

Ohio Race Walker
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Micha, Talcott Cop U.S. 30 Km Titles

Valley Cottage, N.Y., September 14—Maria Micha walked off with another National title and Dave Talcott became the oldest winner of a national open racewalk championship at today's USATF National 30 Km race. That speaks well of Dave but not so much about the state of racewalk in the U.S.

Micha won the women's title in 2:34:42. She set an American record for 25 Km (2:07:46) on the way. Miami Valley Track Club's Susan Randall finished a strong second in 2:38:51, finishing first in the 40-44 age group. Talcott (54) was a walk-away winner in the men's race with a 2:37:52 effort, an American age 50-54 record.

For Micha, it was the third American record of the year. She had set a 20 Km record in April and then bettered that at the World Cup race in May.

Concurrent races saw James Rendon of Colombia set a national and South American 50 Km record of 3:37:4, Colombia's Jose Montano and Ingrid Hernandez record fast 20 Km times; and yet another Colombian, Eider Arevalo in a fast 10 Km. Rendon's race (3:47:50) was the first 50 of his career. Nice start!

The races were held at Rockland Lake State Park under the able direction of Dave McGovern. 20 Km races were held in honor of Chris Schmid, a four-time USATF Master Walker of the Year, who died last year.

The results:

Men's National 30 Km: 1. Dave Talcott, Shore AC 2:37:52 2. Dan O'Brien, Pegasus AC 3:17:11 (1st 40-44) 3. Leon Jasionowski, Pegasus 3:26:07 (1st 65-59) 4. Bill Vayo, Shore AC 3:28:02 (2nd 50-54) 5. Tom Quattrocchi, Shore AC 3:29:11 (1st 60-64) 6. Bruce Logan, Park RW 3:30:07 (2nd 45-49) 7. John Morrison, Potomac Valley TC 3:52:24 (2nd 65-69) 8. Tom Bedford, Jr., Pegasus 3:54:38 (3rd 65-59). DQ—James Carmines, So. Cal. TC; Nelson Fisher, Freehold Area AC; and John Backlund, So. Cal. TC Team Scores: 1. Shore AC 9:35:05 2. Pegasus AC 10:37:56

Women's National 30 Km: 1. Maria Micha, Walk USA 2:34:42 2. Susan Randall 2:38:51 (1st 40-44) 3. Debbie Topham, Pegasus AC 3:28:09 (1st 60-64) 4. Darlene Backlund, So. Cal. TVC 3:52:54 (1st 65-59) 5. Kay Carmines, So. Cal. TC 4:03:30 (2nd 65-59) DNF—Erin Taylor-Talcott, Shore AC and Teresa Vaill, Pegasus AC.

International 50 Km—1. James Rendon, Colombia 3:47:41 2. Jose Pineda, Colombia 4:02:06 3. Ferney Mesa, Colombia 4:02:09 4. Alexander Cananeda, Colombia 4:10:17 5. Marion Higuera, Colombia 4:13:32

U.S. Junior Women's 20 Km: 1. Katie Newhoff 1:54:45

Men's International 30 Km—1. Jorge Armando Ruiz, Colombia 2:14:58 2. Andres Chocho, Ecuador 2:16:46

Men's International 20 Km—1. Jose Montano, Colombia 1:23:04 2. Ivan Gabriel Garrido, Colombia 1:25:16 3. Emerson Hernandez, Shore AC 1:35:58

Women's International 20 Km: 1. Ingrid Johanna Hernandez, Colombia 1:31:02 2. Sandra

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C



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Viviana Galvis, Colombia 1:31:15 3. Leslie Katherina Turjillo, Colombia 1:40:59 5. Katie Burnett, USA 1:41:19 5. Andreina Guzman, Dominican Republic 1:43:36 6. Diner Nydia Morfno, Colombia 1:49:26

Men's 10 Km—1. Eider Arevalo, Colombia 40:11

Women's International 10 Km—1. Erica Sena, Brazil 47:10 2. Katy Michta, Walk USA 51:31 3. Rasheeda Moncada, Park RW 60:22

Men's 5 Km—1. Marc Varsano, Park RW 35:20

Women's 5 Km—1. Pamela Allie-Morrill 31:37 2. Elizabeth Pasquale, Shore AC 33:32 3. Jaine Gabrielson, Walk USA 34:07 4. Lucy Vayo (13) 35:06

Judges: Maryanne Daniel, Gary Westerfield, William P. Ollinger, Reggie Weissglass, Ron Daniel, Art Klein, Becky Klein, Maranne Harvey

Other Results

New Albany Racewalking Classic, New Albany, Ohio, Sept. 7 (unjudged, but monitored):

10 Km—1. Cameron Haught (15) 51:02 2. Susan Randall 51:41 3. Jacob Gunderkline 52:18 4. Jill Cobb 54:29 5. Taylor Ewert (12) 6. Michael Belovich 58:43 7. Vince Peters (60) 59:25 8. Charlotte Walkey 8. Emily Belovich 62:34 10. Nathan Simons 62:46 (2053 finishers)

Half Marathon: 1. Michael Mannozi 1:50:59 2. Omar Nash 1:51:13 3. Joel Pfahler 2:01:09 4. Patrick Gaboury 2:18:55 5. Les Scott 2:19:54 (488 finishers)

1 Mile, Valley Stream, N.Y., Sept. 21—1. Emerson Hernandez 8:52 2. Sergio Liozama 7:46 Women: 1. Katharine Newhoff 7:46 2. Pamela Allie-Morrill (51) 9:46 3. Jaine Gabrielson (16) 10:10

Florida USATF Championships: 1500 meters—1. Adriana Garcia 10:37.27 2. Essie Faria 11:20.47

