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Penn Relay Titles Go To Shorey and Moore

Philadelphia, April 26 (as reported by Al Heppner with additions by your editor) Ben Shorey made quite a statement in his first major race as an open athlete. The University of Wisconsin-Parkside sophomore upset pre-race favorite Sean Albert to win the Penn Relays 10 km walk quite handily. Shorey, the US 10 km Junior record holder scored another personal best with a time of 42:10.97. Jolene Moore completed a sweep for Parkside by winning the women's 5 km race in 23:44. For Shorey, it was not a first Penn Relays victory. Last year, he won the Junior 10 in 43:20.60

Shorey and Albert quickly made it a two person race by walking a quick first lap in 1:35. Albert was content to let Shorey lead for the first half of the race, before attempting a breakaway early in the second half. Shorey refused to let the veteran get away. After going through 8 km together in 33:58, Shorey dropped a 1:36 lap to gap Albert (1:42). From then on, Shorey steadily pulled away. Albert was second in 42:29.89. Puerto Rico's Enrique Uozrit was third in 42:57.97. Defending titlist Jim Heys had to settle for fourth this year and last year's runnerup, Matt DeWitt, could manage only tenth.

The women's race was a three person battle between Moore, UW-Parkside sophomore Anne Favolise, and Susan Armenta of New Balance. Moore and Favolise went through the first kilometer in 4:47 with Armenta just two seconds back. The trio were still together at 3 km, with Moore leading the way in 14:30. Favolise was just one-second back, with Armenta (14:32) on her heels.

At 3,400 meters, Moore made her move, walking a 1:53 lap, and only Favolise tagged along. Armenta had slowed to a 2:00 lap. On the successive lap, Moore held pace (1:54) and that was enough to gap Favolise (1:58).

Moore, who competes for the Parkside Athletic Club, is a relative newcomer to racewalking, but is climbing the ranks quickly under the tutelage of UW-Parkside Coach Mike DeWitt. She was runnerup to Amber Antonia last year. Antonia did not compete today.

In the junior boy's race, rising Mansfield University Star Adam Staier took the gold 46:30.59, with Erica Adams winning the junior girl's race in 25:39.80. As the top junior performer, Adams won a free trip to train at the ARCO Olympic Training Center, according to race director Jeff Salvage. Master's winners were Keith Luoma, who defended his title and Maryanne Torrellas.

This year's Penn Relays racewalk field was one of the largest ever. "We would have had the largest ever, if it weren't for a few late scratches. However, we appreciated that those athletes let us know in advance. I'd also like to take personal credit for holding off the rain. That marks the twelfth consecutive year of perfect weather," Salvage said. By Salvage's accounts, as soon as the women finished, it started pouring. The results follow.

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Men's Open 10 Km: 1. 42:10.97 Ben Shorey, Wisconsin/Parkside (UWP) 2. Sean, Albert New Balance 42:29.89 3. Enrique Uozrit Turabo, Puerto Rico 42:57.97 4. Jim Heyes, UWP 44:46.26 5. Allen James, Park RW 44:46.26 6. Steve Quirke, UWP 45:04.15 7. Luis Mevcado Turabo, Puerto Rico 45:44 8. Mike Tarantino, UWP 45:47 9. Mike Stanton, UWP 45:50 10. Matt De Witt.

Parkside AC 46:17 11. Bill Vayo 47:55 12. Jim Robinson, Rio Grande U. 48:15 13. John Soucheck, Shore AC 49:03 14. Donald Cote, un. 52:09 15. Alex Major, Potomac Valley TC 55:29

Masters Men's 10k: 1 Keith Luoma, Atlanta TC 49:02.69 2. Ed Fitch, Miami Valley TC 53:52 DNF Mark Dennett, Winthrop H.S. and Cliff Mimm, Shore AC DQ Steve Pecinovsky, U.S. Air Force and Vince Peters Miami Valley TC

Junior Men 10k: 1 Adam Staier, Mansfield U. 46:30.59 2 Zachary Pollinger, unattached 46:55 3. Joe Trapani, Centereach, N.Y. H.S. 47:38 4. Troy Clark, Lisbon H.S. 51:24 5. Dan Campbell Caribou, Me. H.S. 51:50 6. Richard Corell, Mansfield U. 54:21 7 Tom Ulrich, Walk USA 56:37

Women's Open 5k: 1. Jolene Moore, Parkside AC 23:44.0 2. Anne Favolise, UWP 24:17.71 3. Susan Armenta, New Balance 24:36 4. Sarah Perry, unattached 25:47 5. Laura Feller, unattached 26:25 6. Katie Rulapaugh, Cedarville U. 27:39 7. Sarah MacIntyre, Mansfield U. 28:33

Masters Women's 5k: 1 Maryanne Torrellas, Conn. Racewalkers 25:40.49

Junior Women 5k: 1 Erica Adama, Spartanburg 25:39.80 2. Tina Peters, Miami Valley TC 26:15 (H.S. freshman) 3. Shannon Gillespie Shore AC 26:53 4. Lauren Oliveveri, Mansfield U. 26:54 5. Dana Vered, New Balance/New Jersey 26:54 6. Carly Lochala, Mt. Blue H.S. 27:28 7. Keisha Pearson, Bellport 27:31 8. Jasmine Brooks, Dirigo H.S. 27:54 9. Allison Snochowski, New Balance/New Jersey 28:01 10. Keelin Yenney, unattached 29:03 11 29:09.19 Latoya Henry New Rochelle 12. Latasha Neill, New Rochelle 30:09 13. Hatsheshut Newsome, New Rochelle 30:21 14. Deborah William, New Rochelle 30:22 15. Jessie Smith, Mt. Blue H.S. 30:25 16. Shani Brown, New Rochelle 31:07

Boyles Repeats At Mortland 20

Yellow Springs, Ohio, April 13--For the second year in a row, Rio Grande University junior Matt Boyles walked a brilliant solo race to capture the 20 Km title at the 16th Annual Jack Mortland Racewalks, named for some obscure racewalking personality from days of yore. In the process, Boyles got a qualifying time for the 2004 U.S. Olympic Trials as he finished in 1:31:33.9. Unlike last year's bone-chilling rain, today's weather was near perfect--quite cool to start, but warming to ideal temperature on a sunny day.

Like last year, when Boyles surprised the racewalking world with by debuting at 20 Km in 1:30:27, he walked negative splits. After reaching 10 Km in 46:25, he raced home in 45:09 on the 2 Km out-and-back course. ("My shins got sore at the beginning, but after 4 km stopped bothering me," he said.

There was also an Olympic qualifier in the women's race as 29-year-old Bobbi Jo Chapman came home in 1:44:20, 1:38 under her best of last year when she ranked seventh in the U.S.

