

Record Performance by Eastler; Huberty Also Wins at USATF 30 Km

Chula Vista, Cal., Jan. 15 (With input from Philip Dunn)—Following a quiet 2005 campaign in which he competed infrequently, Kevin Eastler got it going early in 2006 with an impressive win in the USATF National 30 Km. Pushed by Norway's Erik Tysse and Canada's Tim Berrett, Eastler powered his way to a new American road record for the distance as he finished in 2:12:53, 30 seconds ahead of Tysse. This bettered Curt Clausen's 2:14:23 at Sesto San Giovanni, Italy in May 2002. It fell short of Clausen's track record of 2:11:00.4 in Chula Vista on Jan. 23, 2000, which made that a doubly significant date in history (it was also your editor's 65th birthday.)

John Nunn finished a strong second in 2:18:43 (Tysse and Berrett were both ahead of him, but were guest competitors and could not count in the National results. That elderly, comebacking gentleman, Ray Sharp, was very impressive in third with a 2:29:40, easily a new American record for the 45-59 set. And in fourth, Mark (ever green) Green set a new standard for those on the far side of 50.

In the women's race, Deb Huberty withstood the challenge of Loretta Schuelein to post a 2:58:27 win

On this cool, blustery morning, Tysse led Nunn through the first few laps with Berrett and Eastler in hot pursuit. The second pack included Sweden's Andreas Gustaffson, Mike Tarantino, Sharp, and Green.

By the halfway mark, both Tysse and Nunn were struggling with stomach troubles and Eastler had leaped to a lead that he wouldn't relinquish for the rest of the race. He looked stronger and stronger as the race progressed. Tysse was able to recover quickly from his tummy problems to chase down Berrett and get close to Eastler by the finish. Sharp, looking younger every year, rounded out the top three Americans with a his age group record. (Not really so far off his winning times of 2:21:03 in 1980 and 2:25:45 in 1981. In 25 years, he has lost less than 4 minutes.

Green, in his step up to the 50-54 age group, not only got the age group record for 30 Km, but picked up the 25 Km mark on the way, wiping his daddy's name (Max Green) from that page of the book with 2:11:05. The old men of Varsano's Chocolates (Sharp, Dave McGovern, and Steve Pecinovsky) captured the team title, finishing third, sixth, and eighth.

Huberty approached her first 30 Km race with the patience of a veteran and it paid off. She was able to hold off a late charge from Schuelein to win in 2:58:27.

In an accompanying 20 Km, Tim Seaman (1:37:33) helped Jolene Moore (1:37:32) to an IAAF "B" standard performance. The results:

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Men's 30 Km: 1. Kevin Eastler 2:12:53 (Guests Erik Tysse, Norway 2:13:23 and Tim Berrett, Canada 2:15:21) 2. John Nunn 2:18:43 (Guest Andreas Gustaffson, Sweden 2:26:46) 3. Ray Sharp (46) 2:29:40 4. Mark Green (50) 2:37:29 5. Michael Tarantino 2:42:19 6. Dave McGovern (40) 2:47:57 7. Vlado Haluska 2:56:23 8. Steve Pecinovsky (51) 2:57:54 9. Bill Vayo 2:59:39 10. Chris Rael 3:01:27 11. Colin Peters 3:04:42 12. Norm Frable 3:11:53 13. John Backlund 3:24:00 14. Don Betowski 3:26:07 DQ—Patrick Bivona, Jack Cassidy, John Fredericks, and John Murdzek.

Women's 30 Km: 1. Deb Huberty 2:58:27 2. Loretta Schuellein 2:59:28 3. Heidi Hauch 3:11:53 4. Ann Gerhardt (1st 50-54) 5. Darlene Backlund 3:49:20 DNF—Margaret Ditchburn
Men's 20 Km—1. Tim Seaman 1:37:33

Women's 20 Km—1. Jolene Moore 1:37:32 2. Susan Mears 2:21:22 3. Kathy Frable 2:37:25
10 Km—1. David Ciccone 53:00 Women—1. Liz Salvato 60:53 2. Teri Storc 65:42 3. Susan Cottey 69:40

Past Winners of National 30 Km

1937 Morris Fleischer, St. Anselm's AC, NY	2:48:16.6
1938 John Rabkonen, Finnish-American AC, NY	2:57:28.2
1939 John Rabkonen, Finnish-American AC	2:57:08
1940 John Rabkonen, Finnish-American AC	3:05:30.2
1941 Walter Fleming, Hamstamck MC, Mich	2:52:13
1942 James Wilson, Maccabi AC, NY	2:57:45
1943 John Abbate, Fenwick Club, Ohio	2:49:35
1944 William Mihalo, Fort Riley, Kan.	3:10:59
1945 Morris Fleischer, Macabi AC, NY	2:52:21.3
1946 Morris Fleischer, maccabi AC	3:05:17.4
1947 William Mihalo, Thompson Products AA, Mich.	2:58:31
1948 Chris Clegg, Canadian Walkers, Ass'n	2:55:21
1949 Bill Mihalo, Thompson Ex-Serviceman's Club	3:55
1950 Adolph Weinacker, Michigan State	2:48:23
1951 John Deni, Verona Eagles, Pa.	2:32:15
1952 John Deni, Verona Eagles	2:52:46
1953 John Deni, Verona Eagles	2:59:08
1954 Leo Sjogren, Finnish-American AC, NY	2:58:02
1955 Alex Oakley, Canada	2:36:11
1956 Adolph Weinacker, US Air Force	2:39:12
1957 Leo Sjogren, Finnish-American Club, L.A.	2:51:10
1958 Guillermo Weller, Argentina	2:49:12.5
1959 Ferenc Sipos, Vancouver Olympic Club	2:46:20
1960 Rudy Haluza, US Air Force/NY Pioneer Club	2:38:45
1961 Ron Laird, un., Chicago	2:29:39.8