3000 meters—1. Adriana Garcia 18:14.86 2. Essie Faria 19:58.12

New Jersey 1 Hour, Manchester, Aug. 30—1. Emerson Hernandez 12,835 meters 2. John Fredericks (66) 9400 3. Pamela Allie-Morrill (51) 9156 4. Melissa Endy (15) 8944 5. Grace Endy (11) 8831 6. Ron Salvio (65) 8222 7. Panseluta Geer (67) 8061 8. Ben Ottmer (80) 7681

Virginia USATF 1500 meters, Virginia Beach, Aug. 16—1. Linda Janssen (52) 9:40.60 2. Paula Graham 10:54.44 (7 finishers) Men—1. Tom Gerhardt (63) 8:58.88 2. Richard Kole 10:49.09

Guest—Richard Pidgeon (66) 11:39.79 3. Hartley Dewey (66) 12:25.18

Pacific USATF 10 Km, Carmichael, Cal., Sept. 3—1. Robyn Stevens 54:05 2. Karen Stoyanowski (59) 61:46 3. Nicole Goldman (55) 65:53 4. Susan Mears (59) 57:25 5. Paula Mendell (64) 68:53 6. Doris Cassalls (75) 68:53

Men—1. Mark Garcia (58) 55:20 2. Alan Price 56:17 3. Shjoja Torabian (57) 62:17 4. Joe Berendt (59) 66:59 5. Bill Penner (68) 70:10 6. Walter Stewart (69) 74:09

20 Km, Richland, B.C., Aug. 10—1. Mathieu Bilodeau 1:30:23 2. Bruno Carriere 1:32:48 3. Creighton Connolly 1:32:48

Women—1. Alana Barber, New Zealand 1:41:30 2. Jessica Ching, Hjong Kong 1:45:46

30 Km, sameplace—Evan Dunfee 2:11:54 2. Quentin Rew, N.Z. 2:14:34 3. Brendan Reading, Ausdtralia 2:18:49

3000 meters, Bedford, Eng., Aug. 23—1. Heather Lewis 13:17.96 2. Ellie Dooley 13:56.42 3. GrazinaNarviliane 14:11.73

Men—Jamie Higgins 11:52.20 2. Dominic King 12:08.83 3. Caillium Wilkinson 12:13.16 4. Mark Williams 14:11.11

20 Km, India, August—1. Irfan Kolothum Thodi 1:24:28 2. Ganapathy 1:24:58 3. Baljindar Singh 1:26:23 4. Neeraj Rath

1:27:25 5. Chandan Singh 1:27:38 6. Babuhai Panucha 1:27:28 7. Surinder Singh 1:28:21 8. Batish Kumar 1:30:23

Mexican Championships, Vera Cruz, August 31—1. Monica Equihua 1:36:05 2. Yanelli Cabellero 1:38:23

Men—1. Horacio Nava 1:23:01 2. Daniel Gomez 1:24:39 3. Ever Palma 1:25:03 4. Omar Segura 1:27:32 5. Omar Pineda 1:28:34 6. Jose Doctor 1:29:26 7. Juan Guerrero 1:29:31 8. Virgilio Galindo 1:29:32 9. Brandon Segura 1:30:08 10. Jesus Luna 1:30:30 (15 under 1:34)

50 Km, same place—1. Christian Berdeja 4:03:10 2. Omar Zepeda 4:03:30 3. Jose Leiver 4:03:43 4. Jorge Martinez 4:06:04 5. Justamante Luis 4:08:52

10 Km, Voronovo, Russia, Aug. 30—1. Ruslan Dmytrenko, Ukraine 38:50 (Surprising a Ukrainian would be competing in Russia these days) 2. Bertrand Moulinet, France 39:08 3. Pyotr Trofimov 39:51 4. Aleksandr Yargunkin 40:01 5. Kirill Frolov 40:25

Women—1. Lyudmila Olyanovska, Ukraine 42:30 2. Antonella Palmisano, Italy 42:50 3. Lina Bikulova 43:44

Finland-Sweden 10,000 meters, Helsinki, Aug. 31: 1. Perseus Karlstrom, Swed. 39:18.60 2. Andreas Gustafsson, Swed. 39:32.08 3. Anatole Vera Ibanez, Swed. 40:50.72 4. Veli-Matti Partanen, Finland 41:10.36

Women's 5000, same place—1. Anne Halkivaha, Finland 22:29.03 2. Mari Olsson, Sweden 22:43.88 3. Karoliina Kaasalained, Finland 23:08.79 4. Monica Svensson, Swed. 23:14.68

10 Km, Druskininkai, Lithuania, Sept. 6—1. Marius Ziukas 39:47 2. Genadij Kozlovskij 40:49

Women—1. Brigita Virbalyte 44:17

5000 meters, Forssano, Italy, Sept. 13—1. Zhen Wang, China 18:49.10 2. Zelin Cai, China 19:35.00 3. Federico Tontodonati 20:02.14 4. Zhendong Wang, China 20:06.65 5. Massimo Stano 20:17.45 6. Vito Minei 20:35.27

Women—1. Federica Curizzi 23:26.04 2. Anna Clemente 23:41.03

10,000 meters, Katowice, Poland, Sept. 13—1. Erick Barrondo, Guatemala 40:05 2. Andrew Kovenko, Ukraine 40:34 3. Rafal Fedaczynski 40:59 4. Marius Ziakas 41:08

Russian Cup, Cheboksary, Sept. 14: **Women's 20 Km**—1. Marina Pandakova 1:31:59 2. Aliona Chramova 1:32:07 3. Kina Bikulova 1:32:44 4. Kristina Michalkova 1:35:56 5. Olga Crudesva 1:36:38 6. Natalia Chodolina 1:37:17 7. Tatiana Akulinushkina 1:37:39 8. Natalia Seriozhkina 1:38:09

