Eastler, Dow Join Dunn On Olympic Team

Eugene, Oregon, July 5 and 6—In early morning races—the men on Saturday and the women on Sunday—Kevin Eastler and Joanne Dow won Olympic Trial 20 Km racewalks and tickets to the Olympics in Beijing in August. They join Philip Dunn, who won the Olympic Trial 50 Km race in February and then achieved the B qualifying standard at the World Cup in May. Dunn will be going to the Olympics for the third time and Eastler for the second.

For the 44-year-old Dow, the berth fulfills a dream she has had since she took up the sport in 1995. While she has competed in the World Championships twice and the World Cup four times, she had missed out on the Olympic experience. There were no other qualifiers as no one else met the necessary qualifying standards.

After beating long-time rival Teresa Vaill by more than a minute, Dow said: “I wanted this bad. Fourteen years and my fourth time here (at an Olympic Trials) and I was ready. It finally happened. I wanted to stay with Teresa through the first 10 Km and was able to break away. I’m so glad to be here and have it end like this. My final race will be at the Olympics. I tore my hamstring last year and I didn’t know that I would be here. I had a great winter of training and it all worked out. It’s going to take some time for this to sink in. I’m going to really try to enjoy and savor the Olympic experience.”

In the men’s race, Eastler walked a strong well-paced race and was never in any real danger of losing out on the Olympic berth. John Nunn, who along with anyone else, needed to beat Eastler and achieve the B qualifier of 1:24:30, took the early lead, trying to match the necessary pace. (Kevin had an “A” standard qualifier and was in the driver’s seat.) Nunn, who was on the 2004 team when the U.S. had three walkers with an A standard (Eastler, Nunn, and Tim Seaman), opened a gap on the first of the 20 1 Km laps, but was reeled in by Eastler and Matt Boyles by the end of the fourth lap.

At 5 Km, Eastler and Boyles were together in 21:45 with Nunn six seconds back and Patrick Stroupe in fourth at 22:14. It was apparent that Eastler now only needed to finish to make the team, as they were already well off the pace needed for a B qualifier. And, only Kevin was able to step up the pace as he did his second 5 in 31:38 for a 43:23 at 10. Boyles was hanging tough at 43:44 and Stroupe (44:30) had passed Nunn (44:40).

Eastler continued to pull away as he put in another 21:38 to pass 15 Km in 65:01, now 49 seconds ahead of Boyles. Stroupe was another minute back, but well clear of Nunn. With the race put away, Eastler slowed to a 22:06 on the final 5, but still gained ground on Boyles, as he won in 1:27:07. Boyles finished in a personal record of 1:28:19 and Stroupe also had a PR in 1:29:17, gaining 2 seconds on Boyles over the final 5.

After the race, Eastler noted: “The weather was perfect. I felt pretty strong and my training had been going well. My only plan was to go out on a solid pace. I didn’t know how everyone else would do and it all worked out well for me. During the last few weeks, I have
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Approximate deadline for submission of material is the 24th of each month.

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been through training for a lot pain. I had sports hernia surgery and have been dealing with persistent pain. I had to find a good therapist and just train through the pain. I also have nagging tendinitis in my knee. My body is telling me this is the last season for me.” The Air Force captain, a 1999 graduate of the Air Force Academy, added: “I couldn’t do this without the Air Force, that’s for sure. To compete at that level, you need to train full time and be dedicated to it. I don’t think I could do it any other way.”

