U.S. Pan-Am Cup Teams Selected

Hauppauge, N.Y., April 3—In Trials to select the U.S. teams for the Pan-American Cup Racewalks in Lima, Peru, May 7-8, junior walkers Maria Michta and Zac Pollinger had the outstanding performances. Michta shattered the US Junior record as she finished in 48:15. Pollinger was nearly as impressive with his 44:43 win in a race in which he was never challenged. Wins in the 20 Km Trials went, not surprisingly, to Tim Scaman and Joanne Dow.

Michta was 2 ½ minutes under her personal record and bettered the US Junior record set by Robyn Stevens in 2002 by 1:20. On the way, she also bettered Stevens US Junior 5 Km record (24:11) as she passed that point in 23:44. With guests from Canada and Puerto Rico in the races, Maria's only challenge came from Canada's Rachel Lavallee, and that was not a serious challenge.

Michta went through the first 2500 meters in 11:54, with Lavallee just 2 seconds back. When Maria stepped the pace up slightly on the second 2500 (11:50), the Canadian reluctantly gave up the chase, trailing by 26 seconds (24:10) at the 10 Km mark. Though slowing slightly on the next 2500 (25:48 at 7500), Michta continued to pull away and led by 49 seconds at that point. Both girls felt the effort on the final 2500 as the pace dropped further and Lavallee actually gained 1 second by the finish, but Michta was never in danger. Katy Hayes finished second in the Trials race, more than 5 ½ minutes behind the speedy Michta.

Pollinger received even less challenge, but still managed to accelerate through the middle stages of his solo effort. Canada's Luc Menard stayed with Zac for the first 2500 meters, which they hit in 11:30. Puerto Rico's Noel Santini (11:50) and the second U.S. walker, Jared Svehosky (12:00) were third and fourth, with the rest of the field already fading.

When Pollinger blasted an 11:05 for the second 2500, Menard gave up the chase and was joined by Santini and Svehosky at 23:26, 51 seconds behind Pollinger. If there was any doubt of the outcome, Pollinger settled it with a 10:59 for the third 2500 that put him better than 1 ½ minutes ahead of Menard. With no one to push him, he slowed slightly from there to the finish (1:37:09) but stretched his lead further.

Menard seemed to have second place secure as he pulled 20 seconds ahead of Santini by 7500, but the Puerto Rican dug in to cover the final 2500 in 11:02 for a 46:30 at the finish, 23 seconds ahead of the Canadian. Svehosky could not keep pace with those two and at 7500 was only six seconds ahead of Puerto Rico's Joe Bomih. But he finished strongly as the Puerto Rican faded and took the fourth spot (second American) in 47:11. Third for the U.S. was Christopher Diaz, who finished sixth in 49:44.

In the women's 20, Dow had a great dual with Amber Antonio for 15 km, before she pulled away to win by more than a minute-and-a-half in 1:37:04. Antonio, in a comeback year, was impressive as she finished in 1:38:47, her best performance since 2002. The two
The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $12.00 per year ($15.00 outside the U.S.). Editor and Publisher: John E. Jack Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit Street, Columbus, OH 43202. E-mail address: jmortal@comcast.net. Approximate deadline for submission of material is the 24th of each month.

were joined early by Deb Huberty with splits of 11:53, 23:44, and 35:47. (Actually, Teresa Vaill led at 5 km in 23:21, but then dropped out of the race. No report on why.) The pace was slowing, but Huberty had to give up the chase. When Dow and Antonia passed 10 km in 47:55, they were on their own, with Huberty 38 seconds back and Canadas' Marina Crivello 70 seconds behind her in fourth.

Antonia stayed with the veteran Dow for another 2500 meters (1:00:02), but then Dow started to pull away and at 15 km (1:12:09) was 26 seconds ahead and on her way to an easy win. Huberty stayed well clear of Crivello to take the third spot in 1:40:58.

