

Dominant Performances in European Cup

Cheboksary, Russia, May 18--It was not a day for races to the wire at the European Cup of Racewalking contested here today. All three senior races saw the winner all alone at the finish having dropped the rest of the field many kilometers earlier. In the women's 20 Km, Yelena Nikolayeva, walking in her hometown, blistered the third 5 km of the race to establish a lead of nearly a minute and continued to build that margin to the finish, which she reached in 1:26:22. Likewise in the men's 20, Francisco Fernandez easily separated himself from the rest after 10 Km as he won by more than a minute in 1:19:48, a routine time for the now consistent Spaniard. In the 50, German Skurygin led a Russian sweep of the medals as he moved easily away over the final 10 to win by nearly a minute in 3:47:50.

The 26-year-old Fernandez solidified his claim to the number spot among the world's 20 Km walkers with his decisive win. It was his third race under 1:20 this year, following a 1:19:08 in a close loss to Bernardo Segura in Mexico and a decisive win in 1:19:25 in Italy, both IAAF Challenge races. He was ranked No. 1 in the world last year when he broke the world's record and won the European Championship. He quickly broke up the field in today's race with a blistering 19:51 for the first 5 Km. Only Russia's Vladimir Andreev and Poland's Robert Korzeniowski, the undisputed 50 Km king, chose to stay with him. Another group of four, including Russian ace Ilya Markov were 29 seconds back, with another small pack of seven walkers 12 seconds further back.

When Fernandez stepped up the already quick pace to hit 10 Km in 39:31, only Korzeniowski could stay with him. Andreev was a lonesome third in 39:49. Behind them, there were two groups of six going through in 40:47 and 41:07. When Korzeniowski got a warning at 10 Km, he dropped out, simply deciding he was not in the right competitive frame of mind--an interesting decision from a triple Olympic champion contesting for the lead. Perhaps he was tired of seeing Fernandez's back, having finished one spot behind him in both those earlier races. In any case, the race was essentially over at that point. Fernandez held his pace for another 5 Km (59:22 at 15) to establish a lead of 1:43 and then eased in as Italy's Allesandro Gandellini and Vladimir closed the gap to just over a minute. The Spaniard walked a superb technical race and had a clean slate on the judges' board. Gandellini moved from fourth to second with a swift 19:47 for the final 5, gaining nearly a minute on Andreev.

Fernandez also led the Spaniards to a team title as teammates David Marquez and David Dominguez captured sixth and seventh. The team race was decided in the final 5 km as Marques moved from 10th to sixth and Russia's Andrey Stadnichuk dropped from seventh to 10th. Fernandez had also won the European Cup 20 in 1998. Korzeniowski, meanwhile, apparently is concentrating his efforts on the 2004 Olympics and, at present, does not plan to compete in this year's World Championships. However, that decision is not final.

Nikolayeva, now 37-years-old, has been in and out of the World Rankings since 1992 when she was second in the Olympics. She had a number one ranking in both 1995 and 1996 (when she won the Olympic 10 Km in 41:49). Last year, in a strong comeback, she ranked third, with a second place finish at the European Championships and fourth in the World Championships.

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In today's race, she went through the first 5 Km in 22:03, accompanied by Elisabetta Perrone, Italy; Kjersti Platzer, Norway; and Gillian O'Sullivan, Ireland. Another group of six was 12 to 15 seconds back, with the rest of the field already well behind. Stepping up the pace to go through 10 in 43:43, Nikolayeva dropped Platzer. Shortly thereafter, O'Sullivan was ruled out by the judges. A 21:14 for the Russian over the next 5 decided the issue, leaving Perrone 51 seconds back, but 33 seconds ahead of anyone else. Nikolayeva's margin widened to 1:36 by the finish. Perrone saw much of her second place margin disappear as Spain's Maria Vasco and Russia's Natalya Fedoskina battled for third, but she still had 12 seconds in hand at the finish. Portugal's Susana Feitor took Platzer's measure for fifth. Perrone was joined by Rossella Giordana (12th) and Elisa Rigaud (13th) in taking the team title for Italy with Spain and Russia following. The Russian team did not include defending World Champion and last year's No. 1 ranked Olimpiada Ivanova who will race at the World Championships.

A late arrival on the international racwalking scene, the 50 Km winner, Skurygin, who will be 40 years old before the year is out, was too strong for the rest of the field today. Together with teammates Aleksey Voyevodin and Semen Lovkin, he took the lead from the start and no one else seemed willing to play their game. Even at that early stage, their lead over the rest of the field was nearly 2 1/2 minutes.

At 20 Km, Skurygin's two teammates were 4 seconds ahead of him in 1:28:46, with everyone else 4 or more minutes back. The pair stretched that lead to 12 seconds as they passed 30 Km in 2:12:57. The pace slowed from there, but by 40 Km, Lovkin was dropping away and Voyevodin was now just 7 seconds ahead of Skurygin in 2:59:06. Neither was able to muster much for the final 10 as the pace continued to slow, but Skurygin proved much the stronger as he rallied for a 53 second win. It was a Russian-Spanish finish--Russia 1,2,3, 6, Spain 4,5,7, so obviously, these two nations were one-two in the team battle.

Humid conditions may have taken a toll on the walkers, as there were 13 who did not finish and, as noted, everyone was slowing in the second half of the race. The temperature at the 8 am start was reported as 64 F with a relative humidity of 52 percent. The temperature remained about the same, but by the time the women's 20 started at 1:30 pm, the relative humidity was up to 70 percent.

Skurygin did not make a real move onto the world scene until he won the World Championships in 1999 at age 35. He had been ranked in the top ten only once prior to that--1994 when he was sixth in the European Championships. That '99 gold was taken away two years later on a doping charge. He reemerged last year with a fourth in the European Championships and a second in the World Cup for a number 3 World ranking.

The competition also included Junior 10 Km races for both men and women and these proved to be closer races. The women's 10 went to Russia's 18-year-old Irina Petrova in 46:54, 8 seconds ahead of teammate Vera Sokolova who just edged out Belarus's Sniakhana Yurchanko (gesundheit!). But even here, the rest of the field was then more than a minute back. In the men's race, Ukrainian Andriy Yuryn blazed a 20:01 for the second 5 Km to win by 4 seconds in 41:32. Yuryn's second half spurt broke up a tight race that saw a group of nine go through the first 5 in 21:33 to 21:35.

It was a good day for the home side, with team titles in both the Junior races and the Men's 50, along with three individual titles. The results:

Women's 20 Km—1. Elena Nikolayeva, Russia 1:26:22 (22:03, 43:43, 1:04:57) 2. Elisabetta Perrone, Italy 1:27:58 (22:03, 43:43, 1:05:48) 3. Maria Vasco, Spain 1:28:10 (22:17, 44:22, 1:06:21) 4. Natalya Fedoskina, Russia 1:28:17 (22:18, 44:34, 1:06:21) 5. Susana Feitor, Portugal 1:29:08 (22:16, 44:22, 1:06:39) 6. Kjersti Platzer, Norway 1:29:36 (22:16, 43:59, 1:06:51) 7. Norean Cimpean, Romania 1:30:27 (22:15, 44:22, 1:06:39) 8. Olive Loughnane, Ireland 1:30:29 (22:26, 44:52, 1:07:30) 9. Melanie Seeger, Germany 1:30:41 (22:18, 44:45, 1:07:40) 10. Vira Zozyulya, Ukraine 1:30:54 (22:34, 44:58, 1:07:54) 11. Volha Kardapoltsava, Belarus 1:31:05 (22:31, 44:50, 1:07:41) 12. Rossella Giordano, Italy 1:31:10 (22:58, 45:38, 1:08:13) 13. Elisa Rigaud, Italy 1:31:18 (22:58, 45:34, 1:08:06) 14. Sabine Zimmer, Germany 1:31:32 (22:53, 45:35, 1:08:16) 15. Mary Curz Diaz, Spain 1:32:10 (22:57, 45:34, 1:08:26) 16. Valentina Savchuk, Ukraine 1:32:11 (22:18, 44:53, 1:08:12) 17. Athina Papyianni, Greece 1:32:17 (22:43, 45:37, 1:08:50) 18. Sonata Miluyshauskaite, Lithuania 1:32:41 (22:24, 45:15, 1:08:37) 19. Vera Santos, Portugal 1:33:00 (22:58, 45:48, 1:09:37) 20. Kristijna Saltanovich, Lith. 1:33:12 (22:58, 45:51, 1:09:08) 21. Fatiha Ouali, France 1:33:25 22. Eva Perez, Spain 1:09:43 23. Barbora Dibelkova, Czech Rep. 1:33:33 24. Hristina Kokkotou, Greece 1:33:38 25. Andrea Meloni, Germany 1:33:52 26. Beatriz Pascual, Spain 1:34:11 27. Gisella Orsini, Italy 1:34:27 28. Sylwia Korzeniowska, Poland 1:34:43 29. Katsiarina Labashova, Belarus 1:35:53 30. Ludmila Dalhapolova, Belarus 1:35:57 31. Aggeliki Makri, Greece 1:35:59 32. Ines Henriques, Portugal 1:36:03 33. Monica Svensson, Sweden 1:36:24 34. Christine Guinaudeau, France 1:37:53 35. Daniela Cirlan, Romania 1:38:06 36. Olena Miroshnichenko, Ukraine 1:38:25 37. Maribel Goncalves, Portugal 1:39:01 38. Tatsiana Zueva, Belarus 1:39:30 39. Antonia Petrova, Russia 1:40:19 40. Veronica Budileanu, Romania 1:40:51 (48 finishers) DQ--Olha Lukyanchik, Ukraine 1:09:07 at 15); Katrin Boyde, Germany (1:10:50 at 15); and Gillian O'Sullivan, Ireland (43:43 at 10). 3 DNFs
Team Score: 1. Italy 27 2. Spain 40 3. Russia 44 4. Germany 48 5. Portugal 56 6. Ukraine 62 7. Belarus 70 8. Greece 72 9. Romania 82 10. Lithuania 83 11. France 96