Matt Boyles who was also a non-qualifying second in the 50 Km Trial, walking just his second race at that distance, reflected: “I don’t have the standard, so this is the end for me. But how can you not be happy with second place and a personal record in the Olympic Trials? I have been racewalking for seven years and I’ve been very blessed. I’m very thankful.” Matt, who walked a 1:50:26 in his first race at the Jack Mortland races in Yellow Springs, Ohio in 2003, has been competing for the Miami Valley TC since he graduated from Rio Grande U. He is now moving from his Cedarville, Ohio home (near Yellow Springs) back to Rio Grande where he has accepted an assistant coaching position while he works on his MBA. He will be recruiting student athletes interested in racewalking at the collegiate level. Rio Grande is an NAIA school in the American MidEast Conference, which includes Cedarville, Houghton (NY), Malone (Ohio), Notre Dame (Ohio), Robert Wesleyan (NY), Shawnee State (Ohio), Ursuline (Ohio), and Walsh (Ohio). Hopefully, he will find time in the future to continue his racewalking career. Vincent Peters reports that “Matt’s racewalking will be scaled back for a while.”

Patrick Stroupe was also pleased with his race: “I wish I had gone faster, but I didn’t expect to get the standard. I wanted to PR and be happy with what I had done. I broke my personal record by about a minute-and-a-half.” Patrick has had a quick rise on the national scene. He did a 1:43:15 in his first 20 in 2006 while at Central Methodist University and then came to Yellow Springs for the Jack Mortland race the following spring, where Boyles paced him to a 1:35:26 effort. He dropped that to 1:32:56 at the 2007 Nationals and then won the World Cup Trials in March of this year in 1:30:29. Happily, he has not announced any retirement plans.

John Nunn was disappointed, understandably: “I’d really like to at least be a two-time Olympian and take the next four years to train to be in contention in the world”, said the 30-year-old from Evansville, Indiana. “This is horribly disappointing, but I will come back. We’ll go on-dom home and hug my daughter and just keep living and enjoy life and realize there’s a next time. It’s four years away and that’s a long time, but it gives me four more years to focus on my daughter (Ella, age 4) and my training—two things I love. It’s been an incredible honor and a very humbling experience to be given the chance to train for the Olympics full-time with military support and to wear the Army’s singlet.”

Two-time Olympians Tim Seeman and Allen James were fifth and sixth. The 44-year-old James, in a state of semi-retirement since the 1996 Olympics, walked his best time since then. Usually around 1:34 when he pops into occasional races, he was just over 1:32 here, despite new racing flats that gave him some huge blisters on the many turns in the race.

In the women’s race, as reported to us by National Chairman Vince Peters, Dow and Vaill went out in a conservative 4:45 for the first km, but started hammering away in the second. Successive splits in 4:35 brought the duo through 5 km in 23:06 on a rather cool but windy day. The pace, if maintained, would see them well under the 1:33:30 Olympic “A” standard.

A minute behind the leaders at 5 was Susan Armenta with Stephanie Casey in fourth at 24:52. Jolene Moore led a pack of stalkers in 25:06, with Sam Cohen and Sara Standley a step behind.

The decisive laps of the race were the sixth when Dow dropped in yet another 4:33 split to which Teresa could only answer with a 4:39. Lap seven saw Dow post a 4:39 to Teresa’s 4:48. Teresa put in a surge after passing through 10 in 47:00 in an effort to close the gap. But even posting a 4:28 at 10, Dow continued to power on with impeccable technique and her lead continued to grow. Back in third, Armenta continued to flirt with the 1:38 “B” standard as she cruised through 10 Km in 48:59. By that time, Casey’s early advantage over Moore and Cohen had been gobbled up. Jolene stayed a step ahead of Sam at 50:20 with Stephanie alongside.

At 15 km, Dow and Vaill set age group records with Dow claiming the 40-44 mark with 1:10:22 and Vaill the 45-49 mark with 1:11:24. But despite the record breaking all hope of the A marks for both women had disappeared in the cold, gusty wind. Armenta in third slowed considerably but was still well clear of the rest in 1:15:02. Cohen had 1:16:08 in fourth, six seconds ahead of Moore.