In the team race, based on total time for a team's top finishers in the three distances on the program (5, 10, and 20 Km), Pegasus AC from Michigan easily beat the host Miami Valley TC with a 3:03:16. Rod Craig was third at 20, and Bill Reed and Leon Jasionowski scored victories in the other two events. Craig had his best time ever on this course (1:43:38) and Jasionowski, somewhere 55 and 59 years of age, blitzed the 5 Km field with a 25:21. And here are the results:

20 Km--1. Matt Boyles, Rio Grande U. 1:31:33.9 2. Jim Robinson, Rio Grande 1:38:27 3. Rod Craig, Pegasus (45-49) 1:43:38 4. Bobbi Jo Chapman, un., West Virginia 1:44:20 5. Gary Morgan, Pegasus (40-44) 1:45:11 6. Chris Knotts (45-49), Miami Valley 1:48:46 7. Max Walker (55-59), Indy Walkers 1:49:29 8. Al Cowen (45-49), MVTC 2:04:16 9. Deb Topham (50-54) Pegasus 2:04:54 10. Lynetter Heinlein (45-49), Great Lakes Walkers 2:10:30 11. Geoff Robbins (45-49), Cincy Walkers 12. Jack Blackburn (65-59), MVTC 13. John Fitzgerald (45-40, Buckeye Striders 2:19:27 DQ--Gayle Johnson (50-54), un.

10 Km--1. Bill Reed (50-54), Pegasus 54:17 2. Ed Fitch (40-44) MVTC 54:19 3. John Fischer (55-59), Cincy Walkers 63:41 4. Cathy Mayfield (50-54), Indy Walkers 67:20 (8 finishers, 1 DQ)

5 Km--1. Leon Jasionowski (55-59), Pegasus 25:21 2. Tina Peters (15), MVTC 27:59 3. Billie Robinson, Rio Grande 28:07 4. Katie Rulapaugh, Cedarville Un. 28:10 5. David Kreimer (55-59), Cincy Walkers 30:21 6. Scott Littrell, Rio Grande 30:31 7. Mary Franklin (40-44), Pegasus 30:42 8. Walda Tichy (60-64), Pegasus 31:49 9. Marshall Sanders (60-64), Great lakes 33:06 10. Gwen Thomas (55-59), Cincy Walkers 33:38 (22 finishers)

Teams--1. Pegasus 3:03:16 2. Miami Valley TC 3:10:04 3. Indian Walkers 3:23:18 4. Cincinnati Walking Club 3:36:17 5. Buckeye Striders 4:17:06

Other Results

USATF National Masters 3 Km, Boston, March 30: Women 35-39--1. Kaisa Ajaye 16:17 Women 40-44--1. Marcia Gutsche 14:03.73 2. Maryanne Torrellas 14:45.20 Women 45-49--1. Nanci Sweazey, Canada 15:01.51 2. Gloria Rawls 16:55.03 (U.S. Champion) 3. Luanne Pennesi 17:08 Women 55-59--1. Deb Topham 16:25.45 2. Ann Terhardt 17:06 Women 55-59--1. Kathy Frable 18:50.64 Women 60-64--1. Joanne Harriman 19:19 (2 DQs) Women 65-59--1. Joanne Elliott 19:11.51 Women 70-74--1. Shirley Dockstader 19:08.86 2. Kate Marrs 20:40 Men 30-34--1. Patrick Collier 13:24.11 Men 40-44--1. Rod Craig 14:13.62 2. Douglas Johnson 17:17.39 Men 45-49--1. Richard McElbery 15:08.74 Men 50-55--1. Robert Ullman 17:16.78 Men 66-69--1. Robert Keating 14:20.72 2. Don DeNoon 14:30.27 3. Gary Null 14:54.30 4. Norman Frable 15:41 5. James Carmines 15:45 6. Bill Harriman 16:51 7. Charles Mansbach 18:28 (1 DQ) Men 60-64--1. John Elwarner 16:28.19 2. Tom Knatt 17:55.53 3. Carl Kane 19:07 (1 DQ) Men 65-50--1. Paul Johnson 15:30.50 2. Bob Barrett 16:09.93 3. Ed Lane 18:49 4. Don Murray 19:44 (1 DQ) Men 70-74--1. Jack Bray 16:07.46 (National and World record for age group) 2. Dick Petruzzi 17:02.61 3. Alfred DuBois 17:02.63 (Jack Starr, former national record holder at 17:03 did not finish) Men 75-59--1. Ed Gawinski 18:27.14

High School 1600 meters, Orono, Maine, April 19--1. Dan Campbell 7:23.09 2. Andrew Ciszewski 9:26 Girls--1. Chantelle Bard 9:26 2. Crystal Shorey 9:44 **Metropolitan 10 Km, New York City, April 13--**1. Bill Vayo 49:58 2. Nicholas Bdera (54) 51:05 3. Greg Dawson 52:17 4. Vlado Haluska (51) 54:26 5. Erin Taylor (1st female) 55:13 6. Shawn Frederick (49) 55:33 7. Bob Barrett (69) 57:18 8. Israel Soto-Duprey 58:45 9. Jennifer Marlborough 61:02 10. Sherwin Wilk (64) 62:28 11. Indian Ripoli (17) 62:30 12. Aimee Dawson 62:35 13. Bruce Logan 64:43 14. David Lee (48) 65:03 15. Marc Varsano 65:39 (28 finishers) **5 Km, same place--**1. Latoya Henry (17) 28:41 2. Latasha Neil (18) 30:32 3. Deborah William (16) 30:33 4. Indiana Ripoli (17) 30:45 5. Hatshapaut Newsome (17) 31:09 6. Shani Brown (14) 31:18 **Zinn Memorial 10 Km, Wall Twp., N.J., April 13--**1. Aach Pollinger (16) 48:25 2. John Soucheck 48:47 3. Cliff Mimm 51:28 4. Tom Quattrocchi (50-59) 58:24 5. Jerry Richards 61:38 6. Wayne Baker (40-49) 63:12 7. Ron Kulik (60-69) 64:16 (A brilliant comeback by a great of an earlier era, whose name I haven't seen in

