. Ann Harsh (63) 64:35 4. Gary Null (66) 76:21 5. Peter Bayer (75) (1 DQ, 1 DNF)

Eastern Regional Masters Indoor 3000 meters, Providence, R.I., Jan. 26—1. Annica Penn (18)

15:06.47 2. Maryanne Daniel (55) 16:24.55 3. Sagan Leggett (17) 17:00.10 4. Carol Bendall (55) 17:29.08 **Men**—1. Edward O'Rourke (52) 14:58.11 2. Samuel Brenner (17) 15:54.23 3. Bob Keating (6) 16:16.63 4. Stephen Peckiconis (54) 16:51.82 5. Larry Epstein (63) 17:21.33 6. Brian Savilonis (63) 18:24.64 7. Charles Mansbach (69) 20:11.87 **Connecticut Indoor 1 Mile, Feb. 9**—1. Jonathan Lazor (17) 7:52.22 2. Bill Vayo (49) 8:01.33 3. Gustave Davis (76) 12:02.18 **Women**—1. Kristi Licursi (18) 8:05.93 2. Maryanne Daniel (55) 8:10.19 3. Valentin Vaitones (17) 8:30.33 4. Elizabeth Pasquale (61) 9:29.52 5. Ginger Armstrong 11:15.28 **New England Indoor 3000 Meter Championship, Boston, Feb. 23**—1. Annica Penn (18) 14:53.97 2. Maegan Allen (15) 15:44.19 (Mass. H.S. Record) 3. Holly Lindoe (18) 15:54.91 4. Maryanne Daniel (55) 16:02.41 5. Cheryl Armstrong 17:36.86 **Men**—1. Ed O'Rourke (51) 14:52.09 2. Spencer Dunn (15) 14:59.70 3. Nolan Allen (13) 16:15.35 4. Stephen Peckiconis 16:40.68 5. Larry Epstein 17:32.07 6. James Miner 18:05.34 **New Balance Women's H.S. Invitational 1500 meters, New York City, Jan. 26**—1. Maria Gorecki 7:22.80 2. Jessica Szela 7:27.00 3. Meaghan Podlaski 7:28.50 4. Kiera Mathews 7:29.70 5. Sophia Mahin 7:32.00 6. Christina Haddican 7:48.90 7. Alex Shaw 7:49.70 8. Meaghan Keetley 7:50.90 9. Molly McMorrow 7:55.70 10. Melissa ndy 7:59.70 11. Liana Alves 9:00.12. Amanda Stallone 8:03.10 (18 finishers, 2 DQ) **Girl's H.S. 1500 meter races, New York City: Feb. 10**—1. Luo Qi Kong 8:21.94 2. Wan Qi Kong 8:22.10 3. Olesya Muykulnska 8:22.19 (16 finishers) Feb. 15—1. Jessica Szela 8:11.11 (4 finishers, 2 DQ) Feb. 15—1. Natalie Yam 8:01.99 (9 finishers, 1 DQ) Feb. 16—1. Sophia Mahin 8:07.27 2. Karen Su 8:13.52 24 finishers, 1 DQ) **New York Public Schools 1500 meters, Feb. 22**—1. Sophia Mahin 7:41.95 2. Jessica Szela 7:44.50 3. Karen Su 8:02.29 4. Luo Qi Kong 8:13.92 5. Victoria Gonzalez 8:15.3 6. Rebecca Lio 8:16.39 (10 finishers, 4 DQ) **3000 meters, Landover, Maryland, Jan. 5**—1. Moses Laurel Watson (18) 17:27.35 2. Jim Wass (61) 19:25.50 **3000 meters, Daytona, Beach, Fla., Jan. 25**—1. Maite Moscoso, Embury-Riddle U. 14:51.60 **Men**—1. Ricardo Rosa, Florida AC 13:52.60 2. Davis Heister 16:21.70 **USATF Midwest Indoor 3000 Meters Championships, Findlay, Ohio, Jan. 24**—1. Cody Resch, Cornerstone U. 12:50.49 2. David Swarts (45+) 13:49.10 3. Joel Pfahler, Miami Valley TC 14:01.11 4. Mitchell Brickson, Goshen Col. 14:10.90 5. Cameron Haught (15), Miami Valley TC 14:27.64 6. Kolton Nay, Goshen Col. 14:54.26 7. Michael Belovich (15) Miami Valley 16:48.11 8. Ben Graham, Lindsey Wilson U. 16:57.81 **Women**—1. Susan Randall, Miami Valley TC 14:06.31 2. Abby Dunn, Goshen Col. 15:49.16 3. Monica Lawrence, Cornerstone U. 15:51.39 4. Charolotte Walkey (15) Miami Valley TC 16:10.71 5. Brianna Griffiths, Cornerstone 16:11.50 6. Reini Brickson, Lindsey Wilson U. 16:14.60 7. Kayla Ovokaitys, Cornerstone 16:20.52 8. Jourdann Green, Lindsey Wilson 16:53.23 9. Kayla Gray, Goshen Col. 17:12.45 10. Amanda Bland, Lindsey Wilson 17:17.33 11. Michaelle Moyer, Goshen 17:49.26 12. Nikki Worsham, Rio Grande U. 17:59.69 (16 finishers) **Indoor 3000 meters, Cedarville, Ohio, Feb. 7**—1. Susan Randall, Miami Valley TC (Took the lead at 1000 meters and went on to personal best at age 39.) 13:56.90 2. Jill Cobb, MVTC 14:18.94 3. Ashleigh Resch, MVTC 14:53.29 4. Abby Dunn, Goshen Col. 15:08.11 5. Monica Lawrence, Cornerstone U. 15:24.58 6. Reini Brickson, Lindsey Wilson U. 15:39.02 7. Charlotte Walkey, MVTC 16:02.11 8. Taylor Ewart (12) 16:02.79 (Better the National 13-14 age group record. She won't be 13 until November) 9. Brianna Griffiths, Cornerstone U. 16:09.80 10. Emily Belovich, MVTC 16:21.89 11. Kayla Ovokaitys, Cornerstone 16:30.28 12. Amanda Bland, Lindsay Wilson 16:32.78 13. Jourdann Green, Lindsay Wilson 16:43.79 14. Kayla Gray, Goshen Col. 16:45.82 15. Melissa Manlan, Cornerstone 16:55.64 16. Michelle Moyer, Goshen 17:05.38 17. Niki Worsham, Rio Grande U. 17:13.71 18. Olivia Brintlinger-Conn, MVTC 19:43.34 19. Dani Worsham, MVTC 20:05.00 20. Baily Brogan, Cornerstone 20:44.93 21. Barb Hensley, MVTC 23:01.69 **Men**—1. Cody Risch, Cornerstone 12:11.70 (Personal best by nearly 40 seconds; 24 seconds off Matt Boyles meet and fieldhouse record of 11:47.90) 2. Joel Pfahler, MVTC 13:40.02 (Personal best by 20 seconds) 3. Jacob Gunderkline, MVTC 14:01.17 (Doing double duty as coach of Goshen College walkers, all six of whom had personal bests in the race.) 4. Mitchell Brickson, Goshen

