Indianapolis, June 23-24—With the men going on Saturday and the women on Sunday, four national racewalking champions emerged from the 2007 USA Track & Field Nationals. On Saturday, Kevin Eastler won defended his men’s 20 Km title as he won easily in 1:26:43.28 and Roberto Vergara bested his brother Ricardo for the Junior 10 Km title. The women’s races on Sunday saw Teresa Vaill winning at 20 and Lauren Forgues at 10.

Eastler won easily as five-time winner Tim Seaman, who had pushed him two weeks earlier in La Coruna, Spain (see article beginning on page 2) was not able to repeat that effort here. Eastler was winning his third title, the first having come in 2003. In third, Matt Boyles had a solid performance, bettering his personal record, set in the Pan-Am Trials earlier this year, by 5 seconds. He was well ahead of John Nunn, who like Eastler and Seaman, could not duplicate his La Coruna performance. Patrick Stroupe, who qualified for this race just six weeks ago when he took more than 5 minutes off his only previous 20, took another 39 seconds off as he finished fifth here.

Following the race, Eastler said: “It went OK for a National Championship. Usually, we don’t have the fastest times. Tim and I came off a great race in Spain where I got the A standard and he got the B. Today went OK, but it was a little early for us. (6:30 am start) It could have gone better, but I’m pleased with the result.”

Like Eastler, Vaill was virtually unchallenged as she captured her sixth National 20 Km title in 1:37:28.70, nearly 2 minutes ahead of Jolene Moore with Sam Cohen another minute-and-a-half back. Maria Michta had a personal record in fourth as did Susan Randall in fifth, but the event was sadly lacking in depth. That picture wasn’t helped with the disqualifications of Loretta Scheullein and Solimiya Login. Vaill commented after the race: “I felt pretty good today, but I wish I had done a faster time. There just was never anyone who came up to push me. I’m excited about the Pan Am Games and the World Championships. Hopefully, I’ll put up some fast times there.”

The 16-year old Vergar twins were impressive in the Jr. Men’s 10 Km as they went one-two with Roberto winning in 47:28.28. But Matthew Forgues in third, was more than 3 minutes in back of Ricardo, who went just under 48 minutes. Roberto commented: “It was pretty good conditions. In Texas it’s always hot, so that is nice. During the race, we alternated the lead every two laps. At the end it’s whoever wants it most.”

It was a good day for the Forgues family as Lauren took the Jr. Women’s 10 in 51:49.96, leaving Le’erin Voss nearly two minutes in her wake. The results:

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Turava Rolls On, Fernandez Impressive

La Coruna, Spain, June 2–Ryta Turava made it three for three in 2007 IAAF Racewalk Challenge races, winning today’s 20 Km in 1:28:44. The Belarus woman led from the start and left Norway’s Kjersti Platzer more than a minute-and-a-half back at the finish. Spain’s Francisco Fernandez, who like Turava, won last year’s World Cup and European Championship races, also left the field at the start of the Men’s 20 and strode to an impressive win.

Turava actually started at rather leisurely pace, 22:59 for the first 5 Km, but was accompanied only by Portugal’s Ines Henrique. Platzer was 12 seconds back at that point. Turava stepped up the pace a bit to pass 10 in 45:25, and was leaving the field, except for Platzer, who put in a strong 5 to pull even at 10. But, even she had no answer to Turava’s 21:40 over the next 5, dropping back by 33 seconds. Turava held that pace, actually a second faster, over the final 5, to another easy win. Platzer was nearly a minute-and-a-half ahead of third-place Claudia Stef at the finish.

Fernandez broke away early in the men’s race and by 5 Km, which passed in a quick 19:28, he was 10 seconds clear, with only China’s Yucheng Han, Australia’s Nathan Deakes, and Tunisia’s Hatem Ghoula. Fernandez broke away from them and the rest of the field strung out. When Fernandez stepped up the pace with a 19:08 second 5 and the race for first was over. Nonetheless, he continued to apply the pressure and when he passed 15 in 58:12 (19:36) he led nearly a minute.