Dow continued to pull away to the finish in 1:35:10 with Vaill second in 1:36:34. Both got age group records. Vaill, who had made her first Olympic team four years ago at age 42, after numerous World Cup and World Championship appearances (the first in 1985), had to watch as Dow made hers first team at 44. Armenta struggled through the final 5 in 27:10, but was still 21 seconds clear of Cohen, who edged Moore by four seconds.

**Russians Continue Dominance in World Juniors**

Bydgoszcz, Poland—The dominance displayed by Russian walkers at the World Cup in June continued at the World Junior Championships. In the 10 Km races, Russian women went one-two and Russian men one-four.
Matti Partanen, Finland 43:54
14. Ricardo Lojado, Ecuador 43:54
15. Federico Tondodan, Canada 42:57
11. Hiroshi Nagaiwa, Japan 43:17
12. Mario Brans, Guatemala 43:20
13. Veli-8. David Tomala, Poland 42:33.60
9. Pedro Daniel Gomez, Mexico 42:54
10. Evan Dunfee, Canada 39:47.20
3. Luis Guimaraes, Spain 40:29.57
4. Aleksey Bartsaykin, Russia 41:14.90

Men's 10 Km, July 25
1. Stanislaw Emelyanov, Russia 39:35.01
2. Ding Chen, China 39:35.14

Mineeva explained that she came into the race with an injury and had not
entertained the thought of breaking the 2005 World Junior record of 43:11.34, belonging to
her fellow Russian Vera Sokolova. Mineeva, who started walking at age 14, noted: “This was
a dream for me. I believed in God and in my coach and I hoped I could achieve it.”

In the men's race, Stanislav Emelyanov set a Championship record as he won in
39:35.01. The World Youth champion was involved in a titanic struggle with China's Ding
Chen as the pair took turns sharing the pace for the race. But with 4½ laps remaining, the
Russian finally broke free from Chen and came out a clear winner, erasing the 18-year-old
record of Ilya Markov. Chen picked up a deserved silver in an Asian junior record of
39:47.20. Spain's Lluis Torla set a personal best in winning bronze with 40:29.57. Canada's
Evan Funcke came tenth in 42:56.82, which, I would
appreciate

Women's 10 Km, July 11
1. Tatyana Mineeva, Russia 43:4.72
2. Elmira Alembekova, Russia 43:4.72
3. Anamaria Greceanu, Romania 43:4.72
4. Aleksey Bartsaykin, Russia 43:4.72
5. Aleksey Bartsaykin, Russia 43:4.72

Women's 10 Km, July 26
1. Evan Fwuee 42:54
2. Tatyana Mineeva 43:47.20
3. Lisa Vellucci 56:45
4. Nicole Sorensen 62:34

Metropolitan 20 Km, New York City, June 29
1. Jennifer Marboro 2:08:31
2. Bill Vayo 2:08:32
3. Bill Vayo 2:08:33

Intermediate Boys 3000 m, 13-14
1. Trevor Barron 14:29.14
2. Steven Valadez 18:55.02
3. Bill Vayo 20:55.02

Intermediate Girls 3000 m, 13-14
1. Anna Chernenko 47:26
2. Maria del Pilar Rayo 47:26
3. Adriana Tumea 45:53.30
4. Julia Takacs 45:58.29