14:01.18 35. Cameron Haught, MVTC 14:04:00 6 (National record for H.S. freshmen). Josh Wiseman, MVTC 14:27.77 7. Sam Beal, Cumberlands U. 14:39.58 8. Kolton Nay, Goshen 14:53.16 9. Brad Sandlin, Goshen 14:53.24 10. Bernard Graham, Lindsay Wilson 15:14.11 11. Omar Nash, MVTC 16:20.61 12. Michael Belovich, MVTC 16:22.15 13. Vince Peters, MVTC 17:02.35 (A sprightly effort for the retired National RW Chairman and impresario of the sterling Miami Valley TC walking dynasty.). **High School 1 Mile, Cedarville, Ohio, Feb. 8**—1. Cameron Haught (15) 7:04.50 2. Ashleigh Resch (17) 7:29.13 3. Taylor Ewert (12) 8:09.34 4. Michael Belovich (14) 8:12.31 5. Emily Belovich (16) 8:13.72 **Indoor 3000 meters, Goshen, Indiana, Feb. 16**—1. Mitchell Brickson, Goshen 13:45.41 2. David Swarts, Pegasus AC 13:52.51 3. Kolton Nay, Goshen 14:24.43 4. Brad Sandlin, Goshen 14:45.20 5. Spencer Dunn, un. 15:00.92 6. Ben Graham, Lindsey Wilson 15:06.58 **Women**—1. Monica Lawrence, Cornerstone 15:01.70 2. Brianna Griffiths, Cornerstone 15:33.47 3. Abby Dunn, Goshen 15:39.68 4. Jourdann Green, Lindsey Wilson 16:00.21 5. Kayla Ovokaitys, Cornerstone 16:05.19 6. Michelle Mayer, Goshen 16:43.85 **Indoor 3000 meters, Elsah, Missouri, Feb. 2**—1. Alejandro Chavez, Missouri Baptist 12:06.02 2. Mereth Zalba, MBU 14:40.79 3. Ioulia Barakou, MBU 14:42.51 4. Molly Josephs, MBU 14:55.34 5. Natalia Alfonso, MBU 15:18.03 6. Courtney Kiernan, MBU 16:49.70 7. Jerry Young (55+) 18:37.19 8. Mark Young (55+) 19:40.38 **AAU National Indoors, Houston, Feb. 7: Girls 12 1500 meters**—1. Camila Vicens, Houston 7:57.01 **Girls 17-19 3000**—1. Fiona Dunleavy 15:57.0 **3000 meters, Jacksonville, Illinois, Jan. 25**—1. Alejandro Chavez, Miss. Baptist 12:13.84 2. Nick Christie, MBU 12:24.58 3. James Hafner, Evangeline 15:05.49 4. Doug Hutcherson, Central Methodist 15:51.17 **Women**—1. Mereth Zalba, MBU 15:11.13 2. Ioulia Barakou, MBU 15:11.95 3. Natalie Alfonso, MBU 15:13.42 4. Molly Josephs, MBU 15:13.73 5. Nicole Court-Menendez, Dakota Wesleyan 15:56.97 6. Kean Lenard, Kansas Wesleyan 16:51.86 7. Kaitlyn Loeffler, Central Methodist 16:56.75 **3000 meters, Jacksonville, Ill., Feb. 8**—1. Patrick Stroupe, un. 12:09.52 2. Doug Hutcheson, Central Methodist 14:46.60 3. Wil Baird, Hastings 14:51.01 4. Nick Horton, Hastings 15:11.85 **Women**—1. Courtney Campbell, Hastings 16:56.49 2. Paxton Fiala, Hastings 16:59.57 3. Kaitlyn Loeffler, Cent. Meth. 17:29.40 **3000 meters, Jacksonville, Ill., Feb. 20**—1. Nick Christie, Miss. Baptist U. 12:35.22 2. Alejandro Christie, MBU 13:57.76 **Women**—1. Courtney Kiernan, MBU 16:22.24 2. Ioulia Barakou, MBU 16:25.46 3. Molly Josephs, MBU 16:25.63 4. Mereth Zalba, MBU 16:25.89 5. Natalia Alfonso, MBU 16:26.30 **5000 meters, San Diego, Jan. 25**—1. Rachel Seaman 21:37.72 (Canadian record) **3000 meters, same place**—1. Andreas Gustafsson 11:08.65 (Swedish record) 2. Tim Seaman 11:42.08 3. John Nunn 11:47.74 4. Marco de los Rios 12:40.58 5. Emmanuel Corvera 12:41.41 6. Miranda Melville 12:48.77 7. Rachel Seaman 12:49.48 (On her way to 5000) **1500 meters, Berkeley, Cal., Jan. 18**—1. Adrian Zamudio 6:45.56 2. Alex Price 6:46.26 **5000 meters, Moorpark, Cal., Sept. 22, 2013**—1. Alex Kasaryan (55+) 29:45.09 2. Yoko Eichel (65+) 31:36.19 **3000 meters, Moorpark, Oct. 17, 2013**—1. Alex Kasaryan 16:53.82 2. Yoko Eichel 18:25.81