1962 Jack Mortland, Ohio Trace Club	2:36:02
1963 Michael Brodie, Sacramento State College	2:49:33
1964 Ron Laird, NYAC	2:26:27
1965 Ron Laird, NYAC	2:41:17
1966 Ron Daniel, NYAC	2:57:07
1967 Ron Laird, NYAC	2:29:05.6
1968 Larry Young, South. Cal. Striders	2:31:30.1
1969 Ron Laird, NYAC	2:29:33
1970 Ron Laird, NYAC	2:37:17.4
1971 Larry Young, Mid-America TC	2:37:17.4
1972 Larry Young, MATC	2:25:40
1973 Jerry Brown, Colorado TC	2:28:12
1974 Larry Young, Columbia TC	2:30:26
1975 Larry Young, Columbia TC	2:25:26
1976 Larry Young, Columbia TC	2:27:26
1977 Marcel Jobin, Canada	2:21:03
1978 Jim Heiring, un. Wisconsin	2:30:50
1979 Dan O'Connor, NYAC	2:22:43
1980 Ray Sharp, un.	2:21:03
1981 Ray Sharp, U. Of Wisc.-Parkside	2:25:44.5
1982 Todd Scully, Shore AC, N.J.	2:28:45
1983 Marco Evoniuk, un., Colorado	2:16:41
1984 Vince O'Sullivan, East Side TC<NY	2:23:48
1985 Carl Schueler, East Side TC	2:26:17
1986 Carl Schueler, Reebok, ESTC	2:29:02
1987 Dan O'Connor, un.	2:21:52
1988 Dan O'Connor, Walk USA	2:24:15
1989 Not Held	
1990 Dave McGovern, GN Natural Living	2:42:18
1991-92 Not Held	
1993 Allen James, Athletes In Action	2:14:31
1994-96 Not Held	
1997 Herm Nelson, Club Northwest	2:28:07
1998 Gary Morgan, NYAC	2:25:37
1999 Not Held	
2000 Gary Morgan, NYAC	2:47:22
2001 Curt Clausen, NYAC	2:19:32
2002 Tim Seaman, NYAC	2:37:05
2003 Curt Clausen, NYAC	2:15:56
2004 Kevin Eastler, US Air Force	2:14:44
2005 Curt Clausen, NYAC	2:28:00

Women

2001 Michelle Rohl, Moving Comfort	2:34:37
2002 Susan Armenta, New Balance	2:38:45
2003 Cheryl Rellinger, Walk USA	2:51:49
2004 Michelle Rohl, Moving Comfort	2:38:01
2005 Heidi Hauch, WCRC	3:04:24

Seaman, Moore Capture Indoor Titles

Findlay, Ohio, Jan. 28—January was busier month than usual with four National titles decided. Following up on the two 30 Km races reported above, the nation's elite descended on this northwest Ohio city to contest National Indoor titles at 1 Mile for women and 3 Km for men. In the women's race, Jolene Moore outlasted Deb Huberty and Loretta Schuellein in a race to the wire, winning in 6:50.81. Tim Seaman had an easier time of it in the men's race, winning in a swift 11:26.62. Nearly 30 seconds back, Matt Boyles edged Mike Tarantino for second.

The win gives Tim Seaman 26 National titles, starting with the 5 Km in 1996, which puts him ahead of Larry Young into fourth place on the list of titleholders. Only Ron Laird with 65 (from 1958 through 1976), Henry Laskau with 42 (from 1947 through 1957), and Curt Clausen with 29 (from 1988 through 2005) have won more.

The results:

Women's 1 Mile: Jolene Moore, NYAC 6:50.81 2. Deborah Huberty, NYAC 6:51.26 3. Loretta Schuellein, Walk USA 6:52.19 4. Amanda Gorst, Virginia Intermont (and New Zealand) 7:01.87 5. Maria Michta, C.W. Post 7:11.85 6. Laura Richenderfer, Rochester U. 7:26.82 7. Lindsey Hipp Malone Col. 7:38.31 8. Tina Peters, Miami Valley TC 7:53.62 9. Ashley Thomas, Malone 7:53.74 10. Tiffany Belongia, U. Of Wis.-Parkside 7:59.90 11. Laurie Davis, UWP 8:18.904 12. Chelsea Conway, un. 8:22.57 13. Amanda Johnson, Kentucky Racers 8:32.49 14. Sarah Groat, Mansfield U. 8:35.16 15. Missy Walker, Malone 8:37.82 16. Rachel Rhodes, Houghton 8:37.83 17. Kristin Weller, Mansfield U. 8:40.39 18. Susan Randall, Miami Valley TC 8:41.36 19. Sheri Stager, un. 8:44.71 20. Jamie Swietzer, Mansfield 8:48.95 21. Raven Pilgrim, Vir. Intermont 8:51.58 22. Anine Stanley, Londsey Wilson 8:57.24 23. Kelly Steingass, Cedarville U. 9:13.11 24. Talathia Weekes, Lindsey Wilson 9:28.92 25. Andrea Boehm, Tiffin U. 10:15.91 26. Shauna Reid, Mansfield 10:32.85 DQ—Alex Low, Vir. Intermont

Men's 3 Km 1. Tim Seaman, NYAC 11:26.62 2. Matt Boyles, Miami Valley TC 11:54.38 3. Mike Tarantino, U. Of Wis.-Parkside 11:55.52 4. Ben Shorey, UWP 11:55.52 5. Michael Kazmierczak, Rhode Island U. 13:11.58 6. Ed Parrot, Florida AC 13:12.56 7. Joe Trapani, Mansfield U. 13:49.52 8. Christopher Diaz, Northwood 14:05.09 9. Jim Robinson, Miami Valley TC 14:23.52 10. Doug Johnson, Kentucky Racers 14:23.84 11. Bill Vayo, Walk USA 15:04.98 12. Mike Rohl, un. 15:36.05 13. Ed Fitch, Miami Valley TC 15:54.67 14. Jon Ripke, Concordia Col. 16:22.25 15. Kyle Shaffer, un. 16:28.04 16. Brad Sinick, Malone 16:32.35 17. Nate Hughes, Malone 16:42.63 18. Tim Thurber, Concordia 16:43.74 19. Nate Dreher, Concordia 16:58.31 20. Josh Montenegro, Tiffin 19:24.66