Adriana Ochoa 45:41
27. Dejaime Cesar de Oliveira 45:55
28. Kwang-yun Ki 45:55

Florida State 3
Tuberg 26:30


Come and Compete on Track, Road, or Street

Sat. Aug. 2 5 Km, Eugene, Oregon (F)
2.8 Miles, Seattle, 9 am (C)
5 Sun. Aug. 3 5 Km, evergreen, Col., 8 am (H)
1 Mile, Eugene, Ore. (F)
Aug. 7-10 USATF National Masters Meet, Spokane, Wash. (D)
Sun. Aug. 10 5 Km, Lakewood, Col., 9 am (H)
Wed. Aug. 13 Colorado Masters 5 Km, Golden, 6:30 PM (H)
Sat. Aug. 16 5 Km, Loveland, Col., 7 pm (H)
Pacific Assn. 5 Km, Reno, Nevada (J)
Sun. Aug. 17 USATF National 15 Km, Minneapolis (V)
Sat/ Aug 23 State Games 3 Km, Ft. Collins, Col., 8:15 am (H)
1 Hour, Kentfield, Cal., 7:30 am (P)
Metropolitan 3 Km, New York City, 8:30 am (G)
Another layer of sadness. The August publication of the English translation of "Road" (Gefen), the autobiography of the Israeli racewalker Shaul Ladany, is certain to connect the dots between past and present." Shaul’s book was first published in Hebrew in 1997. At that time he sent me a copy inscribed: “Jack, His is not only a book in alanguage you cannot understand, but it is also written with letters you can’t read. However, even the pictures tell a story, you probably recognize most walkers.” Shaul didn’t mention that I would also have to learn to read back to front and right to left is I were to comprehend the book. But, he was write, although I have never been able to read the book, I have enjoyed the pictures. He promised thanthat there would be an English edition some day. The day has almost arrived. I have not details on the publication—other than the published—Gefen, but I am sure that Shaul, a loyal subscriber for many years, will provide such.

Three Quests For Olympic Glory

by Jeff Salvage
(Extracted from a story on Jeff’s web site, www.Racewalk.com, this gives some good insight on our three 2008 Olympic racewalkers. Visit the site for the full story and much more on our sport.)

This (referring to the Olympic trials process as described in our lead story) might put a lot of pressure on the athletes, but now two-time Olympian Kevin Eastler viewed it as a challenge whose reward capped a painful and frustrating season dealing with injuries. Describing his ‘04 berth as “anti-climatic” he is quite proud of winning his first Olympic Trials and 2nd berth on the team. While due to his setbacks he is doubtful if at the Beijing Olympic Games he will top his 21st place finish in the ‘04 games, those of us that know Kevin are confident he will race 100% of his capability. Given the hot, humid, and potentially horrific weather conditions, a conservative race by Eastler could lead to a surprisingly higher finish.

If you trust the words of Kevin and Philip Dunn the Beijing Olympic Games is likely to be their last Olympics. One never really knows, as it seems like race walkers retire and unretire many times. Philip certainly has shown that retirement is never permanent. Since Athens he has been retiring and unretiring annually. Philip claims he told himself he was retired after Athens and went to the 50km Nationals in 2005 because “I had the Olympic A standard and wanted to enjoy one more World Championships race experience in Helsinki that year.” Racing at nationals also allowed him to also race for Team USA at the Pan Am Cup in Lima, Peru. He then promptly retired again after the Helsinki race. As time marched on, he made a quasi New Year’s resolution to see if he could get in shape for a 50km in six weeks. He won the 2006 Nationals and things continued to roll. In 2007, the 50km Nationals were in Southern California (he was the meet director), so he actually trained for it. By then, the 2008 Olympic Trials weren’t so far off and he committed to one more season just to see what might happen. Dunn states, winning Trials was a surprise only because so many of the top guys dropped out or didn’t show because of injuries. "So after winning the Trials, it was simply a matter of attaining the B Standard and Dunn achieved his third berth on an Olympic Team.

Our two male athletes reached the Olympics in Beijing with very different levels of support. Kevin was very fortunate to be sponsored by the US Air Force. A graduate of the Air Force Academy, he credits the Air Force for a more than just walking. Eastler states, “The Air Force gave me the opportunity to reach the Olympic level, as well as an education and many valuable experiences. I wouldn’t change anything if I were to do it over again.” He does, however, caution that his road is not necessarily a blueprint for future walkers stating “The
military is not for everyone. By all means, join the military to be a soldier, airman, sailor, or mariner. But I would not recommend joining the military only for athletic purposes. There is no guarantee that a military athlete gets to train full-time.”

