Vaill and Clausen Score Decisive Wins at 15 Km

Lincoln, Rhode Island, June 13--Two defending champions showed up for the National USAATF 15 Km Championships (men and women) today, but only one went home with another title.

Curt Clausen was an easy winner in the men's race, his 1:04:40 bringing him his 27th national title (only Ron Laird and Henry Laskau have won more). John Nunn, off his recent 1:22:31 for 20 Km in which he beat Clausen by nearly 2 minutes, finished a rather distant second today in 1:06:08. far off the pace he set in that 20, but it was a very warm day and the stakes weren't so high, with his Olympic "A" standard for 20 firmly in hand. Still, he was good enough to beat third place Dave McGovern by 4 minutes. Troy Clark, still just 17, was very impressive with his 1:13:37 in fifth.

In the women's race, the ever-young Teresa Vaill (40) was an unchallenged winner in 1:10:41, no doubt a US master's record. She left young (39) Michelle Rohl nearly 2 minutes behind. Rohl holds the US record at 1:08:35. Pre-race favorite Joanne Dow did not finish, nor did Amber Antonio and Loretta Schuellein. Bobbi Jo Chapman was an impressive third in 1:14:39.

In the men's race, Mark Green won the master's division in a swift 1:14:49 and his comebacking father, Max, blasted a 1:31:37 to win the 70-74 division, as he finished 18th out of 28 overall. Leon Jasionowski, walking in the 55-59 division, blitzed a 1:23:43. The results:


Two More IAAF Racewalking Challenge Competitions in June

Some of the world's best walkers travelled to La Coruna, Spain and Sesto San Giovanni, Italy in June for the final two IAAF Racewalking Challenge races before the Olympics. Both sites featured 20 Km races for both men and women.

In Spain on June 6, the home country's Francisco Fernandez scored a somewhat surprising win over Poland's three-time Olympic gold medalist Robert Korzeniowski. Ranked number one in the World in 2002 and number two last year, the Spaniard was walking his first race in 10 months as he was recovering from a training injury sustained in February. Just hoping for something in the
Cimpean dropped off the pace at about 8 km, already with two warnings. She was later disqualified. The leading trio stepped up the pace only slightly, going through 10 km in 45:17, with a third Romanian, Ana-Maria Groza, in fourth, 25 seconds back.

Platzer, suffering from stomach cramps, began to drop back before they reached the 15 km mark, and it became a two-woman race. The pace held steady, with Rigaudo and Stef right together in 1:07:58. Platzer now trailed by 12 seconds with the rest of the field completely out of contention.

Rigaudo made her move just before the two entered the stadium for the final lap and she managed to open up 4 seconds on Stef by the finish line, which she reached in 1:30:23. She covered the final 5 km in 22:25. Platzer finished in 1:31:08. Alfirdi was satisfied with her 1:33:45 in sixth.

Alessandro Gandelli completed a double for the Italian team, beating teammate Ivano Brugnetti by more than a minute in 1:20:16. Hatem Ghoulia was again the third place finisher.

The first 5 km was conservative with seven walkers—Australians Luke Adams and Nathan Deakes, Ghoulia, Brugnetti, Gandelli, Latvia's Aigars Fadjevs, and Ivan Trotski, Belarus—together in 20:21.

The Australian and Italian duos pulled away and were together at 10 km in 40:51, still walking rather conservatively. The favored Deakes sought to take command as they started the third 5 km, but was awarded for his effort only with disqualification. Ghoulia made the next attack and opened a gap, but Gandelli soon responded. Got back in touch and made his own decisive move with about 3 km to go. The quicker pace had carried the pair through 15 km in 1:01:05. Walking with two warnings, he pulled easily away over the rest of the race and Brugnetti also caught Ghoulia for second.

Results of the two races:


**Russian Better's World 50 km Record**

Cheboksary, Russia, June 13—Denis Nizhegovodrov defended his Russian 50 km title today, bettering Robert Korzeniowski's world record in the process. The 23-year-old averaged 4:36:10 per 10 km as he raced to a 3:35:29 clocking, 34 seconds under Korzeniowski's world mark set in last year's World Championships. Nizhegovodrov was fifth in that race with his then personal best of 3:38:23.