Other Results

1 Mile, Brown Invitational, Providence, R.I., Dec. 30: Boys—1. Matthew Forgues, Maine 7:56.97 (8th grader) 2. Tom Sciotto, N.Y. 8:11.09 3. Aaron Carrol, Maine 8:20.94 4. Padrick Gleason, Maine 8:22.38 Girls—1. Brittany O'Brien, N.Y. 7:34.81 2. Kate Cannon, N.Y. 7:36.90 3. Lauren Forgues, Maine 7:45.62 4. Jenna Monahan, N.Y. 7:56.66 5. Shanti Brown, N.Y. 8:28.26 6. Amit Ahalon, N.Y. 8:36.57 (12 finishers) **1 Mile, Hanover, N.H., Jan. 7–1.** Adam Staier 7:42.64 2. Matthew Forgues 7:45.34 3. Aaron Carrol 7:57.39 4. Taylor Burns 7:58.00 5. Padric Gleason 8:08.54 6. Tyler Campbell 8:08.74 **1 Mile, Cambridge, Mass., Jan. 15–1.** Matthew Forgues 7:46.8 2. Laurie Forgues 7:49.0 3. Adam Staier 8:05.1 4. Kate Dickenson 8:22.5 **3 Km, Cambridge, Jan. 22–1.** Joanne Dow (41) 12:57.42 2. Michael Kazmierczak (19) 13:24.63 3. Jeffrey Sprague 14:36:06 (first race since 2002, when he was

fifth in Natinal Jr. 10 Km) 4. Lauren Forgues 14:51 5. Bob Keating (58) 15:09 6. Matthew Forgues 15:29.05 7. Maryanne Daniel 15:58 8. Taylor Burns 16:05 9. Kate Dickinson 16:11 11. Joe Light 16:39 12. Aaron Carrol (17) 16:52 13. Christine Bernier 17:14 14. Bill Harriman (59) 17:29 15. Heidi Duskey (53) 18:41 16. Sara Adams 19:21 17. Joanne Harriman 19:43 (1 DQ) **3 Km, U. Of Rhode Island, Jan. 21–1.** Mike Kazmierczak 13:20.07 2. Maria Michta 14:19.37 **1 Mile, New York City, Dec. 30–1.** Leo Romero 6:51.55 2. Jussi Koski 7:13.55 3. Lisa Marie Vellucci 8:11 4. Eweline Peszt (18) 8:20.5. Shequita Henery (150) 9:11 6. Debbie Chen (17) 9:12 7. Jessica Chen (17) 9:12 8. Melissa Griesser (15) 9:27 (1 DQ) **3 Km, same place–1.** Dave McGovern 13:00.41 2. John Soucheck (40) 14:14.84 3. Loretta Ascheullein 15:26 **Girl's 1500 meters, New York City, Jan. 7–1.** Brittany O'Brien 6:55.09 2. Kate Cannon 6:57.22 3. Heather Buletty 7:10.40 4. Elizabeth Giorgio 7:19 5. Jenna Monahan 7:28 6. Julie Steel 7:30 7. Eweline Peszt 7:34.50 8. Timely 7:41 9. Meade 7:43 10. Johnston 11. Aharon 7:57 12. Buleti 8:10 (25+ finishers) **H.S. 1500 meters, New York City, Jan. 28–1.** Elisa Lee 7:45.92 2. Wan Ron Chen 8:12.27 3. Shequit Henery 8:16.36 4. Yi Deng 8:17.61 5. Wan Hua Chen 8:28.45 6. Marissa Conroy 8:39.1 7. Alyse Osher 8:50.96 8. Melissa Yee 8:51.66 9. Jing Shi Dai 8:53.49 10. Taneish Renaud 8:55.41 (39 finishers, 2 DQ) **3 Km, Rochester, N.Y., Dec. 31–1.** Mike Tarantino 12:47.66 2. Laura Richenderfer 14:52.38 3. Mike Rohl (4) 16:36 4. Carly O'Keefe (16) 16:37 5. Rachel Bauer (18) 16:55 6. Sarah Groat (18) 17:04 7. Chelsea Conway (16) 17:08 8. Miranda Melville (16) 17:22 9. Sheri Stager (45) 17:31 10. Kristin Weller 17:37 11. Amanda Sullivan 17:45 12. Sarah Wilcox (16) 18:43 (14 finishers) **3 Km, Rochester, Jan. 14–1.** Laura Richenderfer 14:13.99 2. Tina Peters (17) 15:43.62 3. Sarah Groat 17:33 4. Sheri Stager 17:44 5. Rachel Rhodes 18:25 **Men–1.** Joe Trapani 14:09.80 2. Mike Rohl 15:52 **10 Mile, Asbury Park, N.J., Dec. 31–1.** John Soucheck (40) 1:20:43 2. Rich Luettchau 1:34:01 3. Ron Salvio (50+) 1:43:34 4. Randy Miller 1:49:19 5. Ben Ottmer (70+) 1:54:02 6. Art Glass 1:56:13 **Women–1.** Dana Vered 1:39:35 2. Maria Paul (40+) 1:52:01 3. Karen Schroeder (50+) 1:59:59 **10 Km, Celebration, Fla., Nov. 13–1.** Juan Moscoso 58:14 2. Tom Forman (50+ 64:09 3. Elliott Trner (40+) 65:34 (8 finishers) **Women–1.** Edna Ramsey 66:41 2. Sandra DeNoon (50+) 69:05 (10 finishers) $\frac{1}{2}$ **Marathon, Orlando, Fla., Dec. 3–1.** Robert Carver 2:33:49 2. Ray Jenkins 2:35:36 **Women–1.** Patty Winters 2:46:37 **Florida State 8 Km, Dec. 11–1.** Gary Null 50:23 2. Greg Tindle 56:25 3. Gerry Gomes (70+) 57:17 **Women–I.** Carolyn Kealty 45:08 2. Melissa Goldman 56:40 (9 finishers) **Florida State 1500 meters, Dec. 18–1.** Melissa Goldman 9:05 2. Sandra DeNoon 9:16 (7 finishers) **Men–1.** Gary Null 7:41 2. Juan Yanes 7:42 3. Bob Fine (70+) 9:26 (Jim Carmines, 60+, 9:33 as guest competitor, 6 finishers) **Florida State 3 Km, Dec. 18–1.** Juan Yanes 16:39 2. Gary Null 16:43 3. Bob Fine 19:52 Jim Carmines 16:54 as a guest, 6 finishers) **Women–1.** Carolyn Kealty 15:15 2. Melissa Goldman 19:11 (5 finishers) **5 Km, Amherst, Ohio, Oct. 30–1.** Joyce Prohaska 31:12 2. Libby White 32:57 **5 Km, Bay Village, Ohio, Nov. 6–** Joyce Prohaska 31:06, Libby White 32:25 **5 Km, Cleveland, Nov. 20–1.** Joyce Prohaska 30:54 **5 Km, Lakewood, Ohio, Dec. 3–1.** Joyce Prohaska 32:04 **50 Km, Houston, Jan. 8–1.** Alberto Medina (45) 5:16:23 2. Juan Yanes (56) 5:22:41 3. Iojza Vosta (66) 6:56:26 **5 Km, same place–1.** Susan Brooke (40, Canada) 28:25 (5 finishers, 1 DQ) **10 Km, Loveland, Col., Nov. 5–1.** Mike Blanchard (44) 59:27 **5 Km, Littleton, Col., Nov. 6–1.** Daryl Meyers (62) 31:31 2. Rob McGuire (51) 34:41 **5 Km, Boulder, Col., Nov. 13–1.** Mike Blanchard 27:01 2. Dan Pierce (49) 27:08 3. Victoria Herazo (46) 28:20 (first walk in a few years for this US International) 4. Scott Richards (55) 28:29 5. Daryl Meyers 29:56 6. Sherrie Gossert (53) 20:27 7. Barbara Amador (56) 30:42 8. Marianne Martino (55) 31:06 9. Mike Heymans (57) 32:22 10. Jan Hill (47) 32:29 11. Mary Gilbert (56) 32:49 13.