In contrast, Dunn’s support was far less than in the past. It made getting to the Beijing Olympics much more of a personal journey for him. In 2000 & 2004 he had a coach, a training group, and the U.S. Olympic Training Center. For the past three years, he has had none of those things. Dunn says, “I have coached myself, trained with John Nunn or mostly alone, and had none of the support that I had from the Olympic Training Center, USOC or USATF.”

The women’s race in 2004, like 2008, did not have two or more people with an A standard, so the highest finisher with a B standard won a berth on the team. In 2004, a ten-year-old Teresa Vail crossed the line first after decades of competition. Similarly, in 2008, Joanne Dow crossed the line first, completing a 14 year journey to Olympic glory. Dow had a solid lead with 5K to go and states: “I had a hard time not letting the emotions get away. I had to keep bringing myself back and focus. I made a conscious decision to relax a bit and enjoy the moment. It was nothing short of a dream come true.”

I have always told athletes that you must enjoy the journey, not just the destination. When the Olympic Trials comes around, I can not help but think about our friend Al Heppner and his unfortunate handling of his failure to make the Olympic Team. Dow’s attitude is a lesson to us all about the proper perspective on sports and trying to reach the Olympic dream. She states, “The main reason I have continued race walking is because I love the sport, the competition and I love pushing myself physically. It had been frustrating to not achieve the goal of making it to the Olympics, but I would have continued racing even if it weren’t an Olympic sport.”

Interestingly, while I find balance in the real world a rare commodity, all three Beijing Olympians have balanced life rather well. Balance is a word I have used to describe Dow for as long as I have known her. It may be one of the reasons she has been able to stay competitive so long. Her family has always been her priority. Although she does acknowledge that “right now I’m focused on 8/22 and not looking too far beyond that.” As for the future she says, “I will always compete, I have to. I’m just not sure right now what that means.”

For the Olympics her goals are simple. “My primary goal is to walk a legal 20k. I want to compete in the best way we can to glorify the creation. Finding the joy of competition, camaraderie, and community. These are lessons of life as well as sport that can be learned in whatever we strive for. And the greatest lesson to be carried from all of this is just that—this is all just a part of life. If we don’t recognize that, the pursuit of excellence and the obsession with a single goal—a gold medal—becomes another form of idolatry. That, not losing, is the tragedy and waste. When I hear some athlete say that I will have wasted four years of training if I don’t get the gold, I feel sorry for that person, not because they don’t win the gold, but because their obsession blinds them to the real worth of their efforts.”

Jim Hanley has been active in Southern California Racewalking Circles as a competitor, coach, race director, and official for about as many years as the Ohio Racewalker has been in existence. To help coachees, particularly youth coachees, in their efforts to get athletes into racewalking (and to help persuade coaches that racewalking is a worthwhile endeavor, Jim has prepared the following list of myths and facts about racewalking. It provides useful information for anyone trying to boost the benefits or our sport to whatever audience.

**Racewalking hurts an athlete’s form for running, hurdling, etc.** Not so! If a hurdler or a sprinter was trying to racewalk in a hurdle race this might be so. But these are two totally different activities. Just as a breast stroker in swimming has no desire to swim the crawl, walkers have no desire to run in their races. And runners have no desire to racewalk during their races. Years ago, coaches commonly said that swimming hurt your ability to run track. That was before UCLA’s Bob Day, originally a swimmer, ran a four-minute mile. Many other swimmers have had great success in track since then. By the way, hurdler Bruce MacDonald tried out for and made three Olympic teams as a 20 KM walker. (Ed. Actually as a 20 K race walker in the first of the three.) In the good old days, we were also told not to drink water in races or lift weights—both absolutely wrong according to current medical wisdom. German weightlifter Bern Kannenberg switched sports and won an Olympic gold medal in the 1972 20K walk at a time when some coaches were telling him that weightlifting would hurt his walking form because walkers were supposed to be thin. Fact: Because walkers pull their arms vigorously to move faster, the increased arm strength from walking will help runners “kick” at the end of a race or crest the top of a hill in cross country.
I don't want my athletes getting injured in racewalking events. Racewalking is relatively injury free. Except for muscle soreness when one first tries it, there is little chance of getting hurt in this event. There is less pounding on the ground with running and therefore less stress on the skeletal system. Fact: An Illinois coach was losing sprinters every season due to Achilles' tendon problems. Desperate for help, he tried having his best sprinters racewalk once a week. The result is that he has never had another Achilles' tendon problem with any of his runners! Likewise, racewalking makes one's ankles tremendously strong. Runners who racewalk rarely have sprained or twisted ankles.