Men's 20 Km—1. Petr Trofimov 1:23:19 2. Sergey Sharypov 1:23:50 3. Dmitriy Solovlev 1:26:57 4. Vladislav Marsimmo 1:27:34 5. Dmitriy Emlyanov 1:28:09 6. Mikhail Skorodelov 1:28:21 7. Viktor Kanishev 1:28:33 8. Damir Vaibikov 1:29:25

Men's 35 Km—1. Roman Evstifsev 2:30:00 2. Denis Asanov 2:42:19 3. Evgeniy Nushtov 2:43:38

Nordic Championships, Sept. 14—**Men's 20,000 meters**—1. Anatole Ibaniz, Sweden 1:24:53.20 2. Perseus Karlstrom, Swed. 1:29:39.52 3. Marius Korpela, Finland 1:32:54.86

Guest—ALex Wright, England 1:23:28.00

10 Km, Bacuch, Slovakia, Sept. 20—1. Erick Barrondo, Guatemala 40:42 2. Andriy Kovenko, Ukraine 40:50 3. Anton Rucmin 41:19

Women—1. Mirna Ortiz, Guatemala 44:42 2. Brigita Virbalyte, Lithuania 44:57

28 Hours, Roubaix, France, Sept. 20-21—1. Dmitriy Ossipov 230.191 Km 2. Zoltan Czukur 222.260 3. Christophe Baullet 216.165 (12 at over 200 Km, 48 finishers)

Chinese Championships, Changbaishan, Sept. 13: **Under 20 10 Km**—1. Wenkui Gao 40:38 2. Chao Wang 42:02

Women Under 20 10 Km—1. Dandan Duan 43:52 2. Jiayu Yang 44:05 3. Yefang Ji 44:05

Under 22 30 Km—1. Jian Liu 2:16:43 2. Wenkui Gao 2:19:39 (Certainly a good day's work if the 10 and 30 were actually on the same day) **Men's 20 Km**—1. Tianlei Li 1:24:55 2. Ding Chen 1:24:56 3. Guanyu Su 1:26:36 4. Jiazeng Yin 1:26:53 5. Kaihua Wang 1:26:54 6. Qin Wang 1:27:33 7. Guozhu Dong 1:27:40 8. Lin Zhang 1:28:41

Women's 20 Km—1. Huiuin Ding 1:33:19 2. Lijuan Xie 1:33:28 3. Huanhuan Sun 1:33:50 4. Yongbo Hou 1:34:31 5. Di Wang 1:35:42 6. Xiuzhi Lu 1:36:04 7. Jinzi Kang 1:37:07 8. Fayig Ma 1:37:17

50 Km—1. Wei Yu 4:00:57 2. Qi Zhao 4:02:54 3. Qianlong Wu 4:03:38

RACES, RACES, RACES AT MANY DIFFERENT PLACES

Sun. Oct 5	3000 meters, St. Louis area (H)
Sun. Oct 12	National USATF 40 Km Hour, Ocean Twp., N.J., 8am (A)
	½ Marathon Walk, Rochester, Mich. (F)
	5000 meters, St. Louis area (H)
	Georgia 1500, 3000, 5000, and 10,000 (U)
Sat. Oct. 19	Harry Drazin 5 Km, Interlaken, N.J., 9 am (A)
Sun. Oct. 19	Marathon, Detroit (F)
	Midwest 15 Km, Pleasant Prairie, Wis. (I)
Sat. Oct. 25	10 Km, Whiting, N.J. (W)
Sun. Oct. 26	1500 meters, St. Louis area (H)
	Pacific USATF 20 Km, Carmichael, CA (E)
Sat. Nov. 8	Virginia 1 Hour, Virginia Beach (N)
Sun. Nov. 9	Florida 20 Km and 6, 8, and 10Km (B)
Sat. Nov. 15	15 Km, Whiting, N.J., 9 am (W)
Sun. Dec. 28	Polar Bear 10 Mile, Asbury Park, N.J., 10 am (A)

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From Heel To Toe

Clinics. Jeff Salvage and Tim Seaman continue to take their very worthwhile clinics around the country. They will begin the New Year in San Diego on Jan. 17-18 and in Houston in Jan.

24-25. Exact dates are not yet set, but they plan to be in Los Angeles in April and in South Jersey or Philadelphia in May. On June 6-7 it will be Chicago. For more information go to www.racewalkinclinic.com. **Commentary on Diniz, VO2 max, and hands and feet walking.** Faithful reader Chris Lesniak writes regarding Johann Diniz, after watching some of the Euro race on video: "I saw that with some distance to go, maybe a few hundred meters, he stopped at the last aid station for almost 10 seconds to get a flag and finished the race with his arms outstretched and not driving, using just his lower half action. Probably lost 20 seconds or more, but what a great race. (Ed. Good that he still had another 1:40 to spare, so he didn't jeopardize the record with his celebration.) Chris continues: I do have to take issue with one thing Jonathan Matthews said. I looked at a list of VO2 max elites. (Topendsports.com/testing/records/vo2max.htm). I know that VO2 max isn't the only thing that makes a great endurance athlete, lots more to it than that. But as one can see on this list, it is mostly cross country skiers, runners, cyclists, and a couple of soccer players." (Ed. Looking at the list it appears that being Norwegian is a benefit--the top four are two Norwegian cyclists and two Norwegian cross country skiers. Perhaps the compiler didn't have access to any racewalker tests. I imagine Jonathan can justify his statement with data from other sources.) "It would be nice to see a list of the average of a couple dozen Olympic 20-50 racewalkers vs. 10+ Km-marathon runners, but I can't seem to find one." Finally, regarding the picture on p. 13 of the hands and feet walker, Chris notes: "You might be amused to know that there is an organization that promotes body weight exercises and one of their techniques is called 'animal flow' which involves a lot of hands and feet on the ground, outside, doing various pushups and twists moving along the ground. One of their movements is almost exactly that monkey run you pictured."

