Tijuana Walks Open IAAF Racewalking Challenge Series

Tijuana, Mexico, March 19 and 20—The IAAF's annual Racewalking Challenge series got underway for 2005 with 20 Km races for both men and women on the first day and a 50 Km race for men on the second. Australia's Nathan Deakes and Germany's Melanie Seeger won the 20s and Norway's Trond Nymark the 50. The races were conducted on a 2-Km loop course.

Seeger, fifth in last year's Olympics, upset Australian Jane Saville and the defending Challenge winner, Italy's Elisa Rigaudo as she moved to a decisive win in 1:30:48. It was the first win in a Challenge race for the 27-year-old Seeger, who was ninth in last year's World Cup and eighth at the 2003 World Championships. Her coach, Ronald Weigel, a many-time medalist in international races, predicted great things for her last year, and perhaps that prediction is coming to fruition.

The fast-improving German took control of the race from the start and finished 80 seconds ahead Saville, who was third in the 2004 Olympic Games. She moved through the first 5 Km in 22:20 with a 16-second lead on Saville, Rigaudo, and Portugal's Susana Feitor. The rest of the field was already out of contention by that point.

Maintaining a steady pace, Seeger went through 10 km in 44:47, stretching her lead over the pursuing trio to 42 seconds. She continued to stretch the lead to an untroubled finish. Saville started to edge away from the other two at 15 km and eventually finished 16 seconds ahead of Rigaudo, who had another 22 seconds on Feitor. Saville's sister Natalie was a distant fifth.

The men's race was more competitive at the start, with Deakes trailing Mexico's Christian Berdeja by 2 seconds at 5 Km. The Mexican had a 20:23 pace at that point, there were four others within 8 seconds of the leader. Deakes began to assert himself over the next 5, passing 10 Km in 40:35, 27 seconds ahead of Mexico's Bernardo Segura and Spain's Juan Molina, who had Mexico's Eder Sanchez, Ecuador's Andres Choco, and Mexico's Bernardo Segura right on their heels.

At 15, Deakes was in command, going through in 60:46, 28 seconds ahead of Molina. The other contenders were six to eight seconds further back. Deakes slowed over his final 5, but his 1:21:28 at the finish still left him 17 seconds ahead of Omar Segura, who just edged his brother for second. Molina was a close fourth, but the others faded badly over the last 5 Km. Italy's 2004 Olympic champion, Ivano Brugnetti, who missed a month's training at the start of the year with a pelvis microfracture was never in contention and finished eighth.

Deakes, a bronze medalist at both the World Cup and Olympics, is now pointing for the World Championships in August. He expected strong competition from Spain's Javier Fernandez, silver medalist in Athens, but the Spaniard was a last-minute scratch. Also absent was Ecuador's Jefferson Perez, last year's World Cup winner, among his many honors. Perez is nursing a slight injury but expects to compete in the next Challenge leg in China.
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In the 50, Nymark scored an surprisingly easy win over Spain’s Jesus Garcia, a three-time medalist in the World Championships, with his 3:46:05 effort. Nymark, pulled along by Germany’s Andreas Erm was well clear of Garcia by 10 Km and had stretched his lead to over 2 minutes by 30 Km. However, he was more than a minute back of the German and that margin grew to 70 seconds by 35 Km. When Erm dropped out shortly thereafter, Nymark was on his way to his greatest win. The seven-time Norwegian champion was 13th in Athens and eighth in the 2003 World Championships.

The always consistent Garcia finished in 3:48:19, 2 minutes ahead of Mexico’s Omar Zepeda, who had a personal best in qualifying for the Mexican World Championship team. From 30 starters in the race, there were 14 who did not finish and three who were disqualified. Notable non-finishers, besides Erm, were Germany’s Andre Holme, Mexico’s Alejandro Lopez, Daniel Garcia, and German Sanchez, Ecuador’s Javier Moreno.