results for at least a coon's age, whatever that is) 8. Ben Ottmer 66:03 9. Art Glass 67:06 10. Bob Mimm (78) 68:24 (13 finishers) Women--1. Sherry Brosnahan 65:55 2. Colleen Glass 66:54 3. Janine Stuart 68:47 (7 finishers) **National Invitational 20 Km, Washington, D.C., April 6--1.** Bill Vayo 1:40:54 2. John Soucheck 1:42:31 3. Steve Pecinovsky (48) 1:44:27 4. Nicholas Bders (54) 1:52:19 5. Ed Fitch (41) 1:55:41 6. Alex Major 1:57:20 7. James Carmines (59) 2:04:35 (1 DQ) Women--1. Cheryl Rellinger 1:46:05 2. Erin Taylor 1:55:16 3. Jennifer Marlborough 2:06:00 (2 DQs, 1 DNF) Women's 10 Km--1. Lauren Olivieri 55:53 2. Monetta Roberts 57:18 3. Sarah MacIntyre 61:65 (?) Men's 10 Km--1. Adam Steier 46:35 (1 DQ) Women's 5 Km--1. Dana Vered (14) 27:20 2. Lois Dicker (63) 32:21 (5 finishers) Men's 5 Km--1. Will Legett 25:23 2. J.C. Koziel (15) 27:39 3. Ed Fitch (41) 28:02 4. George Fenigsohn (55) 29:48 5. Victor Litwinski 30:31 (8 finishers, 3 DQs) Girl's 3 Km--1. Allison (12) 16:52 **10 Km, Winter Park, Fla., March 15--1.** Don DeNoon 55:32 2. John Fredericks (50-59) 63:11 3. Ray Jenkins 65:04 (8 finishers) Women--1. Sandra DeNoon 65:09 2. Edna Ramsey 67:32 (8 finishers) **10 Km, Orlando, Fla., March 30--1.** Juan Yanes (50-54) 55:46 2. Marcel Raphael (18) 60:56 3. Steve Ranard (40-44) 61:37 4. John Fredericks 63:27 5. Bob Fine (70-74) 67:31 (9 finishers) Women: 1. Linda Sonntag 56:08 2. Sandra DeNoon 67:11 3. Edna Ramsey 68:25 **1 Hour, Boca Raton, Fla., April 6--1.** Lisa Sonntag 10,871 meters 2. Linda Stein (55-59) 9101 3. Sandy DeNoon (45-49) 8892 (6 finishers, 3 DQs) Men--1. Gary Null (55-59) 10,790 2. Norm Frable (55-59) 10,392 3. Paul Johnson (65-59) 10,206 4. John Fredericks (55-59) 9716 5. Jack Bray (70-74) 10,066 6. Roderick MacElwain (50-54) 9672 7. Bob Cella (65-59) 9339 8. Dan Koch (55-59) 9209 9. Bob Fine (70-74) 8857 10. Bob Mimm (75-79) 8722 (14 finishers, 4 DQs) **3 Km, Wilmington, Ohio, April 5--1.** Tina Peters 15:41.92 2. Katie Rulapaugh 15:45 3. Billie Robinson 15:51 4. Kristen Barnett 17:10 5. Missy Walker 18:24 (9 finishers) Men--1. Matt Boyles 11:58.03 2. Jim Robinson 12:43.26 3. Tim Sykes 14:40 4. Jack Shuter (70+) 20:37 **20 Km, Kenosha, Wis., April 2--1.** Ben Shorey 1:32:47 2. Steve Wuirke 1:34:20 3. Mike Tarantino 1:34:20 4. Mike Stanton 1:35:04 (all make 2004 Olympic Trials qualifying standard, personal records for Quirke and Stanton) 5. Erick Pasko 1:42:05 6. T.C. DeWitt 1:43:35 Women--1. Robyn Stevens 1:46:29 2. Ann Favolise 1:46:29 (both qualify for 2004 Olympic Trials) 3. Armando 1:46:29 4. Dee Webb 1:53:48 **10 Km, same place--1.** Christine Tagliaferri 53:45 2. Sam Cohen 53:52 3. Jolene Moore 53:52 (Cohen and Moore went on to 25 Km in 2:17:02) Men--1. Jim Heys 47:13 2. Will Prieschel 49:54 3. Jon Chasse 49:55 **Missouri Valley 5 Km, Columbia, Mo., April 6--1.** Jennifer Reekie (17) 28:16 2. Emma Carter 29:55 3. Beth Lewis 32:38 (6 finishers) Men--1. Bob Gaston (56) 31:15 ((3 finishers) **10 Km, same place--1.** Gayle Johnson (54) 60:36 2. Jerry Young (45) 69:33 (another walker reemerges after a long hiatus) **Kansas Relays 5 Km, Lawrence, Kan., April 19--1.** T. C. DeWitt, UWP 23:27.18 2. Jon Chasse 25:12 3. Magda Spyra, U. of Mary 25:52 4. Gayle Johnson 26:40 5. Christine Tagliaferri, UWP 26:45 6. Elizabeth Lewis, Central Methodist 27:47 7. Amanda Bergeron, UWP 28:29 8. Brooke Cooper, Central Methodist 31:31 9. Alan Poisner, un. 31:44 (2 DQs) **Youth 1 Miles, Pharr, Texas, April 19--Girls:** 8 and under--1. Diana Flores 11:25 Girls 9--1. Crystal Mireles 11:55 Girls 10--Claudia Ortiz 9:32 2. Bailey Shannon 9:49 Girls 12--Corina Ortiz 9:22 2. Jeanette Avitia 9:33 Girls 13--1. Ruby Perez 9:52 Boys 10--1. Marcos Keller 11:21 Boys 11--1. Andres Jaime 9:59 Boys 12--1. Roberto Vergara 7:46 2. Ricardo Vergara 7:54 3. Abraham Villarreal 9:18 **4.25 Km, Denver, March 16--1.** Mike Blanchard (41) 38:16 2. Daryl Meyers (60) 44:47 3. Peter Culcale (49) 45:10 4. Neil Horton (61) 45:34 5. Lori Rupoli (51) 45:38 **5 Km, Carlsbad, Cal., April 13--1.** Sean Albert 21:22 2. Al Heppner 23:39 3. Dave Doherty 25:12 **1 Mile, Mt. SAC Relays, Walnut, Cal., April 19--1.** John Nunn 5:49.70 (American best bettering Curt Clausen's 5:54.52 set here 2 years ago. The world best is 5:36.9 by Antanas Grigaliunas, USSR, in 1990. Neither World or American records are recognized at the distance. However, an American indoor record is recognized and that is held by Tim Lewis at 5:33.53 set in 1988, faster than anyone else has walked anywhere, indoors or outdoors.) 2. Sean Albert 6:09.92 3. Philip Dunn 6:10.90 4. Al Heppner 6:23.60 5. Joe Nieroski 6:44.53 6. Dave Doherty 6:57.74 7. Ed Parrot 7:11.48 DQ--Andreas