Dave Gwyn

Racewalking lost a true friend and major contributor last month with the passing of Dave Gwyn in Houston. Dave lived alone and apparently died peacefully in his rocking chair watching TV on August 22. He was discovered by a friend who he was to have taken to a doctor. When he did not show up, she went looking for him, discovered his body and called the police. Dave had a pacemaker and the coroner's office believes he died of a heart attack a few days before he was discovered.

Dave was active in all aspects of racewalking, both in Texas and on the national level. Although I never met him personally, I knew him well through correspondence as he tried to keep me up to date on schedules, results, and administrative matters. I last heard from just a week before his death when he e-mailed about the change in the name of the World Cup, which I mentioned in the August issue.

Following the news of Dave's passing, which did not come to light in the racewalking world for about two weeks, Maryanne Daniel wrote:

Dave will be missed by the Racewalking community near and far. He was smart, quirky and extremely generous. No one knew the rules like Dave. If he spoke on the floor of our large Annual Meetings, you knew that he was spot on. I remember him most with his long hair, beard, and headband. . . and that wonderful impish smile he had!

Far away indeed. This from Gary Little in New Zealand:

Dave was respected from outside the USA. When I was part of the New Zealand team to the 1993 World Racewalking Cup in Monterrey, Mexico, Dave organized our acclimatization period in Houston. All went smoothly. I have had some contact with Dave over subsequent years and also noted his continued involvement with the larger racewalking movement. I know he will be sadly missed by you all, as he is by those from not so close to home.

Dave was not a great competitor but he would occasionally drop in on a National race, usually at the longer distances. Probably his best time was a 2:24:36 for 15 Km way back in 1979 when he finished 17th. His highest national finish was 11th in the 1995 30 Km. But Dave wasn't about being a great competitor but being a great contributor to a sport he truly loved.

Celebrating the 50 Km Racewalk And Its New Record Holder

The following celebration of the 50 Km racewalk and Yohann Diniz's world record was written by Elliott Denman for the Runblogrun.com web site. Elliott walked the 50 at the 1956 Melbourne Games in Melbourne and was the U.S. Champion in the event in 1959. In the intervening years he has continued his own racewalking; promoted and conducted races endlessly in the New Jersey area; been an award winning sports writer for the Asbury Park Press; was, I believe, founder of, and certainly, long-time president of the Shore AC; a free-lance sportswriter for all who will pay his way since his retirement; and the greatest friend our sport will ever know. It is a privilege to count Elliott as a dear friend.

Way back in 1932, the moguls of the International Olympic Committee reached a point of true enlightenment. They added the 50 Km racewalk to the Games program, thereby signaling to the universe that they realized the world's most universal physical activity—and that, of course, is walking—was a distanceman's game and not a sprint event. Other than the 10-mile walk that was on the program of the 1908 Games, the longest prior Olympic walks had been at 10 Km.

So, after the 1928 Games were held walks-less, racewalking rejoined the Olympic fray at Los Angeles in 1932 as a distanceman's dandy, a 31.1-mile jaunt around L.A. that established the 50 as the longest, toughest event in all of Olympic-dom. (*Ed. Just to be a nit-picker, cyclists would take issue with this, so let us say all of Olympic track and field.*) Yes, it is 7.805 Km, or just under 4.8 miles longer than the marathon run.

Yes, too, it was surely tougher than the marathon, with its demands for explicit technique, and with judges out there ready to DQ those whose mode of progression was not in compliance.

Well it Great Briton Tommy Green winning that very first Olympic 50 Km and he's been followed by 17 of the toughest-minded athletes you'd ever want to meet.

Yes, blokes like Norm Read, who emigrated from England (where he'd never made a national team) to New Zealand just two years before the 1956 Games and would up winning it all in steamy Melbourne; Don Thompson, another truly Great Brit, a man so disappointed by his failure to finish in '56 that he trained in a self-constructed steam chamber and would up taking the '60 gold in Rome; Hartwig Gauder, who trained so bariatrically-conditioned hard under his brutal East German coaches' edict that his 50 Km win in 1980 would up costing him his heart, yet he came back to the sport to run the NYC Marathon with a transplant.

And, of course, Robert Korzenowski, the magnificent main man of Poland, who would up winning three straight Olympic 50s (1996-2000-2004), a three-peat never achieved by an Olympic marathoner.

And that brings us to the latest king of the 50, the marvelous Yohann Diniz, of France. At the recently-concluded European Championships in Zurich, the headlines were gobbled up by a bunch of others—that's the way it always goes—but it was Yohann Diniz standing head and shoulders over all of them as the lone Euro-champ to do it with a world-record performance.

The man is a true thoroughbred. He even shares the same birthday as every thoroughbred—and that's the first of January. His birth year is 1978, so that makes the fittest 36-

year-old on the planet.

He walked his 31.1 miles in 3:32:33, winning decisively over Slovakia's Matej Toth (3:36:21) and Russia's Ivan Noskov (3:37:41).. The previous world record, set by Russian Denis Nizhegorodov in 2008 was 3:34:14.

How fast is 3:32:33? Well consider all this:

He was walking each mile at 6:50 pace, each kilometer at just over 4:06. If this had been a marathon run, he'd have crossed the line in a computed 2:59:22 (or quicker than 95 percent of the finishers in the big-city 26.2 milers these days.) Then he maintained that pace for 4.7 more miles to finish his 50 legally and properly with the full approval of the judging panel under IAAF governance.

For sure, it's agreed that racewalkers at this level are often caught-by high-speed camera technology—"off the ground" and that would seem to be a violation of the contact-with-the-ground-at-all-times stipulation of the rules book. But only until you read the nuances of this rule that clearly states a judge's decision can only be based on what's seen by the "the human eye—and not some techno-gizmo.

And now hear this from Dr. Jonathan Matthews, a professor of education at Carroll College has long been one of the USA's elite racewalkers and continues to maintain a wicked pace training away at his Helena, Montana home base.