Tim Seaman was on his own from the start in the men's 20 km and built up a 19 second lead on John Nunn and Michael Tarantino over the first 2500 meters (1:30:00). He continued to stretch the lead the rest of the way and ultimately beat Nunn by 4½ minutes, with Tarantino another 1¼ back. As a matter of fact, as I look at the splits now, I see Tim's splits for the first 10 km match those of Zac Pollinger, so apparently the 10 and 20 were walked together and Zac wasn't exactly on his own as he accelerated during the race, not that this detracts from his performance. Tim did beat him by 1 second at 10 and then walked 43:50 for his second 10.

Theron Kissinger and Ed Parrot took the fourth and fifth spots in the Trials race. Notable absences were Kevin Eastler (Air Force duties?), the semi-retired Curt Clausen (law school), Ben Shorey, Matt Boyles, Steve Quirke, and Sean Albert. Shorey and Boyles are still in school, which we presume, would have prevented their going to Lima. Not sure if Quirke and Albert are planning to compete this year. The first four in the 20 km qualified for the Pan-Am Cup trip. However, Dow is not going, which sets up a three in the Junior 10s qualified for the Pan-Am Cup trip.

Fernandez, Turava Shine At Rio Maior

Rio Maior, Portugal, April 3 (IAAF Release)–European champion Francisco Fernandez and Belarusian Margarita Turava fought off a tremendous assault by strong Chinese squads to lift the men's and women's 20 km titles at the second leg of the IAAF Racewalking Challenge 2005. The races were of the top-most quality, which was all the more remarkable as the weather conditions were terrible with heavy rain soaking the competitors.

The men's 20 km witnessed a close battle between Fernandez, the reigning European 20 Km champion who was second at the last World Championships and Olympic Games, and Australia's Olympic bronze medalist Nathan Deakes, who won the first leg of this year's Challenge in Tijuana. The pair held off a strong posse of Chinese walkers.

Fernandez, who had his coach, Poland's four-time Olympic champion Robert Korzenowski, at the side of the course for encouragement, crossed in 1:19:02, with Deakes just 13 seconds behind. Third was China's Chaoqong Yu in 1:19:39.

In the women's race, Turava, who has sped to a world indoor best for 5 km this winter (20:37:77), was in equally superb shape outdoors. The 24-year-old, with a previous personal best of 1:29:06, sliced into top world class with a marvelous 1:27:19 national record win. In the process of winning with the year's fastest performance, Turava defeated a string of the world's best, including the Chinese Hongjuan Song (1:29:01), the world's quickest in 2004, and Liping Wang (1:30:06), the 2000 Olympic champion.

Also succumbing to Turava were Italy's Elisa Rigando (1:30:48), the defending race champion and 2004 overall Challenge winner, who was sixth, and Olympic bronze medalist Jane Saville of Australia, who was seventh.

Portugal's best racewalker, Susana Feitor, who was fourth in Tijuana, was over 2...
Deakes Wins Third Leg; Then A Chinese Deluge

Cixi, China, April 23 (Based on IAAF Release) - It was a great day for Nathan Deakes in the third leg of the IAAF Challenge, but even a greater day for the Chinese with an awesome display of racewalking talent for both genders in the 20 Km races. The Chinese women swept the first eight places, all under 1:29 and had three others under 1:30. The men had 14 finish under 1:20. Admittedly, there were only a few walkers from outside of China, so their dominance of the placings might be written off, except that they buried most of the world class walkers that did show up and with times that would have buried many others had they shown.

The exception was Nathan Deakes, who won the men's race (but not easily) giving him two firsts and second in the three Challenge races to date. The Aussie ace walked the fourth fastest time in history as he won in 1:17:34, a time bettered only by Jefferson Perez (1:17:21), Francisco Fernandez (1:17:22), and Vladimir Stankin (1:17:23).

