U.S. World Cup Teams on Long Island

Hauppauge, N.Y., April 9—Trials for the U.S. World Cup were held today in windy, chilly conditions that didn't prevent Joanne Dow and Kevin Eastler from setting course records as they won 20 Km races. In the Junior 10 Km events, Katy Hayes and Michael Kazmierczak led the U.S. competitors, although both were beaten by guests from other lands.

In the women's 20, the two grand dames of the sport, Dow and Teresa Vaill, now 42 and 43, respectively, continued their dominance, with Dow coming out on top this time. Joanne won in 1:34:47, nearly a minute ahead of Teresa. Jolene Moore was third in 1:37:07, 58 seconds ahead of Amber Antonia. The fifth spot on the team went to Deborah Huberty, who hung on to beat Sam Cohen. The first three bettered the IAAF B standard of 1:38:00, but were well short of the 1:33:30 “A” standard. Antonia missed the B by just 5 seconds. It will be the seventh World Cup for Vaill, the first coming 21 years ago. Dow, a late comer to the sport, will have her fourth World Cup experience. Antonia, Huberty, and Moore are on their second World Cup team.

Eastler won the men's 20 in 1:25:15, but it wasn't easy with John Nunn just 15 seconds back. U.S. record holder Tim Seaman was a lonely third in 1:27:26, but easily qualified for his fifth World Cup team. This will be Eastler's fourth World Cup. Nunn and fourth place finisher Matt Boyles will be on their second team. Benjamin Shorey rounds out the squad.

The Jr. Women's 10 Km race was won by New Zealand's Amanda Garst, now a student at Virginia Intermount, in 50:24. Katy Hayes led the U.S. girls, just 8 seconds back. Joining her on the team will be surprising Heather Buletti, who seemingly came from nowhere to walk at 51:54, and Le'erin Voss. In the Jr. Men's race, Kazmierczak was no match for Montreal's Alexandre Gagne, but easily captured the first spot on the U.S. As usual, the Vergara boys from South Texas WC, finished almost together as they captured the other two World Cup berths. Garst thought she had made the New Zealand, but apparently they changed their standard on her and said she wasn't quick enough.

The results:

These athletes will be joined by Philip Dunn, Ray Sharp, Theron Kissinger, Dave McGovern, and Mark Green, who qualified at 50 back in February. This will be the sixth World Cup for Dunn. McGovern is on his fifth World Cup team, Kissinger his third, and Green his second (he made his first one in 1997 at the tender age of 41—still going strong at 50). However, the real veteran is Ray Sharp, on his third World Cup team. But the other two were in 1981 and 1987 before he retired for about 15 years.

The results:
Fernandez, Seeger Win At Rio Maior

Rio Maior, Portugal, April 1–The second leg of the 2006 IAAF Racewalking Challenge was contested today under sunny skies, with no wind and a temperature in the high 60s. Winners of the 20km races were Spain’s Francisco and Germany’s Melanie Seeger. Fernandez, silver medalist at the 2004 Olympics and last year’s World Championships, controlled the race from the start and by the mid point, led Ilya Markov and Luke Adams by 13 seconds as he went through in 29:55. He slowed somewhat the second half, but was never in real danger, although his margin over Markov dropped to 5 seconds at the finish, which he reached in 1:20:36. Markov was second and Adams another 8 seconds back in third. Last year he won this race in 1:19:02.

Fernandez and his coach Robert Korzeniowski attributed the difference to “too much work at altitude in the last few weeks.” They also said they treated the race like a “hard training session for his goals. He is pointing to the World Cup in May and the European Championship in August. Markov, the 1999 winner of this race, was able to up his tempo in the last lap to drop Adams, coming off his second place finish in the Commonwealth Games. In fourth place, Tunisia’s Hatem Ghoulia missed his personal best by just 2 seconds. Italy’s 2005 World Championship 50km bronze medalist, Alex Schwazer, was fifth.

Seeger was an easy winner in 1:29:15 after battling 2005 Challenge winner, Rya Turava for the first 15km. But, Turava, who had also won this race last year, had to drop out today, leaving Seeger by herself for the rest of the race. So, she eased up in passing 10km in 53:40; Romania’s Claudia Stef beat Commonwealth Games winner Jane Saville for the silver medal, with another Romanian, Norica Cimpean, in fourth. Local favorite Susana Feiter, who won bronze in last year’s European Championships, was just sixth today. She also has been at altitude training and does not yet feel she is fully fit.