"Looking at at racewalking, it is one of athletics' most impressive events 20 Km racewalkers maintain the cadence/turnover of the finest 800-meter runners, but instead of maintaining this for only 1 minute and 43 seconds (or so), they maintain this cadence for an hour and 20 minutes," he writes. (*See August 2014 Ohio Racewalker, p. 14.*) "Racewalkers have the highest VO2 max among all track athletes. Yes, the best racewalkers are fitter than the best runners, due to the demands imposed by the contact and straightened knee rules. The only athletes who have ever tested with higher VO2 max than racewalkers are cross country skiers."

Then, there's the psychological part of it all. To much of the rest of track and field, racewalkers are their Rodney Dangerfields. Have you ever heard of the New York Times? "All the news that's fit to print" they once boasted. Well, Yohann Diniz and his world record didn't merit a single line.

"Because racewalkers are often ridiculed by the ignorant," Dr. Matthews continues, "racewalking demands a person with self-confidence and independence. In my country, at the Masters level, a large percentage of racewalkers are PhDs, engineers, professors—smart people who are attracted to an athletic event that enables them to achieve peak fitness while embracing the addition challenge of achieving technical mastery."

Darn right and very-very well said, Dr. M (who owns a 50 Km best of 4:01:36).

The American record remains 3:48:04 achieved by Curt Clausen in 1999. The two bronze medals won by Larry Young (1968 and 1972) remain the top American performances in Olympic racewalking since the 50 was introduced. (Clausen won bronze at the 1999 World Championships.)

These days we have no one even remotely close to Yohann Diniz. Diniz's Olympic 50 Km record is spotty—but let's not hold that against him. On a brutally hot day at Beijing in 2008, he bailed out at the 30 Km mark with stomach pain and an aching thigh. At London in 2012, he finished eighth but still wound up on the DQ list; not for the usual reason of technique problems but because he'd gulped out of a water bottle beyond the designated replenishment zone.

But the European Championships—a meet first staged in 1934—have seen Diniz at his absolute best. He took 50 Km gold at Goteburg in 2006 in 3:41:39, at Barcelona in 2010 in 3:40:37, and now he's in the books for that World Record 3:32:33 at Zurich. On the European level, it matched him with Korzenowski's three straight at the Olympic Games.

(Note: Diniz is in the World Record books for the 50,000 meter racewalk, too, for his

3:35:27 in 2011. What's the difference between 50 Km and 50,000 meters, you ask? In the 50 Km you're doing your loops on a road course. In 50,000 meters, you're circling a 40 meters track a mind-sapping time.)

Back home, they were saying, "En 3:32:33, Yohann Diniz a pulverise le record du monde, et donc d'Europe."

Well, that's giving you drift of all this. Oui-oui-oui, he'd pulverized the world record. And those who call themselves real fans of this sport--and were otherwise occupied as he crossed the finish line--merit the pulverization treatment for not giving this man his due..

Postscript: Track & Field News editor/publisher Garry Hill was asked, in view of the sensational Diniz WR, and the lack of any other WRs emerging from the Euros in Zurich whether Diniz might be considered as a cover boy for the next issue of T&FN. To my knowledge, T&FN, which has been published since 1948, has never had a racewalker on its cover. *(Ed. I'm sure Elliott is correct. I have every issue from November 1953 on, and while I haven't leafed through them all, I feel quite certain I will not find a racewalker on the cover.)* Gary's response (in essence) was that Diniz surely would have been a worthy candidate ...but that, alas, the cover photo had already been chosen and it was not Diniz. . . So bottom line: "Maybe some day." *(Ed. But, hey, he did make the cover of the ORW. What could be greater than that? And to their credit, Diniz was featured in the headline of T&FN's report on the Euro Championships and the only photo accompanying their report on the men's events was that of Diniz hitting the tape.)*

Larry Young the Artist

Elliott's article mentions Larry Young's two Olympic bronze medals and anyone involved in the sport in the U.S. knows, or should know about Larry's tremendous contributions to the sport through his tremendous fire and his impeccable style. But how many know of the extent of his artistry as a sculpture, a path he has followed since his retirement from the sport. I was aware of Larry's artistic prowess, but not the extent of it until Wayne Armbrust put me on to Larry's website. I had pictured him doing a lot of nice little pieces for the mantle or the coffee table, or maybe for the garden. But as you will on his website (youngsculpture.com) he has done many large and impressive outdoor installations in parks, courtyards, etc. across the country.



This from his website:

Young has been a full-time artist for the last 25 years and has placed more than 50 monumental outdoor sculptures nationally and abroad. Most of his work has been in bronze, but he also works with stainless steel, marble and other materials. He owns and operates a full-scale 6000-square foot foundry where he personally creates and produces most of his work.

Larry developed his skills and talent through a number of forums. He first learned to cast bronze as a molder in the US. Navy. While pursuing his athletic career, primarily from 1966 to 1976, he studied sculpture at Columbia College followed by a two-year fellowship to study sculpture in Italy. He has been a full-time free-lance artist since, known for his fluid forms, his innovative use of negative space, and his mastery of the bronze medium.