Gustafson, Sweden Women--1. Susan Armenta 7:29.61 2. Alessandra Vavas 8:02.02 3. Donna Cunningham 8:35 4. Margaret Govea 8:36 5. Yoko Eichell 8:39 **20 Km, Huntington Beach, Cal., March 23--1.** Dave McGovern 1:33:31 2. Joe Nieroski (41) 1:53:39 3. Dave Crabb (57) 1:58:49 (6 finishers) Women--1. Margaret Govea (40) 1:58:58 2. Liz Salvato 2:05:39 3. Jolene Steigerwalt (59) 2:14:35 4. Helen Hoover (51) 2:21:58 5. Darlene Backlund (57) 2:21:59 (8 finishers) **5 Km, same place--1.** Pedro Santoni (45) 28:27 2. Rick Campbell (57) 29:36 3. Mario Lopez (45) 28:36 4. Bob Weeks (61) 30:23 5. Jose Moncada (14) 30:39 6. Mike Kroll (49) 31:22 (14 finishers) Women--1. Debbie Raymer (48) 29:56 2. Dawn Geigel (41) 31:07 3. Teri Storo (45) 31:22 4. Mary Schoenbaum (47) 31:44 5. Tammy Kierman (60) 32:29 6. Hansi Rigney (61) 32:51 (25 finishers) **Western Regional 5 Km, Las Vegas, March 30--1.** Margaret Govea (40) 27:33 2. Yoko Eichell (55-59) 30:19 3. Deborah Raymer (45-49) 30:21 4. Linda Adams (40-44) 31:44 5. Carol Bertino (55-59) 32:24 6. Tammy Kiernan (60-64) 32:25 (14 finishers) Men--1. Mark Green (45-49) 23:42 2. Ed Parrot 24:17 3. Pedro Santoni (45-49) 26:38 4. David Crabb (55-59) 27:33 5. Chris Dreher (45-49) 28:06 6. Don Betowski (55-59) 28:39 7. John Backlund (60-64) 29:20 8. Mario Lopez (45-49) and Bob Weeks (60-64) 29:46 (14 finishers) **5 Km, Kentfield, Cal., March 16--1.** Jack Bray (70) 27:52 2. Keith McConnell (59) 28:54 3. Juan Garcia (60) 29:04 4. James Beckett (64) 30:54 5. John Doane (60) 31:17 6. Ed Lane (66) 31:36 7. Stu Kinney (62) 31:43 8. Shirley Dockstader (70) 32:00 9. Doris Cassels (63) 32:08 (25 finishers) **Western Regional 20 Km, Sacramento, April 6--1.** Kerry Bratton 1:52:37 2. Nicholle Goldman (44) 2:08:12 3. Hansi Rigney (61) 2:10:43 4. Paula Kash Mendell (53) 2:17:40 5. Terri Brothers (46) 2:20:22 (7 finishers, 1 DQ, 1 DNF) Men--1. Joe Nieroski (41) 1:44:56 2. Mark Green (47) 1:45:35 3. Ed Parrot 1:49:27 4. Danel Coupal 1:58:46 5. Joe Berendt (47) 1:58:55 6. Ed Poulsen (51) 2:02:53 7. Bill Penner (56) 2:11:35 8. Art Klein (49) 2:17:43 9. Dick Petruzzi (70) 2:19:55 (15 finishers, 1 DQ) **5 Km, Sacramento, April 27--1.** Nicki Goldman 29:06 2. Paula Mendell 30:07 3. Joan O'Brien-Hakim 31:40 4. Shirley Dockstader 32:28 5. Trish Caldwell 32:35 6. Doris Cassels 33:02 (16 finishers) Men--1. Joe Berendt 27:14 2. Jack Bray 27:32 3. James Beckett 30:15 4. Desmong Canning 31:45 5. Ed Lane 31:58 6. Jim Scheller 33:25 (also 16 finishers) **1 Mile, Portland, Ore., April 13--1.** Carmen Jackinsky 8:21 2. Pat Detloff (50) 8:30 3. Doug VerMeer (49) 8:43 4. Rob Frank (50) 9:32 (10 finishers) **Northwest Regional 10 Km, West Seattle, April 19--1.** Karen Foan, Can. 48:41.8 2. Eric Smith 52:07.2 3. Gerry Dragomir, Can. (51) 52:07.3 4. Stan Chraminski (55) 55:48 5. Kelly Murphey-Glenn 56:15 6. Bob Novak (53) 56:35 7. Mary Snyder (51) 58:49 8. Ann Gerhardt (51) 59:23 9. Ann Tuberg (43) 59:27 10. Doug VerMeer (49) 60:04 11. George Opsahl (61) 60:59 12. Ron MacPike (70) 68:51 (14 finishers, 1 DNF) **2.8 Miles, Seattle, March 8--1.** Stan Chraminski and Bob Novak 25:11 3. Bart Kale 26:41 4. Ann Tuberg 27:30 **Ontario Indoor 5 Km Championship, Toronto, Feb. 22--1.** Dan O'Brien, US 24:14.41 2. Michael Hain 26:21 3. Guy Pquin 26:56. . . 5. Stuart Summerhayes (late 60s) 30:56 Women--1. Chelsea Rodriguez 26:36 2. Nanci Patten-Sweazey 27:03 3. Katharine Cashman 29:20 4. Lily Whalen 30:01

And from across the mighty seas:

Junior 10 Km (19 and under), Dudince, Slovakia March 3--1. Vladimir Savanovic, Yug. 43:54 2. Anton Kucmin 45:32 **Youth 10 Km (17 and under)--1.** Nitra Stavbar 47:37 2. Tibor Marta, Hung. 48:36 **20 Km, same place--1.** Jira Malysa, Czech 1:28:05 2. Roberto Defendenti, Italy 1:29:16 **Women's 20 Km, same place--1.** Zuzana Malikova 1:38:06 2. Zuzana Blakova 1:40:28 **50 Km, same place--1.** Luis Garcia, Guatemala 3:57:50 2. Marek Janek, Hung. 3:59:37 3. Zoltan Czukur, Hung. 4:02:26 4. Milo Batovsky 4:06:37 **20 Km, Helsinki, April 13--1.** Jani Lehtinen 1:30:08 **Women's 20 Km, Naumburg, Germany, April 13--1.** Melanie Seeger 1:29:44 (21:56, 44:23, 67:05) 2. Katrin Boyde 1:32:34 3. Elena Ginko, Belarus 1:37:23 **Junior race--1.** Sabine Zimmer 1:31:18 **Men's 20 Km, Naumburg, April 13--1.** Andre Hohne 1:25:12 (20:34, 41:30, 63:06) 2. Jan Albrecht 1:28:28 Jr. race--1. Frank Werner 1:29:26 **50 Km, Naumburg, April 13--**

1. Andreea Erm 3:43:53 2. Aigars Fadejevs, Latvia 3:46:03 3. Trond Nymark, Norway 3:46:49
 4. Sergey Korepanov 3:49:29 5. Luis Garcia, Cuatamala 3:53:31 6. Jamie Costin, Ireland 3:53:58
 7. Peter Korcok, Slavakia 3:55:13 8. Jefferson Perez, Ecuador 3:56:04 (his second attempt at 50, he failed to finish in 1999 World Cup) 9. Bengt Bengtsson, Sweden 3:56:26 10. Mike Trautmann 4:06:54. . .13. Dave McGovern, US 4:31:30 (Among those who did not finish were Curt Clausen, who went through 25 in 1:59:16, but dropped at 35 km in 2:53:14, as he was slowing steadily with 10 Km splits of 47:02, 1:34:32, and 2:24:51.) **Polish National 50, Zaniemysl, April 12--1.** Rafal Fedaczynski 4:06:39 2. Maciej Rosiewicz 4:07:04 **20 Km, same place--1.** Grzegorz Sudol 1:22:46
 2. Benjamin Kucinski 1:23:56 3. Rafal Dys 1:23:57 4. Kamil Kalka 1:25:31 5. Roman Magdziarczyk 1:27:22 6. Krzysztof Nowak 1:29:55 **Women's 20, same place--1.** Sylwia Korzeniowska 1:33:47 2. Agnieszka Olesz 1:37:09 3. Elzbieta Tuwalski 1:39:16 **Youth Races, Coventry, England, April 19:** Boys 2 Km--1. Trevor Barron, USA 10:30 2. Mark O'Kane 10:46 Girls 2 Km--1. Emma Gatewood 11:43 2. Stephanie Martinez, USA 11:59 Women's 5 Km--1. Amber Antonia, USA 24:55 2. Sharon Tonks 25:27 Boys 3 Km--1. Lewis Hayden 14:54. . .6. Eric Lawson, USA 17:08 Under 17 5 Km--1. Nick Ball 24:41 2. Chris Diaz, USA 25:16 Under 20 5 Km--1. Gary Hambridge 25:06 2. Adrian Jamie, USA 29:40