Behind him, Ghoula moved into second at 10 (39:19), 3 seconds ahead of Deakes and 9 ahead of Han. Ghoulas and Deakes were still locked in battle at 15, with Ghoula 2 seconds ahead in 59:10. Han now trailed Ghoula by 36 seconds, but somewhere found another gear. With 3 Km to go he was back in the race and then pulled well clear, blistering the final 5 in 19:29, while Ghoulas struggled home in nearly 21 minutes, with Juan Molina closing on him at the finish.

“I’m delighted with my performance,” said Fernandez. “Right from the start I realized that nobody wanted to set the pace, so I decided to push hard to run (sic) a fast time and hopefully come close to the World record. The 10 Km split was very encouraging for me but definitely you need tough rivalry to break a World Record and I walked 17 kilometers in solitude. The second half was much slower as I faded a bit having secured the victory.”

The results:


Turava Yet Again, Sanchez Tops Men

Krakow, Poland June 23–Turava continued her win streak in Challenge races in this Polish city, again with little opposition. This time, she won by nearly a minute over Italy’s Elisa Rigaudo, finishing in a rather pedestrian, for her, 1:30:36. On the men’s side, Mexico’s Eder Sanchez was a surprise winner as he held on to take the measure of Norway’s Erik Tyssø and Tunisia’s Hatem Ghoula.

Turava followed the same race plan she pursued at La Corona and in the Euro Cup last month—an easy initial pace with a steady build-up, although she never did go as quickly as in those earlier races, due at least in part to weather conditions. But, of course, she didn’t need to. Even at that, her 23:14 first 5 put her clear of everyone except Germany’s Sabine Zimmer, who started with her through 10 Km, reached in 45:56. But, that was it for the German, who dropped nearly a minute behind by 15 Km and was passed by Italy’s Elisa Rigaudo. Rigaudo was 44 seconds behind Turava with 5 to go and held that margin to the finish as Turava eased back slightly on the final 5. Zimmer was passed by Turava’s teammate, Elena Ginko, during the final 5 as she struggled to a fourth place finish. During the second half of the race, the walkers were hampered by high winds and a downpour that made the course dangerously slippery.
The thunderstorm passed before the men took to the course. With no one willing to set a killing pace, a pack of 12 was together at 5K in 20:04 and ten of them were still there when they reached 10 in 40:12. The only surprise came from favorite Francisco Fernandez, who dropped out of the race just before the 10K mark. He felt some pain in his leg and didn't want to risk further injury that could ruin his season.

The 21-year-old Sanchez initiated a break as they approached the 15K mark and led Erik Tysse and Hatem Ghoula by 3 seconds as he went through in 60:29. Juan-Matuel Molina, Luke Adams, and Ivan Trotski were another second back. Sanchez was never able to drop Tysse, but did extend the margin to 5 seconds as he dropped under 20 minutes for the final 5. Ghoula did drop away to finish 14 seconds back, but held off Mokina for third place. Tysse moved into the lead of the Challenge standings with his second place. Two races remain in the Challenge—the World Championships in Osaka in August and the series final in Saransk, Russia on September 29. The results:

**Women:**

**Men:**

Easy Wins At the Falls

Niagara Falls, N.Y., June 2—In walk-away wins, Matt Boyles won his first USATF National title and Teresa Vaill her 26th in the 2007 National 10K race. Boyles, second to Tim Seaman last year, turned in an excellent 42:48 to beat Allen James by nearly 4 minutes. But, James, semi-retired since 1996 and the holder of 15 U.S. titles, was still able to beat a bunch of guys less than half his age for the runner-up spot. Vaill, who won her first U.S. title in 1984, scored her fifth win at this distance, finishing 1:50 ahead of Canada's Rachel Lavallee in 47:49.