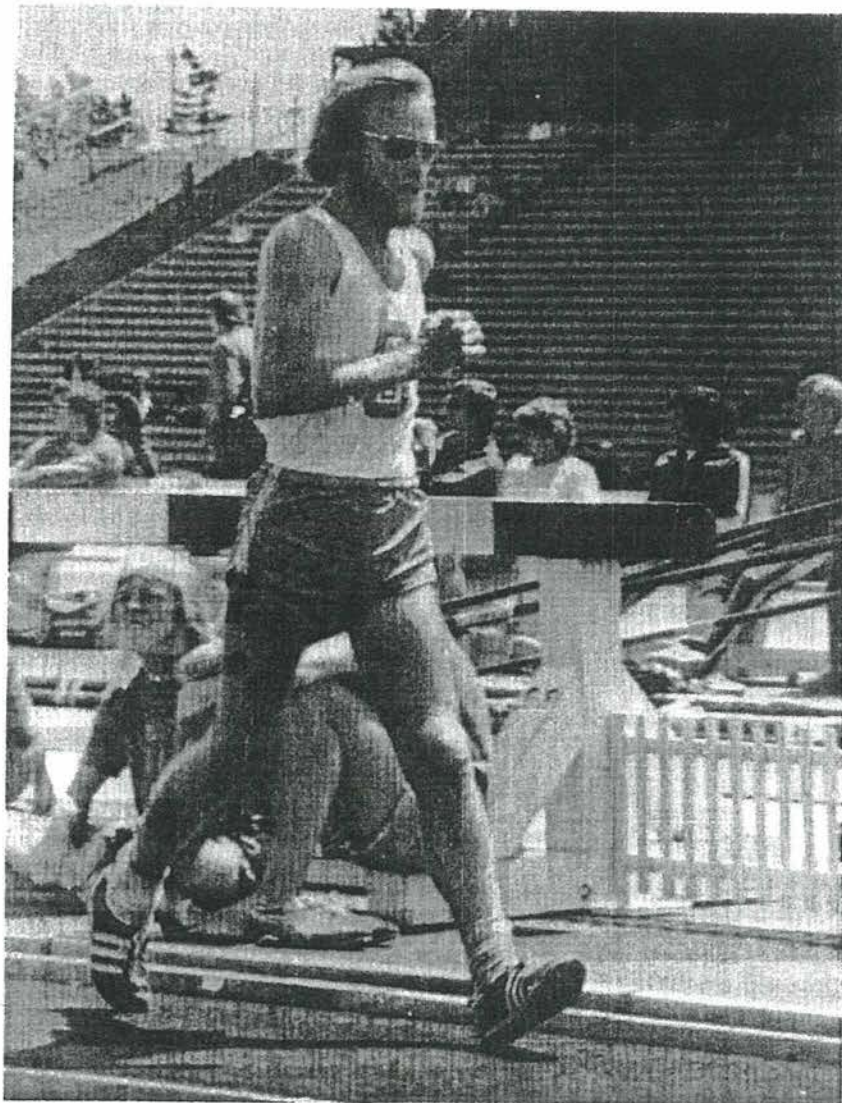
The origin of mankind, man's relationship with other life forms, and his destination have been important elements in many of Larry's works. He has also been fascinated by human movement in dance and athletics and by the themes and compositional integrity of classical art. Like classical art, Larry's life forms and other images are vehicles by which compositional networks are materialized. He frequently creates complex simplicity by simplifying human forms and placing them within deceptively simple complex compositions.

Incidentally, Larry is not in agreement with Elliott's assignment of our sport regarding those who think all walkers are cheating. Larry notes in an e-mail to me: " . . . I have not been happy with the rule changes. All one has to do is watch today's walking technique and you can see the results; all the to walkers are off the ground. No one today can be competitive unless they have a significant flight phase. I believe that if video had been incorporated into the judging back in the '80s (when I could see clearly the sport getting out of control) the sport would still have credibility today. Almost every sport today incorporates video into the judging, it takes human error and favoritism out of the equation. The cat is out of the bag now though and it would be difficult to go back."



Two of Larry's Outdoor Pieces. Unity, on the left, juxtaposes two human figures in a positive portrayal of community. It was commissioned for Illinois College in Jacksonville. Hope For Life (right.) Suspended between two strands that make up the famous double helix is the human form. Commissioned by the Stowers Institute for Medical Research in Kansas City.

Unfortunately, I have never seen how any modern technology could be fairly and effectively applied to racewalking. But, I won't get into that discussion now. Through the years hundreds of pages in this publication have been devoted to the many issues and aspects of judging and the human eye seems to remain the only practical solution, faulty as it may, or may not, be. Which doesn't solve the frustration of one who was certainly among the fairest stylists the sport has seen.



Larry displays the impeccable form that marked his career. But, I guess today's coaches would tell him he is neglecting the flight phase. So, the sport has changed, but as always it features some remarkable athletes. Larry was one.

Proverbial Stuff

Nothing to do with racewalking, but some of my basic tenets, things I have posed on the cork behind my computer desk:

A good education is the next best thing to a pushy mother.

I know you believe you understand what you think I said. But I am not sure you realize that what you heard is not what I meant.

Natural Laws

Murphy's Law. If anything can go wrong, it will

Otool's commentary on Murphy's Law. Murphy was an optimist.

The unspeakable law. As soon as you mention something. . .if it's good, it goes away; if it's bad, it happens.

Howe's Law. Every man has a scheme that will not work

Etorb's Law. The other line moves faster

Law of Selective Gravity. An object will fall so as to do the most damage

Jenning's Corollary. The chance of the bread falling with the buttered side down is directly proportional to the cost of the carpet.

Gordon's First Law. If a research project is not worth doing at all, it is not worth doing well.

Boren's Law. When in doubt, mumble

The Golden Rule of Arts and Sciences. Whoever has the gold makes the rules.

Barth's Distinction. There are two types of people; those who divide people into two types and those who don't.

Segal's Law. A man with one watch knows what time it is. A man with two watches is never sure.