Seeger said, “This win was a great surprise. It was my first competition after winter training and I didn’t know how good my fitness was. So, I came here to see the pace of the others and improve myself to try winning. I’m very happy with that and I’m looking forward to the IAAF World Cup. The results:

**Men:**
1. Francisco Fernandez, Spain 1:20:36 (39:55)
2. Ilya Markov, Russia 1:20:41 (40:08)
4. Erik Tysse, Norway 1:20:53 (40:39)
5. Hatem Ghoulia, Tunisia 1:21:34 (40:37)
6. Alex Schwazer, Italy 1:21:38 (40:39)
8. Giorgia Rubino, Italy 1:22:32 (41:06)
10. Benjamin Sanchez, Spain 1:23:44 (42:54)
11. Luis Manuel Corchete, Spain 1:25:46
12. Mikol Orio, Portugal 1:25:46
13. Julio Martinez, Guatemala 1:26:26
14. Augusto Cardoso, Portugal 1:26:34
15. Andrey Kovenko, Ukraine 1:27:08
17. Javier Perez, Spain 1:27:32
18. Jose David Dominguez, Spain 1:27:42
19. Hassanine Sbei, Tunisia 1:28:03
20. Antonio Pereira, Portugal 1:28:05
21. Sergio Vieira, Spain 1:28:26
22. Juan Antonio Porras, Spain 1:28:42
23. Walter Sandovai, Spain 1:28:46
25. Daniel Garzon, Spain 1:29:29

**Women:**
1. Joanna Dow, New Zealand 1:34:37
2. Teresa Vaill, USA 1:35:41
3. Jolene Moore, New York AC 1:35:44
4. Amber Antonia, New York 1:38:05
5. Deborah Huberty, USA 1:38:38
6. Sam Cohen, Parkside AC 1:42:56
7. Roxanne Crivello, Canada (guest) 1:42:56
8. Tina Velaquez, Spain 1:42:56
9.万 Hui, China 1:47:29
10. Wilane Peters, Miami Valley TC 1:47:32
12. Tara O’Rourke, Florida 1:48:57
13. Cindy Cruz Torres, Puerto Rico (Guest) 1:49:57
14. Karen Steele, Canada 1:51:49
15. Amanda Gorst, Virginia Intermount Col. 1:52:03
16. Susan Randall, Miami Valley TC 1:58:39
17. Juan Yanes, Florida RW 1:57:23
18. David Burns, Maine RW 2:02:04
20. Amber Antonia, NYAC 1:38:05
21. Deborah Huberty, USA 1:38:38
22. Sam Cohen, Parkside AC 1:42:56
23. Roxanne Crivello, Canada (guest) 1:42:56
24. Tina Velaquez, Spain 1:42:56
25.万 Hui, China 1:47:29

Chinese Continue To Dominate On Home Turf

Kunshan, China, April 22–As usual, few athletes from outside of China appeared for the third leg of the IAAF Racewalking Challenge. But those that did faced a phalanx of Chinese men and women walking world class times. In the women’s 20, the Chinese took the first 12 spots, with five under 1:30 and another three under 1:31. In the men’s 20, nine of the...
first twelve were Chinese, with six of those under 1:20.

China's 16-year-old Gaobo Li beat some of the world's most experienced 20 km racewalkers in the men's race, which took place in this Eastern Chinese province today. The winning time of 1:18:17 was the fastest seen in the world so far in 2006, and the top eight finishers all bettered Viktor Burayev's seasonal best. Li, who set an Asian junior record of 1:18:07 taking fourth place a year ago when the 2005 Chinese edition of the Challenge was held in Cixi City, today beat the one-two finishers in the Rio Maior Challenge—Ilya Markov and Spain's Francesco Fernandez. Markov reversed the finish order on Fernandez. The Chinese winner, who also won last year's National Games 20 Km title, beat Markov by just one second. Fernandez, a former world record holder was 16 seconds back in third.

Last year's winner, Nathan Deakes of Australia, coming off his double win in the Commonwealth Games was eighth in 1:19:07, behind four other Chinese walkers. Deakes walked a 1:17:33 last year. Second in that race was Junon Zhu, who finished fourth in today's race.