Neither winner was bothered by a steadily warming temperature that was near 80 at the race's start. In the men's race, juniors impressed as the 16-year-old Vergara twins finished fifth and sixth and 14-year-old Trevor Barron came seventh in 51:16. Team titles


Other Results


At the same place-1. Danny Lee (52) 64:00.2. Dan Ping He (15) 70:35.3. Connie Cheng (15) 70:55. (8 finishers) 11. Alan Sangeap (45) 2:45:27. (1 IDNF, 1 DQ)


Women’s 16.3 km place—Pam Hooper 2:44:38 2. Gabriele Caldarelli 2:47:58 (8 finishers, 2 DNF)


Women’s 10 km place—Adelheid Robohrn 2:08:15 2. Gabriele Caldarelli, Italy 2:09:41 3. Frederic Marie, France 2:18:01 (5 finishers)


Women’s 16.3 km place—Pam Hooper 2:44:38 2. Gabriele Caldarelli 2:47:58 (8 finishers, 2 DNF)


Women’s 10 km place—Adelheid Robohrn 2:08:15 2. Gabriele Caldarelli, Italy 2:09:41 3. Frederic Marie, France 2:18:01 (5 finishers)


Women’s 16.3 km place—Pam Hooper 2:44:38 2. Gabriele Caldarelli, Italy 2:09:41 3. Frederic Marie, France 2:18:01 (5 finishers)


did not have a male racewalker on the roster for the first time since I was on the roster in competive season after 9 years of competing non-stop. Along the same line of really during the fall, as Lauren will be going to grad school, most likely near Kenosha. We didn't graduated last spring, moved back to Maine, where is working for MBNA, and married 1972, when I graduated, which was the first year of NAIA racewalking. Jim Heiring started at Shorey was "unknown", I queried Coach Mike DeWitt at University of Wisconsin Parkside. The Parkside program.