I don't want to lose my athlete to racewalking. This is a possibility since racewalking is not an official high school (Ed. Except in Maine or in New York for girls.) or NCAA event, but it is highly unlikely. Kids prefer competition with their friends. Also, it takes three years of training to get good at racewalking. (Ed. I question this, but won't debate the issue at this point.) By that time, the potential walker will have graduated anyway. I suggest that he or she continues to race and train as always. He or she should just do racewalking workouts two three times a week. The running will help the general fitness base and endurance, and the athlete will improve tremendously as a racewalker with just two days of specialized training a week. I'd encourage the walker to go in USA T&F racewalking competitions once a month. (Ed. But, of course, there is a lot of development to do before those races are available to just anyone across the country.) Better yet, provide exhibition walks at some of your track meets.

There is no future in racewalking. Are you kidding? There are three racewalks on the Olympic program. That means three gold medals are available compared to two in, for example, the pole vault. It is part of most major track meets including the Pan American Games, dual meets between various countries, and the USA Championships, including Junior Olympics and the Age Group Nationals. Racewalkers get free trips to meets all over the world. Because there are not as many walkers in the U.S. compared to runners, the easiest way to get to the Olympics might be to racewalk. Fact: Racewalking is extremely popular in other countries. Racewalkers in Canada and Mexico have been featured in McDonald's and Coca Cola commercials and TV in most countries nearly always shows the Olympic walks in their entirety.

You can't get a scholarship in racewalking. Yes you can. NAIA schools have given lots of scholarships to racewalkers. Fact: When New York high school coaches voted on having the racewalk as an official event, the vote was six to one in favor of the event.

Because of judging controversies and a desire to cut out events, racewalking will be eliminated from the Olympics. No way. The past Chairman of the IAAF Racewalking Committee, Californian Bob Bowman, has done a spectacular job promoting the sport on the international level, and the sport is extremely popular in countries of the former Soviet Union, China, England, France, Kenya, Canada, Australia, New Zealand, Germany, Poland, Norway, Sweden, and Mexico. (Ed. Certainly, Spain and Italy could be added to that list.) Fact: There were more countries represented in the 1996 Olympic racewalks than in any other track event. And racewalkers in the 1968, 1972, and 1984 Olympics generated the loudest fan reaction (noise level) of any track and field events.

Racewalking is a goofy event. Not so. Walking is a practical activity that nearly 5 billion people do every day. How useful is it to throw a 16-lb ball, hop three times for distance, or