In today's race, he walked off record pace through the first half, going through 25 km in 1:48:37. But, he had started "slowly" with a 22:05 first 5 km and then got into a groove that was pretty much right on world-record pace with successive 5s in 21:40, 21:34, 21:34, and 21:42. At that point, he apparently decided to throw caution to the winds and did the next three 5s in 20:39, 20:50, and 21:07—41:29 10 km and 1:02:36 in the middle of a 50! He paid the price on the final 10, slowing back to his earlier pace with a 21:42 and then "struggling" home in 22:34. Vladimir
Adams and Pollinger Win Junior Titles

College Station, Texas, June 26—Walking in steamy conditions that undoubtedly slowed times, Erica Adams and Zachary Pollinger came home first in the USATF National Junior 10 Km races today. Pollinger won as expected; Adams surprised Kat Hayes and Maria Michta who had beaten her in the World Cup Trials in April.

The men’s race was a Saturday morning affair after thunderstorms had forced its postponement from Friday evening. It was a three-man race, with Pollinger outlegging Jared Swehosky and Troy Clark to win in 48:22:40, about 1 1/2 minutes slower than he walked in much more favorable conditions in April’s World Cup Trials. Any hope of attaining the World Junior Championships qualifying time of 44:05 were dashed by the heat and humidity. His two rivals made a game race of it, finishing just 17 and 24 seconds behind him. Ricardo Vergara led the rest of the field strung out behind. Despite their loss, Hayes and Michta will represent the US in the World Junior Championships qualifying time of 44:05 were dashed by the heat and humidity. His two rival s made favorable conditions in April’s World Cup Trials.

His cross-country and indoor track teams in high school, and, this spring, captained his he s football. He was also a National finalist in the 2003 DECA national marketing competition. Besides Joseph Trapani, Walk USA and Terran Swehosky, Salem Track Club.

Other results

Wesleyan 19:41 12. Britteny Williams, Mount Marty 20:43 (Please note that six of the 12 are from Ohio–Malone and Rio Grande.)

Men's 5K同一届的冠军：
1. Patrick Stroope, Central Methodist 23:53:04
2. Matt Hein, Dakota Wesleyan 24:28
3. Caio Soares, Berry College 24:32
4. Jeremiah Guns, Mount Marty 30:39 (2 DQs)

Women's 5K同一届的冠军：
1. Annie Nemeth 7:57 (A Pittsburgh resident who just finished her freshman year at Providence College where she was named freshman swimmer of the year. Further demonstrating her versatility, she ran a 5:57 mile 2 hours after the walk.)
2. Marty 30:46 (2 DQs)
3. Matt Hein, Dakota Wesleyan 24:28
4. Caio Soares, Berry College 25:33
5. Jeremiah Gums, Mount Marty and Pam Murkowski 1:47:31
6. Lisa Sonntag and Will Presich 1:45:15.2

进一步证明了她的多才多艺，她在走完后还跑了5:57英里，2小时后再次出现。

20-30岁

- 19:41
- 19:41
- 19:41
- 19:41
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FROM HEEL TO TOE