Ray Franks (70) 32:57 13. Rita Sinkovec (66) 33:04 **5 Km, Aurora, Col., Nov. 24**—1. Daryl Meyers (now 63, Happy Birthday) 29:41 **5 Km, Denver, Dec. 12**—1. Mike Heymans (57) 32:52 **5 Km, Aurora, Col., Jan. 1**—1. Mike Blanchard 28:55 2. Marianne Martino 29:30 3. Daryle Meyers 29:34 4. Sherrie Gossert 31:01 5. Mike Heymans 32:02 **½ Marathon, Phoenix, Ariz., Jan. 15**—1. Kathy Balsler (63) 2:26:49 2. Diane Brandt (62) 2:32:29 **1 Hour, Kentfield, Cal., Nov. 13**—1. Kevin Killingsworth 11,046 meters. 2. Joe Berendt 10,261 3. Ann Lee 9186 4. Bonnie Houchen 9168 5. Peter Corona 8875 5. Peter Corona 8875 6. Ed Lane 9671 7. Shirley Dockstader 8567 8. Jami Boshoven 8400 (16 finishers) **1 Hour, Kentfield, Dec. 4**—1. Kevin Killingsworth 11,227 2. Shoja Torabian 10,717 3. S. Desmond Canning 8709 4. Phullis Abbate 8108 (10 finishers) **2.8 miles, Seattle, Dec. 10**—1. Bob Novak (57) 27:03 2. Stan Chraminski (58) 27:03 3. Gordon Hartwig (52) 28:28 4. Coco Beuchet (57) 29:33 (12 finishers)

30 Km, Dublin, Ireland, Dec. 17—1. C. Griffin 2:23:46 **20 Km, same place**—1. P. Kaneen, Isle of Man 1:33:47 Women—1. Ann Loughnane 1:39:48 (Irish Junior record) **5 Km, Geelong, Australia, Dec. 17**—1. Jared Tallent 19:13.95 2. Michael Mcagh (19) 19:48.57 3. Adam Rutter (19) 19:54.84 4. Chris Erickson 20:00.41 5. Tom Barnes 20:49.09 6. Duane Cousins 21:03.31 **10 Km, Hobart, Aus., Jan. 6**—1. Cheryl webb 46:46.74 2. Jane Saville 47:29.57 Men—1. Darren Brown 42:29.78 2. Chris Erickson 42:37.43 **5 Km, Hobart, Jan. 10**—1. Jane Saville 22:15.94 2. Cheryl Webb 22:21.55 3. Lisa Grant 22:31.18 4. Laura Johnson 23:01.90 **20 Km, Canberra, Aust., Jan. 22**—1. Natalie Saville 1:36:31 2. Jane Saville 1:37:50 3. Lisa Grant 1:40:00 4. Claire Woods 1:42:46 Men—1. Jared Tallent 1:24:40 2. Adam Rutter 1:33:40 **Under 20 10 Km, same place**—1. Ian Rayson 45:10 2. Daniel Coleman 48:41 Women—1. Tanya Holliday 51:25 2. Fiona Alldis 51:34 3. Jillian Hosking 51:37 **Oceania Masters, New Zealand: 3 Km, Jan. 16**: Women 40-44—1. Annette Major, Aust. 15:32.22 Women 50-54—1. Allison Thompson, Aust. 16:03.30 Women 55-59—1. Heather Carr, Aust. 15:31.44 Women 60-64—1. Sandhy Bruner, Aust. 16:50.23 Men 45-49—1. Mark Donahoo, Aust. 13:54.79 Men 50-54—1. Michael Harte, N.Z. 13:55.91 2. Eric Kemsley, N.Z. 14:20.69 Men 60-64—1. George White, Aust. 15:33.90 **5 Km, Jan. 18** Women 55-59—1. Carr 26:21.26 Women 60-64—1. Brunner 28:24.59 Men 45-49—1. Donahoo 23:42.48 Men 50-54—1. Harte 24:39.90 Men 60-64—1. White 25:53.96 Men 65-59—1. Tony Johnson, Aust. 28:26.03 **10 Km, Jan. 24**: Women 50-54—1. Thompson 57:40 Women 55-59—1. Carr 54:01 Women 60-64—1. Brunner 57:27 Men 45-49—1. Donahoo 48:46 Men 50-54—1. Harte 50:37 2. Kemsley 51:46 Men 55-59—1. Roger Denton, N.Z. 55:49 Men 60-64—1. White 56:10 Men 65-59—1. Eric Saxby, N.Z. 57:26 **Indoor 5 Km, Yakaterinberg, Russia, Jan 7**—1. Ilya Markov 18:48.76 2. Francisco Fernandez, Spain 18:54.70

First a heel, then a toe, and a racing you shall go

Fri. Feb. 3 **USATF National Indoor Men's Mile, New York City (T)**
Sun. Feb. 5 **5 Km, Denver, 9 am (H)**
Henry Laskau 5 Km, Coconut Creek, Fla. (N)
Indoor Race, Arlington, Vir. (S)
Sat. Feb. 11 **2.8 Miles, Seattle, 9 am (C)**
Sun. Feb. 12 **5 Km, Denver, 9 am (H)**
N.J. Open and Masters 1500 meters, Jersey City, N.J. (A)
Sun. Feb. 18 **USATF National 50 Km, Clermont, Fla. (B)**
1500 meters and/or 5 Km, Clermont, Fla., 10 am (B)