JULY 2008
35 Years Ago (From the July 1973 ORW)—The National 25 Km was contested in Taunton, Mass., and John Knifton came away with the title in 2:05:50, nearly 2 minutes ahead of Ron Laird. Gary Westerfield was a distant third. Knifton was slowed by a dog attack during training two weeks earlier that had resulted in 28 stitches and five days in the hospital (or just “in hospital”, as John, a transplanted Brit, would say.) To add to his woes, John had left his gear at home and had to walk in a borrowed “kit” (again, as the Brits would say), including a half-size-too-large pair of bowling shoes. He survived without a blister (Interestingly, bowling shoes were not unusual footwear in races when I came into the sport in the late ’50s). Sue Brodlock won the National 5 Km title, the first time the women had competed at this distance at the National Meet (previously 1 Mile). Her 27:40 led Ellen Mankow and Esther Marquez. On the local scene, your then 38-year-old Editor blasted a 31:56 for 4 miles, only a bit more than 2 minutes slower than what he might have done in the ‘glory’ years, and immediately announced that he was about to start challenging those near the “bottom of the top”. A hollow challenge as it turned out... Jim Heiring won the mile in the Wisconsin Junior Olympics in 7:59.4 and he eventually turned out to be a much more serious challenge to those at the “top of the top”. Jerry Brown and Bill Ranney competed in Europe with the U.S. track team and, despite some good times (walking, that is, not boisterous revelry, which, if it happened, went unreported), didn’t come off too well competitively. In Germany, Jerry had 4:56 and Bill 4:55:36 for 10 Km, but Bernd Kannenberg did 44:38 and Gerhard Weindner was second. In Italy, they had 44:38 and 46:06, respectively, but Vittorio Visini and Zambaldo were well ahead. In Minsk, they gave the Soviets a good battle, but were still third and fourth. Yevgeniy Ivchenko was in 1:35:14, as Bill beat Jerry, 1:36:37 to 1:37:41.

30 Years Ago (From the July 1978 ORW)—Todd Scully led from the gun to win the National 10 Km in Niagara Falls in 46:16. Ron Daniel was 32 seconds behind and Peter Doyle and Martin Kraft followed. The Junior 10 Km went to Ray Sharp in 50:55 with Mike Morris second. Scully took second in the US-USSR dual when Vinichenko was DQ’d after finishing in 1:31:16. Polozov won in 1:30:04 with Todd doing 1:32:13 and Larry Walker 1:34:15. In two Junior duals against the Soviets, Sharp did 48:40 and 47:20, but finished third both times. Morris had 48:43 in the second dual. Mexico’s Raul Gonzales zipped a 3:41:20 for 50 Km in the Prague-to-Podbrady race. Paul Hendricks became the first American to compete in the Paris-to-Strasbourg race and covered 214 Km in 31 ½ hours before dropping out. Josey Simon of Luxor won the race in 66:10:47 for 50 plus Km.

25 Years Ago (From the July 1983 ORW)—Italy’s Maurizio Dumilano won an international 20 Km in Los Angeles in 1:25:53. Marco Emoni captured fourth in 1:27:07, behind the GDR duo of Hartwig Gauder and Ronald Weigle. Dan O’Connor (1:27:49) was sixth and Jim Heiring (1:28:12) seventh. A month later, Heiring bettered the National Record for 10 Km with a 41:07:91 on the track in Stockholm, finishing behind Sweden’s Bo Gustavsson and Finland’s Reina Salonen. Emoni was fourth in 41:27:63. Todd Scully won the National 10 Km at Niagara Falls again, this time doing 44:40, but finished behind Canadian champion Mr. Scully. Steve Pecnovsky was just 22 seconds behind Scully and only 1 second ahead of Tom Edwards. Heiring won the National 5 Km in Racine, Wis., with 20:33.3, better than 1 minute ahead of Mike Morris. At the National Spots Festival, Scully won a very hot (i.e., high temperature) 20 Km in 1:39:14 and Randy Mimm walked away with the 30 in a very impressive 4:20:20... James Mann won the Junior National 10 Km 47:25.