Results:

Women’s 20:

Men’s 20 Km:

South Texas Club flexes muscles in two national high school races; Peters scores one for Ohio


And Boyles Scores Another For Ohio at NAIA Meet


### Indoor 3 Km, New York City, March 4 - 1. Paul Schwartzburg 13:43.22.

### Other Results

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<th>Event Description</th>
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### April 10, 2005

- **Women's 5 Km, New York City, March 13 - 1. Sandra DeNoon 59:30**
  - 2. Edna Ramsay 58:52
  - 3. Beverly Burtun 58:40
  - 4. Sandra DeNoon 59:30
  - 5. Edna Ramsay 58:52
  - 6. Beverly Burtun 58:40

- **Women's 5 Km, Mobile, Alabama, March 20 - 1. Marcus Hencinski**
  - 2. Nicholas Burrows 56:15
  - 3. Barbara Mangum 58:26

### May 3, 2005

- **Women's 5 Km, Toronto, May 3 - 1. Holly Gerke 50:54**

### June 6, 2005

- **Women's 5 Km, Victoria, B.C., June 6 - 1. Karen Poon 53:23**

### July 7, 2005

- **Women's 5 Km, Edmonton, Alberta, March 5 - 1. Holly Gerke 50:54**
Women's 20 Km, Dudince, Slovakia, March 27-1. Hongjuan Song, China 1:28:37.2. Jing

Chinese Clean Up In Solvakia
Women's 20 Km, Dudince, Slovakia, March 27-1. Hongjuan Song, China 1:28:37.2. Jing

Join Fellow Heel and Toe Enthusiasts at These Venues
Sun. April 3  Pan-Am Cup 20 Km Trials, 10 Km Junior, Men and Women, Hauppauge, N.Y. (DD)
4 Mile, Denver, 9 am (H)
Mt. SAC Relays 5 and 10 Km, Pasadena, Cal. (Y)
Sat. April 9
North Region 10 Km, Columbia, Mo., (T)
Sat. April 16
10 Km, Seattle (E)
3 Km, London, Ontario (O)
Sun. April 17
15 Km, Kenosha, Wis.(F)
5 Km, Fair Oaks, Cal., 9 am (E)
Sun. April 24
Ron Zinn Memorial 10 Km, Wall Twp., N.J. (A)
Ohio 15 Km, Middletown (M)
Sat. April 30
North Region 8 Km, Wisconsin (F)
5 Km, Borgess, Mich., 8:45 am (BB)
Penn Relays, Men's 10 Km, Women.s 5 Km, Philadelphia (L)
Sun. May 1
5 Km, Littleton, Colo., 8 am (H)
Wed. May 4
1 Mile, London, Ontario (O)
Fri. May 6
Howard Wood Dakota Relays 5 Km, Sioux Falls, S.D., 2 pm (K)
5 Km, Durham, N.C. (BB)
Sat. May 7
Western Regional 5 Km, Aptos, Cal., California (J)
5 Km, Denver, 8 am (H)
Sun. May 8
South Region 10 and 20 Km, Raleigh, N.C. (B)
10 Km, Ft. Collins, Colo. (H)
Sun. May 15
USATF National Masters 15 Km, Riverside, Cal. (Y)
North Region and Jack Mortland 20 Km, Yellow Springs, Ohio (M) 10
and 15 Km, New York City, 8:30 am (G)
Sat. May 21
5 Km, Denver, 9 am (H)
5 Km, Denver (H)
Sat. May 22
N.J. 20 Km, Point Pleasant (A)
20 Km, Kenosha, Wis. (F)
South Region 20 Km, Pharr, Texas (D)
Cleveland Marathon, Cleveland, Ohio (S)
Sat. May 28
Art Keay Memorial Walks, 5,10, and 20 Km, Toronto, 11 am (V)
Alongi in Marin 5 Km, Kentfield, Cal. (P)
Pac. Assn. 5 Km, Sacramento, Calif. (J)
Sat. June 4 National USATF 10 Km and Junior 3 Km, Niagara Falls (R)
Sat. June 11 One Mile, Colts Neck, N.J. (A)
Long Island 5 Km, Farmingdale, N.Y. (D)
Sun. June 12 Ohio 10 Km, Yellow Springs (M)
Mon. June 13 5 Km, Long Branch, N.J., 6:30 pm (A)
Sat. June 18 Metropolitan 10 Km, New York City, 9 am (G)
Sun. June 19 Long Island 10 KM, Farmingdale (D)
Mon. June 20 5 Km, Long Branch, N.J., 6:30 pm (A)