From Heel To Toe

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From Ray Sharp: “As you stated in the May ORW, I struggled to finish the 50 in Brazil, but not until after 30 Km. I was actually at 2:07:46 for 25 and 2:34:07 at 30 (some of the reported splits were wrong), just a minute behind Philip, but the heat took its toll after 20 miles. Still, I was never overtaken and actually passed a couple more athletes in the last 20. The first 90 minutes were in shade, but the last hour or so the temperature on the road was around 90°F and humid with no breeze. I think Team USA did well against South Americans in difficult conditions, considering we had just been through winter and they were at the end of their summer. Because we were the only full men’s team at 50, we won the combined trophy and thus the IAAF will pay the men’s team’s travel to the next World Cup 2008 in Russia because we are the ‘area champions’ “There’s a worthwhile note not reported to me before. I would assume that would assure that we will send a full complement of ten walkers with expenses not being a factor. In the past, there has been some nitpicking from some quarters about the expense of sending full teams that aren’t competitive. Now, we can only hope that some young blood will come forth to qualify and gain that valuable experience. Not that I would begrudge Ray another shot at the international stage. After all, at age 47 he just walked 20 Km 37 seconds faster than my best ever - which came at age 29~3 years ago., More Pan Am Cup. Coaching the U.S. delegation to Brazil for the Pan Am Cup was former international Allen James, assisted by Dan O’Brien and Diane Graham-Henry. Allen, who wound up competing a well as coaching when John Nunn had passport problems, reflected on the trip. “We truly had a great team effort. I believe that all started with some great team chemistry and everyone coming in with great attitudes. I consider it a great honor to have been able to be with this team as its head coach and I’m grateful for everyone’s contribution. Dan O’Brien was always ready and willing to do whatever needed to be done. Diane Graham-Henry took a crash course in Portuguese. Matt Kutz was our fabulous Mr. Hands as our trainer. Included in the cast of helpers was Robert the test king, the Voss family, and Dave “I didn’t see a thing” M.cEngaged. Oh Canada, I can’t forget Stafford Whalen’s terrific help, too. Of course, without the athletes, there wouldn’t be a Pan Am Cup and we had a terrific group. From the experienced vets to the young guns, everyone displayed a great amount of poise and maturity. I believe this was the basis for an all-out effort to finish and compete in these races, no matter what the costs were. While other teams’ athletes dropped like flies resulting in several no scores, each of our teams placed their required numbers. It was a great week in Brazil. We were highly concerned about security issues prior to our arrival. However, this small tourist town was about as friendly and
welcoming as they come. It really was like a Riviera resort town. The weekend's events ended in the usual post-race banquet and party. The Brazilian athletes and the band made it a fun evening for all. Taking home the big trophy was great too. With renewed friendships from years ago to new beginnings and inspirations, we departed to train and prepare for the next occasion or, in my case, semi-retire again! Elliott Denman, Olympic race walker, race promoter, friend of the sport, sportswriter extraordinaire, gentleman, and all-around good fellow comments: 1. Congratulations to all who took part in the racewalks at the Nike National H.S. Championships in Greensboro, N.C. 2. Well done, all competitors and good racing, and good officiating. 3. But all of us who were there noted that the fields for both were relatively sparse. 4. Meet Director Jim Spier does a great job supporting all events and meet Director emeritus Mike Byrne is a great supporter of racewalking (and is one of the few H.S. coaches in the nation able to say he coached two Olympic racewalkers). (Ed. Okay. In all my wisdom, I should now step in and identify the two. But this is not in my trivia bank. Maybe by next issue, Elliott will provide an answer to the riddle he has presented.) 5. But we nevertheless have to make a major effort to get more competitors to this great meet so that the inclusion of the two racewalks is never questioned or endangered. 6. I certainly realize it can be an expensive trip and comes at a time when athletes are also planning to go to other national meets, etc. 7. But, please, racewalking friends, let's do all that we possibly can for larger fields for this meet starting next year so that the opportunity to compete in the Nike Nationals is maintained for future H.S. racewalkers for years and years to come... Eastler responds. Tom Eastler, who has done so much to help build the strong high school program in Maine and to promote camps for young walkers (besides fathering superb talent in Kevin), offered this response to Elliott's plan: "Thanks for the good advice. There are many reasons why the fields are usually small, not least of which is the expense and time commitment. It is a 19-hour van ride one way for the Maine kids and the meet falls right during final exam period. Add on the Junior Nationals one week later. In spite of all of the above and more, Maine has continually populated the boys and girls sections. We have had kids from all over the country compete in the walk there, but never all at once. Last year I recall that there were two heats of girls and well over 10 boys... it seems to go in cycles. Anyway, we sent six kids and hope to send more next year."... A subscriber's dilemma. From Paula (Kash) Mendell, race walker and long-time subscriber: "For over 30 years, I've been collecting items related to racewalking and decided it was high time to go through these things. As I started to sort, I was a bit overwhelmed. I want to know what readers might suggest before proceeding. I need ideas of what to keep or what to discard and what things might I be throwing away that others might want. I'm looking for ideas for recycling items related to racewalking like magazine and newspaper articles, photographs, videos, trophies, pins, t-shirts, memorabilia, and books. What do people do with their medals and trophies? Take the plaques off and reuse? Are there any libraries interested in articles and books? Is there any historical value for letters between racewalkers? Is there anyone out there who wants articles or photos about themselves if I come across them? Among magazines--I have several issues of Gang Magazine, the Swedish racewalking magazine that includes color photos and articles in Swedish. My many filled boxes include photos from races, an outdated rolodex of over 500 racewalkers, old judging manuals and minutes from conventions, Sam the Eagle racewalk pins, just about every book on walking and racewalking between 1976 and 1996, articles on anatomy or technique, articles about celebrities at all levels in our sport, USA uniforms, sentimental racing flats and racing shorts that will never fit again. One item that I plan to keep for a while longer but eventually should go to a good home are Lugano Cup Posters with autographed names of athletes. If racewalkers were revered like NBA players these would be worth a fortune. You may e-mail at ptrmendell@comcast.net with suggestions. On a separate
35 Years Ago (From the June 1972 ORW)-Dave Romansky covered 8 miles 80 yards to win the National 1 Hour Championship in Lawrenceville, N.J. John Knifton was 374 yards back, with Ron Daniel and Steve Hayden also going past 7 3/4 miles. Larry Young won National titles at both 5 and 10 Km. In Chicago, he beat Tom Dooley by 21 seconds in the 10, doing it in 44:51. Jerry Brown, Floyd Godwin, and Steve Hayden followed. In the 5 in Seattle, Young's 21:39.8 left Bill Ramsey 50 seconds back with Todd Scully third. Laurie Tucholski walked an American record 7:50.4 for 1 Mile in Dayton, beating former record holder Lynn Olsen. ORW Editor Jack Morland took in final laps of 1:54 and 1:30 to win a track 7 miler in 55:20 with Jack Blackburn second.