Mens 20 Km—1. Francisco Fernandez, Spain 1:19:48 (19:51, 39:31, 59:22) 2. Alesandro Gandellini, Italy 1:20:52 (20:20, 40:47, 1:01:05) 3. Vladimir Andreev, Russia 1:20:56 (19:51, 39:49, 1:00:13) 4. Joao Vieira, Portugal 1:21:01 (20:32, 40:47, 1:01:05) 5. Ilya Markov, Russia 1:21:29 (20:20, 40:47, 1:01:05) 6. David Marquez, Spain 1:21:41 (20:34, 41:07, 1:01:28) 7. David Dominguez, Spain 1:21:41 (20:25, 40:47, 1:01:10) 8. Lorenzo Civallero, Italy 1:22:01 (20:42, 41:07, 1:01:28) 9. Pedrag Filipovic, Yugoslavia 1:22:25 (20:30, 40:47, 1:01:21) 10. Andrey Stadnichuk, Russia 1:22:56 (20:20, 40:47, 1:01:10) 11. Alejandro Cambil, Spain 1:23:04 (20:32, 41:07, 1:02:00) 12. Denis Langlois, France 1:23:28 (20:32, 41:07, 1:02:00) 13. Benjamin Juchinski, Poland 1:23:44 (20:32, 41:07, 1:02:05) 14. Jiri Malysa, Czech Rep. 1:23:46 (20:32, 41:11, 1:02:27) 15. Siargei Charnov 1:23:53 (20:32, 41:31, 1:02:35) 16. Enrico Lang, Italy 1:24:09 (20:55, 41:32, 1:02:35) 17. Nenad Filipovic, Yugoslavia 1:24:26 (21:26, 42:11, 1:03:12) 18. Trond Nymark, Norway 1:24:37 (21:12, 42:16, 1:03:27) 19. Victor Hinko, Belarus 1:24:43 (20:32, 41:46, 1:03:22) 20. Konstantin Golubtsov, Russia 1:24:46 (20:20, 40:47, 1:01:49) 21. Augusto Cardoso, Portugal 1:24:51 (21:14, 42:11, 1:03:24) 22. Costica Balan, Romania 1:24:56 (21:02, 42:11, 1:03:25) 23. Colin Griffin, Ireland 1:25:20 24. Matej Tith, Slovakia 1:25:26 25. Andre Horne, Germany 1:26:31 26. Andrie Talashko, Belarus 1:27:24 27. Bengt Bengtsson, Sweden 1:27:29 28. Martin Pupis, Slovakia 1:27:51 29. Peter Korcok, Slovakia 1:28:16 30. Daniel Andrei, Romania 1:28:31 31. Modris Liepins, Latvia 1:28:39 32. Andrei Stepanchuk, Belarus 1:28:37 33. Jani Lehtinen, Finland 1:28:54 34. Fedor Chumachenko, Moldova 1:29:14 35. Aivars Kadaks, Latvia 1:30:21 36. Yuris Konishevs, Latvia 1:30:35 37. Brzegorz Sudol, Poland 1:30:46 38. Linas Bubnelis, Lithuania 1:31:03 39. Ivan Litsyk, Ukraine 1:31:08 40. Yohan Diniz, France 1:31:45

(57 finishers, 3 DQs including Marco Giungi, Italy in 3rd place at 15 Km with 1:00:22; 7 DNFs including Robert Korzeniowski of Poland, leading at 10 Km in 39:31)
Teams: 1. Sapin 13 2. Russia 18 3. Italy 26 4. Belarus 60 5. Slovakia 81 6. Poland 91 7. France 99 8. Latvia 102 9. Germany 111 10. Ukraine 134 11. Moldova 144 12. Switzerland 154

Men's 50 Km--1. German Skurygin, Russia 3:47:50 (44:32, 1:28:48, 2:13:09, 2:59:13) 2. Aleksey Voyevodin, Russia 3:48:43 (44:31, 1:28:46, 2:12:57, 2:59:06) 3. Semen Lovkin, Russia 3:51:36 (44:31, 1:28:46, 2:12:57, 2:59:27) 4. Santiago Perez, Spain 3:52:57 (47:07, 1:32:49, 2:18:44, 3:05:31) 5. Francisco Pinaro, Spain 3:54:01 (47:07, 1:32:39, 2:17:40, 3:04:38) 6. Stepan Yudin, Russia 3:55:26 (46:39, 1:32:29, 2:17:39, 3:04:26) 7. Mario Avellaneda, Spain 3:56:21 (46:39, 1:33:29, 2:21:23, 3:08:47) 8. Fredrik Svensson, Sweden 3:56:53 (46:39, 1:32:59, 2:18:53, 3:07:21) 9. Milos Holusa, Czech Rep. 3:58:05 (46:39, 1:32:30, 2:18:53, 3:06:59) 10. Pedro Martins, Portugal 3:58:07 (47:43, 1:35:30, 2:21:25, 3:08:36) 11. Janos Toth, Hungary 3:59:24 (47:46, 1:34:44, 2:22:15, 3:10:38) 12. Yuriy Burban, Ukraine 4:00:51 (48:40, 1:36:39, 2:24:19, 3:12:18) 13. Jeffrey Cassin, Ireland 4:01:01 (48:40, 1:36:39, 2:24:19, 3:12:33) 14. Marek Janek, Slovakia 4:01:15 (47:46, 1:34:44, 2:22:09, 3:09:48) 15. Diego Cafagna, Italy 4:02:25 (48:40, 1:36:48, 2:24:19, 3:12:33) 16. Spyros Kastauls, Greece 4:03:23 (48:40, 1:36:17, 2:22:59, 3:09:48) 17. Birger Falt, Sweden 4:04:07 (47:49, 1:36:03, 2:24:19, 3:13:46) 18. Alessandro, Italy 4:04:18 (48:40, 1:36:39, 2:24:03, 3:12:03) 19. Denis Trautmann, Germany 4:05:20 20. Jorge Costa, Portugal 4:05:51 21. Oleskiy Shelest, Ukraine 4:08:02 22. Georgios Argyropoulos, Greece 4:08:08 23. Ugis Bruvelis, Latvia 4:10:50 24. Luis Gil, Portugal 4:11:18 25. Zoltan Czukur, Hungary 4:12:04 26. Daugvinas Zujus, Lithuania 4:14:46 27. Rafael Fedacznksi, Poland 4:19:25 28. Oleksandr Romanenko, Ukraine 4:20:00 29. Beorgios Christoulis, Greece 4:29:31 30. Byula Dudas, Hungary 4:33:38 (2 DQs, 13 DNF)
Team Score: 1. Russia 6 2. Spain 16 3. Portugal 54 4. Ukraine 61 5. Hungary 66 6. Greece 67