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FROM HEEL TO TOE

Errata. Mistakes or typos in the Ohio Racewalker? Well, yes. We have a reputation to protect. Last month, we left the “u” out of Columbus in our e-mail address on page 2, causing consternation for one faithful reader and dear friend. And on page 9 we gave Dave McGovern’s e-mail address as .org rather than .com (Rayzwocker@aol.org) causing problems for a former faithful subscriber just getting back into the sport and into receiving

the ORW. Finally, on page 3 in the results of a New York City Mile race, we gave Bob Barret a time of 8:39 when it was actually 8:31.79. Well, that probably isn’t final, but it’s all that has been called to our attention. **Hugh Yeomans.** We received word from Ernestine Yeomans that her loving husband of 63 years, Hugh Yeomans, had died of pneumonia at age 89 on Jan. 20. Both Hugh and Ernie, residents of the Cincinnati suburb Wyoming, competed in racewalking for many years and were well known at Ohio races and at other venues, such as Niagara Falls, where they traveled annually for the National 10 or 15. In recent years, Hugh, always active in many sports, had turned to other competitive interests—running, biking, kayaking, rowing. The couple accumulated a roomful of Senior Olympic awards in a variety of disciplines, including racewalking. Natives of Canada (Hugh grew up in Bellville, Ontario), Hugh and Ernie were married in 1941 while Hugh worked of the Aluminum Company of Canada. Hugh was transferred to the New York office sometime after his service in World War II and the couple moved to Wyoming, Ohio in the early ’70s. Hugh will be missed by all who knew him and competed against him. **Indoor quotes.** Quotes from the racewalk winners at the US Indoor Championships, reported last month: Amber Antonia: “My goal was to come in here and win. I am so excited that I broke 13 minutes to PR. I knew I could, but didn’t expect to do it here. This was a great race because all the competitors were up there challenging for the lead. We have some tremendous talent out there and this is great for women’s racewalking.” Time Seaman: “It was tough out there. After the Olympics, I’ve had to deal with a couple of injuries and it’s been tough to motivated myself. I have a typical racewalker’s injury where it hurts my shin when I point my big toe and it causes pain. I think I need to rest it for a while.” (Ed. But not for too long, I guess, since he competed in Tijuana). **Off the hook.** Yes, your editor is off the hook for publishing the information of John Kelly’s significant honor (see Feb. Issue). Kati writes: “The Ohio Racewalker arrived today and John with his usual great interest started reading—his face did get red—and then even redder! Oh, yes, he was indeed embarrassed but did forgive me so our marriage is still very much intact and going strong!” So with this that assurance, I will now take the risk of publishing the song that was composed in his honor and sung at the award ceremony. I’m sure those that know John (and who doesn’t) will enjoy it even if John might get redder still.

Near a village in Tipperary stands a castle all forlorn
There one October morning John Kelly he was born
His parents took him to the chapel at the font there by the door
The priest blessed his little fellow, welcome John to famed Loughmore

And the chapel bells were ringing like the birds on every bough
Joyous notes of exclamation wondrous words of expectation
Greet the son of Kocknagow

He ran to school each morning despite weather cold or fine
 Setting seed for future travels barefoot by the railway line
Those youthful years passed quickly long summers thro’ to fall
John lived and loved the beauty round the hills of Killenaule

Where the cuckoo call is ringing, thro’ valley vale and glen
Wakening flowers of God’s creation nature’s time for celebrations
Thank the Lord our God for spring
Twenty summers swiftly passed, John left his native shore
Thro' London to Australia he little knew what lay in store
The "Golden Gloves" at twenty-four the master in the ring
London Mexico and Columbia his praises all would sing
The greatest race awaited in distant Ohio
And he won the race that mattered, when Kati said "I do"

And the wedding bells were ringing to the heavens up above
Time for joy and celebration happiest pair in God's creation
Lit their eternal torch of love

To night Tipp'ryary has gathered to place your famous name
With "immortals" gone before you listed in this "hall of fame"
We salute Tipp'ryary's champion all honors in your store
God bless you Tipp'ryary for this son from famed Loughmore

So this song we are singing raise our voices loud and now
"Tears of joy-congratulations", you have sold Tipperary to the nations
John Kelly the pride of Knocknagow, Knocknagow.