30 Years Ago (From the June 1977 ORW)-Mexican Junior Marcos Castro overcame Todd Scully in the final 5 Km to win the U.S. 20 Km title race in Seattle with 1:30:05. Scully was 31 seconds ahead as he passed 15 Km in 1:06:29, but he faded just as Castro accelerated and was 30 seconds back at the finish. Neal Pyke was third in 1:31:29, with two other Mexican juniors, one of them named Ernesto Canto (a world and Olympic titlist to be), in the next two spots. The real Mexicans were on the track in Bergen, Norway, where Daniel Bautista set a World Record for 20 Km in 1:23:52. Domingo Colín and Raul Gonzales also bettered the former record and Angel Flores missed it by less than a minute. The Mexican onslaught continued the next day with Enrique Vera taking Bernd Kanneberg's World Record for 50 Km down to 3:56:38. Kanneberg had also held the 20 Km record. Jim Heiring won the NAIA 10 Km in 44:42, more than a minute and a half up on Carl Schueler. Neal Pyke did 8 miles 240 yards in a one-hour race. Sue Brodick won U.S. titles at 5 Km (24:10) and 10 Km (51:17).

25 Years Ago (From the June 1992 ORW)-Jim Heiring was an easy winner in the National 20 Km, held in Knoxville, Tenn. Jim's 1:30:22 put him 2:08 ahead of Ray Sharp at the finish. Marco Emovnik was third in 1:33:48, followed by Dan O'Conor and Todd Scully. Susan Liens-Westerveld won the National 5 Km in 24:50.6. 26 seconds ahead of Bonnie Dillon, with Teresa Vaill third. Heiring was also an easy winner in the National 10 Km in 44:17.6. Mike DeWitt and Morris Morris followed. Liens-Westerveld won the women's National 10 in 50:59, after a tough race with Sue Brodick. Brodick had 51:09.

20 Years Ago (From the June 1997 ORW)-Finally moving away from Paul Wick in the final 5 Km, Ray Sharp won the National 25 Km in Long Beach. The two were together at 20 Km in a swift 1:28:52, but Sharp proved stronger at the finish winning in 1:28:52. Wick was just 35 seconds behind and nearly 8 minutes ahead of Larry Walker, who took third. Larry broke the 2 hour mark by a second. John Slavonic and Jim Mann followed. In the Women's National 20 at the same time, Teresa Vaill prevailed in 1:42:24, beating sister Lisa by more than 4 minutes. Jenna Standley was third. Vaill opened a huge lead from the start and had splits of 23:53, 49:01, and 1:15:24. The national 5 Km races were held in Denver with Teresa Vaill and Tim Lewis scoring victories. Vaill was only slightly faster than her time on the way to a 20 week later with a 23:44, while that left sister Lisa 28 seconds in arrears. Vijaya Sedlak was a distant third (26:33), just ahead of Karen Rezach. Lewis won in 20:23, 65 seconds ahead of Carl Schueler. Brad Knuston, age 19, was third. The NAIA 10 Km went to Mike Staub in 43:22.1, a time that broke Ray Sharp's meet record by 9 seconds. Doug Fournier was more than 2 minutes back in second.