3000 meters Indoors, Toronto, Feb. 15—1. Michael Mannozi, Shore AC 12:38.17 2. Lawrence Malek 18:18.5 **Women**—1. Rachel Seaman 12:23.84 2. Katie Burnett 143:02.24 2. Amanda Schneider 17:00.62 **Indoor 5 km, Toronto, Feb. 15**—1. Jianping Xu 24:36.65 2. Dave Talcott 25:16.91 3. Dan O'Brien 26:34.40 **20 Km, Mexico, Feb. 13**—1. Jesus Tadeo 1:24:23 2. David Mejia 1:29:16 3. Cesar Romero 1:33:28 **Women**—1. Yanelli Cabellero 1:38:35 2. Rosalia Ortiz 1:40:31 **South American Championships, Cochabamba, Bolivia, Feb. 15: Men's 20 Km**—1. Rolando Saquipay, Ecuador 1:24:36 Guest: Eric Barrondo, Guatemala (Now training under Poland's Bohdan Bulakowski, the new National coach and former U.S. National Coach.) 2. Marco Rodriguez, Bolivia 1:27:16 3. Pavel Chihuan, Peru 1:27:34 4. Mauricio Arteaga, Ecuador 1:27:52 5. Ivan Garrido, Colombia 1:31:07 **Women's 20 Km**—1. Kimbeley Garcia, Peru 1:35:34 2. Claudia Balderrama, Bolivia 1:36.25 3. Wendy Cornejo, Bolivia 1:37:11 4. Sandra Galvis, Colombia 1:37:5 Guests: Mayra Herrera, Guatemala

1:38:01 and Mirna Ortiz, Guatemala 1:39:32 7 5. Angela Castro, Bolivia 1:40:34 **Under 20 10 Km, same place**—1. Bryan Pinado, Ecuador 43:36 2. Paolo Yurivica, Peru 44:18 3. Bryan Roza, Colombia 44:33 **Women's Under 20 10 Km**—1. Kala Jaramillio, Ecuador 49:22 2. Jessica Hanoco, Peru 49:44

Japanese 20 Km Championship, Feb. 16—1. Yusuke Suzuki 1:18:17 2. Kiki Akahashi 1:18:41 3. Isamu Fujisawa 1:20:03 4. Takumi Saito 1:20:21 5. Kouichiro Morioka 1:20:39 6. Hirooki Arai 1:20:38 7. Takayuki Tanti 1:20:47 8. Daisuke Masunaga 1:21:18 9. Takuya Yoshida 1:22:17 10. Takeshi Ookuma 1:25:08 11. Yousuke Kimura 1:25:44 12. Takafumi Higuma 1:26:04 13. Hikaru Fukuyoka 1:26:11 14. Moruyuki Harada 1:26:25 15. Tenta Kawashima 1:26:47 16. Tomohumi Kanno 1:16:51 (31 under 1:30. I don't like to be skeptical, but this brings back memories of some of the past Russian Winter Championships in Sochi. Despite fast times in the past, although not to this depth, the Japanese have yet to make a real splash in international races.) **Women**—1. Rei Inoue 1:31:48 2. Masumi Fuchise 1:32:31 3. Ai Michiguchi 1:32:41 4. Kumiko Okada 1:33:59 5. Hiroi Maeda 1:35:20 6. Shiori Kawase 1:35:34 7. Kaori Kawazoe 1:35:39 8. Fumiko Okabe 1:36:41 9. Aoi Kanasaki 1:38:43 10. Ayako Fukuda 1:39:19 **Men's Jr. 10 Km**—1. Yuuki Kurumisawa 41:20 2. Yuga Yamashita 42:11 3. Yuga Suganami 42:16 4. Kyooe Iidai 42:28 5. Takashio Hiwada 42:52 6. Ryosuke Kawagishi 42:58 **Jr. Women's 5 Km**—1. Gotou Rena 22:38 2. Matsumoto Sayori 23:03 **50Km, Kochi, India, Feb. 9, National Championship**—1. Sandeep Kumar 4:08:53 4 2. Manish Singh 4:09:37 3. Surinder Singh 4:14:13 9 4. Maniram Patel 4:14:56 9 **Indian 10 Km Championship, Kochi, Feb. 8**—1. Gurmeet Singh 1:22:58 2. In Thodi 1:23:23 3. K. Ganapathi 1:23:34 4. Devender 1:23:44 5. Basant Bahadur 1:23:54 6. Kuldeep 1:23:59 7. Babu Bhai Panocha 1:25:45 8. Saljinder Singh 1:27:56 9. Chandan Singh 1:28:28 10. Neeray 1:28:57 **Women**—1. Kushbir Kaur 1:36:25 2. Rani Yadav 1:41:24 **20 Km, Melbourne, Australia, Jan. 19**—1. Erin Taaylor-Talcott, US 1:41:05 (50:10 at 10 Km) Personal Best