World Cup Facts and Figures. (Courtesy of Steve Vaitones) Most Cup appearances: 11 by Sweden's Bo Gustafsson from 1973 through 1997 (his son raced the 50 this year); 10 by Michael Harvey, Australia from 1981 through 1999; 9 by Alessandro Bellucci, Italy, Martin Bermudez, Mexico, Dan O'Connor, USA, and Pavel Blazej, Czechoslovakia and Slovakia. Most Cup appearances women: 9 by Graciela Mendoza, Mexico, 1987-2004; 8 by Ilidio Ilyes and Maria Urbanik, both Hungary. Most years of National participation. Italy with 21; Great Britain 20, Sweden 19, USA 17, and Hungary 16. (The World Cup was first contested in 1961. This year was the 21st edition. It has been held at two-year intervals except for three-year intervals from 1967 to 1970, 1970 to 1973, and 1999 to 2002. Women's races were not included until 1979, so 2004 was the 13th edition. Australia, Great Britain, Italy, and the U.S. have contested all 13. 2004 participation: This year, 28 countries fielded at least one scoring team (at least three athletes) over the five races. There were 23 other countries that had representatives in the races, but no team scores. Some may have missed scoring due to DQs or DNFs. And, despite it being a team cup competition, a number of other counties only sent a handful of individuals. Races by the numbers: Women: In the 20 Km there were 30 personal bests and six national records (Australia, Germany, Czech Republic, Switzerland, Estonia, and Mauritius.) There were nine DQs and 11 DNFs. In the Junior 10 Km there were five personal bests and three DQs: Men: There were 11 personal bests in the 50, 12 DQs and 28 DNFs (three of those with two red cards). In the 20, there were 21 personal bests and three national records (Qatar, Mauritius, and Cameroon). There were eight DQs and 13 DNFs. In the Junior 10, there were six personal bests, five DQs, and four DNFs. Oldest competitors: Men's 20–Fabio Ruizzar, Slovakia, 51 years, 101 days. Men's 50–Gary Morgan, USA 44 years 115 days. Women's 20–Graciela Mendoza, Mexico, 41 years 40 days... World Cup commentary. (Also thanks to Steve V.) You never know with DQ calls. Theron Kissinger got one in the first lap of the 50 with no warning beforehand–he could tell that the particular judge had made the call and then nothing further. After that, he just smiled at that judge every time around. Deb Iden had one in the first lap and no further calls. Yet Jolene Moore was clean through 7.5 Km and then got all three posted and DQd before reaching 10. Zach Pollinger had two by 5 Km and it visibly affected his technique and performance, it's all part of being part of the big show. While trading pins were all the rage in the 1990s, particularly at the Atlanta Olympics, almost no one had pins to trade this year. (Ed. They were all the rage in the '60s, too. I came back from the Soviet Union and Poland in 1961 with all sorts of them from various sports clubs and trade unions. Got a lot more years later only to leave the hat I had...
University later.". Seaman honored. Following his 1:22:02 for 20 Km in Denmark (reported last month), Tim Seaman was honored as the USATF's Athlete of the Week. Walking greats toasted. At the IAAF Dinner following the World Cup in Nambourg five greats from the racewalking world were honored and presented with special plaques. Those honored included three from the former East Germany—Peter Frenkel, 1972 Olympic 20 Km winner, Hartwig Gauder, 1980 Olympic 50 Km winner, and two-time World Cup 50 Km winner, and Ronald Weigel, 1983 World 50 Km Champion, 1987 World Cup winner, and winner of two silver medals at the 1988 Olympics—as well as Maurizio Damilano of Italy the 1980 20 Km champion and two-time World Cup winner and Sari Essayah, Finland, the 1983 World and 1994 European 10 Km champion. Damilano is the current Chairman of and Essayah a member of the IAAF's Racewalking Committee. NAIA walks. Vince Peters, USATF Racewalk Committee Chair, reports that NAIA coaches have voted in favor of reinstating the racewalking at the indoor nationals. Vince feels that the need now is to get the number of walkers, both male and female, competing at the Nationals up to 16. To do this, he needs the help of the entire racewalking community. The coaches, at their meeting, have requested the assistance of volunteer coaches. If you live near an NAIA school, you can help by contacting the track coach and volunteering to come in work with the athletes on racewalking. Past NAIA champions include such all-time greats as Carl Schueler, Jim Herzig, Ray Sharp, and Tim Seaman. Perez makes it as a judge. But not of the walks. One of the judges at the recent Miss Universe pageant was none other than Ecuador's Olympic, World, and World Cup champion, Jefferson Perez. Clinic. The itinerant racewalking clinician, Dave McGovern, will be in London, Ontario September 17-19 to conduct an Advanced Racewalk clinic. Nothing but good reports on Dave's clinics. For more information contact Linda Pimentel-Knott, 519-437-6329, linda.pimental-knott@cibc.ca ...

Capt. Kevin Eastler, Racewalking
by MSGt. Chuck Roberts
(This article in the Airmen Magazine)

While other kids in Farmington, Maine were heading to Little League practice, 9-year-old Kevin Eastler was moving to the beat of a different drum.

He was following in the footsteps of his father and older sister, Gretchen. They were racewalkers and he knew that if he, too, worked and paid his dues, the sport of racewalking could ultimately lead to competition, what seemed to him at the time, distant lands such as Florida, where he flew for the first time to see his big sister compete.