Junior Women's 10 Km--1. Irina Petrova, Russia 46:54 2. Vera Sokolova, Russia 47:02 3. Sniazhana Yurchanko, Belarus 47:03 4. Tatsiana, Belarus 48:11 5. Brigita Virbalyte, Lithuania 48:30 6. Maja Landmann, Germany 48:51 7. Esther Serra, Spain 49:14 8. Ulrike Sischka, Germany 49:26 9. All Bozhka, Belarus 49:31 10. Nnastasiya Kuznetsova, Ukraine 49:35 11. Lorena Luaces, Spain 49:38 12. Ann Loughnane, Ireland 49:44 13. Agnese Rogonesi, Italy 49:50 14. Ana Cabecinha, Portugal 49:51 15. Katriona McMahow, Ireland 50:53 16. Antigone Drisbioti, Breece 51:18 17. Nina Kovalchuk, Ukraine 51:25 18. Martina Bertoglio, Italy 52:01 19. Mandy Loriou, France 52:09 20. Sophie Hales, Great Britain 52:20 (32 finishers)
Team Score: 1. Russia 3 (Only two scorers versus three in the senior races) 2. Belarus 7 3. Germany 14 4. Spain 18 5. Ukraine 27 6. Ireland 27 7. Lithuania 29 8. Italy 31 9. Great Britain 41 10. Turkey 45 11. France 46 12. Armenia 55

Junior Mens 10 Km--1. Andriy Yurin, Ukraine 41:32 2. Aleksandr Prokhorov, Russia 41:36 3. Nikolai Seradovich, Belarus 41:40 4. Vladimir Porvatkin, Russia 41:47 5. Francisco Arcilla, Spain 41:50 6. Luis Corchete, Spain 42:19 7. Daniele Paris, Italy 42:33 8. Jiri Chaloupka, Czech Rep. 42:53 9. Rafal Avgustyn, Poland 42:56 10. Benjamin Sanchez, Spain 43:35 11. Aliaksei Babich, Belarus 43:43 12. Michal Blazhek, Slovakia 43:47 13. Giorgio Rubino, Italy 43:58 14. Sergiy Budza, Ukraine 44:04 15. Luke Finch, Great Britain 44:05 16. ? 17. Aliaksandr, Belarus 44:33 18. Christoph Brauer, Germany 44:36 19. Ondrej Kochur, Slovakia 44:47 20. Carsten Schmidt, Germany 44:51 21. Mihael Kruase, Germany 44:52 22. Jean Michel Prevel, France 44:55 23. Tadas Suskevicius, Lithuania 44:56 24. Jakub Jelonek, Poland 46:06 25. Oleksandr Lykyanchuk, Ukraine 45:14 (42 finishers, 2 DQs, 1 DNF)

Other Results

IAAF Racewalking Challenge, Sesto San Giovanni, Italy< May 1--As noted above, Fernandez also won the May 1 Racewalking Challenge 20 Km. The win was decisive over Korzeniowski and Jefferson Perez, both with Olympic golds on their shelves. Equally impressive was Ireland's Gillian O'Sullivan in the women's race, as she beat a strong field by more than 2 1/2 minutes. The results:
Women--1. Gillian O'Sullivan, Ireland 1:27:22 2. Kjersti Platzer, Norway 1:29:56 3. Susan Feitor, Portugal 1:30:17 4. Norica Cimpean, Romania 1:30:46 5. Valiantsina Tsybulskaya, Belorun 1:31:06 6. Nadejda Ryashkina, Russia 1:31:37 7. Rossella Giordano, Italy 1:32:07 8. Olga Kardapoltsave, Belarus 1:34:28 9. Eva Perez, Spain 1:35:00 10. Lisa Barbieri, Italy 1:35:20 (19 finishers, 2 DQs (Jane Saville, Australia and Olive Loughnane, Ireland; 4 DNF, including Elisa Rigaud, Italy) Men--1. Francisco Fernandex, Spain 1:19:25 2. Robert Korzeniowski, Poland 1:19:48 3. Jefferson Perez, Ecuador 1:20:47 4. Aigars Fadejevs, Latvia 1:21:43 5. Ivan Trotskiy, Belarus 1:22:46 6. Luke Adams, Australia 1:22:51 7. Robert Hefferman, Ireland 1:23:03 8. Hatem Ghoula, Tunisia 1:23:26 9. Marco Giungi, Italy 1:23:30 10. Michele Didoni, Italy 1:23:38 11. David Marquez, Spain 1:24:10 12. Enrico Lang, Italy 1:24:14 13. Jiri Malysa, Czech Rep. 1:25:06 14. Milos Holusa, Czech Rep. 1:25:32 15. Jesus Garcia, Spain 1:25:40 16. Rafael Duarte, Brazil 1:26:07 17. Jorge Silva, Spain 1:27:17 18. Erik Tysse, Norway 1:27:42 19. John Nunn, USA 1:27:43 (38 finishers; 3 DQs including Kevin Eastler USA; 12 DNF)

NAIA T&F Championships, May 24: Women's 3 Km--1. Karen Foan, British Columbia 14:29.05 2. Magda Spyra, Mary 15:03.03 3. Emma Carter, Baker 16:37.58 4. Katie Rulapough, Cedarville (Ohio) 16:45 5. Beth Lewis, Central Methodist 17:29 6. Kristin Barnett, Rio Grande (Ohio) 18:19 (8 finishers, 2 DQs) **Men's 5 Km**--1. Matt Boyles, Rio Grande 21:34.53 2. Jim Robinson, Rio Grande 22:20.56 3. Blair Miller, British Columbia 22:42 4. Tim Sykes, Rio Grande 24:36 5. Spencer Finley, Taylor 25:03 6. Caio Soares, Berry College 25:24--Matt Boyles also finished sixth in the 10 Km run with a 31:13 and 12th in the 5 Km run with 15:32. I'm not sure in what order these races came, except that the 5 Km run was event No. 6 and the racewalk event No. 12, or if they were all on the same day. A good weekend's work, however, they fell.)

Maine H.S. 1 Mile Results--Maine has racewalking in their dual track meets, as well as larger meets. Here are some of the outstanding times in the 1600 meter events this spring. May 5--1. Elizabeth Hassell, Hampden Academy 8:52:13 May 5--1. David Kelly, Bangor 7:29.41 May 8--1. Troy Clark, Lisbon 7:18.6 2. Justin Cornell, Lisbon 8:20 3. Turner Huston, Lisbon 8:38.5 May 9--1. Chris Hooper, Falmouth 8:20 1. Kate Dickinson, Marshwood 8:11.0 2. Alice Baker, Marshwood 8:36 May 9--Mahala Stewart, Narraguagus 8:26.88 2. Elizabeth Hassell, Mampden Acad. 8:54 May 9--1. David Kelly, Bangor 7:52.23 (These were all separate meets on that date) May 14--1. Maddie O'Brien, Winthrop 8:46.1 May 14--1. Mark Dennett, Winthrop 8:10.8 May 16--Troy Clark, Lisbon 7:11.52 2. Mark Dennett, Winthrop 8:02 3. Padric Gleasum, Hall-Dale 8:20 4. Justin Cornell, Lisbon 8:25 5. Turner Huston, Lisbon 8:28 May 16--1. Maddy O'Brien, Winthrop 8:50 May 16--1. David Kelly, Bangor 7:58.15 2. Trevor Beers, Bangor 8:43 May 16--1. Casey Ryder, John Bapst 8:42.67 May 16--1. Kate Dickinson, Marshwood 8:00.00 May 16--1. Paul Vicerson, Gray-New Gloucester 8:04.70 2. Josh Plowman, Gorham 8:34 May 17--1. Mahala Stewart, Narraguagus 7:58.30 May 20--1. Mahala Stewart 8:02.20 May 20--1. R.J. Voetsch, Mount Desert Island 8:27.00 May 20--1. David Kelly, Bangor 8:04.79 May 23--1. Casey Ryder, John Bapst 8:45.7 2. Hillary Martin, Narraguagus 9:13.2 **Boston Marathon, April 21**--1. Erik Litt 4:54:07 2. Bob Keating (56) 5:13.33 3. Gerald Gomes (70) 5:14.25 4. Ole Holsti (69) 5:21.32 5. Emily Hewitt (58) 5:38.43 6. Ed Gawinski (76) 5:49:26 (Also note that Hansi Rigney, a racewalker from Carmel, Cal., ran the race in 3:55:03 to take second in the 60-69 age division. Hansi is the daughter of Giulio de Petra, who did so much for racewalking in the Monterey area.) **Clamdigger 5 Km, Westerly, R.I., April 27**--1. Marcia Gutsche 40:22 Men--1. Bob Keating 42:05 2. Brian Sivilonis 43:24 3. Charles Mansbach 51:37 4. Richard Ruquist 51:54 (9 finishers) **5 Km, Cambridge, Mass., May 11**--1. Holly Wenning 29:47 2. Michelle Bouchard 33:06 3. Pat