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

Fri. May 2 Southeastern Masters 5 KM, Raleigh, N.C., 6 ;m (L)
 Sat. May 3 5 and 10 KM, Broomfield, Col., 9 am (H)
 Youth 1 Mile, Edinburg, Tex. (BB)
 5 KM, Soquel, Cal. (CC)
 Sun. May 4 3 Km, Alexandria, Vir., 8:30 am (O)
 5 Mile, Denver, 8 am (H)
 5 Km, Kentfield, Cal., 8 am (P)
 Southeastern Masters 10 and 20 Km, Raleigh, N.C., 7 am (L)
 5, 10, and 20 Km, Vancouver, B.C. (C)
 Sat. May 10 Youth 1 Mile, McAllen, Tex. (BB)
 5 and 10 Km, Royal Oak, MI (W)
 2.8 Miles, Seattle, 9 am (C)
 Sun. May 11 15 Km, Middleton, Ohio (M)
 5 Km, Cambridge, Mass., 9:30 am (AA)
 5 Km, Houston (V)
 10 Km, Ft. Collins, Col., 8 am (H)
 Sat. May 17 5 Km, Denver, 8 am (H)
 5 and 10 Km, Littleton, Col., 9 am (H)
 Youth 1 Mile, Mission, Tex. (BB)
 North Region 10 Km (Noon) and Open 20 Km (8 am), Kenosha, Wis. (T)
 3 Km, Clermont, Florida (Q)
 Sun. May 18 West Region 15 Km, Riverside, Cal. (Y)
 Metropolitan 20 Km, New York City 8:30 am (G)
 Fri. May 23 5 Km, New Orleans (www.runnotc.org/races/2003/greekfest)
 Sar. May 24 Track 10 and 20 Km, Colorado (Z)
 Sun. May 25 Alongi 5 Km Classic, Kentfield, Cal. (P)
 Youth 1 Mile and USATF Youth Road Walk Nationals, Pharr, Tex. (BB)
 USATF Unior 20 Km, Hauppauge, N.Y. (K)
 Art Keay 5, 10, and 20 Km, Toronto, 11 am (F)
 Mon. May 26--10 Km, Boulder, Col., 8 am (H)

Sat. May 31 New England 20 KM, Charlestown, R.I. ((X)
 Sun. June 1 3 Km, Alexandria, Vir., 8:30 am (O)
National USATF 15 Km, Evansville, Indiana (U)
 1500 and 3000 meters, Seattle (C)
 Sat. June 7 10 Km, Royal Oak, Mich. (W)
 Sun. June 8 Pacific Assn. 5 Km, Sacramento (R)
 5 Km, Cambridge, Mass., 9:30 am (AA)
 Ohio 10 Km, Yellow Springs (M)
 5 Km, East Meadow, N.Y. (K)
 Sat. June 14 New England 3 Km, Cambridge, Mass. ((X)
 Ohio 10 Km, Yellow Springs (M)
 5 Km, Denver, 8 am (H)
 Sun. June 15 3 Km, Alexandria, Vir., 8:30 am (O)
 5 and 10 Km, Royal Oak, Mich. (W)
 Indiana 5 Km, Indianapolis (S)
 5 Km, Denver, 8 am (H)
 Fri. June 20 **USATF National Men's 20 Km, Palo Alto, Cal, 8 am**
 Sat. June 21 **USATF National Women's 20 Km, Palo Alto, 8 am**
 5 Km, Clermont, Florida (Q)
 1500 meters, Dayton, Ohio (M)
 Sun. June 22 **USATF National Women's Junior 10 Km, Palo Alto, 8 am**
USATF National Men's Junior 10 Km, Palo Alto, 9:15. am
 Metropolitan 20 Km, New York City, 9 am (G)
 5 and 10 Km, Los Angeles (Y)
 5 Km, Denver, 8 am (H)
 Sat. June 28 Lynnette Atkins Memorial 5 and 8 Km, Kalamazoo, Mich., 9 am (D)
 Missouri Valley 1500 and 3 Km, Missouri (I)
 Masters 3 Km, Portland, Ore. (C)
 1/2 Marathon and 5 Km, Loveland, Col., 8 am (H)
 Sun. June 29 1 Hour, Kentfield, Cal., 7:30 am(P)
 5 Km, Denver, 8 am (H)

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FROM HEEL TO TOE

Want to be a TV star? Dave McGovern reports that Turner Broadcasting wants to shoot a piece on racewalking in May and have convinced him that this won't be another one of those "look-how-goofy-this-sport-is sketches. He has suggested that they plan on filming the Greek Festival 5 Km in New Orleans on Friday evening, May 23. The race is at 7:20 pm and he feels it would help to have as many racewalkers there as possible. There is prize money for the race and, I have heard, New Orleans is an exciting place to visit, though I think the breast flashing for beads stops with the end of the Mardi Gras. Anyway, if you feel the yen to race in this one and perhaps get on national TV contact Dave at RayZwocker@aol.com or visit his World Class Racewalking web site at www.racewalking.org. Hey, you might want to visit his exciting web site regardless of your interest in a race in New Orleans. . . **The other Vaill.** Teresa Vaill's twin, Lisa, who was with Teresa on the 1987 US World Cup team, but later turned to running continues to have marathon success at age 40. She finished sixth in the U.S. Championships on April 5 with a 2:43:07, just 7 1/2 minutes behind the winner. . . **Also at the Penn Relays.** The men's steeplechase at the Penn Relays had a racewalking flavor, according to Dave McGovern. Winner Nolan Taylor, from Minot State, is coached by Scott Simmons, the former coach at the University of Mobile, who is a very big supporter of our branch of the sport. Runner-up Justin Easter, now at Bates, had marked success as a high school walker in Maine a few years ago. . . **Youth Honor Roll.** Jeff Salvage has announced the 2002 Youth National Honor Roll for Racewalking. And here it is: Bantam--Irais Villa, Ariel Callis, Dameronsha Smith, Trevor Barron, Ian Geer, and Andrew Adams. Midget--Alexandra Bishop, Susan Muraida, Allison Snochowski, Kyle Regul, Eric Lawson, and Ricardo Vergara. Youth--Tina Peters (congratulations to our Ohio representative), Dana Vered, Audra Curtis, Jose Moncada, Paul Regul, and Rand Adams. Intermediate--Erica Adams, Maria Michta, Shannon Gillespie, Chris Diaz, Terran Swehosky, and Zachary Pollinger. Young Women/Men--Elizabeth Paxton, Jasmine Brooks, Lauren Oliveri, Adam Staier, Joseph Trapani, and Mark Dennett. . . **World Youth Championships.** Some of the above will probably be in Sherbrooke, Canada in July for the IAAF World Youth Championships. The women will race at 5 Km on Thursday, July 10 at 8:10 pm and the men at 10 Km on Sunday, July 13 at 9:30 am. . . **Pregnancy report.** Jill Cobb is not racing this year as she awaits the birth of a son in early July. Gosh, we never knew we were having sons until they popped into the world. When our second grandchild (Christopher Scott Mortland) was on the way a couple of years ago (now nearing 17 months of age) we were seeing pictures of him months before he was born. The marvels of modern technology.