20 Years Ago (From the July 1988 ORW)—Conditions for the 20 Km Olympic Trials in Indianapolis were very steamy. At the 9 am start, the temperature had already risen above 90F and humidity was high. Gary Morgan took command of the race just after 5 Km and walked unchallenged (other than by atmospheric conditions) the rest of the way to win in 1:34:12. Tim Lewis caught Paul Schwartzburg in the final 200 meters to take second in 1:36:31. Carl Schaefer also caught Schwartzburg, but already on the team at 50, he paused before the finish to give the third place to Paul. Unfortunately, it turned out Paul had gotten a third red card just before entering the stadium, so Jim Heiring (1:37:09 in fourth), moved onto this third Olympic team. In the conditions, Morgan was 6:41 off his qualifying time, but that was closer than anyone else in the race. There was also a women’s 10 Km at the Trials, but it was essentially an exhibition since the race wasn’t added to the Olympic agenda until 1992. The race was postponed from 4:55 pm until 9:45 to get the heat-humidity index down to acceptable levels. Debby Lawrence walked masterfully in the steamy conditions to win by more than a minute in 47:52. Teresa Vaill was second in 48:57 and Sarah Standley third in 50:05. In the National 10 at Niagara Falls, Dave McGovern won in 44:04, a minute ahead of Mel McGinnis. Curt Clausen was third in 45:41. Junior National titles went to John Marten (47:43) and Deirdre Collier (25:30).

15 Years Ago (From the July 1993 ORW)—Another Canadian year at the National 10 In Niagara Falls as Tim Barrett (42:19) and Suturo Huerta (43:25) finished one-three in the men’s race and Janice McCaffrey and Alison Baker one-two in the women’s race. Andrzej Chylinski (42:21) and Gary Morgan (43:57) led the U.S. male walkers. In the women’s race it was Michelle Rohli (50:01) and Lynn Brubaker (51:04). Wil Van Axen (47:140 and Lisa Chumbley (25:01) won Junior National titles in Spokane. In the Pan-American Junior meet, Ecuador’s Jefferson Perez flashed the brilliance that led to Olympic gold in Atlanta with a 39:50:73 win. Van Axen was second in 44:26. Australia’s Nick A’Hern did 1:20:13 for 20 Km on the track in Bergen, Norway.

10 Years Ago (From the July 1998 ORW)—Yet again, it was Canada’s day in Niagara Falls at the 10 Km championships as Arturo Huerta (40:48) and Joni Bender (48:31) led the fields. Tim Seaman (46:59) and Cheryl Rellinger (49:58) led the U.S. walkers. Goodwill Games titles went to Russians-Ilya Markov in 1:23:29:7 and Yelena Nikolaevye in 43:51:97. In the men’s race, Mexico’s Daniel Garcia (1:25:52) and Ecuador’s Jefferson Perez (1:29:19) followed. Gary Morgan was the first U.S. walker, finishing fifth in 1:36:48. Nadezhda Ryashkina (44:26) and Joanne Dow (45:37) were second and third in the women’s race. Junior National titles went to Lisa Kutzting (24:42:97) and Christopher Brooks (48:43:17).

5 Years Ago (From the July 2003 ORW)—Michelle Rohli covered 12,504 meters to win the National 1 Hour in California, Pa., with Teresa Vaill 260 meters behind in second. Bobbi Jo Chapman was third with 11,870 meters. In the men’s 2 Hour, Curt Clausen was an easy winner, covering 26,425 meters with Al Heynen second at 25,749 meters. Canada’s Paul Luc Menard (47:35) beat Zach Pollinger (48:20) to win the U.S.-Canada Junior meet at 10 Km. In the women’s race, Maria Michta (54:51) beat Canada’s Jennifer Reekie (54:59). Canada won the men’s meet by one point and the U.S. team won the women’s meet. Russia’s Vera Sokolova won the 5 Km in the World Youth Championships in 22:50:23. Maria Michta was tenth (24:53). The men’s 10 Km went to Russia’s Aleksandr Prokhorov in 42:16:16. Zach Pollinger was eleventh in 46:09.

Flash! Seen in my Monday morning Columbus Dispatch as I prepare to take this to the printer: Spanish 10 Km Championship, Canary Islands, July 27—1. Francisco Fernandez 37:53:09—new world record bettering Ivano Brugnetti’s old mark by 5 seconds.