Indoor 5000 meters, Reims, France, Jan. 27—1. Yohann Diniz 18:29.44 2. **Italian 50 Km, Jan. 31**—1. Matteo Giuppani 3:56:49 2. Federico Tontodonati 4:01:55 3. Lorenzo Dessi 4:10:41 **Women's 20 Km, same place**—1. Eleonara Giorgi 1:30:48 2. Valentina Trapletti 1:35:23 **Indoor 5000 meters, Zaporazky, Ukraine, Jan. 27**—1. Ihor Lyaschenko 19:48.66 2. Oleksandr Venhlovskiy 20:04.04 **Indoor 5000 meters, Istanbul, Turkey, Feb. 2**—1. Muratcan Karapinar 20:35.7 **Turkish Indoor Championship, Feb. 9**—1. Ersin Tacir 20:19.85 2. Sahin Senoduncu 20:20.21 3. Ozgur Pamuk 20:41.391 **5 Km (Indoor), Samara, Russia, Jan. 30**—1. Andrey Ruzavin 18:15.54 2. Mikhail Ryshov 19:00.86 3. Yuriy Andronov 19:40.17 **Women's 3 Km, same place**—1. Anisya Kirdyapkina 11:57.66 2. Vera Sokolova 12:12.97 3. Sofiya Brodatskaya 12:52.72 4. Tatyama Akulinushkina 13:09.40 **Ukrainian Indoor 5 Km Championship, Zaporzhye, Jan. 28**—1. Ihor Lyaschenko 19:45.6 **Indoor 3 Km, Athlone, Ireland, Feb. 2**—1. Alex Wright 12:08.22 **Portuguese Indoor 5000, Feb. 15**—1. Joao Vieira 19:21.07 2. Sergio Vieira 19:24.50 3. Pedro Isidro 20:00.59 4. Miguel Carvalho 20:45.51 **Women's 3000, same place**—1. Ana Cabecinha 12:29.72 2. Vera Santos 12:37.01 3. Daniela Cardoso 13:28.90 **Portuguese 50 Km Championship, Feb. 1**—1. Luis Gil 4:11:40 2. Pedro Martins 4:15:11 3. Rafael Ballesteros 4:25:39 **20 Km, same place**—1. Joao Vieira 1:26:02 2. Sergio Vieira 1:27:26 3. Pedro Isidro 1:27:59 4. Miguel Carvalho 1:31:34 5. Pedro Santos 1:33:20 **Women's 20 Km, same place**—1. Ana Cabecinha 1:30:36 2. Vera Santos 1:31:29 3. Ines Henriques 1:32:10 4. Kristina Saltinovic, Lithuania 1:33:11 5. Susan Feitor 1:34:03 (12 finishers, 1 DQ) **Indoor 5000 meters, Samara, Russia, Feb. 8**—1. Andrey Ruzavin 18:15.54 2. Ruslan Dmytrenko 18:22 3. Mikhail Ryzhov 19:09.86 4. Yuriy Andronov 19:40.17 **Women's 3000, same place**—1. Anisya Kirdyapkina 11:57.60 2. Vera Sokolova 12:12.87 3. Sofiya Brodatskaya 12:52.72 **Portuguese Championships, Feb. 16: 35 Km**—1. Marc Tur 2:36:34 2. Alvaro Martin 2:37:17 3. Tadas Suskevicius (Not Portuguese but nationality not listed, Ukranian, I believe.) 4. Mikel Odriozola,

Spain) 2:38:26 5. Ivan Pajuelo 2:39:07 6. Jesus Angel Garcia, Spain 2:40:21 **Women's 20 Km, same place**—1. Julia Takacs, Spain 1:29:08 2. Raquel Gonzalez, Spain 1:30:18 3. Maria Poves 1:30:50 4. Beatriz Pascal 1:33:05 5. Ainhoa Pinedo 1:36:43 **Indoor 5000 meters, Portugal, Feb. 22**—1/ Joao Vieira 19:43.35 2. Sergio Vieira 20:06.57 3. Antonio Periera 21:10.06 **Women's 3000, same place**—1. Vera Santos 12:37.68 2. Vitoria Oliveira 13:06.98 **Greek Indoor 5000 meter Championship, Feb. 8**—1. Alexandros Papamihail 19:26:68 **Women's 3000**—1. Despina Zaounidou 12:23.16 **Indoor 5000 meters, Le Piree, Greece, Feb. 2**—1. Alexandros Papamihail 19:13.25 **Indoor 5000 meters, Vienna, Austria, Feb.**—1. Matej Toth, Slovakia 18:46.02 2. Anatole Ibanez, Sweden 19:03.05 3. Perseus Karlstrom, Finland 19:16.06 4. Marius Ziukas, Lithuania 19:29.24 5. Jakub Jelonek, Poland 19:54.31 **Women's 3000, same place**—1. Brigita Virbalyte, Lithuania 12:07.19 2. Maria Czakova, Slovakia 12:44.95 3. Neringa Aidetyte, Lithuania 12:53.55 **Lithuanian Indoor 3000 meters, Vilnius, Feb. 1**—1. Brigita Virbalyte 12:20.32 2. Neringa Aidetyte 13:04.50 **Men's 5000, same place**—1. Maris Ziukas 19:08.27 2. Tadas Suskeicius 19:37.90 3. Ricardas Rekst 19:52.72 4. Genadij Koslovskij 20:14.61 **Polish Indoor 5000 meters Championships, Spala, Feb. 23**—1. Lukasz Nowak 19:13.08 2. Rafal Sikora 19:13.77 3. Rafal Augustyn 19:16.51 4. Dawid Tomala 19:37.91 5. Rafal Fedaczynski 19:50.74 6. Jakub Jelonek 19:55.48 **Women's 3000 Championship, same place**—1. Pauline Buziak 12:51.22 2. Katarzyna Burghardt (nee Kwoka) 13:00.82 3. Katarzyna Golba 13:17.93 4. Monika Kapera 13:45.43 5. Agnieszka Ellward 13:50.22 6. Monika Nawrocka 13:52.55