Racewalkers Win Finnish Pole Walk Championships

Special to the ORW from Harry Siitonen

Some of you may have heard of the Nordic pole walking craze in Europe, particularly in Finland, the Scandinavian countries, and Germany. Instead of swinging your bare arms as you walk, you swing a pair of adapted ski poles as you walk (not running), touching the ground with the poles every step. Mostly a recreational activity.

Well, on March 20, the held the unofficial Finnish National Nordic Pole Walking Championships, covering a 9.6 km course at Seinajoki.

The men's and women's winners were members of the Finnish junior national racewalking team. Jarkko Kinnunen, 21, of Jalasjarvi, was the men's winner in 59:42 (takes a bit longer than in standard racewalking). Marika Ojanpera, 21, also of Jalasjarvi was the women's titlist in 1:06:22. Nillo Halonen, 19, also a leading junior racewalker, was second in the men's division in 1:02:44.

We hear of racewalkers frequently competing as distance runners. American racewalking notable Ray Sharp was once a mean cross-country skiing competitor and instructor. And yours truly used to participate in mini-triathlons, swimming, biking, and racewalking the running leg some 20 years ago for his weekend torture.

But wait—that ain't all. The unofficial World Nordic Pole Walking Championships are scheduled to take place at Maskyu, Finland on April 24, 2005. A past Olympic cross-country skiing gold medalist, Mike Myllyla, plans to compete, promising to leave his skis at home this round. Maybe Ray Sharp should think of entering. With both cross-country skiing background (using poles) and a stellar racewalking history (sans poles), Ray might surprise them all when the dust clears at the finish line.

Nizhegorodov Has Long-Range Plans

IAAF Release by Nikolai Dolgopolov and Rostislav Orlov

Olympic 50 Km silver medallist Denis Nizhegorodov, who is only 24, is already
viewed by many in Russia's racewalking community as the favorite for the 2008 Olympic Games. Nizhegorodov, who comes from the little, out-of-the-way settlement of Aleksandrova in the Mordovian Republic, turned out to be one of the heroes of the Athens Olympics. The dramatic finish in the 50 Km race in which this thin, gentle guy staggered exhausted and dehydrated towards the stadium, first made the public tremble at his suffering and then applauded his courage. For the last 1.5 km of the longest distance in the whole athletic program, he was struggling not only with Robert Korzeniowski, but with the heat as well. Exhausted and practically out of his mind, he collided with the barriers on the course and nearly fell down.

"If I had fallen," Nizhegorodov admitted, "I would not have been capable of getting up. So I grabbed all the consciousness I had left and managed to go on." As soon as he crossed the finish, the inevitable fall came, and his relatives back home in Russia watching on TV were convinced he had died.

He had felt that he was on the verge of dying 8 kilometers before the finish line. The 35 degree heat (95 F) and the 80 percent humidity taking a heavy toll on a guy who was more used to cold weather. "It was like being in a steam bath, I've never experienced such a feeling. And I do hope I never will again."

Maybe the struggle with Korzeniowski, who was rushing relentlessly to his fourth Olympic victory, was too much of a good thing for Nizhegorodov. He tried his utmost to beat the Pole and due to those efforts, the duo left a crowd of opponents far behind. So, what was in his mind just prior to the finishing line? Only the words of his coach, which had been shouted to him 2 km from the finish: "Try it, be patient, you'll do it!"

Despite unbearable pain in every part of his body, Nizhegorodov managed to get up off the track after the finish, and was first approached by the gold medallist 'Robert the Great' whose congratulations couldn't have been clearer. "The next Olympics are yours!"

But, it is difficult to say what will happen in 2008 in the Chinese capital. Yes, in July of 2008 Nizhegorodov will be only 28-years old. That's the flourishing age for athletes contesting the 50 Km distance. In Athens, he was the youngest of those who started at the longest distance in athletics. It was only his fourth performance at 50 km, and of the other three races, all were 'big time'-twice he had won the Russian national championships, and he had placed fifth at the 2003 Paris Worlds.

Coach Victor Chegin considers it is senseless to set any limits on his pupil's abilities. The doctor who measured Nishegorodov's blood pressure and pulse beat after the finish in Athens was amazed. The athlete who was absolutely broken after the finish, recuperated very quickly and after half-an-hour was back to near normal.