Godfrey 33:14 (11 finishers) Men--1. Tom Knatt 31:28 2. Richard Ruquist 31:32 **Long Island 1/2 Marathon, May 4**--1. Nicholas Harding 1:49:30 2. Nick Bdera (54) 1:57:12 3. Glenn Irizarry (41) 2:17:24 4. Michael Korol (44) 2:17:36 4. James McGrath (66) 2:24:15 5. John Shilling (67) 2:30:58 (17 finishers) Women--1. Erin Taylor 2:12:06 2. Jennifer Marlborough 2:17:41 (43 finishers) **Suffolk County, N.Y. H.S. Championships: Girls Division Three 1500 meters**--1. Emily Nuburg 7:33.68 2. Rebecca Hetterick 7:43 3. Michelle D'Agrossa 7:52 4. Jacqui Gierer 8:06 (16 finishers, 2 DQs) **Girls Division Two**--1. Keisha Pearson 7:39.04 2. Deniz Tastan 8:16 (13 finishers) **Girls Division One**--1. Kristin Schmitt 7:12.35 2. Nadine Navarro 7:15 3. Tina Cheung 7:22 4. Gabby Manthos 7:44 5. Anne Kroon 7:52 6. Christina Squillac 8:00 7. Marissa Goldstein 8:06 8. Regan Burns 8:15 (18 finishers) **Metropolitan 20 Km, New York City, May 18**--1. Bill Vayo 1:49:47 2. Nicholas Bdera (54) 1:50:35 3. Vlado Haluska (51) 1:51:23 4. Israel Soto-Duprey 1:54:35 5. Bruce Logan 1:58:16 6. Gary Null (58) 1:59:34 7. Erin Taylor (1st female) 2:03:07 8. Vyacheslav Troshkin (54) 2:04:35 9. Sherwin Wilk (64) 2:08:08 10. Jennifer Marlborough 2:08:42 11. Yacine Houari (52) 2:20:10 12. Luannes Pennesi (48) 2:20:29 (19 finishers) **National Junior 20 Km, Hauppauge, N.Y., May 25**--1. Joe Trapani (17) 2:07:20 Women--1. Indiana Ripoli (17) 2:09:02 2. Keisha Pearson (15) 2:09:03 **Open 20 Km, same place**--1. Teresa Vaill 1:37:23 2. Sean Albert 1:38:32 3. Curt Clausen 1:38:32 4. Theron Kissinger 1:46:16 5. David Doherty 1:53:23 6. Steve Pecinovsky (48) 1:53:39 7. John Soucheck 1:53:39 8. Bill Vayo 1:55:50 9. Israel Soto-Duprey 1:56:36 10. Bob Barrett (69) 2:01:00 11. Loretta Schuellein 2:05:44 13. Jim McGrath (66) 2:09:47 14. Pat Motschwiller (45) 2:21:01 15. Steven McCullough (41) 2:22:22 16. Ginger Armstrong (41) 2:24:07 (1 DQ) (If you wonder about Teresa Vaill beating the likes of Sean Albert and Curt Clausen, consider that they and those immediately following them were on their way to. . . **50 Km, same place**--1. Curt Clausen 4:08:36 2. Sean Albert 4:20:02 3. John Soucheck 4:46:45 4. David Doherty 4:51:03 DNF--Steve Pecinovsky (3:15:57 at 34 Km). DQ--Theron Kissinger (2:55:27 at 32 Km) --This gives Clausen the top U.S. time for the year and a World Cup berth, unless Philip Dunn, with a best of 4:15 for the year, chooses to have another go at 50 to better Curt's time. But, apparently, he has no such plans and will team with Albert for the Pan American Games 50. Soucheck just missed the 2004 Olympic Trials qualifying time of 4:45. **20 Km, Point Pleasant, N.J., May 18**--1. John Soucheck 1:43:23 2. Tom Quattrocchi (50-59) 2:04:33 3. Ben Ottmer (60-69) 2:17:15 4. Bob Mimm (78) 2:23:00 Women--1. Janet Higbie (60-69) 2:14:52 2. Donna Cetrulo (50-59) 2:15:49 **10 Km, same place**--1. Cliff Mimm (40-49) 55:00 2. Ron Kulik (60-69) 65:20 (Wow! I haven't seen the name of this past great in the results in a long time.) 3. Carl Kane (60-69) 1:07:43 Women--1. Maryanne Torrellas (40-49) 65:56 2. Joan Venslavsky (50-59) 66:21 **5 Km, same place**--1. Chris Stuart (14-19) 30:27 2. Jack Starr (70-79) 30:33 Women--1. Sherry Brosnahan (50-59) 33:06 **15 Km, Middleton< Ohio, May 11**--1. Eric Smith 1:20:14 (26:35, 53:27) 2. David Kreimer (57) 1:38:45 3. Jerry Muskal (45) 1:40:53 4. Bill Whipp (58) 1:48:52 5. Miriam Jackobs (63) 1:53:13 **3 Km, same place**--1. Vince Peters (49) 1:15:31.3 2. Kristin Barnett 17:10 3. Andy Peters (13) 18:19.2 **Michigan 5 Km, Kalamazoo, April 26**--1. Deb Topham (50) 24:14 2. Raina Korbakova 30:24 3. Mary Franklin (40) 30:40 4. Lynette Heinlein (46) 31:10 5. Michelle Steel 31:12 6. Lori Lindquist 32:56 7. Sue Haroldson (50) 33:28 8. Gay Ann Roos (45) 33:33 9. Cynthia Miller (42) 33:36 10. Jean Meersman 34:43 (32 finishers) Men--1. Gary Morgan (43) 23:33 2. Rod Craig (45) 24:34 3. Bill Reed (5) 26:44 4. David Richey (57) 27:54 5. David Dunn (40) 28:21 6. Rick Sack (53) 30:31 7. Don Knight (56) 31:16 8. John Thomas (47) 31:49 9. Tom Belford, Jr. (54) 32:46 10. Marshall Sanders (62) 33:36 (21 finishers) **Indiana 10 Km, Indianapolis, April 27**--1. Max Walker (56) 54:53 2. Stephen Salmon (47) 57:13 3. Craig Woodall (49) 64:30 4. Greg Gember (49) 65:26 (7 finishers, 1 DQ) Women--1. Janet Higbie (61) 66:16 2. Cathy Mayfield (51) 67:34 (6 finishers, 3 DQs) **20 Km, Kenosha, Wis., May 17**--1. Ben Shorey 1:27:26 2. Al Heppner 1:32:33 3. Steve Quirke 1:32:44 4. Jim Heys, Canada 1:34:53 5. Mike Tarantino 1:34:58 6. Mike Stanton 1:38:53 7. Matt DeWitt 1:41:33 8. Gary Morgan 1:45:36 9. Eric Pasko 1:48:05 10. T.C. DeWitt 1:49:59--Storey's time is a new record for