The women's race was won by 21-year-old Dan He, who had a personal best 1:28:20, as she moved up from sixth in last year's meet. Xiaoling Song and Hong Liu were second and third, just 3 and 6 seconds behind the winner. Dan He was in her second challenge race of the year, having taken third in Mexico. Liu was seventh in that race. The results:


Further results of Mexican Challenge race. Last month's report on the first Challenge leg in Mexico carried only the first finishers in each event. Here are further results:


Sun. May 14 5 Km, Kentfield, Cal., 7:30 am (P) 1 Hour, St. Louis Park, Minn., 8:30 am (I) 3 Km, Arlington, Vir. (S) 5 Km, Denver, 8 am (H) Sun. May 20 5 Km, Thornton, Col., 8 am (H) Sun. May 21 Masters 10 Km, Denver, 9 am (H) South Region 10 Km, Pharr, Texas (O) 5, 10, 20 Km, and 1 Hour, Point Pleasant, N.J. (A) Sat. May 27 10 and 20 Km, Colorado (H)

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From Heel To Toe

Marcel Jobin. Marcel Jobin was great Canadian in the 1970s and early '80s. In referring to a video on Marcel, Ray Sharp wrote the following profile. "Marcel talks about his career, his experience in the Montreal Olympics and his missed opportunity with the 1980 Moscow boycott. The videos of him walking are from earlier in his career, when he was in his early-thirties, with a stiffer, slower technique than he displayed in later years. Marcel's walking evolved along with the advances in the sport in the 1970s made by the Mexican walkers and others, and by 1980-82 he was one of the fastest walkers in the world with a very "modern" technique, at age 40+. Marcel was also a Canadian snowshoe champion, and a great promoter of walking (along with his manager Michel Parent) who influenced Canadian champions Guillaume LeBlanc and Francois LaPointe. He raced in the ultra-thin and light Tiger Marathon or Tiger Pinto shoes, blue nylon with white "asics" symbol, a very thin rubber sole with no mid-sole cushioning. Marcel didn't need much cushioning; in later years his heel hardly touched the ground as he landed almost directly under the body mid-sole cushioning. Marcel drank chocolate or vanilla flavored replacement drinks during races.

Italy's Young 50 Km Ace

Last summer, Italy's Alex Schwazer erred a sensational bronze medal in Helsinki at the World Championship 50 Km. In the process, he smashed the national record by two minutes with a time of 3:41:54. Now he will carry the nation's hopes at the IAAF Racewalking Cup in May.

Schwazer, a 21-year-old athlete from Calice, a small village near Racine in the Italian region of Alto Adige, has been guided by Italian walking guru Sandro Damilano since October 2003. At first a promising ice hockey player, he turned to athletics at age 15, running middle distance races. He began racewalking in the youth category. But, at 18 he turned to cycling. "I began late with cycling and I lacked tactics and experience," said Schwazer of his past cycling experience.

After returning to racewalking, Schwazer now regularly trains in Saluzzo with Elisa Rigaudo, Lorenzo Civaletto, and Patrick Enemoser and competes for the Carabinieri Bologna military team. He is known as a hard worker in training. "I recover easily from the efforts. When I am at rest, I have a heartbeat of 29 per minute", Said Schwazer.

In Helsinki, coach Damilano advised Schwazer to slow down when he saw that he was catching up with the leading athletes. Damilano feared that his young protege could fade in his attempt to reach the podium. Fortunately, Schwazer decided to follow his own instincts.
and won a World medal that not even the most optimistic Italian athletics pundit would have predicted before Helsinki.

After Schwazer’s unexpected feat in the Finnish capital, racewalking legend Robert Korzeniowski said: “If an athlete finishes in the top eight in his first 50 Km in a big championship race it means that he is a talented walker. The fact that Alex reached the podium in his first big 50 Km race at this age means that he is really a superb athlete.”

Post-Helsinki celebrations have not affected Schwazer’s preparation for the upcoming season. “This autumn I feared I would lose my focus and miss training sessions. I was not used to it, and I had to say no to many invitations. The bronze medal is now giving me extra motivation to work harder. I am training most of the year in Saluzzo under the guidance of Damilano.”