Nizhegorodov only started racewalking 6 years ago. Originally, he was coached by his father, a teacher of physical culture in the village school, who was sure that his son would be an excellent runner. Gennadiy Ivanovich Nizhegorodov was a runner himself and even won a Mordovian Republic title. But still it was not by chance that his switch to racewalking, as another villager, Yevgeniy Maskinskov, had won the Olympic 50 km silver medal in 1956 in Melbourne.

It was this reason why Nizhegorodov's father made up his mind to introduce his son to the well known coach Victor Chegin—the founder of the famous school of racewalkers in the city of Saransk. In the Republic of Mordovia, racewalking is the most favorite national sport. Chegin immediately accepted the new disciple into his school, realizing Nizhegorodov's potential was enormous.

It is also important to remember that in Athens, Chegin celebrated a double success, as the bronze medal was won by another of his athletes, Aleksey Voyevodin. Voyevodin started racewalking only at the age of 20 in 1990 and along with Nizhegorodov does not like

LOOKING BACK

40 Years Ago (From the March 1965 ORW)—This was the first ever edition of the ORW, as discussed last month. In it, we reported Dr. John Blackburn as the winner of the New Year's Eve 6 Mile Handicap, which became the First Annual race the following year when we conducted the second annual. With a 5-minute start, Doc finished a full minute ahead of son Jack in 49:32. Jack's 50:32 was the first time on the rather treacherous course (including a mudrun) at the Indian Village Day Camp where Jack lived at the time. Nearly 30 seconds behind came a hobbling Jack Mortland... Later, however, Mortland won the first-ever indoor walking race in Columbus, a 2 miler, in 14:49, beating Jack B by 0.1 second... Blackburn came back a month later to beat the Mort outdoors, 14:21 to 14:24... In between, Mortland captured a 10 miler in 1:20:48. As you can see, all we had in that first issue was local stuff, but that quickly changed.

35 Years Ago (From the March 1970 ORW)—There were two American records to report. Larry Walker did 13:20.2 for 2 Miles (outdoors) and Dave Romanksy covered 20 Km on the track in 1:30:12. In that race, Steve Hayden was second in 1:32:06 and John Knifton third in 1:35:53. Romanksy covered his final mile in 6:55... Greg Diebold won the IC4A indoor 1 Mile in 4:41, beating Clarence Bushart by 1 second... Bob Kuchar won the National Junior 50 Km in 5:18:57.

30 Years Ago (From the March 1975 ORW)—Paul Stewart won the IC4A indoor mile title in 3:50:12. This collegiate race is no longer contested... Karl-Heinz Stadtmuller stormed around an indoor track in East Germany to complete 10 Km in 41:37, a world's indoor best... We published a brief capsule of the ORW history, noting that we started out charging $1.20 per year.

25 Years Ago (From the March 1980 ORW)—Todd Sealy won the first ever National Athletics Congress walking title (they were previously National AAU titles and are now USAATF titles) as he captured the Indoor 2 Mile in 12:35:1, just 3 seconds off the world's best. Jim Heiring, who won on to win a few titles of his own, was second in 12:43:3, with Bruce Harland third in 13:07 and everyone else way back... The women's 1 Mile went to Sue Brodock in 7:06.9, ahead of Sue Liers in 7:11.3 and Ester Lopez in 7:21.8. (Ed. In later years
in this Looking Back feature, I suggested that the chances are Brodock actually won the first TAC walking title, since the women's race usually went off first. I then asked for anyone who was there to provide the definitive answer to this provocative question. If I ever received an answer, I have forgotten it. So, I'll pose the question again--who was first, Todd or Sue?... Scully also won the Olympic Invitational 1500 meter race in 3:41 and the IC4A 1 mile title went to Jerry Katz in 3:30.5, ahead of Mike Morris, Gerald Pollet, and Troy Engle, all under 3:45. Heiring had a quick 4:53.4 for 10 Km in California, with Dan O'Connor recording the same time... Carlo Mattioli had an 18:59.2 indoor 5 Km in Italy, and lots of Russians went under 40 minutes for 10 Km indoors, led by Viktor Semenov's 39:21.