Sun. Feb. 19 **5 and 10 Km, Washington, D.C., 7:30 am (S)**
5 and 10 Km, Laverne, Cal. (Y)
3 Km Mall Walk, Milford, CT (D)
5 Km, Denver, 9 am (H)
Sat. Feb. 25 **USATF National Indoor Men's 5 Km, Boston (K)**
USATF National Indoor Women's 3 Km, Boston (K)
Sun. Feb. 26 **Indoor 3 Km, Colorado Springs, Col. (H)**
Fri. March 3 **East Region and Metro Indoor 1 Mile, Metro 3 Km, New York City (G)**
Indoor 1 Mile, Kenosha, Wis. (F)
Fri. March 10 **NAlA Indoor 3 Km, Johnson City, Tenn.**
Sat. March 11 **2.8 Miles, Seattle, 9 am (C)**
Nike Indoor Scholastic 1 Mile, Townsend, Maryland
Sun. March 12 **National Scholastic 1 Mile, New York City**
5 and 20 Km, Huntington Beach, Cal. (Y)
Sat. March 18 **10 Km, Twin Lakes Park, Denver 9 am (H)**
1500 meters and/or 3Km, 5 Km, Clermont, Fla. (B)
Sun. April 2 **5 and 10 Km, Walnut, Cal. (Y)**
Sat. April 8 **2.8 Miles, Seattle, 9 am (C)**
5 Km, Denver, 9 am (H)
1500 meters, and/or 3Km, 5 Km, Clermont, Fla. (B)
Sat. April 15 **5 and 10 Km, Washington, D.C., 7:30 (S)**

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From Heel To Toe

Correction. Later in this issue, you will see a major revision of my U.S. 20 Km Rankings for 2005, which I published last month. In addition, the U.S. Women's 20 Km list should include

Solomiya Login, who walked 1:52:59, putting her 13th on the list. Thanks to Elliott Denman for pointing out that oversight. . . **International Events.** The schedule of events for this year's World Cup in La Coruna, Spain, per the *IAAF News*, is: Saturday, May 13: 4:30 pm--Women's 20 Km; 6:30 pm--Men's 20 Km; 8:10--Men's Junior 10 Km. Sunday, May 14--8 am--Men's 50 Km; 1 pm--Jr. Women's 10 Km. The North American and Carribean Under 23 T&F Championships will be held in Santo Domingo, Dominican Republic, July 7-9, including a 20 Km racewalk for men and 10 Km for women. U.S. athletes for the meet will be selected from performance lists since the competition is so close to the outdoor nationals in Indianapolis. The World Junior Championships will be in Beijing, China, August 15-20. Qualifying Standards for the 10 Km races are 44:05 for men and 50:55 for women. Times must be achieved between Jan. 1, 2005 and July 31, 2006. The U.S. team will be selected according to order of finish at the Jr. Nationals, June 25-26, subject, of course, to having met the standards. . . **Schuellein back racing.** Loretta Schuellein missed a lot of training in the fall, but is back in competition, as results of December's 1Hour and January's 30 Km nationals attest. In early fall, following a light workout, she suffered from heart palpitation, dizziness, and pressure in her chest, resulting in a trip to the emergency room, an endless round of medical tests, and ultimately an invasive procedure that explored the heart through insertion points in the groin. She was not allowed to workout (or even stroll around the block) for a month before the procedure. Then, she had to take some time off for recovery from the procedure itself. Thus, she missed the National 5 Km. Once through all that, she was given permission to train hard again. Doctors could not pinpoint where the problem is, but have ruled out any life-threatening ailments and any ailments that would prevent hard training. She has been easing into workouts after the long hiatus. Unfortunately, after the National 1 Hour, where she finished fourth, she came down with a severe throat infection and head cold, which no doubt had affected her performance in that race. After battling that for about a week, she resumed training and as you see on page 1, was able to compete well for the national 30 km title. . . **Eastler, Pollinger honored.** Kevin Eastler's win in the National 30 Km was good enough to earn him the USATF Athlete of the Week award. Zach Pollinger, after an outstanding 2005 season in the juniors, was named New Jersey's USATF Athlete of the Year. Zach is now a freshman at Harvard. . . **Coach Jake finds a new field.** Hopefully, he will not be neglecting his chosen sport of racewalking, but Coach Jake Jacobson has found another area to apply his knowledge of exercise physiology. He reports: "Who knew it would be so addictive? Certainly not me, who always felt that to play golf was a way to spoil a good walk. And, I felt that golf was something for eye-hand coordination, like ping-pong. When I moved to Florida, I started working at a golf country club as a personal trainer. My clients/golfers wanted to hit the ball further. After watching tournaments and reading all I could about the game, I gave them some basic exercises and devised more functional and dynamic movement exercises for them. After one client came into the gym and shrieked "I hit the ball over the water", I knew that I was on to something because my exercises, which were unlike those I had seen or read about, were bearing fruit--longer drives. Consequently, I started my golf fitness business called "StronGolf". And business is good. That was two years ago. Last April my clients finally twisted my arm to play with them. We picked up the ball after my whiffed and errant shots and although frustrated, I was/am hooked. With three months out after my ruptured achilles, it will be a year in April. I'm taking lessons, playing and walking/jogging between shots (which, thankfully, are not so many now.) It's not speed golf, but it's a good workout. My suggestion for those of you who do play is to take a pull-cart and walk the course. Just be sure to switch hands often (*Ed: I trust he means to pull the cart, not to hit the ball.*) With Jeff Salvage's help, I've put up a new website and hope you'll tell your golfing friends about it my latest book--StronGolf, the golf strength and flexibility workbook". It's at

www.strongolf.com. . . **Walking benefits not only physical.** This from the *Johns Hopkins Medical Newsletter*: "It is a well established fact that better cardiovascular health gained by regular exercise reduces your risk of type 2 diabetes, heart attack, stroke, high blood pressure, and high cholesterol levels. Now, new research suggests that regular cardiovascular exercise might benefit your brain as well. Two separate studies published last September in the *Journal of the American Medical Association* report that walking regularly may help preserve mental sharpness. If you already play sports or jog, swim, or cycle, you're ahead of the game. But even if you don't exercise regularly, walking is one of the easiest ways to begin. It's easier on the joints than jogging and racquet sports, generally safer than outdoor cycling, and typically more convenient than swimming. Walking also strengthens bones and reduces bone density loss. In a study of more than 18,000 female nurses age 70 and older, those who walked the most (at least 1.5 hours per week) scored higher on tests of general thinking ability, verbal memory, and attention than did women who walked the least (less than 40 minutes per week). In addition, the most active women were 20 percent less likely to be considered cognitively impaired. Similarly, a study of more than 2,000 men over age 70 in Hawaii showed that regular walking reduced the development of dementia (including Alzheimer's disease). Researchers suspect that better overall cardiovascular health--which translates into improved blood flow to the heart and brain--is behind the better mental functioning of the exercisers. Research also suggests that exercise promotes the preservation of brain cells and increased the connections between them." The following article discusses the many health and fitness benefits of adopting racewalking as regular exercise program.