It was the Saluzzo-born coach who convinced him to return to walking. “Sandro wanted me in his training stage some years ago even when I hadn’t won anything yet. This winter I worked on improving my technique, which was my weakest point in the past. Every year, I increase the volume of my training. I am planning to walk 4000 kilometers in the period of training from February to mid-May when I will compete in the 50 Km at the World Cup in La Coruna. Now I walk 220 Km per week at a slow pace (Ed. That’s about 20 miles a day!). I will gradually reduce the mileage in the coming weeks and working on increasing the speed in my training sessions. My first international race will be the 20 Km in Rio Maior (Ed. See results above. He finished sixth.). Afterwards, I will join my training group for a training stage in Ecuador,” explained Schwazer.

Diego Sampaio for the IAAF

England’s Earliest Competitive Walkers

(Excepted from “Two Hundred Of Competitive Walking: A History of Racewalking” by Glen Arthur Sweeney, Ontario, Canada, 1981.)

There have always been long-distance walkers, of course—like the Elizabethan eccentric, Tom Coryat, who walked across all Europe and finally headed for the Holy Land and on to India, where he died. There were medieval friars who would wander back and forth across Europe for the whole of their lives. But the idea of walking competitively really only took hold in the latter half of the eighteenth century, when the main interest of the sport was in gambling.

Walking was a predominant form of transportation during the eighteenth century, and it was during this period that long-distance walking became popular. After some time, long-distance walkers would establish reputations based upon their notable walking achievements; then there would be challenges offered to encourage these men to walk phenomenal distances. These activities served the gambling interests of sportmen and it was in this way that competitive walking began.

Organized walking competition had its start in England, when town-to-town walking events drew large and enthusiastic crowds of both spectators and competitors. A number of these walkers became “celebrities” because of their walking, and their appearance in a small town would bring out many spectators.

An eighteenth-century gentleman named Foster Powell correctly clad in frilled shirt, long waist coat, full-skirted coat, wig and three-cornered hat, walked the 402 miles from London to York and back again in 5 days and 18 hours. A more athletically clad champion named George Wilson set himself to walk 50 miles a day for 10 consecutive days and

Leaders in Total U.S. Racewalking Titles, Men

1. Ron Laird 65 Senior Titles

1958: 20 Km, 25 Km
1959: 40 Km
1960: 40 Km, 50 Km
2. Henry Laskau 42 Senior Titles
1947: 10 Km, 15 Km
1948: 1 Mile, 3 Km, 10 Km
1949: 1 Mile, 3 Km, 10 Km
1950: 1 Mile, 3 Km, 10 Km
1951: 1 Mile, 3 Km, 10 Km, 20 Km
1952: 1 Mile, 3 Km, 10 Km, 20 Km
1953: 1 Mile, 2 Mile, 10 Km, 15 Km, 20 Km
1954: 1 Mile, 2 Mile, 10 Km, 15 Km, 20 Km
1955: 1 Mile, 2 Mile, 10 Km, 15 Km, 20 Km
1956: 1 Mile, 3 Km, 10 Km, 15 Km, 25 Km
1957: 1 Mile, 2 Mile, 10 Km

3. Curt Clausen 29 Senior Titles
1988: 40 Km
1996: 10 Km, 20 Km
1997: 5 Km, 10 Km, 20 Km, 40 Km
1998: 5 Km, 50 Km
1999: 10 Km, 20 Km, 50 Km
2000: 50 Km
2001: 5 Km, 20 Km, 30 Km
2002: 10 Km, 50 Km
2003: 10 Km, 15 Km, 30 Km, 40 Km, 50 Km, 2 Hour
2004: 15 Km, 50 Km, 2 Hour
2005: 30 Km, 50 Km

4. Tim Seaman 27 Senior Titles
1996: 5 Km
1998: 5 Km (Indoor), 10 Km, 15 Km, 20 Km
1999: 5 Km (Indoor)
2001: 5 Km (Indoor), 20 Km
2002: 5 Km (Indoor), 15 Km
2003: 5 Km (Indoor), 5 Km
2004: 5 Km (Indoor), 5 Km, 20 Km, 40 Km