Swing Those Hips To and Fro As A-Racin' We Shall Go

Sat./Sun. March 8-9	USATF Youth Indoor 1500 and 3000, Hyattsville, Maryland (ID)
Sun. March 9	50 Km (Track), Banks, Oregon, 9 am (E) USATF Midwest Region 5000 meters, Wisconsin (I)
Sun. March 16	USATF Masters National Indoor 3000 meters, Boston (X) USATF National Indoor Masters 3000, Boston (S)
Sun. March 23	1 Hour, Ottawa, Canada (Z)
Sat. March 29	5000 meters, Goshen, Indiana (R)
Sun. March 30	USATF World Cup Trials, Lake Whiting, N.J. (DD)
Sun. April 6	5000 and 10,000 meters, Nyack, N.Y. (J) Wisconsin 5 Km, Prairie, Wis. (I)
Sun. April 13	5000 meters, St. Louis, 6:30 pm (H)
Sat. April 26	Penn Relays 10 Km, Philadelphia, Pa.
Sun. April 27	5 Mile and 10 Mile Handicap, Co;ney Island, Brooklyn, N.Y. (P)
Sat. May 3	Midwest Region 20, 30, 40, and 50 Km, Pleasant Prairie, Wis. (I) 5 Km, Whiting, N.J. (W)
Sun. May 4	20 Km, Penfield, N.Y., 8am. (Y)
Sun. May 11	National USATF 10 Km and 27th Annual Jack Mortland Racewalks (5, 10, and 20 Km), Dayton, Ohio, 9 am (M)
Sun. May 18	National USATF Junior and Masters 15 Km, Riverside, Cal. (D)

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The Ohio Racewalker

With this issue we wrap up the 49th year in the life of the Ohio Racewalker. Perhaps it is time for a little reflection. From 1961 through mid-1964 Chris McCarthy published a monthly newsletter out of Chicago. It first appeared in Feb. 1961 under the name of The Midwest Walker. Billed as "News and views of the Midwest Walking World". As the scope expanded it became the American Race Walker with the Nov. 1961 issue, and the annual subscription had risen from \$1.00 to \$2.00. In Feb. 1962 it became simply the Race Walker. The final issue, which he called the Midwest Race Squawker was dated Early Summer 1964 and just issue of that year in an abbreviated format, as Chris concentrated on making the Olympic team which he did in the 50. That final issue was No. 35.

When it became apparent in early 1965 that Chris was done with the publishing business, my Ohio TC teammate Jack Blackburn came to me and suggested that we fill the void. Thus, in March issue 1965 the first edition of the Ohio Racewalker was put in the mail to a handful of friends in the racewalking for who we had addresses. Jack was listed as the Publisher and I as the Editor. Here is how we introduced our efforts in Vol. I, No. 1, March 1965:

With the thought that too little is written about the sport of racewalking, we bring you the first issue of the Ohio Racewalker. On these pages each month you will find complete news coverage of walking in this state, plus any results we receive from elsewhere, together with features and commentary on racewalking in general. In short, any information on the sport that we come across, and is of sufficient significance, will be passed on to you, the reader. (And one comes across so little on racewalking it is hard to imagine anything of too little significance.

Our purpose is mainly to present information and news on the sort (and to keep our own names in print) and we are not planning any crusading-type journalism. However, when controversy arises in any way regarding our sport, we will not hesitate to take a strong editorial stand. At the same time, we will make our pages available for the opinions of others, though they may disagree with our own.

Any news, comments, criticisms, or general features on walking from our readers will be more than welcome. We are sending this first issue to you for free. Future issues will sell for ten cents a copy or \$1.20 a year.

Jack moved from Columbus a couple of years later and I became Editor and Publisher. Jack had provided the ditto machine for reproduction and I went to a mimeograph reproduction, which was needed anyway as the circulation was about to exceed the capacity of a ditto master. The first printed edition in the present format appeared in December 1971.

In the February 1974 issue, the final issue in Vol 15, I wrote the following:

Unbelievably, The Ohio Racewalker has survived 14 years and steps bravely into another year of publication. From its humble beginnings as a five-page, dittoed (if you know what that means) little newsletter that went to perhaps 15 favored friends, it has blossomed into the magnificent piece of journalistic excellence you now hold in your hands. (We lost our humbleness long ago.) We now reach more than 350 avid readers each month. The purpose is to bring you as much as we can lay our hands on about the world of walking. We hope to have fun doing it and trust that no one will take us too seriously or expect too much from us in the way of format, careful editing, or even careful business operations. (We are infamous for fouling up subscriptions.) The fact is, this is a one-man operation and there ain't no time for frills. Than one man sits down at his trusty Underwood portable, which he used in his collitch days in the mid-50s, sifts through the month's accumulation of mail, and pounds out some sort of compendium of that stuff. Occasionally, he uses a little liquid paper or correction tape, lot's of times he strikes over, and most the time just misses the typos. Composing at the typewriter can also result in some shortcomings in organization and definitely leads to a rambling style. Witness what your are reading now. Anyway, that's where we come from where w are now, and where w are gong is right into another year of news and views from the world of walking.

So, here we are ready to enter the 50th year with the next issue. And by the way, Bob Anderson published the first issue of Runner's World also in March 1965 and sent me a copy just after I had mailed the initial ORW. Bob's effort looked perhaps even more non-descript than the first raggedy Ohio Racewalker. But, he had a bit more imagination and dedication than I—the Ohio Racewalker has not become an empire. The circulation did rise gradually through the years and peaked at about 700 in the late '80s. It's now back under 200 with a gradual descent probably due to decreased interest in the elite branch of the sport and to the presence of the internet and its instant gratification for those seeking information. So, tell your friends to subscribe.