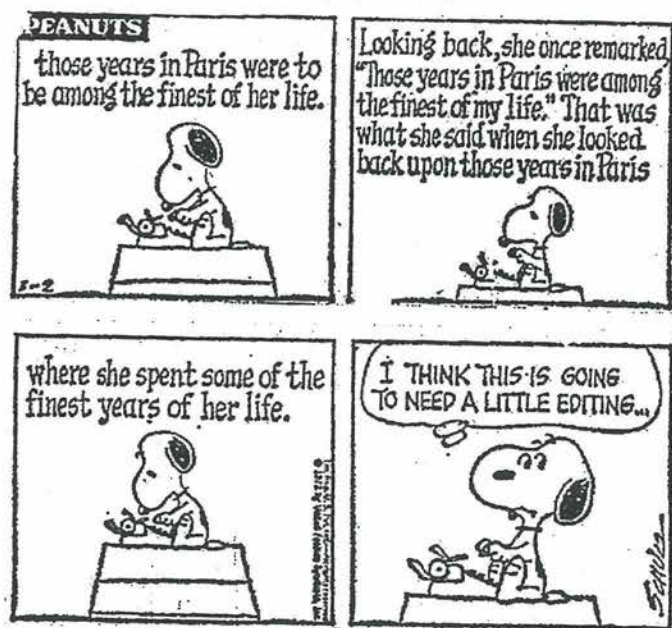
And now to supplement all of this, someone has sent me:

Murphy's Other 15 Laws

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.

5. Change is inevitable, except from a vending machine
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90- rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone would be stupid enough to try to pass them
10. If the shoe fits, get another one just like it.
11. The things that come to those that wait may be the things left by those who got there first.
12. Give a man a fish and he will eat for day. Teach a man to fish and he will sit in a boat all day drinking beer.
13. Flashlight: A case for holding dead batteries.
14. The shin bone is a device for finding furniture in the dark.
15. When you go into court, you are putting yourself in the hands of twelve people, who weren't smart enough to get out of jury duty.

And finally, Peanuts has always been one of my guiding lights.



LOOKING BACK

45 Years Ago (From the September 1969 ORW)—With altitude a definite factor, Bryan Overton won the National 50 Km title at Lake Tahoe in 4:56:07. In a very small field with few elite walkers present, Bob Kuchar, in only his fifth walking race, took second. After finishing in 5:06:29, Bob reportedly donned his backpack, strolled off into the woods, and, perhaps, has not been seen since around walking races. Bill Ranney was third in 5:12:28. .Ron Laird was an easy winner of the National 25 Km at Kings Point, N.Y. Ron finished in 2:02:52, followed by John Knifton (2:05:05), Canadian Marcel Jobin (2:07:17), Gary Westerfield, Steve Hayden, and

Ron Daniel. .Great Britain's Paul Nihill won the European 20 Km title in 1:30:41, with Caraioafoglu of Romania surprising Soviet ace Nikola Smaga to capture the silver in 1:31:06. East Germany's Christoph Hohne won the 50 as expected in 4:13:52 with Petger Selzer second. .Colin Young covered 129 miles 1155 yards in an English 24-four race and Nihill won the 20 Km in a match with France and Czechoslovakia, finishing in 1:28:18.

40 Years Ago (From the September 1974 ORW)—Two-time Olympic gold medalist (1960 and 1968), 38-year-old Vladimir Golubnchiy won the European 20 Km title, upsetting West Germany's Bernd Kannenberg by 8 seconds in 1:29:30. Hohne again won the 50, this time in 3:59:07, 3 ½ minutes ahead of Otto Bartsch of the Soviet Union. Selzer, and Italy's Vittoria Visini were close behind. .Mexico's Raul Gonzales mad his first big splash in the sport with a 1:27:53 20 Km in a dual meet with Canada. Daniel Bautista, the Olympic Champion two years later, was left more than 4 minutes back. .In London, Roger Mills bettered the world best for 1 Mile (6:10.4 by Dave Romansky) with a 6:09, beatin (See g France's Gerard Lelievre by 2 seconds. .East Germany's Peter Frenkel recorded a stunning 1:23:30 for 20 Km in a Czech race. .Sue Brodock won the women's International 5 Km in Stockholm, leading the U.S. to a second place team finish behind Sweden. Brodock had a 24:16.2

35 Years Ago (From the September 1979 ORW)—Mexico defended its World Cup title in Munich despite the absence of one of its top competitors, Domingo Colin and a subpar performance by Raul Gonzales. Daniel Bautista left the 20 Km field at the starting gun and proceeded to record solo splits of 19:21, 39:05, and 58:52. Slowing only slightly, he finished in 1:18:49, 57 seconds ahead of Boris Yakovleyev of the Soviet Union. The Soviets also captured the next three places (with Mexico's Ernesto Canto sixth) and led Mexico by three points after the race. Jim Heiring led the U.S. effort with a 1:28:31 in 31st. Trying to repeat his teammates tactics, Gonzales overdid it in the 50. With 10 Km splits of 42:47, 1:25:03, and 2:07:29 (a 3:32:50 pace), he left the field well back, but only succeeded in killing himself. But Teammates Martin Bermudez and Enrique Vera came to the fore, finishing one-two in 3:43:36 and 3:43:59. Viktor Dobrovski was third for the Soviets and Gonzales held on four fourth in 3:46:26. Mexico finished 5 points ahead of the Soviets for the two races. East Germany was third., Italy- fourth, and the U.S. 13th. Vincent O'Sullivan (4:12:15) and Marco Evoniuk were 34th and 35th. Britain's Marian Fawkes won the women's 5 Km in 22:51 to lead her nation to victory over Sweden. Susan Liers came 10th in 24:02 to lead the U.S. to fourth place. .Marco Evoniuk won the U.S. 50 Km in 4:15:17, followed by Dan O'Connor, Carl Schueler, and O'Sullivan. .The European Junior 10 Km title went to Czech Josef Pribilinec, who was destined for future greatness.