20 Years Ago (From the March 1985 ORW)-Marek Evoniuk was an easy winner in the TAC 20 Km race with a 2:18:40 in Monterey, Cal. Sun Shick trailed by more than 6 minutes, with Steve DiBernardo right on his heels. Lori Maynard won the women's race in 1:58:07, just over a minute ahead of Jolene Steigerwalt. Mary Baribeau was third in 2:00:27. Tom Edwards broke the American indoor 5 Km record in winning the Intercolligate at Princeton in 20:17.55. Ed O'Rourke was second in 21:22. Ray Funkhouser covered 20 Km in 1:30:07 in Long Branch, N.J.

15 Years Ago (From the March 1990 ORW)-Michail Schennikov (19:45.28—rather pedestrian for him) and Igor Plotnikov (19:48.71) finished one-two in the 5 Km at the USA-Great Britain-USSR indoor 5 Km in Cosford, England. Britain's Andy Drake was third in 19:57.72 and David McGovern fourth in 20:57.68. Gretchen Eastler (7:23:84) and Paul Tavares (6:30:39) won National Scholastic 1 Mile titles in Syracuse. Tim Seaman was fourth in the boy's race.

10 Years Ago (From the March 1995 ORW)-Michelle Rohl and Allen James won US Indoor titles in Atlanta. Michelle's 13:04.99 left Victoria Ilerazo 7 seconds back in the women's 3 Km, with Joanne Dow third. James took the 5 Km in 20:16.47, 13 seconds ahead of Jonathan Matthews, with Rob Cole another 7 seconds back. Chad Eder and Gary Morgan were also under 21 minutes in fourth and fifth. Mexico's Graciela Mendoza beat Rohl to win the Pan American Games 10 Km in Argentina with a 46:31.93. Michelle had 46:46.52. James won the Millrose Games Indoor 1 Mile title in 4:52.75 with Matthews just 3 seconds back. Wojciech and Lukasz Szela were third and fourth ahead of Gary Morgan and Sean Albert, all between 6:03 and 6:10. (And what has become of the Szela boys who flashed brilliantly on and off the scene?) Kevin Eastler did a 6:11.98 to win the National Scholastic Mile in Syracuse. Lisa Kutting won the girls race in 7:24.67. Mikhail Schennikov set a World's 5 Km Indoor record with an 18:07.08 in Moscow. Kerry Stucky and Nick A'Heurn won Australian national titles at 20 and 20 Km in 43:53 and 1:22:35.

5 Years Ago (From the March 2000 ORW)-Tim Seaman won his third straight National Indoor 5 Km title in 19:32.11, leaving Curt Clausen nearly 22 seconds back. Al Heppner was a distant third. Michelle Rohl won the women's 3 Km title in 12:51.17, 18 seconds ahead of Jill Zemer with Debbi Lawrence third. In Lima Peru, Andrew Herrman finished a centimeter or so behind Olympic Champion Jefferson Perez in a 20 Km as both clocked 1:30:50. Curt Clausen was third in 1:31:24. The next day, Clausen captured a 35 Km race in 2:57:55, both races contested in very hot conditions. Sara Stevenson won the NAIA Indoor 3 Km in 14:02.85, a minute ahead of Katie Rulapauch. The men's race went to Lachlan McDonald in 13:04.48 and his U. of Wisconsin-Parkside mates, Matt DeWitt, Steve Quirke, and Jim Heys took the next three spots. Jesus Garcia won the Spanish 50 Km title in

The First Olympic 50 Km, August 8, 1932, Los Angeles

1. Thomas W. Green, Great Britain 4:50.10
2. Janis Dafins, Latvia 4:57.20
3. Ugo Frigerio, Italy 4:59.06
7. Henri Quintrie, France 5:27:25
8. Ernie Crosby, USA 5:28:02
9. Bill Chisholm, USA 5:51:00
10. Masin, Estonia, no time recorded

Schwab did better four years later finishing second to Great Britain's Harold Whitlock (4:30:41.4) in 4:32:09.2. The first 14 broke Green's initial Olympic record and 26 finished.

And here is Thomas W. Green, as he appeared cigarette card, which was among those Shaul Ladany sent me copies of a couple of years ago.