Fitness Benefits of Racewalking

by Elaine Ward
American Racewalking Foundation

It is not necessary to race to racewalk. The vast majority of those learning the technique of racewalking are motivated by a desire to increase the exercise and aerobic benefits in their regular walking program. They find that racewalking feels good because it integrates all body movements rhythmically, and it is fun to do.

In learning the racewalking technique, fitness walkers learn to relax while they exercise. As the technique is maximally efficient, there is not wasted energy in artificial side-to-side or up-and-down movements. For this reason, the technique is kind to the body and provides intensity of exercise without running the risk of stressing the body with weights or powering arm movements. Racewalking is excellent for weight reduction, stress management, and aerobic condition, as well as for simple enjoyment.

A few of the fitness benefits to be gained by learning to racewalk are:

Footwork: The flexing of the ankles to raise the toes off the ground prior to heel plant, and the subsequent extension of the ankles in the pushing phase of the footwork develops the front and back muscles of the legs evenly, strengthens the ankles, strengthens and mends injured support structures around the knees, and exercises the thigh muscles. This action leads to improved circulation in lower extremities while slimming and shaping the whole leg.

Straightened knee. Having the knee straight in the vertical or support position, is the most stable position for the knee. The femur and tibia are in alignment so these bones bear the body's weight. Many walkers habitually walk with a straight knee; others walk with bent knees. For those who walk with bent knees, learning to straighten in the support position involves both the strengthening and stretching of front and back leg muscles. The fitness

payoff is comfort and increased walking endurance.

Hip action. The hip action in racewalking has a single purpose: To elongate stride length by five or six inches. Runners do a similar hip motion in the air, but as racewalkers must remain in contact with the ground, the movement is eye catching. It is not a side-to-side waddle, as portrayed in jokes, but a symmetrical, smooth forward and backward movement with minimal upward and lateral components. In effect, racewalking teaches a person to walk from the waist rather than from the trunk attachment points. Use of the hips feels good, and leads to a slimmer silhouette.

Arm action. The arm action in racewalking is relaxed with shoulders down and comfortable. Arms are bent at the elbows and hands are loosely closed with thumbs resting on the index fingers. The arms swing in a natural path close to the waistline with the buttocks ranging between six to eight inches in front to the line of the buttocks in back. The swinging action massages tight or sore shoulder and neck muscles. Properly done, upper and lower body movements integrate to create a rhythmical, total body exercise. You do not have to use the whole technique to increase the benefits in walking. Whatever parts of the technique you use will add to your exercise payoff. Racewalking is a unique aerobic exercise that men and women of all ages can enjoy in their quest for a happy, healthy life.

What Is A Wobble?

by Peter Lovesey

(This bit of ancient history on our sport--well, sort of on our sport-- was published in the March 28, 1970 edition of the British magazine Athletics Weekly and pirated into the February 1972 edition of the Ohio Racewalker.)

What is a wobble? The expression was first coined in the 19th century to describe the walking style of Edward Payson Weston (1839-1929), whose pedestrian feats still challenge belief. He spent much of his life stepping out across the North American continent, from 1861 when he walked from Boston to Washington, D.C. to see Abraham Lincoln's inauguration (but arrived late) to 1927, when, still on the march, he was struck by a taxicab and partially paralyzed. In the years between, he several times took the Tulloh trail (*I am guessing this term derives from British marathoner Bruce Tulloh who made a transcontinental run about this time*) across continent, making his best time of 77 days (resting each Sabbath) for the 3483 mile route in 1910 at the age of 72. In the previous year, he had walked both ways (7495 miles) in 1881 days. Years earlier, however, his "middle-distance" efforts in 6-day events led to the palmy days of wobbling in the 1880s.

Weston's great rival was Dan O'Leary (born in County Cork in 1846) who also had an extraordinarily long career, for he began in 1871 in Chicago, and in 1927 at 81, managed a 100 mile spin to win \$100. Between those two years he covered 105,000 miles in competition, which didn't leave much time for training. O'Leary first met Weston in a 6-day walk (the idea being to go as far as one could between two Sundays, when no God-fearing gentleman competed) in Chicago in 1874, covering 501 1/4 miles to Weston's 451 1/2.

In 1877, Sir John Astley, a great figure of the Turf and Ring, branched into pedestrianism by matching them at the Agricultural Hall, Islington for 500 pounds a side. Weston estimated that 506 miles would win the race, and prepared an elaborate schedule. O'Leary, however, though "Fearfully used up on the morning of the sixth day" tottered beyond Weston's target. When Astley tried to rouse Weston from his bed "he went soft and on my

telling him I should chuck some cold water over him, he burst out crying, and that settled the matter, for you can do nothing at any game with a party that pipes his eye". O'Leary finished 10 miles ahead with 520 miles.

There was great interest in 6-day walking, but equally great controversy about the style of the competitors. Weston's wobble was said to be "very peculiar, hardly fair heel and toe perhaps". To silence all objections, Astley's next promotion at Islington in March 1878 was a Go As You Please Contest. Eighteen stalwarts started, and the race conditions included an early example of racial discrimination: "Two tracks will be laid down--one for Englishmen and one for foreigners". Weston scratched, so O'Leary wobbled in splendid isolation, while the 17 home runners battered and bruised each other on the outer circuit. O'Leary's eventual winning distance was 510 1/2 miles, but he had done enough to win by 8 pm on the Saturday, and retired early.