Information for Coaches About Racewalking

by Jim Hanley

(Jim Hanley has a lifetime interest in our sport as a former national champion, a coach, and a long-time official. He may be surprised to see this article since it has been some time since he sent it to me. But, it is timely, in that we seem to be in a crisis situation in regard to depth in our national program--see many discussions in these pages and on the racewalking list on the internet in recent years. Something that always comes up--as it should--is to encourage racewalking in high school and college T&F programs. That requires convincing coaches that there might be some worth in doing so. In this article, Jim introduces some good arguments for giving greater attention to our sport. Although, as you will see, I don't agree with all that he says, his comments deserve an audience and many could be useful in trying to persuade others to give racewalking a boost.)

On every team are athletes who work hard, but don't have a lot of god-given talent. Because these kids are constantly being beaten in races by the same superior runners, coaches fear that they may lose interest and quit the sport entirely. These types of kids are perfect candidates for racewalking because, in no other event is hard-work rewarded with such great increases in performance. Why not steer some of these kids into an event in which they can experience some success? *(Ed. I can't agree entirely with this if the goal is to develop some elite athletes and not just a greater number of racewalkers. We want to attract talented athletes. On the other hand, Ron Laird probably matched this profile quite closely when he took up racewalking and he wound up on four Olympic teams and with two World Cup bronze medals, not to mention his plethora of national titles. In any case, the gist of Jim's arguments holds up whether we are looking for elite athletes or a great number of athletes.)*

Myths and facts about racewalking.

Racewalking hurts an athlete's form for running, hurdling, etc. Not so! If a hurdler or a sprinter was trying to racewalk in a hurdle race, this might be so. But these are totally different activities. Just as a breast stroker in swimming has no desire to swim the crawl, walkers have no desire to run in their races. And runners have no desire to racewalk during their races. Years ago, coaches commonly said that swimming hurt your ability to run track. That was before UCI A's Bob Day, originally a swimmer, ran a four-minute mile. Many other swimmers have had great success in track since then. By the way, hurdler Bruce MacDonald tried out for and made three Olympic teams as a 50 Km walker. *(Ed. Actually, two at 50 and one at 20.)* In the good old days, we were also told not to drink water in races or lift weights--both absolutely wrong according to current medical wisdom. German weightlifter Bernd Kannenberg switched sports and won an Olympic gold medal in the 1972 50 Km walk at a time when some coaches were telling him that weightlifting would hurt his walking form because walkers were supposed to be thin. **Fact.** Because walkers pull their arms vigorously to move faster, the increased arm strength will help runners 'kick' at the end of a race or crest the top of a hill in cross country.

I don't want my athletes getting injured in racewalking events. Racewalking is relatively injury free. Except for the muscle soreness when one first tries it, there is little chance of getting hurt in this event. There is less pounding on the ground than with running and, therefore, less stress on the skeletal system. **Fact.** An Illinois coach was losing sprinters every season due to Achilles' tendon problems. Desperate for edlp, he tried having his best sprinters racewalk once a week. The result is that he has never had another Achilles' tendon problem with any of his runners!

Likewise, racewalking makes one's ankles tremendously strong. Runners who racewalk rarely have sprained or twisted ankles.

I don't want to lose my athlete to racewalking. This is a possibility since racewalking is not an official high school or NCAA event, but it is highly unlikely. Kids prefer school competition with their friends. Also, it takes three years of training to get good at racewalking. (*Ed. This may be a good rule of thumb, but I can cite numerous exceptions.*) By that time, the potential racewalker will have graduated anyway. I suggest that he or she continues to race and train as always. He or she should just do racewalking workouts two times a week. The running will help the general fitness base and endurance and the athlete will improve tremendously as a racewalker with just two days of specialized training a week. I'd encourage the walker to enter in USATF racewalking competitions once a month. Better yet, provide exhibition walks at some of your track meets.

There is no future in racewalking. Are you kidding? There are three racewalks on the Olympic program. That means that three gold medals are available to one in, for example, the pole vault. (*Ed. Whoops. Here Jim has made a little mistake. One of the three gold medals in racewalking will go to a woman. So there are not three golds available to any single athlete. And, there is also a woman's pole vault, so, by his reasoning, there are two golds available there.*) It is part of all major track meets including the Goodwill Games, dual meets between various countries, and the USA Championships, including Junior Olympics and the Age Group Nationals. Racewalkers get free trips to meets all over the world. Because there are not as many walkers in the U.S. compared to runners, the easiest way to get to the Olympics might be to racewalk. **Fact:** Racewalking is extremely popular in other countries. Racewalkers in Canada and Mexico have been featured in McDonald's and Coca Cola commercials and TV in most countries nearly always shows the long Olympics in their entirety. (*Racewalkers have been featured in commercials in the U.S., too, but usually as some sort of comic relief*)

Racewalking is a goofy event. Not so. Walking is a practical activity that nearly 5 billion people do every day. How useful is it to throw a 16-pound ball, hop three times for distance, or jump over a high crossbar in your everyday life? Let's face it, all track and field events are goofy. (*Ed. Well, not all. Running fast and running far can be pretty basic skills in survival and are an integral part of many other sports.*)

Racewalking is just too complicated to teach and to judge. Nope! There are basically just two rules. Walkers must have contact with the ground at all times, as judged by the unaided eye, and they must straighten their leg as the front heel strikes the ground. **Fact.** Young kids make great racewalk judges, as do officials specializing in technical field events (such as discus, shot, pole vault) where observation is the key to good judging. There are many USATF walk judges out there who can help you learn to coach and/or judge the sport in a very short time.

Racewalking looks stupid. It sure does. But when it is done properly, it is a beautiful, smooth, and efficient mode of locomotion. **Fact.** When movies of people walking normally are speeded up, it looks much like racewalking.