But the ORW does provide an archive of history and perhaps that will become available on the internet. A convergence of factors perhaps as much as two years ago has led to that possibility. The possibility was suggested to me by Doug Ermini in the state of Washington as he contemplated writing an article on a certain aspect of the sport. He suggested that the ORW archives should be scanned and made available on line. At about the same time, John Constandinou, who had recently taken over the editing of the Race Walking Record, a British publication that predates the Ohio Racewalker by several years, contacted me. He was digitizing the archives of that publication for an internet site and suggesting the possibility of doing the same for the ORW, which he seemed to admire very much.

And also at about the same time, Dave Talcott asked me if he could borrow all of my back issues for purposes of his ongoing research and compilation of lists. I was reluctant to ship my archives across the ocean—many of which were my only issue. But, I agreed to ship them to Dave in upstate New York and also mentioned to him the possibility of an archival site on line. He seemed to be more than happy to scan them onto discs. So, I shipped off about half of them

in big box, all neatly in order. When they arrived at Dave's, they were out of order, and a large number were missing. For some reason, USPS had opened the box and reboxed some of them. The second box has never been found.

Fortunately, I had a second copy of all but perhaps 20 of those that were missing. Dave scanned all that he had and returned them and I sent all of the remaining issues, the most recent 20 years or so, which he has also scanned. And returned without incident.

In the meantime, we located most of the missing issues (thanks to Tom Dooley and Steve Hayden). So, as of now, the only issues that have not been scanned are Dec. 1972 and May 1973. And my collection is also missing originals of May and August to November 1972. I have xerox copies of those issues. So, here is an appeal to those who might have extensive ORW archives for original copies of these missing issues. I will return copies or the originals as you desire.

As to a web site for the archives, setting it up is beyond my limited computer savvy, but there are apparently others willing to help with that.

Tim Seaman

As noted earlier, Tim Seaman has retired after long, brilliant, distinguished career. The following press release from USATF was written by Christie Mann.

American racewalker Tim Seaman will line-up one last tie Sunday Feb. 23 before officially announcing his retirement after the USATF Indoor T&F Championships in Albuquerque.

"I think it's the right time," said Seaman, whose racewalking legacy has been a history in the making. "I don't think I could match my 2013 season of winning USA Indoors at 40 and USA Outdoors at 41. I can't top that, so I think it's better to go out on top. USATF has given me the opportunity to travel across the world, to make great friends and to have unforgettable memories. Their assistance over the years has been irreplaceable. I set 12 American records in my career. I still have eight of them. The opportunity to wear USA across your chest is something that only USA Track & Field could have given me and that really means a lot."

Seaman's storied career began when his high school coach encouraged him to compete as a miler because the team needed extra points at an event on Long Island. Seaman accepted the challenge, laced up, and set his racewalking destiny in motion. The summer following his senior year, he became a 10 Km Junior National Champion with a time of 49:36:14, and he received a scholarship to the University of Wisconsin-Parkside. As a collegiate athlete, Seaman became the school's first four-time NAIA racewalk champion, Propelling his career into the elite, national racewalking scene.

At USA Championships alone, Seaman became a 13-time Indoor 5000m champion, winning consecutive years from 1998-2007, and in 2009, 2011, and 2013. He is a seven-time USA 20 Km champion, winning in 1998, 2000, 2002, 2004, 2005, 2009, and 2014. In all, Tim now holds an astonishing eight separate American records and this 13 USA Indoor titles rank highest in track and field history.

Seaman completed in the Sydney 2000 Olympic Games, but his greatest performance came four years later when he surpassed the previous top American Olympic time, finishing in 1:25:42 at the Athens 2004 Games.

"My first Olympics didn't go exactly as I wanted," he said. "but my second Games was the highest place for an American in the last 28 years. And for that, I am proud."

Transitioning into a role as a full-time coach has been bittersweet for Seaman, but he now sees his impact on the next generation of racewalkers and takes pride in their success.

"The second fastest ever is Trevor Barron, who I coached," said Seaman. "He walked faster than me in London, and he is the only American to ever walk faster than me. The pinnacle moment of my coaching career is knowing that two-thirds of the Americans in London in racewalking walked the fastest times ever by Americans at the Olympics."

Currently also the coach at Cuyamaca Community College in San Diego, Seaman continues the final phase of his professional career with reminder of the journey. "I've had a very long career, and I'm ready for the opportunities provided to me by USA T&F and the New York Athletic Club."

He met his wife Rachel (Lavallee) Seaman at the 2006 IAAF World Cup in Spain, and he made many financial sacrifices to compete after college in addition to moving across the country and overcoming the setbacks of nagging injuries.

Despite the memories and sentiments along the way, Seaman looks ahead remembering every voice of encouragement, especially his first. Even his faithful Coach Manhardt rode a bicycle beside him during Seaman's final preparations for the last competition of his legendary career.

(An editor's note: I first saw Tim in July 1990 when he competed in a Junior International race in Columbus. Just out of high school, Tim finished third in 22:40.92 for 5000 meters behind Canada's Martin St. Pierre (21:02.09 and his U.S. teammate Philip Dunn (21:14.8). My commentary on the race in the ORW follows. In the men's race, St. Pierre led throughout, but Dunn stayed on his heels for the first 2 miles. "St. Pierre always looked in control, however, and was much the smoother and more relaxed. When he made his move, Dunn had no response, but the American walked an outstanding a race and is certainly an outstanding prospect for the future. Seaman walked a gutsy race, but is limited at this time by a rather stiff style that had him under very close surveillance by the judges. He is bound for Wisconsin Parkside and will certainly have the opportunity to improve his style in that environment." The judges for that race were Jack Mortland, Chief (that would be me), Wayne Armbrust, Jack Shuter, and John White. And Tim certainly did improve. I have had the privilege of reporting his many accomplishments in these pages, although I did not see him again until last summer when I hosted Tim and Jeff Salvage when they came to Columbus for one of their outstanding clinics. Congratulations to Tim on an outstanding career, which he will continue in bringing his knowledge to the next generation.)