Now, almost 20 years later, the Air Force captain continues the journey that could lead to Athens. His Olympic chances look good. He currently holds the fastest time among U.S. walkers (This article was written before Tim Seaman's race in Copenhagen.) and is holder of the second fastest time in U.S. 20 Km racewalking history with a time of 1:22:25.

"That would be the best thing. That's what I've been training for," said Captian Eastler, who trains full time in Auburn, Calif. as part of the World Class Athlete Program. His recent success makes him a heavy favorite to qualify for a position on the Olympic team, but he's taking nothing for granted. Soon after graduating from the Air Force Academy in 1999, he was ranked fifth in the nation and finished second at the Olympic trials in 2000 but was about three minutes off the qualifying time.

It's been a long four years filled with ups and downs as he prepared again for the Olympics. For a while, he had to combine training with his job as a missile combat crew commander at F.E. Warren Air Force Base, Wyoming., before joining the World Class Athlete...
Program. Juggling career and training was tenuous at times, but he said it’s also given him a better perspective.

"I think that’s made me a better athlete because it made me appreciate the time I now have to train, and has made me more efficient with my time," he said.

And, if he makes the team, he'll stand at the starting line in Athens with realistic expectations. Going for the gold isn't his primary goal. Although he doesn't rule out the possibility, he said he'd be happy with a top 10 finish. He's what you might call quietly optimistic. I'm pretty confident about it if everything keeps going well."

Walking in the Shadows

by Isabelle Carret

This article appeared in Issue #1 of the French magazine AthleNews. It was prefaced by the note "Every month we will present to you a profession in athletics, well known or less well known. This month's is about racewalking judges."

Seeing them approach is never a good sign. It means more like it's very bad news. Racewalking is done in such a way that the judge is the annoying part of it all. The one that’s often the one at the end of the race. Announcing elimination. A sort of Damocles’ sword sweeping over you at any instant. Even for those athletes giving the best walk of their lives. The image of the Australian Jane Saville at the 2000 Olympics in Sydney was such, as seen around the world. In the lead since the beginning of the 20 Km race (Ed. Not true. She inherited the lead when first Hongyn Liu and then Elisabett Perrone were shown the red card, she was just about to realize the dream of a lifetime: to become an Olympic champion in her home country. Nothing else could possibly happen, except... the intervention of a judge. Cautioned for the third time when coming into the Olympic stadium when she had all but won the race, she saw her dreams blown away in a fraction of a second. Just the time it took for a judge to brandish the well-known red card. So hard, so very hard.

Enough to stick the label of "big bad wolf" on racewalking judges. Beings with no heart. Yes, but there you have it, the sport has its rules and they must be respected. Especially in a discipline as technical as racewalking. The basic idea that racewalking remain racewalking and not become running. To this end, the racewalker has a commandment to which one must adhere: to be constantly in contact with the ground and to advance with straight leg movements. Contrary to running, at any time if neither foot is touching the ground it means a warning. And, after three warnings, the racewalker is disqualified. This is when the judge's decision becomes a delicate task, to be constantly in contact with the ground and to advance with straight leg movements. Contrary to running, at any time if neither foot is touching the ground it means a warning. And, after three warnings, the racewalker is disqualified. This is when the judge's decision becomes a delicate task, to say if there was contact or not. Not easy when in certain races, the athletes advance at 9 to 16 km/hr. To shortcut critics who have seen television images showing that racewalkers do consume a minimal amount of time suspended in the air, it was decided to only warn those racewalkers whose suspended movements could be seen by the naked eye.

This one decision allows the judges to be less criticized and to work more calmly. Which is hardly any luxury as the pressure sometimes remains very heavy upon their shoulders. Racewalking is, in effect, one of the only athletic disciplines in which the officials are an integral part of the sport. Through their warnings, they can completely change the performance of an athlete. The difference between having one versus two yellow cards is far from insignificant and obliges the racewalker to adapt his or her walking. "One must remain impartial and must not be influenced by other judges," explains Maelennke de Fliegh, a judge with two-years current experience. "The judge is the only one who can make the call," reminds Emile Herry, federal judge and President of the Brittany Regional Commission. "In an actual race, each judge is assigned a section of the race course and must remain independent from other judges. We are not