the storied U. of Wisconsin-Parkside program, bettering Mike Stauch's 1:27:47 in 1987. The race gave Storey, Heppner, and Quirke a qualifying time for next year's Olympic Trials and for this year's Nationals. Tarantino also qualifies for the Nationals. Women--1. Jolene Moore 1:39:50 2. Sam Cohen 1:42:39 3. Ann Favolise 1:46:12 4. Amanda Bergeron 1:51:58 5. Heidi Hauch 1:56:19 6. Amber Antonia 1:58:19--The 37-year-old Moore has been racewalking for just 16 months. She not only had a personal best for 20 Km, but her second 10 Km was also a personal best of 49:12 as she was able to accelerate sharply the second half of the race. The top three qualified for the Nationals and the 2004 Olympic Trials. **10 Km, same place**--1. Magda Spyra 54:16 2. Gayle Johnson 59:11 3. Judy Myers 61:23 4. Lynn Tracy 63:21 Men--1. Jon Chasse 49:21 2. Klaus Theidmann 56:41 3. **Women's 5 Km, same place**--1. Christine Tagliaferri 27:11 2. Pam Urkoowski 27:31 George Opsahl 60:31 **Heart of America Athletic Conference 3 Km, Lamoni, Iowa, May 3**--1. Emma Carter, Baker 16:32 2. Beth Lewis, Central Methodist 17:18 Men--1. Paul VanSickle, Mid-America 19:02 **Youth 1 Mile races in Texas: Weslaco, April 26**--1. Jeannette Avitia (12) 8:45 2. Corina Ortiz (12) 8:56 3. Samantha Olivarez (11) 9:26 4. Claudia Ortiz (10) 9:27 Boys--1. Ricky Vergara (12) 7:46 2. Roberto Vergara (12) 7:49 3. Ernesto Vergara (15) 8:36 4. Abraham Villareal (12) 8:55 **Pharr, May 3**--1. Samantha Olivarez 8:59 2. Corina Ortiz 9:11 3. Claudia Ortiz 9:31 4. Jeanette Avitia 9:33 Boys--1. Chris Diaz (16) 6:54 2. Roberta Vergara 7:54 3. Ernesto Vergara 8:09 4. Abraham Villareal 8:54 **McAllan, May 10**--1. Corina Ortiz 8:56 2. Ruby Perez(14) 9:24 3. Bailey Shannon (11) 9:25 4. Claudia Ortiz 9:46 Boys--1. Chris Diaz 6:53 2. Roberto Vergara 7:59 3. Ricardo Bergara 8:05 4. Adrian Jaime (17) 8:34 5. Abraham Villareal 8:42 **Donna, May 17**--1. Bailey Shannon (11) 9:27 2. Ruby Perez 9:42 3. Samantha Olivarez 9:42.5 Boys--1. Chris Diaz 6:55 2. Ernesto Vergara 7:50 (1st win over his younger twin brothers) 3. Robert Vergara 7:51 4. Ricardo Vergara 8:00 5. Jose Santez(16) 8:32 **Pharr, May 24**--1. Bailey Shannon 9:26 2. Claudia Ortiz 9:33 3. Ruby Perez 9:34 4. Corina Ortiz 9:34 5. Sarah Garcia 9:44 6. Jeanette Avitia 9:46 Boys--1. Chris Diaz 7:34 2. Andres Jaime 9:07 3. Roberto Vergara 9:08 4. Ricardo Vergara 9:15 **Dakota Relays 5 Km, Sioux Falls, S.D., May 3**--1. Mike Wiggins (54) 23:56.64 2. Sue Klappa (46) 29:32 3. Bob Gaston (56) 30:28 4. Keley Smith-Keller (45) 31:45 5. Mary Kostern (41) 32:21 6. Ryan Haugaard (19) 35:50 (12 finishers) **5 Km, Denver, April 13**--1. Daryl Meyers (60) 29:27 **5 Miles, Denver, April 27**--1. Ivo Majetic 44:27 2. Mike Blanchard (41) 44:45 3. Scott Richards (53) 44:54 4. Teresa Aragon (42) 48:19 5. Daryl Meyers 49:18 6. Peter Armstrong (57) 49:56 **10 Km, Broomfield, Col., May 3**--1. Marianne Martino (52) 60:11 **5 Km, same place**--1. Jeff Hayes (48) 31:27 2. Barbara Amador (54) 32:40 3. Diane Rickarad (63) 34:36 **10 Km, Walnut, Cal., April 13**--1. Margaret Govea 57:25 Men--1. Pedro Santoni (40-49) 55:28 2. Mario Lopez (40-49) 60:22 3. John Backlund (60-69) 60:23 5. Bill Moremen (70+) 67:45 **5 Km, same place**--1. Yoko Eichel (50-59) 28:51 2. Donna Cunningham (50-59) 29:23 3. Jolene Steigerwalt (50-59) 31:12 4. Dawn Biegel (40-49) 31:18 5. Mary Schoenbaum (40-49) 31:35 6. Linda Adams (40-49) 31:57 7. Carol Bertino (50-59) 32:04 8. Tammy Kiernan (60-69) 32:48 9. Susan Harris (40-49) 32:49 10. Roberta Hatfield (60-69) 34:12 Men--1. Joe Nieroski (40-49) 23:12 2. Jose Moncada (under 19) 29:07 3. Bob Weeks (60-69) 29:49 4. Wil Williams (60-69) 32:26 5. Stuart Ray (60-69) 33:27 **15 Km, Riverside, Cal., May 18**--1. Tim Seaman 1:03:58 2. Curt Clausen 1:05:40 3. Sean Albert 1:08:42 **5 Km, Soquel, Cal., May 3**--1. Ed Parrot 23:50 2. Daniel Coupal 27:19 3. Bill Penner (56) 27:32 4. Keith McConnell (59) 30:08 5. Dick Petruzzi (70) 30:22 6. Joseph Anderson (63) 32:24 Women--1. Nicolle Goldman (44) 28:38 2. Bekka Marrs (16) 30:22 **5 Km, Fair Oaks, Cal., 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 7. Coco Beuchet 33:08 8. Ann Lee 33:53 (17 Finishers) Men--1. Joe Berendt 27:14 2. Jack Bray 27:32 3. James Beckett 30:15 4. Desmond Canning 31:45 5. Ed Lee 31:58 6. Jim Scheller 33:25 (19 finishers) **5 Km, Kentfield, Cal., April 13**--1. Kevin Killingsworth 27:31 2. Jack Bray 27:46 3. Desmond Canning 31:50 4. Ed Lane 31:55 5. Joan O'Brien-Hakim 32:49 6. Coco Beuchet 33:14

7. Doris Cassels 33:38 8. Ann Lee 33:44 9. Marge Garner 33:56 (12 finishers) **1 Mile, San Mateo, Cal., May 10**--1. John Wilcox (10) 8:52 2. John Doane (60) 9:28 Women--1. Laura Cribbins (45) 9:16 2. Beckka Marrs (16) 9:24 3. KD Keegan-Twombly (12) 9:54 4. Marianne Hamilton (50) 9:57 **1 Mile, Stockton, Cal., May 24**--1. BVekka Marrs (160) 9:17.4 2. Laura Cribbins (46) 9:32.3 3. Trish Caldwell (57) 10:10.9 (7 finishers) Men--1. Ed Parrot 7:14.3 2. Joe Berendt (47) 9:00.9 3. Bill Penner (56) 8:26.9 (6 finishers) **5 Km, Kentfield, Cal., May 25**--1. Kevin Killingsworth 27:19 2. Jack Bray 28:14 3. Bob Weeks 29:35 4. Keit McConnell 29:54 5. Desmond Canning 31:25 6. Ed Lane 32:52 7. Joseph Anderson 32:58 8. Jim Scheller 33:47 (18 finishers, 2 DQs) Women--1. Nicole Goldman 29:08 2. Joan O'Brian/Hakim 31:35 3. Jolene Steigerwalt 31:55 4. Doris Cassels 32:15 5. Shirley Dockstader 32:28 6. Tammy Kiernan 32:58 7. Trish Caldwell 33:15 8. Marge Garner 34:37 (17 finishers, 2 DQs) **1500 meters, same place**--1. Jim Beckett 8:18 2. Keith McConnell 9:41 3. Roberta Hatfield 9:51 (12 finishers) **5 Km, Banks, Oregon, May 5**--1. Carmen Jacinsky 28:16 2. Mirielle Jenkins 31:14 3. Penny Vale 31:44 Men--1. Pat Detloff (51) 27:20 2. Doug VerMeer (49) 28:42 3. George Opsahl (61) 29:20 4. Ron MacPike (70) 33:32 **Oregon Senior Olympics 2 Km, Silverton, May 24**--1. Pat Detloff 10:12 2. Gerge Opsahl 11:11 3. Ron MacPike 12:54 4. Mike Durrell 13:05 (9 finishers) **5 Km, Toronto (Indoor), April 12**--1. Chelsea Rodriguez (17) 26:54.1 2. Kitty Cahsman (42) 328:28.8 3. Lily Whalen (51) 29:19.7 4. Ashley Jane (15) 30:38.4 5. Sayward Spooner (18) 31:55.9 6. AnnMarie Rosenitsch (62) 32:51 7. June Marie Provost (69) 33:06.2 **Mens 5 Km, Toronto (outdoor), April 12**--1. Gord Mosher 22:35.6 2. Guy Paquin (47) 26:42.7 3. Don Ramsden (55) 29:45.5 **Indoor 1500 meters, Toronto, April 12**--1. Chlsea Rodriguez 7:18.6 2. Bethany Trotter (16) 8:52.9 3. AnnMarie Rosenitsch 9:03.5 4. Wandy Santi (45) 9:34.9 5. Rachel Vanderzwet (15) 8:45.7 6. June-Marie Provost 9:54.4 7. Aggie Ramsden (54) 9:58.4 8. Linda Pimental-Knott (37) 9:59.9 Men--1. Gord Mosher 7:17.5 2. Guy Paquin 7:28.8 3. Don Ramsden 8:47.2