5. Larry Young 25 Senior Titles
1966: 50 Km
1967: 50 Km
1968: 30 Km, 35 Km, 50 Km
1971: 2 Mile, 30 Km, 35 Km, 40 Km, 50 Km
1972: 5 Km, 10 Km, 15 Km, 20 Km, 25 Km, 30 Km, 35 Km, 40 Km
1974: 30 Km, 50 Km
1975: 30 Km, 50 Km
1976: 30 Km, 50 Km
1977: 50 Km

6. Tin Lewis 23 Senior Titles
7. Bill Mihalo 21 Senior Titles
8. Sam Liebgold 20 Senior Titles
9. Harry Hinkel 18 Senior Titles
10. Jim Heiring 18 Senior Titles
11. Ron Morgan 17 Senior Titles
12. Ron Zinn 15 Senior Titles
13. Allen James 15 Senior Titles
14. Adolph Weinhacker 14 Senior Titles
15. John Knifton 14 Senior Titles
16. Todd Scully 14 Senior Titles
17. Dan O'Connor 14 Senior Titles
18. Carl Schueler 14 Senior Titles
19. Ray Sharp 14 Senior Titles
20. Willie Plant 13 Senior Titles
21. Alan Price 13 Senior Titles

LOOKING BACK

40 Years Ago (From the April 1966 ORW) - Toughest of the tough. That's what we called Shaul Ladany after he set an American record for 50 miles in Point Pleasant, N.J. He warmed himself up with an 8:45 for the first mile and passed 50 Km in 5:05:13. John Kelly was a strong second, about 12 minutes behind, with Elliott Denman and Bruce MacDonald following. Ron Laird did his own record setting in San Diego—35 Km in 3:08:37, 40 Km in 3:38:26, and 25 miles in 3:39:37. Jack Blackburn won a track 40 Km in Worthington, Ohio with a 3:58 as your editor's "assault" on Laird's record fizzled out after 15, where he dropped behind the necessary pace, and ground to a halt at 19 miles.

35 Years Ago (From the April 1971 ORW) - Another 5 years, and here was Ron Laird taking the National 1 Hour title by overcoming Colorado's altitude handicap to cover 7 miles 1510 yards. Floyd Godwin was nearly 300 yards behind Laird and 50 yards ahead of comebacking Larry Young. John Knifton was knifty in a 4:10:42 50 Km effort, followed 6 days later by a track 20 Km in 1:35:19. Ron Kulik was second in the 50 in 4:15:51, but there was some suspicion about the course. Elliott Denman won his annual 50 miler with an impressive
8:47 with our own Jack Blackburn struggling to third behind George Brancel. On the local scene, Jerry Brown, then living in Louisville, Ky., journeyed north to win a 10 Km on the Worthington track in 49:05, leaving your editor 34 seconds behind. The ORW subscription rate went from $2.00 to $2.50 per year.

30 Years Ago (From the April 1976 ORW) – Once again we meet that tough one as Shaun Ladany won his second straight U.S. 75 Km title in 7:23:46. He outclassed the opposition in the New Jersey race, with Tom Ambury second in 7:58.02, followed by Alan Price (8:02:36) and Tom Kratt (8:14:07). The National 100 Km was also contested, this one in Colorado, with Paul Ide winning in 10:31:28, 14 minutes ahead of Augie Hirt. Jerry Brown was a distant third. Still going strong, Ron Laird won the National 25 Km in Seattle, outganging Larry Young in the final 5 Km. Young went through 20 Km in 1:33:54 and led by nearly a minute, but hit the wall soon after and succumbed to Laird’s strong finish. Ron had 1:59:39 to Larry’s 2:00:33.

25 Years Ago (From the April 1981 ORW) – Jim Heiring set an American record for 5 Km (20:41) at the Dogwood Relays in Knoxville, Tenn. Todd Scully was second in 21:17. Tim Lewis, then a student at East Tennessee, was third in 22:05. Australia’s Sue Cook had two world’s bests: 22:53.2 for a 5 Km in Adelaide and 6:47.9 for 1 Mile in Canberra.