LOOKING BACK

40 Years Ago (From the Early Summer 1964 issue of the Midwest Race Walker, published by Chris McCarthy in Chicago) - Ron Zinn snapped Ron Laird's National Championship winning streak at four straight and extended his own winning streak in the National 10 to the same number. With reckless disdain for the blazing sun and temperature in the low 90s, Zinn covered the first lap of Chicago's Stagg Field track in 1:41 and went through the first mile in 7:01. Laird was at 7:16 with Jack Mortland also ahead of him. McCarthy reported Mortland came into the race expecting to finish second to Laird (Mortland doesn't recall that Memory is correct) and moved up behind Zinn for a repeat of their 1961 race at the Schenley Oval track in Pittsburgh. Mortland continuously challenged, but Zinn would always accelerate, refusing to be passed, while the overall pace faded in the heat. Zinn pulled away in the final two laps. Final result: Zinn 48:08.6, Mortland 48:42.2, Laird 49:49, Don DeNoon 50:39, Jack Blackbum 50:42. Mortland and Blackbum led the Ohio Track Club to the team title.

...Also a week earlier, Mortland beat Blackbum in a Columbus 5 miler, 37:54 to 39:07. Also Alex Oakley won the Canadian 50 Km in 4:45, 10 minutes ahead of Felix Cappella. Two weeks after the 10, Zinn scored another win over Laird in the National 2 Mile with his
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30 Years Ago (From the June 1974 ORW)--The Colorado Track Club duo of Jerry Brown and Floyd Godwin took one-two in the National 20 Km on Long Island. Brown's 1:33:34 left him 24 seconds ahead of Dave Romansky at the finish, but Dave had been DQ'd before 15 Km, though never properly notified. Godwin finished in 1:35:01, followed by John Knifton, Ron Daniel, and Bob Henderson. Three weeks later, Knifton won the 5 Km title in L.A., finishing 8 seconds ahead of Larry Walker in 22:23. Bill Ramsey, Tom Dooley, Daniel, and Ed Bouldin followed, all under 23 minutes. Carl Swift won the NSA 10 Km in 49:18.6 from Paul Ide and Jim Bean.

The National Junior 10 Km went to Steve Herman in 1:25:52, with Jim Murchie second... Bob Henderson... Three weeks later, Knifton won the 20 in 1:22:15. Anatoiliy Solomin, Boris Yakoev, and Felix Gomez also broke the old record of 1:23:32. (A

25 Years Ago (From the June 1979 ORW)--In Trials for the Pan Am Games, Marco Evoniuk won the 50 Km and Neal Pyke the 20. Evoniuk's 4:10:33 was nearly 10 minutes ahead of Vincent O'Sullivan, with Karl Johansen third. Pyke took command at the start and led all the way to win the 20 in 1:27:11, but Todd Scully was only 44 seconds back at the finish. Chris Hansen bettered 1:30 in third, with Larry Walker fourth, and Evoniuk, with only one day off after the 50, fifth. The races were held in Walnut, Cal. Sue Brodock won both the 5 and 10 Km races at the Women's Nationals, doing 24:07 on Friday and 50:33 on Sunday, both American records. Paula Kash, Chris Sakelarlos, and Sue Liers followed in the 5, and Liers, Sakelarios, and Esther Lopez in the 10. In Norway's annual Grand Prix, records fell to Mexicans in both the 20 and 50. Domingo Colon did 1:20:59 in the 20, leaving former world record holder Daniel Bautista some 80 seconds back. Anatoly Solomin, Boris Yakoloyev, and Felix Gomez also broke the old record of 1:23:32. (A 1:22:32 by France's Gerard LaLevee was pending approval.) Paul Gonzales did 3:41:39 in the 50, leaving Lealvee better than 16 minutes behind in second... Colon also walked a fast 50, 3:47:18, as Mexico won an international meet from West Germany, Sweden, Hungary, and Spain. Bautista won the 20 in 1:22:15.