In rainy conditions, Deakes did not get his win easily, because, as expected, last year's winner of the IAAF Racewalking Challenge in Kunshan, Hongjun Zhu, fought until the very end, finishing only 7 seconds behind Deakes. The 21-year-old Zhu, who had recently missed the Asian record of 1:18:32 set by Zhen Li in 1997, with his winning result of 1:18:37 in Dunedin, Slovakia in March, bettered that result by a margin of 56 seconds. His 1:17:41 puts him fifth on the all-time list. In third, 22-year-old Zhide Cui finished in 1:17:52. Six more Chinese walkers followed, the final one in 1:18:39. Mexico had a strong contingent, but the best they could manage was tenth and eleventh, although Noe Hernandez and Eder Sanchez could not be upset with their times of 1:18:51 and 1:19:02. Australia's Luke Adams was thirteenth and Mexico's David Berde fourteenth, followed by six more.

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Other Results

From Other Lands

Rachael Vanderzwet 7:47.4
Don Ramsden 8:54.8
June-Marie Provost (71) 10:20 (7 finishers, 2 DQ)

1500 meters-I.
Nancy Leo (55) 8:35.4
Stuart Summerhayes (71) 8:49.3
Kitty Cashman (44) 17:09.4

26--1.
Bob Cella (67) 8:48.4
Corey Abbate (13) 8:58.3
Steve Kimmel (56) 9:08.6
Lojza (65) 34:10 5

Lodo, Col., March 13-1.
Cristal Mendoza 11:16 2.
Diana Flores 10:40 2.
Carolyn Valadez 1:18 Girl's 15-1.
Maria Villareal 10:24 Girl's 15-1.

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**Set Your Pace At A Walking Race**

**Wed. May 4**
1 Mile, London, Ontario (O)

**Fri. May 6**
1 Mile, London, Ontario (O)
5 Km, Denver, Cal. (J)
10 Km, Ft. Collins, Col. (H)
2.8 miles, Seattle, 9 am (C)

**Sat. May 7**
Howard Wood Dakota Relays 5 Km, Sioux Falls, S.D., 2 pm (K)

**Sun. May 8**
5 Km, Durham, N.C. (BB)

**Sun. May 14**
2.8 miles, Seattle, 9 am (C)

**Sun. May 15**
Western Regional 5 Km, Aptos, Cal. (J)

**Fri. May 20**
1 Mile, Houston (L)
5 Km, Denver, 9 am (H)
5 Km, Thornton, Col., 8 am (H)

**Sun., May 22**
1500 meters and 3 Km, Columbus, Ohio (T)
20 Km, Kenosha, Wis. (F)

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1 Mile, Houston (L)

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FROM HEEL TO TOE

More pole walking. Last month, Harry Siitonen provided us a report on the Finnish pole walking championships. Here is an update from Harry. Well, the unofficial "Nordic Pole Walking 10 Km World Championships" did come off at Masku, Finland on April 22. Not all that global, since all contestants, but for a 58-year-old woman from Estonia, were Finns. As might be expected, the winner was former World Champion 50 Km cross-country skiing champ Mika Myllyla, 36, in 54.43. Since there was no snow on the ground, he was handicapped by having to leave his skis at home and had to depend on his poles and his walking legs alone. Mika's victory was not all that overwhelming. For not far behind in second was Petri Ylenen in 54:44, and the bronze went to Aki Ijas in 57:29. Anu Hellimäki of Turku is the first woman's "world champ" in this new event in 1:07:29. Eija Sorsa-Ranta, 36, was second in 1:08:42, and Reeta Rantanen, 36, was third in 1:09:33. Hurray for young Reeta!

So, what happened to our Estonian entry, who braved this solid wall of Firm's? Aino was second in 1:08:42, and Reeta Rantanen, 36, was third in 1:09:33. Hurray for young Reeta! Tury for our Estonian entry, who braved this solid wall of Firm's? Aino was second in 1:08:42, and Reeta Rantanen, 36, was third in 1:09:33. Hurray for young Reeta!