Australian National 50 Km, Melbourne, May 18--1. Duane Cousins 3:59:33 2. Liam Murphy 4:04:56 3. Darren Brown 4:18:43 (Luke Adams led for 35 Km and then dropped out. Nathan Deakes, the number one Aussie walker, is rehabilitating a left hamstring and sciatic nerve and training towards next year's Olympics.) **20 Km, same place**--1. Simone Wolowiec 1:39:19 Men--1. Kim Mottram (18) 1:37:29 **15 Km, Molfetta, Italy, March 30**--1. Gisella Orsini 1:08:58 2. Elisa Rigaud 1:10:01 3. Lisa Barbieri 1:11:10 4. Emanuela Perilli 1:12:43 5. Natalia Bruniko 1:13:17 6. Cristiana Pellino 1:15:44 (36 finishers, 1 DQ, 2 DNF) Men--1. Marco Giungi 1:00:22 2. Ivano Brugnetti 1:00:28 3. Enrico Lang 1:02:51 4. Lorenzo Civallo 1:03:08 5. Alfio Corsaro 1:03:29 6. Vincenzo Magliulo 1:03:39 7. Diego Cafagna 1:03:45 8. Andrea Manfredini 1:03:54 9. Vittorino Mucci 1:04:07 10. Dario Privitera 1:04:29 11. Pasquale Sabino 1:04:45 12. Gianluca Trombetti 1:04:51 13. Michele Didoni 1:05:17 14. Marco DeLuca 1:05:27 15. Massimo Passoni 1:05:49 (33 finishers--24 under 1:13, 4 DNF including Giovanni DeBenedictis) **Spanish University Championships, May 11: Men's 10 Km**--1. Diaz Velazquez 43:01 2. Francisco Arcilla Aller 43:16 3. Jose Aledo Romena 44:17 Women's 5 Km--1. Rocio Florido 22:38 2. Carolina Jimenez Munoz 22:56 3. Maria Jose Guardiola Guerrero 23:33 **Greek Club Championships, Women's 10 Km, Athens, May 3**--1. Christina Kikotou 46:24 2. Evaggelia Zynou 48:45 Thessaloniki, May 4--1. Maria Hatzipanayotidou 48:22 Pyrgos, May 3--1. Athanassia Tzoumeleka 44:40.62 (National Record) **South African Championships, Port Elizabeth, April 26: Women's 20 Km**--1. Nicolene Cronje 1:45:13 2. Eslte Viljoen 1:45:16 3. Natalia ? 1:45:32 (A closely contested race) Men's 20 Km--1. Thami Hiatswayo 1:34:07 2. Thapelo Mangole 1:34:58 3. Thabiso Tsagane 1:35:04 4. Ihan Collins 1:35:31 5. Isak Nel 1:35:43 6. Marc Mundell 1:37:41 7. Gideon Cilliers 1:37:53 8. Chris Britz 1:39:47

Lose those blues in your racing shoes

Sat. June 7 1500 and 3000 meters, Seattle (C)
10 Km, Royal Oak, Mich. (W)
5 Km, Fontana, Cal. (Y)

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 Mass. Senior Games 1500 meters and 5 Km, Cambridge (AA)
Ohio 10 Km, Yellow Springs (M)
5 Km, Denver, 8 am (H)

Sun. June 15 3 Km, Alexandria, Vir., 8:30 am (O)
New England 3 Km, Cambridge, Mass. (X)
5 and 10 Km, Royal Oak, Mich. (W)
Indiana 5 Km, Indianapolis (S)
5 Km, Denver, 8 am (H)
New Mexico State 5 Km, Rio Rancho, 9 am (U)

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, Kalamazoo, Mich., 8:40 am ((D)
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)

Sun. June 29 1/2 Marathon and 5 Km, Loveland, Col., 8 am (H)
1 Hour, Kentfield, Cal., 7:30 am(P)
5 Km, Denver, 8 am (H)
East Region 3,2, and 1 Km Championships, Hauppauge, N.Y.(K)

Fri. July 4 5 Miles, Dedham, Mass. (AA)
5 Km, Evergreen, Col. (H)
5 Km, Claremont, Cal. (Y)

Sat. July 12 Bay State Games 3 Km, Cambridge, Mass. (X)
5 Km, Lakewood, Col., 8 am (H)

Sun. July 13 **USATF National Junior 5 Km, Mansfield, Penn. (B)**
5 Km, Cambridge, 9:30 am (AA)
1 Mile, Davis, Cal. (P)
Indiana State 5 Km, Indianapolis (S)
1500 meters and 3 Km, Yellow Springs, Ohio (M)

Sat. July 19 3 Km, Reno, Nev. (P)
Women's 5 Km, Farmingdale, N.Y. (N)

Sun. July 20 10 Km, Kentfield, Cal. (P)
Colorado USATF 5 Km, Aurora, 8 am (H)
East Region 1 Hour, California, Penn. (F)

USATF National 1 and 2 Hour, California, Penn. (F)
 Sat. July 26 Masters 5 Km, Seattle (C)
 5 Km, Denver, 8 am (H)
 Empire State Games and Open 10 Km, Niagara Falls, N.Y. (L)
 Sun. July 27 5 Km, Kentfield, Cal. (P)
 Sat. Aug. 2 Pan-Pacific Masters 3 Km and 5 Km, Sacramento, Cal. (P)
 Sun. Aug. 10 5 Km, Springfield, Mass. (AA)
 Ohio 5 Km, Cincinnati (M)

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Mike Rohl, 570-662-4645
 C--Bev LaVeck, 511 Lost River Road, Mazama, WA 98833
 D--Bill Reed, 8242 Greenfield Shores, Scotts, MI 49088
 E--Sierra Race Walkers, P.O. Box 5221, Fair Oaks, CA 95628
 F--Ray Kuhles, 724-938-5828
 G--Stella Cashman, 320 East 83rd St., New York, NY 10028
 H--Bob Carlson, 2261 Glencoe St., Denver CO 80207
 I--Wayne Armbrust, 3604 Grant Court, Columbia, MO 65203
 J--Robert Carver, 1002 Catalpa Lane, Orlando, FL
 K--Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11757
 L--Dave Lawrence, , 94 Harding Avenue, Kenmore, NY 14217
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424
 N--Ellen Weinstein, 516-349-7646
 O--Sal Corrallo, 72 Creek Drive, Millsboro, DE 19966
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Florida Athletic Club-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066
 R--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086
 S--Cheryl Sunman, 7060 North Woodnotes, Fairland, IN 46126
 T--Mike DeWitt, Track Coach, UW Parkside, Kenosha, WI, dewitt@uwp.edu
 U--Ryszard Nawrocki, P.O. Box 45187, Rio Rancho, NM 87174
 V--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072
 W--Frank Soby, 3907 Bishop, Royal Oak, MI 48224
 X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
 Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 Z--Dan Pierce, 1560 Upland Avenue, Boulder, CO 80304
 AA--Justin Kuo, 30 Oakland Road, Brookline, MA 02146
 BB--A.C. Jaime, 621 N. 10th Street, McAllen, TX 78501
 CC--Laura Cribbins, 2937 El Sobrante Street, Santa Clara, CA 95051

FROM HEEL TO TOE

Visit scenic Niagara Falls. For many years, Niagara Falls, N.Y. was the site of the National 10 Km race (and the National 15 at least once) on a scenic parkway next to the Falls. That ended in 1998. ABut, another chance to enjoy this course and the Falls looms on July 26. In conjunction with the Empire State Games racewalks (July 24-26 and open only to New York residents) there will be an Open 10 Km on that date. The race will also encompass the 2003 Northeastern Cup team championship (Ontario vs. New York and any other states or provinces that choose to send teams). It's a great place to race. For more information contact Dave Lawrence (see "L" in the contact list above.). . **Big bucks.** Also in New York, and this one for the ladies, is a 5 Km race.