African-Americans do not make good racewalkers. Several years ago we were told the myth that black athletes do not make good distance runners. Have you been watching track meets lately? African runners are totally dominating the distance events and will for a long time. Likewise, there are several racewalkers in Kenya alone that are better than the best American. (*Ed. ?*) **Fact.** Over the years, the U.S. has had several fabulous African-American racewalkers, such as Alan Price and Ray Parker, whose exploits have been virtually ignored by the media. (*But, of course, racewalking has been virtually ignored by the media.*)

Racewalking takes a lot of time. True. It sure does. To get really good at any track event will require a dedication and desire to succeed far above the ordinary. Again, it takes three

years to get good in the sport. **Fact.** Distance runners reach their peak in their late 20s and some walkers have had PRs into their 30s and even 40s. This can be an injury-free sport of a lifetime.

My athletes got beaten badly by women and old men in an all-comers race. They can't be very good. Yes they can. In racewalking, people improve more than in an other event. Thirty second PRs a week are not uncommon for new racewalkers. The result is that people who do this sport a long time are very fast compared to newcomers. New walkers should not worry about winning races against 'old men'. Instead, they should concentrate on having good form and charting their improvement from race to race. If you stick with the sport, you will be amazed at how much you improve and how fast you become.

I don't know anything about racewalking and there is no place to get help. There are many places to get help. Your local USA T&F Association can put you in touch with your local Racewalk Chairman and/or various walking clubs in your area. Many books and videos are available, but it is a good idea to first check with the above sources for good ones because some are pretty bad. Remember, USATF is made up of volunteers whose sole motivation is a love of their sport. These people will help you if you ask.

American racewalkers really stink compared to those in other countries. While this is an exaggeration, let's put our relatively poor showing in perspective. Imagine what would happen if every high school and college in America dropped their track and field program. How many Olympic medals do you think the USA would then win? This is practically the situation facing racewalking. In most cases, the high school and college governing bodies have chosen to ignore this fine sport and over-develop a few events. You as a coach can perpetuate this dismal situation by going along with the myths above, or you can help develop racewalkers. Please be part of the solution and not part of the problem.

* * * * *

A few months, we published a profile of 1964 Olympic 20 Km gold medalist Ken Matthews as it appeared in the book *Training For Racewalking* by Frank McGuire, published in 1962. Among the many other athletes profiled in that book is one still very visible on the the racewalking scene. 1960 U.S. Olympian Bob Mimm, now 78 years old, is still quite prominent in masters races throughout the world. I have no idea how many world and masters titles he has won, or age-group records he has set as he advanced through the masters categories, but it is sure a lot. So, I thought it would be interesting to reflect on how he trained more than 40 years ago.

Robert F. Mimm

Olympic representative, Rome 1960. Levittown, Pa., USA

Best times: 2 Miles 14:53; 20 Km 1:36. 50 Km 5:15. Born: Lancaster, Pa, October 18, 1924. Height: 5 ft 11 in. Weight: 150 lbs. Started racewalking in 1955 at age 31.

Pre-training warmup: Jogging, stretching exercises, moderately slow walking with short sprints.

Pre-race warmup: As above, but with less slow walking and more sprints.

Training for 3000 meters: "When concentrating on a distance of approximately 3000 meters, I like to do repetition work at a very fast pace. Perhaps 440s fast and slow or a combination of 220s, 440s, and 880s. I do not follow any rigid training scheme."

Training for 10,000 meters: As above with longer distance and added road work from 7 to 10 miles. Some 3 x 2 miles sprints on the track.

Training for 50 Km: Starts 50 km training early with 10 miles stroll on Sunday and increases distances each Sunday until distances are up to 34 miles. Fast work during the week, two workouts of from 7 to 20 miles. If time allows, one day on track for 10,000 meters.

Has no personal coach and plays no other sport. Has done weight training to advantage, but can't find time now. Takes multiple vitamin tablets. Pre-race meal: Oatmeal, tea, perhaps toast and juice. During 50 Km: Drinks soda--perhaps with honey. Nothing to eat.

(Following the Bob Mimm entry in the book is one for John E. Mortland, also USA. I'm not sure how I got in the book, I guess because I represented the U.S. in the US-USSR dual meet in 1961, because it was still quite early in my racewalking experience and I was just learning what I was doing. Probably won't embarrass myself by publishing that entry anytime soon, but there are others I might pick on at future times.)

LOOKING BACK

40 Years Ago (From the April 1963 Race Walker, published by Chris McCarthy)—Canada's Alex Oakley won the Pan American Games 20 Km in Sao Paulo, Brazil with a rather pedestrian 1:42:43, thanks largely to temperatures in the 80s and 3000-ft altitude. Nick Marone completed a Canadian sweep with 1:46:35, as Ron Zinn managed only 1:49:44 and Ron Laird 1:52:13. Mexicans weren't to be heard from for another 5 years. . . The National 30 Km in Los Angeles went to Mick Brodie in 2:49:34, better than 5 minutes ahead of Ron Daniel, with Bob Bowman another minute back. . . Just 18 days before his Sao Paulo demise, Zinn had done 12 miles in Philadelphia in 1:32:05 with Akos Szekely just over a minute back. . . Apparently Chris had a very late April issue, because it carried the results of the National 10 Km held on Chicago's Stagg Field track on May 25. Zinn won in 46:35. Laird edged out the Ohio TC duo of Blackburn and Mortland for second. Those two had 48:00 and 48:07. Laird's finish gave the New York AC the team title over the Ohio TC, as both finished with 15 points.

35 Years Ago (From the April 1968 ORW)—An unknown shook things up at the National 10 Km in Maryland and the officials botched things up with their inability to count laps in the track race. Ray Somers, walking in his first race (coming off a strong distance-running background), won in 47:59.4, but had to walk an extra lap, so he was actually close to 46 minutes. Ray moved easily away from an unbelieving Ron Laird over the last 4 miles to win by 40 seconds. The walkers had to straighten out the finish places among themselves, as officials had many going 2 and 3 extra laps. . . A week later, Somers proved it was no fluke as he reeled off 8 miles 797 yards in the hour. . . In the National 25 Km in Detroit, Don DeNoon had his greatest race ever, whipping Larry Young by nearly 2 minutes in 1:55:13. Ron Laird and Bill Ranney took third and fourth, still under 2 hours, and Canada's Karl Merschenz just missed that barrier in fifth. . . Jack Blackburn and Jack Mortland waged a classic 10 Km dual on the Upper Arlington, Ohio track, with Blackburn edging away in the second half to win in 48:54 to Mortland's 49:14. . . Larry Young set a U.S. 50 Km record on the track with a 4:21:02. . . Shaul Ladany took his annual 50 mile walk in New Jersey, breaking his own record for the race in 8:05:18.

30 Years Ago (From the April 1973 ORW)—Bill Ranney moved away from the Colorado Track Club's Jerry Brown in the final mile to win the National 20 Km in Santa Barbara, Cal. Bill's

1:34:15 left Jerry 20 seconds behind. Bob Kitchen had 1:35:02, with Todd Scully, Ray Somers, and John Knifton following. . . Gerhard Weidner broke the World Record for 50 Km on the track with a 4:00:27 in Hamburg. . . Englishman John Mills beat transplanted Englishman John Knifton to win the National 1 Hour in Lawrenceville, N.J. Mills covered 8 miles 252 yards. Todd Scully was third.