20 Years Ago (From the April 1986 ORW) – Tim Lewis and Lynn Weik scored double victories in the Rockport Regional held in the nation’s capital. Lewis won the 5 Km on Saturday in a quick 19:54 and came back on Sunday to win 20 in 1:25:43. Weik won 5 and 10 double in 23:36 and 48:20. Carl Schueler followed Lewis on both days in 21:09 and 1:28:43. Teresa Vaill also had two seconds in 23:47 and 49:01. In Mexico’s Racewalking Week, Czechoslovakia’s Josef Pribilinoce won the 20 in 1:23:34, with Ernesto Canto second in 1:23:48. Canto took a 1 Hour race with 14,339 meters. Lewis won the 20 in 1:19:38 to win in Barcelona, with Spain’s Francisco Fernandez just 9 seconds back. (Tim Lewis holds the indoor best at 5:33.53 and Ray Sharp and Jim Heiring also bettered Clausen’s mark in indoor races.) Michelle Rohl won the women’s race in 6:39:75. America’s Nathan Deakes won the annual 50 Km in Naurburg, Germany in 3:44:43, more than 5 minutes ahead of Poland’s Tomasz Lisciak. 20 Km races in Rio Maior, Portugal went to Susan Feito in 1:27:55 and Latvia’s Aigars Fadejevs in 1:22:02. Russia’s Ilya Markov did 20 Km in 1:19:38 to win in Barcelona, with Spain’s Francisco Fernandez just 9 seconds back. Fadejevs was third in 1:19:53.

Marco Evoniuk was a close fourth in 4:10:45 as he took a shot at his fifth Olympic team. Ian Whatley was fifth in 4:14:48, Dave Marchese sixth in 4:15:31, Rob Cole seventh in 4:16:42, Herm Nelson eighth in 4:17:51, and Mark Green ninth in 4:19:19. (Note that Mark, now 50, although he was 20 minutes slower, moved up four places in this year’s World Cup Trials.) At the National Invitational, Teresa Vaill moved away from Canada’s Janice McCaffrey early and went on to win the 10 Km in 45:20.4. McCaffrey had 46:06.2, with Sara Standley third in 46:52. Canadian Arturo Huerta put his stamp on the 20, winning easily in 1:22:31. Following were Curt Clausen (1:25:41), Dave McGovern (1:26:29), Ian Whatley (1:27:18), Phillip Dunn (1:29:08), and Dave Marchese (1:29:14). Kerry Saxby-Juvara won the Australian Women’s 10 Km in a swift 42:49.

5 Years Ago (From the April 2001 ORW) – Philip Dunn walked 3:57:33 to win the National 50 Km in Maassas, Virginia, leaving three-time defending champion, Curt Clausen, 9 minutes behind. Tim Seaman was third in 4:14:12, Al Hepper fourth in 4:22:03, Theron Kissinger fifth in 4:23:24, and Dave McGovern sixth in 4:29:20. Susan Armenta was impressive in winning the first U.S. Women’s 50 Km title, doing 4:49:42 in her debut at the distance. The following day, Ecuador’s Xavier Moreno won the National Invitational 20 Km at the same site in 1:25:16 with Sean Albert second in 1:26:55. Teresa Vaill finished third overall in winning the women’s race in 1:33:23. Curt Clausen walked the fastest ever outdoor mile by an American in Walnut, Cal., winning in 5:54:52. Al Hepper was 2 seconds back. (Tim Lewis holds the indoor best at 5:33.53 and Ray Sharp and Jim Heiring also bettered Clausen’s mark in indoor races.) Michelle Rohl won the women’s race in 6:39:75. America’s Nathan Deakes won the annual 50 Km in Naurburg, Germany in 3:44:43, more than 5 minutes ahead of Poland’s Tomasz Lisciak. 20 Km races in Rio Maior, Portugal went to Susan Feito in 1:27:55 and Latvia’s Aigars Fadejevs in 1:22:02. Russia’s Ilya Markov did 20 Km in 1:19:38 to win in Barcelona, with Spain’s Francisco Fernandez just 9 seconds back. Fadejevs was third in 1:19:53.

10 Years Ago (From the April 1996 ORW) – Allen James covered his final 10 Km in 46:44 to win the U.S. Olympic Trial at 50 Km with a 3:58:39. Andrew Hermann withstood a challenge by Andrzej Chylinski to take second in 4:07:52. Chylinski caught and passed Hermann during the final 10, but faded away at the finish. He won a spot on the team having bettered the 4 hour qualifying standard earlier. Herman was left to try for that standard later. Veteran