A spate of ultra-long distance wobbles--some called them "Cruelty Shows"--followed, in Manchester, Hull, and Aberdeen. In late October 1878, the record was raised to 521 miles by "Corkey" (actually named W. Gentleman and born in 1832) on a diet of eel broth, provided regularly by his devoted wife. It is recorded that she ran the last few laps arm-in-arm with Corkey, proudly wearing a new bonnet. "Despite the hideous din of the band" wrote Bell's Life, "and utter failure of the new-fangled electric light, everything passed off satisfactorily". In March 1879, Charles Rowell (born 1853 at Chesterton) won himself nearly 5000 pounds at Madison Square Garden, New York with a 500-mile effort, which he improved to 530 miles in September, although an attempt was made to poison him. The record, however, had already been raised to 542 miles in April by a brickmaker, "Blower" Brown. "Blower" was fond of his beer, and his trainer, Jack Smith, could always get an extra spurt from him by standing at the track edge and shouting, "Well done Blower! Yes, Blower shall have a barrel of beer all to himself if he wins; go it Blower!" It was the same trainer who, when Astley provided two chops for Brown, ate the best part of them himself, leaving bone, gristle, and fat, with the words: "Bless yer Colonel! Blower has never had the chance of eating the inside. He likes the outside!"

In June 1879, Weston reclaimed the limelight with a record of 550 miles, easily defeating Brown. But "Blower" came back with 553 miles in February 1880 at Islington. In April, America wrested back the record in the person of Frank Hart, a negro from Boston, who covered 565 miles 165 yards in New York, and in December Pat Fitzgerald (USA) raised it to 582 miles. This was too much for Victorian England to bear. A catsmeat salesman, George Hael, was set to Madison Square Garden, where he made all previous efforts seem half-hearted with 600 miles in February 1882. Two other British wobblers added to the triumph, for James Saunders ran 120 miles 275 yards in one not-stop stage (still the record according to the Guinness Book of Records) and Charles Rowell notched 150 miles 385 yards in the first 24 hours (respectably close to Wally Hayward's 159 miles, 562 yards in 1953, the present running record). *(Ed: Please note that though this started in regard to walking contests, the "go-as-you-please" designation took these races into another realm. But, whatever the mode of progression, doing 600 miles and more in 6 days is a notable feat.)*

Pat Fitzgerald (USA) regained the record with 610 miles in May 1883 and 612 miles a year later, and then there was a lull until February 1888, when James Albert (USA) managed 621 miles, again in New York. The last word in these extraordinary contests was to be uttered by a two-man team from England who traveled to New York that December. One, George Cartwright, took "Go As You Please" literally and, although a husband and a father in England, arranged a marriage with a young New Yorker. When Cartwright failed to walk (or wobble) up the aisle, the bride's brother "made hot search for him, and will wreak vengeance on him when he finds him". The other ambassador from Britain was happily George

Littlewood, who astonished the Madison Garden crowd by running 623 3/4 miles in one minute under 140 hours. During the race, his foot was badly burned when a spark ignited his alcohol bath, but he smothered the flames with a pillow, and continued with a severely blistered foot. It was the greatest wobble ever recorded. Indeed, it was described by B.B. Lloyd in *Advancement of Science* (1966) as "probably about the maximum sustained output of which the human frame is capable". A fitting last word to the curious history of the Wobble.

Revised Rankings

Last month, we published our annual world and U.S. rankings, and in the introductory remarks said, and we quote: "All griees are accepted, but once in type, the rankings are most unlikely to change." Famous last words. Two major oversights result in a revision of the U.S. Men's 20 Km rankings. On June 4, Allen James walked a 20 Km at Niagara Falls in 1:33:43 with Ray Sharp second in 1:37:55. That was Allen's only 20 of the year, but certainly earns him a spot in the rankings. Interestingly enough, we did pick up Maria Michta's 1:49:43 for third place in that race, which won her a spot in the women's rankings. The other oversight was Dave McGovern's 1:37:55 on Long Island on June 19. That was also done in the continuation of what was billed as a 10 Km race. But, with his ninth place in the USATF Championships, it is enough to move him ahead of Patrick Collier, who was ranked off a single race (1:37:22 in Kenosha on May 22. So here are the revised U.S. 20 Km Rankings and list.

- | | |
|--|--|
| 1. Tim Seaman
1:27:05 (14) Tijuana 3/19
1:28:32 (1) Hauppauge 4/3
1:27:18 (16) Pan Am Cup 5/7
1:25:43 (1) USATF Champ. 6/26
1:29:58 (31) World Champ. 8/6 | 6. Matt Boyle
1:34:49 (5) USATF Chamjp. 6/26 |
| 2. John Nunn
1:33:06 (2) Hauppauge 5/3
1:29:44 (17) Pan Am Cup 5/7
1:27:16 (2) US Champ. 4/3
1:27:10 (30) World Champ. 8/6 | 7. Ray Sharp
1:35:19 (6) US Champ. 6/26
1:37:55 (2) Niagara Falls 6/4 |
| 3. Ben Shorey
1:30:40 (1) Kenosha 5/22
1:32:29 (3) US Champ. 6/26 | 8. Theron Kissinger
1:38:41 (4) Hauppauge 4/3
1:35:45 (26) Pan AM Cup 4/3
1:35:54 (7) USATF Champ. 6/26 |
| 4. Kevin Eastler
1:33:16 (4) US Champ. 6/26 | 9. Michael Tarantino
1:34:43 (3) Hauppauge 4/3
1:39:18 (8) USATF Champ. 6/26 |
| 5. Allen James
1:33:42 (1) Niagara Falls 6/4 | 10. Dave McGovern
DNF Hauppauge 4/3
1:37:55 (1) Long Island 6/19
1:45:25 (9) USATF Champ. 6/26
1:42:35 (1) Empire Games 7/30 |

2005 Top Performers

- | | |
|---------------------------|-----------------------------|
| 1:26:43 Tim Seaman | 1:35:45 Theron Kissinger |
| 1:27:10 John Nunn | 1:37:27 Patrick Collier |
| 1:30:40 Ben Storey | 1:37:55 Dave McGovern |
| 1:33:16 Kevin Eastler | 1:43:49 Ed Parrot |
| 1:33:42 Allen James | 1:46:25 Leon Jasionowski |
| 1:34:33 Michael Tarantino | 1:47:34 Leo Romero |
| 1:34:49 Matt Boyles | 1:49:45 Michael Bartholomew |
| 1:35:19 Ray Sharp | |

LOOKING BACK

40 Years Ago (From the January 1966 ORW)—The 1 Mile Walk in the Los Angeles Invitational (won by Ron Laird in 6:38) made it on to the telecast of the meet—unfortunately. All we could do was chastise CBS for playing it as some sort of comic relief. But, that's an old refrain. . . The National Junior (more precisely "novice" at that time) 50 Km went to Martin Kraft in 5:22:34, ahead of Roger Duran. . . Ron Daniel won a 1 Mile race in New York in 6:34. . . On the local scene, Jack Blackburn (14:38) whipped your editor (14:43) in a 2 Mile (outdoor) on a cold January day. . . Earlier, the second annual New Year's Eve 6 Mile Handicap went to Dr. John Blackburn. Walking in a cold, driving rain, he covered the 1/3 mile loop over a gravel road and mud path 18 times in 57:10. His effort held off two hard-changing Jacks—Blackburn and Mortland, who started 8 minutes back and came with 16 seconds of the Doc at the finish, deadheating in 49:26. Corinne Blackburn, one of the real pioneers in women's racewalking, finished sixth in 85:26, sipping champagne enroute..