20 Years Ago (From the June 1984 ORW)--Walking races a week apart, Marco Evoniuk won the U.S. Olympic Trials at both 20 and 50 in Los Angeles. The 20 came first, and Marco did 1:26:17, leaving Jim Heiring a minute behind. Dan O'Connor captured third in 1:29:12, with Sam Shiek fourth in 1:30:25. Evoniuk completely dominated the 50, winning in 4:02:25, nearly 12 minutes ahead of Vincent O'Sullivan. Carl Schueller was another minute back, but 1 1/2 minutes ahead of Tom Edwards. Randy Mimm and Troy Engle followed... The National 20, held just a week ahead of the Trials, didn't attract a very strong field, but Ray Funkhouser turned in good performance to win in 1:31:48, 2 minutes ahead of Gary Morgan. They were 7th and 16th the next week when the big guns showed up for the Trials... Debbie Lawrence won the women's 10 Km National in 1:19:01, beating Esther Lopez by 15 seconds. Susan Liers was third. Lopez did a 50:42 a couple of weeks later ahead of Teresa Vaill.

15 Years Ago (From the June 1989 ORW)--Soviet walkers were dominant in the World Cup, held in Barcelona, winning both men's and women's team titles decisively. China and Italy followed in the women's race, with the U.S. 9th. Italy and France were second and third in the men's competition, with the U.S. in 12th. The women's 10 Km winner was East Germany's Beate Anders in 43:08 with Australia's Kerry Saxby second and Italy's Ilena Salvador third. But the Soviets came fourth, sixth, and ninth to take the title. Lynn Weik and Teresa Vaill finished 21st and 23rd for the U.S., Lynn with a 46:38. The USSR was 1-2-3 in the men's 20, with Frantz Kostykoeveitch first in 1:20:21. Tim Lewis was 45th for the U.S. Australia's Simon Baker won the 50 in 3:43:13, but with 2nd, 3rd, and 5th, the Soviets sewed up the team title. Paul Wick led the U.S. with a 4:12:24 in 24th... Tim Lewis won his fifth straight U.S. 20 Km title in 1:27:19, 47 seconds ahead of Gary Morgan. Mark Manning was third. In the women's 10, Lynn Weik set a national record on the track with her 46:44.1, leaving Teresa Vaill nearly 40 seconds back. Maryanne Torrellas beat Debbie Lawrence for third.

10 Years Ago (From the June 1994 ORW)--In Norway, Mexico's Bernardo Segura walked a startling world record of 1:17:25.5 in the 20. Finishing fourth in the race, Allen James nailed the American record (track) with a 1:24:26... James also won the U.S. title, overcoming the Knoxville heat and Jonathan Matthews to prevail in 1:28:36. Jonathan was just 26 seconds back, with Andrzej Chylinski third in 1:30:05. Philip Dunn (1:31:05), Andrew Hermann, Dave McGovern, Tim Seaman, Gary Morgan, Herm Nelson, and Rob Cole (1:32:05) rounded out a very deep field... Lisa Sonntag won the Women's National 20 Km in 1:48:15 with Canada's Michele Daneau second in 1:49:34. At the same site, Albany, N.Y., Philip Dunn beat Ian Whatley for the men's 25 Km title, 1:58:05 to 2:00:39 (and what was with all the .05s). Marc Varsano, Andrew Hermann, and Mike Rohl followed.

5 Years Ago (From the June 1999 ORW)--Michelle Rohl bettered the American record as she won the Women's National 20 in Eugene, Oregon with a 1:33:16. That was 11 seconds under Joanne Dow's record. Dow was second in 1:35:01 and Susan Armenta third in 1:37:05. Danielle Kirk and Jill Zerner also under 1:40. In the men's race, Curt Clasen set a new meet record as he won in 1:23:44, 8 seconds ahead of Tim Seaman. Jonathan Matthews had 1:24:50, Andrew Hermann 1:25:52, Kevin Eastler 1:26:41, and Sean Albert 1:26:54... In the National Junior 10 Km, Tristan Ruaus (47:06.26) beat Justin Easter (48:43)... Michelle Rohl walked an American record 12:47:13 for 3 Km in Wisconsin... Andrew Hermann walked in the annual Naumburg, Germany 50 Km, finishing ninth in 3:58:57, making him the fourth U.S. walker under 4 hours for the year. The race was won by Viktor Ginko, Belarus, in 3:48:55. Also in Naumburg, Norway's Kjersti Platzer did 1:28:44 for 20 and Andreas Ern won the men's 20 in 1:22:05... In Turku, Finland, Robert Korzeniowski won a 20 from Russia's Ilya Markov, 1:18:39 to 1:18:50.