Racewalking Grand Prix

The newly formed Grand Prix committee comprised of: Ray Funkhouser, Solomiya Login, Vince Peters, Michael Roth, and Maria Michta submitted the guidelines for the 2014 Grand Prix as well as a list of included events to the Executive Committee. After review and slight modification here is what the Executive Committee has come up with for 2014:

A Race Walking Grand Prix Series

The USA Race Walking Grand Prix is an annual fixture and program of USA Track & Field and is managed by the USATF's National Race Walk Committee. It is a year-long series of Olympic Development competitions through which USATF crowns an overall champion for each competitive year. The events selected will also provide circuit sponsors with a geographically diverse racing schedule generating national exposure for their products and services.

The wide range in distances gives the top race walkers in the U.S. an opportunity to compete against each other all year long and aids in developing the next group of international-level athletes. The composition of the circuit's races is based upon the National Championship schedule of events with distances ranging from 1 mile to 50 kilometers for men and women. The series shall run from October 16 and conclude October 15 the following year.

Individuals who are members of USATF and in good standing prior to the start of each event are eligible to compete. However, Grand Prix prize money and awards are limited to U.S. Citizens who are eligible to represent the USA in international competitions. Athletes may compete as individuals and/or as members of a team. For individuals, the top 10 overall U.S. finishers, male and female, can score in each race in the Series (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3,

2, 1). A bonus of 2 points will be given to the winner if he or she breaks the national record at the race distance.

The top three individual men and female point scorers in the open division will receive awards. The award winners will be recognized at USATF Race Walk meeting at the Annual Convention in December.

Here are the races:

National 50, No.1 24, 2013	National 5 Km, May 31
National Indoor 5000, Dec. 28, 2013	National 20 Km, June 28-29
National Indoor 1 Mile, Feb. 15	National Club Champ., July 11-12
National Indoor 5000, Feb. 23	National 1 Hour, Aug. 10 or 17
World Cup Trials, March 30	National 30 Km, Sept. 14
National 10 Km, May 11	National 40 Km, Oct. 12
National 15 Km, May 18	

USA Race Walking Grand Prix Series: Juniors

2007 saw the addition of a junior division, for athletes under 20 years of age. It has an abbreviated schedule tailored to athletes in that age division.

Individuals who are members of USATF and in good standing prior to the start of each event are eligible to compete. Athletes may compete as individuals and/or as members of a team. For individuals, the top 10 overall U.S. finishers, male and female, can score in each race in the Series (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1). A bonus of 2 points will be given to the winner if he or she breaks the national record at the race distance. The series shall run from October 16 and conclude October 15 the following year.

The top three individual men and female point scorers in the junior division will receive awards. The award winners will be recognized at USATF Race Walk meeting at the Annual Convention in December. The races are:

World Cup Trials, March 30	National 10,000 meters, July 5-6
Penn Relays April 26	National 1 Hour, Aug. 10 or 17
National 10 Km May 10	National 20 Km, Sept. 14 An undefined race
National 15 Km, May 18	In Canada

USA Race Walking Grand Prix Series: Masters

In 2009 a Masters Grand Prix circuit joined the junior & open series. Individuals aged 30 or older who are members of USATF in good standing prior to the start of each event are eligible to compete, however only US Citizens are eligible for awards.

USATF will crown the top overall man and woman champions as well as awarding certificates to the top 10 individuals. The award winners will be recognized at USATF Race Walk meeting at the Annual Convention in December. The Masters Grand Prix year runs concurrently with the Open & Junior Grand Prix Series.

At each race individual performances will be age graded using the 2010 age grading tables. Points will be awarded to the top 10 overall U.S. finishers, male and female (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1). A bonus of 2 points will be awarded to any individual if he, or she, breaks the national record for his/her 5-year age group at the race distance. The races:

National 50 Km, Nov. 24, 2013	National Masters Outdoor meet, July 17-20
National 5000, Dec 28, 2013	National 1 Hour, Aug. 10
National 20 Km, Feb. 23	National 30 Km, Sept. 14
National Indoor 3000, March 14-15	National 5 Km, Oct. 4

National 15 Km, May 18

National 40 Km, Oct. 12

USA Race Walking Grand Prix Series: Teams

The team series is a competition between current member clubs of USATF.

Individuals may compete for a team only if they are registered under their club name with their association in the USATF Membership database prior to race day. Teams may be composed of athletes who may otherwise compete as individuals in the junior, open or master divisions.

All teams must e-mail a roster of USATF registered athletes who will be representing the club to the Grand Prix Coordinator prior to the race. The roster shall include the club's official name, the association it belongs to and a list of each athlete's name, birth date, address, and USATF number which may be competing in the race. If this list is not received prior to the competition, the team will not score in the Grand Prix for that race. Once the team has been verified, only additions or subtractions of registered athletes need to be made. No day-of-race changes will be accepted. All USATF team-change rules apply.

The top five teams will score points in selected team-scoring events, by gender (10 for first, 8 for second, 6 for third, 4 for fourth, 2 for fifth). Place will be scored by the cumulative time of the first three finishers of each registered team. Only one team may score per club, per gender.

The top men's and women's teams, overall, will be presented with awards. Certificates will be presented to the 2nd and 3rd place teams of each gender.