15 Years Ago (From the June 1992 ORW)-In the U.S. Olympic Trials, Debbi Lawrence was a clear winner at 10 Km in 45:46. Victoria Herazo (46:21) and Michelle Rohl (46:50) also captured Olympic slots. Debby Van Orden was fourth in 47:32, ahead of Cindy March and Lynn Weik. In the men's 20, Allen James survived the hot, humid conditions to win in 1:29:38. Gary Morgan edged Jonathan Matthews for second, followed by Ray Funkhouser, Dave McGovern, and Carl Schueler. James was the only Olympic qualifier because none of the others had met the qualifying standard. Valery Spitsin won a 50 Km in Moscow in an unbelievable 3:33:22. However, the course, although reported as accurately measured, was also reported as one on which it was easy to take short cuts. The time was never accepted as valid. Viktor Popovich had a 3:36:12 in second and A. Plotnikov a 3:37:05 in third. (The fastest time Spitsyn ever had otherwise was 3:41:07 in 1994). Italy's Ileana Salvador edged Australia's Kenny Sazby in an Italian race, with both given a 42:07 for 10 Km. Anna Marie Sidot was third in 43:03. In a more legitimate 50, Poland's man-of-the-future, Robert Korzeniowski did 3:46:42 in Dudince, Czech Rep., with Canada's Tim Berrett second in 3:50:55.

10 Years Ago (From the June 1997 ORW)-In the National T&F Meet, Debbi Lawrence and Curt Clausen defended their titles, Lawrence winning the women's 10 in 46:45 and Clausen the men's 20 in 1:27:12. The meet was held in Indianapolis. Lawrence led from the 200 meter mark on, but Sarah Standley hung close and was just 8 seconds back at the finish. Victoria Herazo (47:18), Joanne Dow (47:23), Jill Zenn (48:11), and Deborah Van Orden (48:42) filled out the top six. Clausen was unchallenged as he won by more than a minute. Andrew Herman (1:28:23), Tim Seaman (1:30:00), Gary Morgan (1:30:42), and Jonathan Matthews (1:30:49) followed. In Albany, New York, Herman Nelson (2:28:07) won the National 30 and Victoria Herazo (1:43:14) the National Women's 20 Km. Al Heppner zipped through 5 Km in 20:07:38 to win the NAIA Championship, leaving Dave Micheli more than 2 minutes back in second. Jill Zenn won the women's 3 Km in 13:16.16.

5 Years Ago (From the June 2002 ORW)-Joanne Dow broke the American record as she won the National 20 Km in 1:34:46.52 on the Stanford U. track. The men's title went to Tim Seaman in 1:26:40:36. Dow had to overcome the hot pace of Teresa Vaill, who had won this title three times back in 1980s. Vaill hit 10 Km in 46:28 with a 35 second lead on Dow and still led by 16 seconds at 15 (1:10:28). When she was finally caught and passed Vaill rallied to stick close and didn't succumb until the final 400, losing by 7 seconds. Amber Antonia was third in 1:35:59.44 and Jill Cobb (nee Zenn) fourth in 1:39:46. Seaman eased through the first 10 of the men's race in 44:27, a second behind John Nunn, with five others within 20 seconds. A 21:09 by Seaman on the third 5 settled the issue and he closed with a 21:05, finishing 1:16 ahead of Al Heppner (1:27:56.46). Kevin Eastler was third in 1:28:35.67, followed by Philip Dunn (1:28:59.62), Curt Clausen (1:29:33), Nunn (1:30:19), Sean Albert (1:30:42), and Matt Boyle (1:32:35). National Junior 10 Km titles went to Ben Shores (42:50:21) and Robyn Stevens (50:29:32). The National 15 Km was won by John Nunn in 1:06:49 with Al Heppner second in 1:09:43. Amber Antonia won the women's race in 1:14:15. The Russian 20 Km title went to Victor Burayev in 1:20:41, 13 seconds ahead of Vladimir Andreev. Twelve were under 1:25, with six of them under 1:22. Elena Nikoleva won the women's title in 1:27:02, 50 seconds ahead of Lyudmila Efimkina. There were eight walkers under 1:30. Ecuador's Jefferson Perez walked a 1:19:08 for 20 in Germany and Robert Korzeniowski won the Polish title in 1:20:54.