Wayne Armbrust notes, "I knew Gary Stoner fairly well during the years he was at Central Methodist. He was a very good coach that kept his athletes' best interests foremost. Gayle (Johnson) and I are very sorry to learn of his passing." Relay teams of 8 to 12 walkers compete in the event. "No other relay event in the Northwest is designed exclusively for walkers of all levels by walkers," said organizer Judy Heller, a personal fitness trainer. "Whether you're a first-timer, an accomplished relay walker, or avid racewalker, the Williamette Valley Relay is a great way to commit to training to go the distance while having fun." The relay features a postcard-perfect, 135-mile route, highlighting the region's history, beauty, and agriculture. Walkers will stride through four parks, five counties, one wildlife refuge, and eight Oregon towns in two summer days. You can download registration applications at www.wondersofwalking.com. Entry deadline without paying a late fee is May 15.

Junior camp. Tom Eastler reports: "The Junior racewalking camp to be held on the week of July 4 in Bar Harbor, Maine is taking great shape. Gary Westerfield has graciously accepted the position of head coach at the camp and will be assisted by a number of well-known coaches. He and his large, talented staff plan to take 15 each of the best Junior boys and girls in the US (and possibly other North American countries) and guide them to new heights in racewalking. Now, here's the rub! The cost to house, feed, and transport each athlete for one week will amount to $500. That sum will cover dormitory housing and meals at the College of the Atlantic, use of vans for transportation, and use of the nearby track and field complex for all workouts and for the Junior National 5 K on Saturday, July 9. The fee will also cover course materials, race materials, first aid coverage, medals, insurance, and all of the usual activities associated with 24/7 coverage of teen athletes. That $500 is a significant chunk of change for most anyone, so perhaps a group of walkers, or a club, would be able to raise enough funds to sponsor one or more athletes. No matter how it is done, we can make a real statement of our support for a large group of up-and-coming elite Junior walkers who will one day bring gold to the US in both the men's and women's Olympic walks." Groups or individuals willing to support a walker can contact Tom at...
Many sponsors will be able to monitor that walker during the event and will be encouraged to continue to follow the walking exploits of that athlete long into the future.

Manure. Thanks to Bob Carlson in Colorado for supplying this very important historical fact, totally unrelated to racewalking, but certainly of universal interest. In the 16th and 17th centuries, everything had to be transported by ship and it was also before commercial fertilizer's invention, so large shipments of manure were common. It was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, it not only became heavier, but the process of fermentation began again, of which a byproduct is methane gas. As the stuff was stored below decks in bundles you can see what could (and did) happen. Bundles began to build up below decks and the first time someone came below at night with a lantern—BOOOOOOM! Several ships were destroyed in this manner before it was determined just what was happening. After that, bundles of manure were always stamped with the term "Ship High in Transit" on them, which meant for the sailors to stow it high enough off the lower decks that any water that came into the hold would not touch the volatile cargo and start the production of methane. Thus evolved the term "S.H.I.T." (Ship High In Transit), which has come down through the centuries and is in use to this very day. You probably did not know the true history of this word. Bob adds, "Neither did I. I thought for it was a golf term."

Frank Alongi and the Alongi In Marin Classic
by Jack Bray

(Frank Alongi, in addition to all you will read about him below, is a long-time subscriber to and supporter of the Ohio Racewalker. We are pleased to run this article about him and the annual racewalking weekend that honors and features him.)

On May 29-30, Dr. Frank Alongi will be in Marin, California for the 12th year. Each year the Alongi in Marin 5 K Classic is the largest racewalking event in the Pacific Association and the biggest club event on the West Coast. In addition to the featured 5 Km racewalking event, there is a 1500 meter novice race and an awards picnic afterwards. Activities also include a pasta dinner on Saturday night and racewalking seminars on Monday. Each year, Frank Alongi journeys from Michigan to lend his expertise in the sport to these activities.