35 Years Ago (From the January 1971 ORW)—In L.A., Ron Laird set an American indoor record for 4 miles (records were recognized at an amazing number of strange distances in those days) with a 28:41.2. Larry Walker finished 22 seconds back. . . Ron Kulik edged Ron Daniel in a New York 1 miler, 6:31.5 to 6:32.9. . . Walker was an easy winner over Laird in a 1 Mile race, 6:28.3 to 6:36.3. . . But, Dave Romansky topped them all with times of 6:20.6 and 6:21.7. In the latter race, Daniel did 6:22.2 and Kulik 6:24.5. . . A 20 miler in California saw Goetz Klopfer winning in 2:37:58.

30 Years Ago (From the January 1976 ORW)—Laird was announced as the winner of the National 1 Hour Postal Championship for 1975, his 8 miles 612 yards edging Todd Scully by just 32 yards. Wayne Glusker did 7 miles 1736 yards and John Knifton 7 miles 1677. Masters winner was Rudy Haluza with 7 miles 843.

25 Years Ago (From the January 1981 ORW)—Fast mile times were turned in by Evan Fox in New York (6:20.7) and Todd Scully in Philadelphia (6:18.9). Tim Lewis did 6:25 behind Scully. . . We carried an item entitled "Further Commentary on Recent Commentary on Previous Commentary on That Subject That Is Receiving a Great Deal of Commentary These Days—Judging."

20 Years Ago (From the January 1986 ORW)—Tom Edwards turned in a fast early season mile at West Point, N.Y., winning in 6:10.6. Curtis Fisher was second in 6:19.74. . . At the

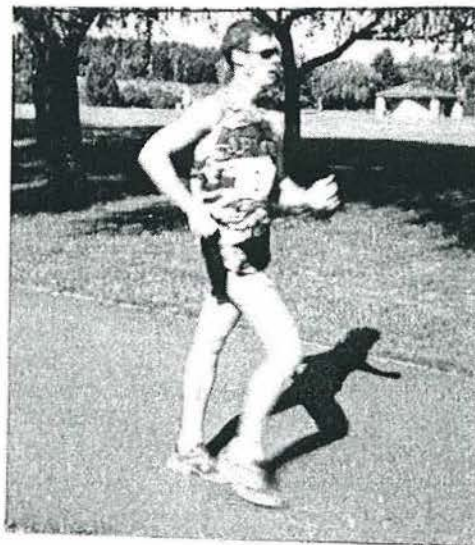
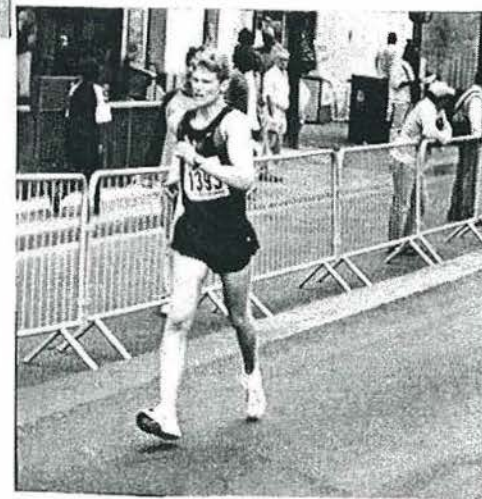
Dartmouth Relays, Lynn Weik edged Teresa Vaill by 0.4 seconds while winning the mile in 7:12.29.

15 Years Ago (From the January 1991 ORW)—Alan Price won the National 100 Km title in Atlanta, finishing nearly 14 minutes ahead of Dave Waddle in 11:41:39. . . Ron Laird wrote a profile on 1964 50 Km Olympic Chris McCarthy, who's *Midwest Walker* preceded the *Ohio Racewalker*.

5 Years Ago (From the January 2001 ORW)—In a meet celebrating the opening of a new indoor facility at U. Of Wisconsin-Parkside, Curt Clausen won a 5 Km walk in 21:12, nearly a minute ahead of Lachlan McDonald. The women's 3 Km race went to Deb Huberty in 14:15, with Ali Bahr just 3 seconds back. A week later, Bahr won a 1500-meter race in 6:52.6 and T.C. DeWitt took the men's race in 6:48.6. Matt DeWitt won the 3 Km in 13:03.7. The following week, Al Heppner won a 5 in 21:05.6, nearly 2 minutes ahead of Matt DeWitt. And another week later, Sara Stevenson won a 3 Km in 13:26, 6 seconds ahead of Michelle Rohl, with Amber Antonia third in 13:40. The men's race went to McDonald in 12:59.55. . . Tim Seaman blistered a 3 Km on Long Island, winning in 11:46.4, nearly two minutes ahead of Greg Dawson. . . In Orlando, Fla., Dave McGovern won the Disney Marathon walking division in 3:40:16 and later won a 30 Km race in Louisiana with a 2:32:00 effort, 3 minutes ahead of Mike Rohl. . . In Portugal, Joao Vieira won a 30 Km race in 2:15:52 and Susana Feitor a 15 Km in 1:10:24.



Suddenly back among elite U.S. walkers after 15 years away, Ray Sharp is seen here at an Alongi Memorial 20 Km race in the early 1980s. Now he is back leading the old men of Varsano's Chocolates to national titles. That's another Chocolateer, Steve Pecinovsky, partially hidden behind him. (Tim Jacobs photo.)



Three elite U.S. walkers. Top: Teresa Vaill, ranked number one at 20 Km in 2005. Middle: Kevin Eastler, winner of the initial 2006 National at 30 Km. Bottom: John Nunn, runner-up in the 30. Vaill and Nunn are shown as they won at the 2006 National 40 Km (Elliott Denman photo). Eastler is shown during the 2003 World Cup 20 Km (Steve Vaitones photo.)