30 Years Ago (From the September 1984 ORW)—With no chance of Olympic glory (boycott), East Germany's walkers took out their frustration with a 50 Km race in Berlin. Ronald Weigel finished in a startling 3:38:31, better than 2 ½ minutes under Gonzales' world best. Hartwig Gunder was less than 3 minutes back, just missing the Mexican's mark. .A week later, Weigel did 20 Km in 1:19:56, leaving Gauder far back this time. .Mexico's Carlos Mercenario, World Cup Champion 3 years later, won the Pan-Am Junior 10 Km title in 48:52, with Tony Englehardt of the U.S. second in 50:49. .In England, Brian Adams covered 100 miles in 17:29:28 with John Cannell also under 18 hours. There were eleven under 20 hours in the race, including Sandra Brown, the women's leader in 18:36:29.

25 Years Ago (From the September 1989 ORW)—In the World University Games in West Germany, Italy's Ileana Salvador blasted a 20:44 for 5 Km to beat veteran Vera Maldova, USSR, by 8 seconds. Finland's Sari Essayah was third in 21:34. Canada's Allison Baker (21:52) was

seventh and the USA's Lynn Weik (22:00) eighth. . .Guillaume Leblanc won the Canadian 20 Km in 1:28:05 and Janice McCaffrey took the women's 10 Km in 48:17 ahead of Allison Baker (48:52) and Pasquale Grand (49:17).

20 Years Ago (From the September 1984 ORW)—Russia's Valeriy Spitsyn was an easy winner in the European 50 Km Championship race. His 3:41:07 effort left France's Thierry Toutain nearly 3 minutes back (3:43:52). Giovanni Perricelli, Italy was another 63 seconds behind. Early leader, Jesus Garcia of Spain, the 1993 World Champion (and still eighth in last month's European Championships at age 44), faded to fourth in 3:45:25. (He was only 16 seconds slower than that last month.) . .Irina Stankina, Russia, and Jorge Segura, Mexico, emerged as World Junior Champions. Stankina won the women's 5 Km in 21:05:41, 6 seconds ahead of Susanne Feitor, Portugal. Segura (40:26.93) had the same margin over Russia's Evgeniy Shmaluk in the men's 10 Km. . .Kerry Saxby, Australia, won the Commonwealth Games 10 Km in 44:25 with Anne Manning, Australia (44:37) and Janice McCaffrey, Canada (44:54) following. . .The Goodwill Games 20 Km in St. Petersburg, Russia, went to Mexico's Bernardo Segura in 1:23:39. Allen James came seventh for the U.S. in 1:27:48. Olimpiada Ivanova of Russia won the women's 10 Km in 42:30.31 with Yelena Saiko, Russia, and Sari Essayah, Finland, also under 43 minutes. Michelle Rohl was ninth in 44:42 for the U.S.

15 Years Ago (From the September 1999 ORW)—At the National 40 Km in Ft. Monmouth, N.J., Steve Pecinovsky was an easy winner in 3:29:15 with John Soucheck second in 3:44:53. . .England's Sandra Brown walked 19:14:36 for 100 miles in Australia, beating second place Herber Neubecher, Germany, by nearly 2 hours. Brown went through the first 50 miles in 9:06:04. (A year later, Brown became a U.S. Centurion in Golden, Colorado.) . .Led by Michele Didoni's 39:03.02, four Italians went under 40 minutes in a 10 Km race in Castelnovo Monti. Elisabetta Perrone won the women's race in 43:03.7, 12 seconds ahead of Erica Alfridi.

10 Years Ago (From the September 2004 ORW)—Tim Seaman won the National 40 Km in Ocean Township, N.J. in 3:20:19. Curt Clausen was second in 3:32:125 and the ever-present third in 3:40:25. . .In a U.S.-Canada Junior dual, the Canadians won individual titles but the U.S. took team honors. Canada's Rachel Lavalee (now Rachel Seaman) won the women's 5 Km in 24:57, 40 seconds ahead of Maria Michta. Canada's Luc Menard beat Zach Pollinger by 8 seconds in the men's 10 Km with a 45:36. . .Speaking of ever-present, Sandra Brown won a 100 miler in Colchester, England in 19:17:28.

5 Years Ago (From the September 2009 ORW)—At age 49, Ray Sharp won his fourth consecutive U.S. 40 Km title in Ocean Township, N.J. in 3:55:09. It was his fifth 40 Km title overall, the other coming way back in 1982. In a race among a bunch of 40 plusers, Ray beat John Soucheck (44) who finished in the top three for at least the 10th time since the early '90s but with no wins. Ohio's own Chris Knotts (53) was third, just under 4 hours. The women's title went to Erin Taylor in 4:07:45. . .In the final IAAF Challenge races, held in Saransk, Russia, Russia's Tatyana and Andrey Rusavin won at 10 Km in 42:04 and 38:17, respectively. . .Vera Sololov and Stanislav Emelyanov, both also from Russia, were second. Kjersti Platzer, Norway, third here, won the Challenge title with 46 points. The men's winner was Eder Sanchez, Mexico, with 44 points. Sanchez also finished third in this race.

The historic photo below is from a USA-USSR-British Commonwealth 20 Km meet held in the L.A. Coliseum on July 18, 1969. Results of the race: 1. Paul Nihill, Great Britain 1:31:49.8 2. Vladimir Golubnichiy, USSR 1:32:11 3. Ron Laird, USA 1:32:27 4. Nikolai Smaga, USSR 1:32:51.4 5. Frank Clark, Australia 1:33:14.6 6. Bob Kitchen, USAA 1:38:08.2. In the picture, taken early in the race Laird is on the left with Kitchen over his shoulder. Then Nihill, Smaga, and Golubnichiy. Clark is peeking over Smaga's shoulder. Clark led at 10 km in 47:04 as the favorites bided their time. The top five were still together at 15 in 1:10:10. It became a three-man race with 3/4 miles to go, Laird trailing Nihill and Golubnichiy by just 30 yards at that point. Nihill appeared to be the stronger of the leading duo and when Golubnichiy received a caution on re-entering the Stadium Nihill was able to pull away for the win.