Frank is well known as a coach of Olympians, and IAAF judge, and the author of many articles and booklets on the technical aspects of racewalking technique and judging. He organized the first five Junior RW Camps in the U.S. Over the years he has worked very hard to promote the sport—spending hours of volunteer time and his own funds to bring the best to the sport. He worked with the young American Olympians in Colorado Springs and with the youth camps with Tom Eastler in Maine.

In connection with his races both in Michigan and Marin, Frank has brought in young athletes from Europe and Mexico, hoping that we racewalkers in the US could learn something from them. These young people worked out with the participants and the club members, sharing their knowledge.

Last year, Frank arranged for two young Olympic hopefuls from his native Italy to join in the Alongi Classic weekend. In addition to showing us great technique at workouts and seminars, they showed us great competitiveness in the Alongi Classic 5 Km.

Some background on Frank comes from an article in the Detroit Free Press: "Frank Alongi is one of the world's most respected racewalking coaches. When he left Italy in 1956, his goal was to work in El Salvador. 'But I met a top Chrysler auto body stylist on the boat who convinced me that El Salvador was too dangerous, so I went to work for Chrysler in the U.S.,' Alongi said. After about 5 years with Chrysler and five with NASA working on the lunar landing module, Alongi went to work for Ford in 1964. Since landing in the U.S., Alongi also has devoted his time, energy, and money and considerable skills to coaching young track competitors, formally and informally. Alongi's engineering background is one key to his coaching skill. His 1951 doctoral dissertation compared the techniques of three racewalking styles, concluding that racewalking was a pushing-off rather than pulling motion."

While in Italy, Frank was a Technical Assistant for the Italian Olympic Committee in track and field events. He was the head official and umpire for the racewalks at the 1984 Olympics in Los Angeles. For many years he was the racewalking coach for the US Junior Racewalking Camps in Maine and Michigan. He was the USATF Officials Chair for Michigan. In that capacity, he gave basic instruction and more for all track and field events. In addition, he trained the Detroit police force in martial arts. For many years, he coached the best masters racewalking club in America—the Wolverine Pacers.

For 19 years, Frank hosted a major international racewalking event in Dearborn, Michigan—the Casimiro Alongi Memorial Racewalk, in honor of his brother. Through the years, this event showcased some of the world's best racewalkers in competition with our country's best. He continues to coach both Olympic hopefuls and masters racewalkers in technique and training skills.

Frank is a walking encyclopedia of racewalking knowledge and information. Participants at the Alongi Weekend can tap into the knowledge of this dynamic coach. His seminars will offer advice on self-motivation, fine tuning of training methods, improving speed, working through training plateaus, and breaking through barriers to change. To register or get more information contact Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94941, marinrw@earthlink.net.

LOOKING BACK

40 Years Ago (From the April 1965 ORW)—Our second issue was still quite parochial in nature, as we had yet to develop our vast national and international network of sources. However, we did show races in New York City, Kings Point, N.Y., and Toronto on our schedule of events. The big news was Jack Mortland's decimation of Jack Blackburn on the famous Doc Blackburn side-yard track (9.3 laps to the mile). Blackburn held on for 5 3/4 miles of the 8-mile race and then had to stagger in as Mortland's 61:18 left him nearly 2 minutes behind. The 52-year-old Dr. John Blackburn recorded a 1:15:56. Mortland also won a 12-mile affair in 1:36:32, but fell apart himself in that one, requiring nearly 18 minutes for the final 2 miles.