The Vytra Health race on the Farmingdale H.S. track on Saturday, July 19, offers cash prizes to the first finishers (\$225, \$125, \$75, \$50, and \$25) in both open and master's (40 and over) divisions. Shirt and long-stem rose to all finishers, merchandise give-away, refreshments, and a free massage are other benefits to participants. Contact Ellen Weinstein 516-349-7646 or runningspinning@yahoo.com for more info. . . **Cheers for Erik Litt.** From Elliott Denman: Erik Litt's supply of stamina is obviously incredible. Within a 6-day period, Philadelphia's Erik Jof Shore Athletic Club did some 51 miles 770 yards of terrific walking, as fastest of all walkers (and beating heaps of runners) in two marathon races. First up was the 107th Boston Marathon on April 21 and Erik led all those who did not choose to run in 4:54:07. Next was the New Jersey Marathon April 27, finishing at Long Branch H.S., and Erik checked in at 4:48:55. "No problems, very little pain", reported Erik the day after. His long-term taraget: Joining the exclusive ranks of America's Centurion Club. (Ed. Those who complete a 100 mile walk in under 24 hours. This is an exclusive club of just 48 athletes at the last count I had, headed by Alan Price, who has completed 23 of the monsters, including three in a single year twice. In one of those cases, the three were in a 90 day period, the other time in about 3 1/2 months. Good luck to Erik in his quest.) . . **Errata.** Typos in the Ohio Racewalker? Unbelievable. Well, not really. Anyway, in the Indoor Master's Results last month, my fingers seemed to be finding the wrong numbers. In the men's 40-44 age group, I showed Doug Johnson second in 17:17.39, areal disservice to Doug. It was 14:17.39. Then, on down the page, my "5" finger seemed to be locked on the "6". I showed Bob keating and Don DeNoon in the 66-69 age group; it was obvious from the progression of groups that it should have been 55-59. Apologies to all involved. **Uncensored medals.** We reported the results of the Penn Relays racewalks last month. Here is a postscript. In proudly reporting on daughter Tina's great race--a 57-second PR in the 5 Km--Vince captioned his report "Tina Peters and Ben Franklin's Four Naked Guys". After a description and results of the race he noted: "So where do the four naked guys come into the tale? If you can get Tina to show you her medal, it has on one side an imprint of a relay team of four young men, naked in the ancient tradition of the Olympics, receiving their awards from a seated Ben Franklin." (He doesn't say how old Ben was clothed.).

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Speaking of naked and with summer's heat approaching, we repeat the following article, which first appeared in the Running Journal and was repeated in the Buckey Striders newsletter. Bonnie Stein, an ORW subscriber, is a racewalk coach in Florida who teaches private lessons, group classes, and summer camps for adults

You Don't Have To Exercise Naked To Stay Cool While Racewalking

by Bonnie Stein, M.Ed.

Each year as the weather warms up, the Lake Como Resort near Lutz, Florida hosts the dare to Go Bare 5 Km Run and 2.5 Km Walk. Yes, it is what you're thinking--the runners and walkers race in the nude. About 500 people participate, wearing little more than a smile and extra sunscreen. Shoes, socks, and visors are also permitted.

Running and walking "au naturel" is one way to stay cool as the mercury rises this summer. Yet, with the new technical fabrics that are available, you can stay cool, comfortable, and be modest as well. Furthermore, what these clothes do that walking or running around naked won't do, is protect those body parts from sunburn, not to mention uncontrollable bouncing. I still wonder about that in the Dare to Go Bare Race.

Many readers may be wondering, "What about cotton?" Most of us grew up learning that cotton was the ideal fabric for active people—it breathes, it absorbs. True. Yet, that's exactly what we don't need while exercising—wet, absorbent shorts. If chafing is a problem for you—cotton could very well be the culprit.

Even cotton socks are not recommended for runners and walkers. A better choice would be a synthetic brand, such as Thor-Lo socks. Thor-Lo socks wick moisture from your feet so that your feet stay dry. Incidentally, one of the primary causes of blisters, next to shoes that are too tight, is cotton socks.

When I started running in the mid-'80s, not only was it bad enough that we were exercising in cotton, all we women had were men's cotton shorts to make matters worse. Finally, two women runners started the company Moving Comfort, which gave women a wide range of fabulous looking running and walking clothes that also manage moisture with many new technical fabrics. Look for moisture management in shorts, tank tops, and bra tops.

Fabrics to include in your summer walking wear include:

- o Coolmax—polyester fabrics that wick moisture away from the skin and promote evaporation.
- o Intera—wicks moisture. Coolmax competitor.
- o MicroLite and microfiber—used in running and walking shorts, extremely lightweight woven fabric, dries rapidly, even in the hottest weather.
- o Supplex—used in running and walking shorts; a nylon material that is soft, breathable, lightweight, and feels like cotton, but dries quickly.
- o T3—wicking fabric, unique small-hole construction of material allows for excellent breathability.

Other tips for warm-weather walking:

- o Wear a visor instead of a hat (unless you're bald). Visors keep your face shaded while not holding in the heat.
- o Use a sweatband to keep the sweat from dripping into your eyes. It also keeps the visor sweatband cleaner.
- o Carry water in a fanny pack water carrier. I freeze a water bottle half full the night before. Then, before I walk out the door, I fill the bottle the rest of the way with cold water. Your water will stay nice and cold during your walk. Drink every 15 minutes.
- o Use waterproof sunscreen and lip balm with sunscreen.
- o Remember that heat and humidity affect heart rate. You may do well to slow down a bit while still getting a good workout. Monitor your heart rate or use perceived exertion (how you feel) to make sure you're not overdoing your exercise while it's warmer.
- o On really hot days, do your walking early in the morning or later in the evening. Or, use a treadmill or an indoor track, available in some recreation centers.

Lastly, as you head out for your walk, there should be no excuses about not exercising this summer. With the right clothes, and the tips above, all you have to do is make sure your outfits match. And you won't have to worry about those sensitive parts getting sunburned.

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Now, at the risk of overkill, but while we are preparing for another hot summer, here is another article that focuses more on the problem of hydration. This appeared in the June 2003 issue of the Front Range Walkers News. Bob Carlson works ahead of me. Here I am just getting the May 2003 issue together.

Exercising In the Heat

by Art Wellman, PhD and Bryant Stamford, PhD

Exercising in hot weather can be safe, but only if you understand the threat heat poses to your body. In order to maintain a consistent core temperature of 98.6 F, the human body depends on a sophisticated thermoregulatory system. This means that the body must dissipate, or "lose", most of the heat produced by normal body functions. During moderate exercise in cool or average weather, this dissipation takes place by passive heat loss (conduction, convection, and radiation) and through the exchange of air in breathing. But during intense exercise, internal heat production can increase by 10 to 15 times the resting rate. And during hot, humid weather, passive heat loss is inadequate. The combination of increased heat production and decreased heat loss can be disastrous.

When the air temperature is warmer than your skin temperature, your body must rely for heat loss almost entirely on sweating. But more sweat production does not result in heat loss from the skin, because it is the evaporation of the sweat that results in heat loss. So, when the humidity is high, little additional water is going to be accepted by the air, and evaporation of sweat will be slow. For this reason humidity is a very important consideration when you exercise, especially on hot days.