LOOKING BACK

45 Years Ago (From the February 1969 ORW)—Dave Romansky was crowned ORW National Postal 20 Km Champion with his 1:33:58. . . Dan Totheroh did a 6:36.6 mile in Los Angeles just beating Ron Laird, Larry Young, and Larry Walker, who finished right together. . . Tom Dooley won San Francisco 30 Km in 2:31:02.

40 Years Ago (From the February 1974 ORW)—National Indoor titles went to Larry Walker (2 Miles) in 13:24 and Sue Brodock (1 Mile) in 7:28.6. . . Todd Scully was a very close second to Walker. . . Dave Romansky won the Olympic Invitational 1 Mile in 6:04.5.

35 Years Ago (From the February 1979 ORW)—Chris Shea became the first woman to break 7 minutes for 1 Mile, winning the National title in 6:58.4. . . The Men's 2 Mile title went to Todd Scully in 12:40, 10 seconds ahead of Jim Heiring. . . Canada's Marcel Jobin beat Scully in a Montreal Indoor 3 Km, 11:37 to 11:40.4. . . Scully won the Millrose Mile in a world best of 5:55.8.

30 Years Ago (From the February 1984 ORW)—Jim Heiring was an easy winner of the National Indoor 2 Mile in 12:11.21 and Teresa Vaill won the Women's 1 Mile in 7:12.85. . . In the Millrose, Ray Sharp edged Heiring in 5:52.29/

25 Years Ago (From the February 1989 ORW)—The Millrose Games 1 Mile went to Tim Lewis in 5:56.17 with Curtis Fisher and Gary Morgan also under 6 minutes. Morgan won the 1500 meters at the Meadowlands Invitational in New Jersey in 5:32.56 a second ahead of Richard Quinn. . . In Arlington, Virginia, Canada's Ann Peel beat Lynn Weik over 1 Mile in 6:54.23 to

6:56.57. . . Mike Stauch beat Mike Rohl 1323 to 13:31 in a Milwaukee 2 miler. . . In Boulder, Colorado, Ray Sharp won at 3 Km with 12:33.4. . . Larry Walker covered the same distance in 12:16.4 in Los Angeles. . . And, in that issue we devoted nearly 8 pages under the title: Judging, Contact, and Related Issues; The Great Debate". Early in that discussion we said, "Those who area new to these pages and new to the sport may think they have just stumbled on to something new. They haven't. Long-time subscribers know that about every 5 years or so we go through a few months of commentary back and forth on this continuing controversy and little really changes." The imminent demise of the sport was seen at that time too. And several other times in the past. The article was a capsule review of the rise and swell of commentary over the previous 20 years.

20 Years Ago (From the February 1994 ORW)—Debbie Lawrence won two 1500 meters races in Canada in 6:114.84 and 6:14.0. . . Allen James won the Commonwealth Games 3 Km in Boston in 11:27.14, nearly 3 seconds ahead of Jonathan Matthews. . . Allen also captured the Millrose Mile in 5:48.82, beating Douglas Fournier (5:51.84) and Tim Seaman (5:57.35). . . And there were about 8 pages devoted to "Alarming shoes, flying walkers, and all that." The second month of commentary on a potential judging device, the "run alarm", and associated issues of contact and judging. Yes, it was time for another rehash.

15 Years Ago (From the February 1999 ORW)—Curt Clausen defended his National 50 Km title in Sacramento, breaking the U.S. road record in the process as he finished in 3:54:38, covering the second half in 1:55:48. Al Heppner led through 35 km, and, although he succumbed to Clausen's blazing finish turned in a superb 3:58:45 for second. Andrew Hermann was third in 4:02:30 and Philip Dunn fourth in 4:04.44. There were nine under 4:30 (including Ireland's Jeff Cassin) and 40-year-old Marco Evoniuk missed that mark by just 15 seconds. . . Allen James dipped under the 6 minute mark by just .36 seconds to win the Millrose Mile, with Gary Morgan 7 seconds back. . . Steve Pecinovsky, age 44, walked an impressive Indoor 3 Km in Arlington, Virginia, winning in 12:27. . . Jill Zenner (later Cobb) had a 13:12 to win an Indoor 3 Km in Carbondale, Ill. . . Dion Russell was impressive with a 3:47:34 to win the Australian 50 Km title.

10 Years Ago (From the February 1969 ORW)—Clausen again won the National 50 held in Chula Vista, Cal., finishing in 3:58:24. Tim Seaman (4:08:06), Philip Dunn (4:10:37), and Sean Albert (4:18:33) followed. Sadly, we had to report the death of Al Heppner, fifth in that race, who jumped from a bridge three days later. Thankfully, Al is remembered in many ways, including the NARI Racewalking Scholarship in his name. We quoted Cheryl Rellinger then, "Don't dwell on the last four days. Remember who he was when you saw him in his element, the man you knew for years." . . John Nunn won the Millrose Mile in 6:03.37 and also did a 3 Km in 12:05.8 in Brentwood, N.Y. . . In Ireland, Poland's Robert Korzeniowski blistered an indoor 5 Km in 18:38.79 and Gillian O'Sullivan covered 3 Km in 11:59.79. . . Vladimir Stankin won the Russian 20 Km Winter Championships in 1:17:23 and Susana Feitor did a 1:29:32 for 20 Km in Portugal.

5 Years Ago (From the February 2009 ORW)—Philip Dunn won his fourth National 50 in Santee, Cal. In 4:28:53, more than 32 minutes off his personal best, but sufficient to win by nearly 36 minutes over Theron Kissinger, with only one other finisher. . . Tim Seaman won an accompanying 20 Km in 1:37:49.2 as he led 16-year-old Trevor Barron to a U.S. Junior record in the same time. Canada's Rachel Lavalee (now Rachel Seaman) was not far back as she won the women's race in 1:38:30.