35 Years Ago (From the April 1970 ORW)—Walking was entering a new era as evidenced by Dave Romansky's American Record 1:58:09 for 25 Km, Tom Dooley's 15 miles 1090 yards for 2 Hours (passing 25 Km in 1:59:20), and Greg Diebold's 13:28:6 for 2 miles. Romansky also had an American record 50 Km (4:15:23) on the track. Another American record went to Shaul Ladany with a 7.52:04 for 50 miles. Locally, the rapidly aging Mortland (then 35) again hit the wall over the last 2 miles as he won a track 20 km in 1:40:33. He also won a 10 Km on the track in 48:38, ahead of Paul Reback's 49:54.
30 Years Ago (From the April 1975 ORW)-Ron Laird won his 57th U.S. title, and first since 1971, covering 25 km in 1:56.38 in Seattle. Dave Romansky was still getting around quite well, going 1:34.38 for 20 km on the track. The world record for 100 km fell to Jean-Pierre Garcia of France, who covered the distance in 3:39.06. LaSaw was still cleaning up in the ultra-distances, winning the U.S. 75 km title in 7:22:16, 17 minutes ahead of Dan O'Connor.

25 Years Ago (From the April 1980 ORW-Walking the second fastest 50 km ever by an American, Carl Schueler won the National title in New York City with his 3:06:07. Dan O'Connor was 13 minutes behind as Schueler bettered his personal record by 18 minutes. A week later, O'Connor won the National 20 km in Seattle in 1:26:21, a U.S. best ever and 7 minutes ahead of John VanDenBrandt. In Mexico, Daniel Bautista went through 15,121 meters in an hour, and four days later, he won 20 km in 1:26:59 (4700 feet altitude). Soeere were second in both races-Anatoliy Solomin with 15,042 meters and Nikolai Vinnetschenko in 1:21:30. In a swift Spanish National 50, Jose Marin did 3:43.35 and Jorge Llopard 3:45.55... Sue Brodock had the fastest ever 20 km (1:43.41), a U.S. best for those over 55. Zofia Wolan won the women's 10 km in 47:43, just 5 seconds ahead of Canada's Pascal Grand.

20 Years Ago (From the April 1985 ORW)-Overtaking Tim Lewis in the final 10 km, Carl Schueler won the National 30 km in 2:25:17, 2 minutes ahead of Lewis. Two weeks later, Lewis won the National 25 in Washington, D.C. in 1:52:55, nearly 6 1/2 minutes ahead of Dave Cummings. At the same site, Teresa Vaill won the Women's National 20 in 1:44:29 with Sue Liers second.

15 Years Ago (From the April 1990 ORW)-Tim Lewis, dominant at 20 km, was a surprise winner of the National 50 in 4:10:46, nearly 6 minutes ahead of Marco Evonik. Mark Manning, Mark Fenton, Eugene Kitts, and Dan O'Connor followed. The Montland Invitational 20 km in Columbus went to Gary Morgan in 1:32:07, with Steve Pecinovsky second in 1:34:12, but the big news was 58-year-old Max Green in seventh with 1:43:41, a world best for those over 55. Zofia Wolan won the women's 10 km in 49:30. In the National Invitational walks in Washington, D.C., Teresa Vaill and Tim Lewis walked to victory. Vaill did 46:21 for 10 km, leaving Sue Liers more than 4 minutes back. Lewis covered 20 in 1:28:05, with Richard Quinn (1:29:47) and Curt Clausen (1:30:17) following.


5 Years Ago (From the April 2000 ORW)-Mexico swept the Pan Am Cup walk events in Poza Rica, Mexico, taking the first three spots in both men's and women's 20 km races, and the first four spots in the 50. The winners were Guadalupe Sanchez in 1:34:35, Bernardo Segura in 1:22:47, and Miguel Rodriguez in 3:43:51. The U.S. finished second in the team standings. In the women's 20, Cuba's Oslaidy Vera was fourth, followed by three more Mexicans and then Michelle Rohl (1:37:49). Susan Armenta was 10th in 1:39:55. In the

Medalists in the 2004 World Cup 20 km. From left: Nathan Deakes, Australia, third in 1:19:11; Jefferson Perez, Ecuador, first in 1:18:42; and Robert Korzeniowski, second in 1:19:02. Korzeniowski is now retired with his four Olympic golds. Perez struggled in his first race of 2005 in China, but Deakes is a force with two golds and a silver in IAAF Challenge races in 2005. (Getty Images/John Gichigi)