Evaporation of sweat to dissipate body heat can result in the loss of as much as 3 quarts of body fluid (6 pounds of body weight) in one hour. Excessive fluid loss without replacement can result in dehydration, which impairs the body's ability to sweat. If water storage gets too low, the body will quit sweating, rendering itself defenseless against the heat. Body temperature then rises to dangerous levels, which may result in serious injury, or death from heat stroke. A person who is overcome by heat must be cooled as quickly as possible by whatever means available. Notify a hospital of the heat casualty and continue to cool the person while waiting for an ambulance or while transporting the victim yourself.

When dehydrated, the body may attempt to keep sweating by stealing water from the blood. But since the heart is attempting to circulate large amounts of blood to exercising muscles, as well as to the skin to help heat exchange, decreasing the blood volume can lead to a state of shock.

Weighing yourself before and after an exercise session will help you avoid dehydration. All lost weight should be assumed to be water and should be replaced before the next exercise session. Because thirst is satisfied long before fluid requirements are met, do not rely on thirst as an indicator of your body's needs. Drink plenty of cold water before, during, and after exercise and use the scale to monitor your hydration.

Heat loss can be aided considerably by exposing as much skin as possible to the air. (*Hey, here we go into naked again.*) When the skin is covered—even if just by light cotton—sweat will not evaporate. The clothing becomes saturated with sweat and clings to the skin. Sweat that stays in contact with the skin reduces the sweating response and sweat evaporation. Heavy clothing and rubberized suits are very dangerous because they prevent heat from escaping and also inhibit sweat evaporation. Shorts, a sleeveless fishnet shirt, and low-cut socks are recommended for exercise in the heat.

Salt and potassium replacement after exercise in heat is often recommended to prevent muscle cramps. But, the American diet is high in salt, and when more salt is required by the body, less is excreted and more retained. In instances of extreme water loss of more than 6 pounds, salt tablets and/or potassium supplements may be necessary to retain mineral balance. Commercially available fluid replacement drinks provide the appropriate ratio of fluids to minerals, but they move through the digestive tract more slowly than water. They are, therefore, more useful after exercise

to aid recovery rather than during exercise, when cold water is best because of the urgent need to make fluid available for sweating.

The ability to tolerate heat improves with repeated exposure. After several days in the heat, the body will increase overall sweat production and will begin to sweat at a lower core temperature. This adjustment process is called acclimatization and is complete within seven to ten days.

If you feel overly stressed when exercising in the heat, do not attempt to complete your usual workout. The added stress of heat makes your usual workout unusual.

LOOKING BACK

40 Years Ago (From the May 1963 Race Walker, published by Chris McCarthy)—Ron Zinn won the National 2 Mile in St. Louis with a 14:03.2 ahead of Akos Szekely and a honeymooning Jack Mortland. (This was a very late May issue since that race took place on June 22. And yes, your editor and wife Marty have a 40th anniversary celebration around the corner.) Laird edged Matt Rutyna for fourth. . . The British 50 Km went to Ray Middleton in 4:16:43.

35 Years Ago (From the May 1968 ORW)—Larry Young captured the National 35 Km title in Pittsburgh with a 2:53:15, ahead of Canadian Karl Merschenz and Dave Romansky, who were about 4 minutes back. . . Bob Kitchen turned in a good track 50 Km on Long Island with 4:25:56, just 2 minutes ahead of Ron Daniel. . . In New York, Romansky recorded a 1:30:04 for 20 Km, just 1:21 ahead of Ray Somers. John Knifton had 1:32:46 and Daniel 1:33:08. . . The Zinn Memorial 10 Km in Chicago went to Gerry Bocci in 48:38. . . Your editor captured the Ohio 20 Km on a track in Ashland in 1:42:00. . . Jack Blackburn was an easy winner in the Ohio 2 Mile in Dayton in 14:59 with Mortland trailing in 15:13.

30 Years Ago (From the May 1973 ORW)—Mr. Consistency we called him. Bill Wegle won the National 50 Km in Des Moines with a 4:22:37. That marked his fourth 50 Km in 11 months with times ranging from 4:20:09 to 4:22:53. John Knifton was second in 4:30:21 and Laird third in 4:37:21. . . England's Roger Mills captured our 1 Hour title, covering 8 miles 252 yards, some 72 yards ahead of John Knifton, a native Brit, but by this time an American citizen. Todd Scully and Ron Daniel followed, with the first seven bettering 7 1/2 miles.

25 Years Ago (From the May 1978 ORW)—Marcel Jobin, Canada, moved away from Todd Scully in the second half of the race to win the National 15 Km in Nassau, N.Y. in 1:06:49. Scully (1:09:09) finished well ahead of Dave Romansky (1:11:29). . . The NAIA 10 Km (track) went to Parkside's Chris Hansen in 46:20. John VanDenBrandt (Parkside) and Carl Schueler (Fronstburg) followed. . . Susan Liers had a world best for 1 Mile with 7:00.6 and 4 days later broke the American record for 5 Km with 23:41.3. . . The Zinn Memorial 10 Km went to Jim Heiring in 46:59, with an 18-year-old newcomer, Ray Sahrp, finishing fifth in 51:58. Much more was to be heard from him. . . In Mexico, Raul Gonzales did 50 Km in 3:45:52, nearly 7 minutes better than the previous best on record. He needed only 1:28:20 for the first 20 Km, and then accelerated over the next 10, before slowing to 1:33:35 over the final 20.

20 Years Ago (From the May 1983 ORW)—Mexico invaded the U.S. and Martin Bermudez led the field home in the National 50 Km in Monterey, Cal. His 3:50:43 was nearly 10 minutes ahead of countryman Felix Gomez. Marco Evoniuk won the U.S. title in 4:01:43, with Jim Heiring second in 4:07:28, just behind a third Mexican, Marcelino Colin. Dan O'Connor and Tom Edwards followed, with 8 U.S. walkers under 4:30. . . Two weeks earlier, Colin came home first in the National 15 Km in Santa Monica, Cal., his 1:02:58 edging Canada's Marcel Jobin (1:03:07).

Heiring won the U.S. title in 1:03:26, a minute ahead of Sam Shick. Larry Walker, Pete Timmons, and Dave Cummings followed. . . Also at Santa Monica, Susan Liers-Westerfield won the women's National 15 Km in 1:17:17, 50 seconds ahead of Teresa Vaill. Carol Brown and Vicki Jones were third and fourth.

15 Years Ago (From the May 1988 ORW)—Defying heavy rains, Teresa Vaill blitzed the first mile in 6:50 to take a substantial lead that she continually built on as she won the National 5 Km in Overland Park, Kansas in 22:31.71. Debbi Lawrence was a minute behind in second with Wendy Sharp third in 24:05. . . Mike Stauch on Wisconsin-Parkside shattered his own meet record in winning his third straight NAIA 10 Km title in 41:56.4. His old record was 43:22.2. Dave Cummings just missed the old record with his 43:24.4 in second, 10 seconds ahead of Doug Fournier. . . Ray Sharp did 41:45 for 10 Km in San Francisco, beating Marco Evoniuk (42:21). Wendy Sharp (Mrs. Ray) was fourth in 49:30, her second race ever.

5 Years Ago—(From the May 1998 ORW)—Joanne Dow won the National 20 Km in Albany, N.Y. with a record 1:34:46. Teresa Vaill was second in 1:36:26 and Victoria Herazo third in 1:41:16. In the National 30 Km held at the same time, Gary Morgan prevailed in 2:25:37, ahead of Mike Rohl and John Soucheck. Bob Keating won the Masters race in 2:47:57, less than a minute ahead of Jim Carmines. Dave Romansky was another 2 minutes back in third. . . In Elk Grove, Illinois, National 15 Km titles went to Debbi Lawrence (1:13:24) and Tim Seaman (1:04:46). Victoria Herazo was 2 1/2 minutes in back of Lawrence with Cheryl Rellinger third. Curt Clausen was on Seaman's heels for the first 10 Km and finished just 9 seconds back with Andrew Hermann third in 1:07:19. Jonathan Matthews won the Masters title in 1:07:41. . . A couple of weeks earlier, Matthews won the Mortland 20 Km in Yellow Springs, Ohio with 1:33:23. Jill Zenner (now Cobb) won the women's race in 1:43:07.