25 Years Ago (From the April 1978 ORW)—Augie Hirt missed Shaul Ladany's meet record by less than a minute in winning the National 75 Km in 7:05:46. Martin Kraft had 7:10:32, with Ladany a distant third on this day. The master's title went to Sal Corrallo in 8:01:52, sixth overall. . . Knifton won the National 35 Km in Des Moines, Iowa with a 3:05:42. . . In Mexico City, Raul Gonzales went nearly 7 minutes under Bernd Kannenberg's world record for 50 Km with a 3:45:52 on the track. . . On the local scene, Chris Knotts showed his potential with a 47:17 for 6 miles. Steve Pecinovsky topped him, however, with a 47:03, but did not satisfy the hard-nosed judge, Dr. John Blackburn. Jack Blackburn won the old man's battle over Mortland in 50:08.

20 Years Ago (From the April 1983 ORW)—Jim Heiring caught Ray Sharp with jus 600 meters to go and then hung on to win the National 25 Km in Washington, D.C.. Heiring's 1:50:38 beat Ray by just 1 second. Dan O'Connor had 1:53:24 and Tim Lewis 1:55:11. Steve Pecinovsky, Sam Shick, Tom Edwards, and Mike Morris also finished under 2 hours. . . At the same site, Susan Liers-Westerfield won the Women's National 20 Km in 1:50:28, with Teresa Vaill recording the same time in second. Chris Anderson and Carol Brown were far behind. . . Sharp came back in 2 weeks to win the National 35 Km in Cleveland in 2:55:00, with Mike Morris 1:40 back. Wayne Glusker had 2:57:38 in third. Jack Blackburn's 3:33:58 won the Master's title when his obliging teammate, Jack Mortland, dropped out shortly after passing 30 Km in under 2:59. . . Dan O'Connor travelled to Tokyo and came second in a 20 Km with a 1:27:37.

15 Years Ago (From the April 1988 ORW)—The Olympic 50 Km Trials in Indianapolis saw Carl Schueler take command from the start and move to an easy win in an impressive 3:57:48. Marco Evoniuk and a surprising Andy Kaestner captured the other two Olympic berths in 4:03:33 and 4:05:07. Jim Heiring, Nerm Nelson, Paul Wick, Eugene Kitts, and Mark Fenton followed. Schueler went through 25 Km in 1:56:53, but without competition couldn't maintain that pace. There were 16 finishers and 2 DQ from 22 starters. . . Gary Morgan was an impressive winner at the Jack Mortland 20 Km in Columbus, covering the distance in 1:27:30. Steve Pecinovsky was second in 1:30:54 and Dave McGovern third in 1:32:15. Of 34 starters, 31 finished. The women's 10 Km went to Maryanne Torrellas in 48:03 with Debbi Lawrence 20 seconds back. Canada's Pascale Grand was right on Debbi's heels in 48:25. . . In the National Invitational 20 Km in Washington, D.C., Paul Schwartzburg prevailed in 1:26:39. Richard Quinn, Marc Bagan, and Curtis Fisher followed in 1:31:07, 1:31:35, and 1:31:37. The women's 10 Km went to Teresa Vaill in 47:11, 3 minutes ahead of Mary Howell.

10 Years Ago—(From the April 1993 ORW)—The World Cup was held in Monterey, Mexico, and the home team ignored stifling heat that brought many elite walkers to their knees to romp home in the men's competition. The Italian women had a strong team effort to win that competition. Ileana Salvador led the Italians, although finishing sixth. But with Annarita Sidoti in seventh and Elisabetta Perrone in tenth, the Italians finished three points clear of China and Russia, who did not pack their teams nearly as well. China's Yan Wang won in 45:10 over Finland's Sari Essayah (45:18) and Russia's Yelena Nikolayeva (45:22). Debbi Van Orden led the U.S. contingent with 50:22 in 44th, two places ahead of Dana Yarbrough. The U.S. team finished 13th. Mexico, with first and third in the 20 and first, third, and fourth in the 50, finished 149 points ahead of second place Spain with Italy third in the men's competition. Daniel Garcia won the 20 in 1:24:26, 6

seconds ahead of Spain's Valentina Massana. Alberto Cruz was third for Mexico in 1:24:37, with Poland's Robert Korzeniowski fourth. Jonathan Matthews was the first U.S. walker in 41st (1:31:28). Carlos Mercenario beat Spain's Jesus Garcia at 50, 3:50:28 to 3:52:44, with German Sanchez (3:54:15) and Miguel Rodriquez (3:54:22) completing the Mexican team effort. Canada's Tim Berrett was a brilliant fifth in 3:55:12. Andrzej Chylinski led the U.S. in 38th (4:17:36). The U.S. team finished 11th. . .Teresa Vaill broke the American 5 Km record as she won the Penn Relays in 21:28.17, nearly 4 seconds ahead of Debbi Lawrence's old record. Gretchen Eastler was just 19.4 seconds back. The men's 10 Km went to Curt Clausen in 43:31.40.

5 Years Ago (From the April 1998 ORW)--The Rohls cleaned up at the National Invitational in Manassas, Virginia as Michelle won the women's 10 Km in 46:55 and Mike captured the men's 20 in 1:37:06. Michelle was 47 seconds ahead of Joanne Dow at the finish, with Teresa Vaill third in 48:04. Mike had a tougher time, but vanquished 43-year-old Steve Pecinovsky by 23 seconds. . .Down under, Craig Barrett did a 19:54.36 to win the New Zealand 5 Km title, but Nick A'Hern and Dion Russell went even faster in Melbourne with 19:12.92 and 19:39.62. Barrett also had 1:24:45 for 20 Km.

The secret to Italian success in racewalking? Mostly familiar exercises, but for your information here is a page from an Italian booklet "La Marcia Atletica", which incidentally, lists the Ohio Racewalker, along with England's Race Walking Record and Switzerland's Marciatore Svizzero, under the heading "Riviste nel mondo".

Stretching per la marcia (metodo Anderson)

The following table summarizes the stretching exercises shown in the diagram:

Exercise Description	Duration
Quadricipite	30"
Polpaccio	30"
Gluteo e flessore della coscia	30"
Adduttori e area laterale del tronco	30"
Bacino, adduttori delle cosce e muscolatura posteriore delle cosce	20"
Muscoli profondi della schiena e erettori	20"
Muscoli dell'area inguinale	30"
Ilio-psoas, muscolatura anteriore del bacino, posteriore della coscia e adduttori	20"
Grande psoas, sartorio, quadricipite e adduttori	30"
Legamenti dell'articolazione della caviglia	10"
Muscoli dell'area inguinale e adduttori interni della coscia	30"
Muscoli della zona lombare, abduttori della coscia e muscolatura dei fianchi	30"
Muscolatura lombare e esterna dell'anca	30"
Flessori della coscia, posteriori e laterali della schiena	30"