

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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been training through 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 tendonitis 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 this 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 1:30:26 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. Vince 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 1:38:44 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 1:33:26 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 the sun comes up tomorrow. We'll go on—go home and hug my daughter and 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 Seaman 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 was 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 46:28 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 record with Dow claiming the 40-44 mark in 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 her 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.

Men's 20 Km, July 5 (Trials Record: 1:25:40 by Tim Seaman in 2000)

1. Kevin Eastler, U.S. Air Force 1:27:07.1 (21:45, 43:23, 65:01) 2. Matt Boyles, Miami Valley TC (Ohio) 1:28:19.1 (21:45, 43:44, 65:50) 3. Patrick Stroupe, un. 1:29:17.0 (22:14, 44:30, 66:50) 4. John Nunn, U.S. Army 1:30:34.9 (22:14, 44:40, 67:35) 5. Tim Seaman, New York AC 1:31:34.5 6. Allen James, Bond Lake AC 1:32:12.7 7. Benjamin Shorey, Parkside A.C. 1:33:15.3 8. Philip Dunn, New Balance 1:33:51.4 9. Charles Collier, Athletics East 1:34:59.3 10. Steven Quirke, Parkside AC 1:35:44.9 11. Michael Tarantino, World Class Walk 1:38:01.7 12. Jared Swehosky, un. 1:39:13.1 13. Theron Kissinger, Conn. RW 1:40:34.6 DQ—Chris Tegmeier, Concordia U.

Women's 20 Km, July 5 (Trials Record—1:32:39 by Michelle Rohl in 2000)

1. Joanne Dow, adidas 1:35:10 2. Teresa Vaill, Walk USA 1:36:34 3. Susan Armenta, un. 1:42:11 4. Sam Cohen, Parkside AC 1:42:32 5. Jolene Moore, New York AC 1:42:36 6. Stephanie Casey, un., Oregon 1:43:50 7. Solomiya Login, S.E. Penn. AC 1:44:08 8. Maria Michta, Walk USA 1:47:44 9. Carolyn Kealty, un. 1:48:39 10. Loretta Schuellein, Walk USA 1:49:03 11. Susan Randall, Miami Valley TC 1:49:14 12. Margaret Ditchburn, un. 1:51:30 13. Heide Hauch, un. 2:12:00 DNF—Lauren Forgues, Maine RW DQ—Sara Standley-Gonzalez, un. And Kristen Furseth-Mullaney, Pegasus AC

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.

In the women's race, 17-year-old Tatyana Mineeva waited until 11 laps into the track race before moving away from the lead group and picking up the pace dramatically. In the process, she set a Championship record of 43:24.72, just 13 seconds off the World Junior record, although with more even pacing, she would surely have been very close to that. Her teammate, Elmira Alembekova was second in 43:45.16. Chances are the Russians could have swept the first four spots if they had been able to send four competitors. At the World Cup Junior race in May, Tatyana Kalmykova won in 42:44 with Irina Yumanova second in 43:23 and Alembekova third.

Mineeva was content to sit in early on with a pack including Alembekova, China's Yanfei Li, Australia's Jess Rothwell, and Romania's Anamaria Greceanu. After relatively sedate opening kilometers of 4:20, 4:21, and 4:28, Mineeva stretched away with a 4:15, 4:07, and 4:17. She could not maintain that pace, but still did 4:20, 4:26, and 4:22 on the next three kilometers.

With four laps to go, Alembekova appeared to be gaining, but then she received a yellow card and it was clear shortly after that she had left her charge too late.

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." Yanfei Li set a Chinese record of 44:24.10 in third and Australia's Jess Rothwell was fourth with an Oceania record 44:44.22.

In the men's race, Stanislaw 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 4 1/2 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 Funfee came tenth in 42:56.82, which, I would think is a Canadian Junior record.

The results:

Women's 10 Km, July 9—1. Tatyana Mineeva, Russia 43:47.2 2. Elmira Alembekova, Russia 43:45.16 3. Yanfei Li, China 44:24.10 4. Jess Rothwell, Australia 44:44.22 5. Anamaria Greceanu, Romania 45:53.30 6. Julia Takacs, Spain 45:58.29 7. Seasbyeol Weon, Korea 46:09 8. Kumiko Okada, Japan 46:11 9. Antonella Palmisano, Italy 46:23 10. Adriana Turnea, Romania 46:29 11. Miao Yu, China 46:41 12. Anlly Pineda, Columbia 47:23 13. Erandi Uribe, Mexico 47:23 14. Anna Chernenko, Ukraine 47:26 15. Maria del Pilar Rayo, Col. 47:36 16. Panayiota Tsinopoulou Greece 47:47 17. Nadzeya Darazhuk, Belarus 47:56 18. Eleonora Giorgi, Italy 47:59 19. Ayman Kozhakhmetova, Kazakhstan 48:08 20. Tigist Bedlu, Ethiopia 48:30 21. Raquel Gonzalez, Spain 48:54 22. Adriana Ocho, Mexico 49:06 23. Laurene Delon, France 49:44 24. Berta Krivan, Hungary 49:44 25. Sholpan Kozhakhmetova, Kaz. 50:02 26. Melissa Hayes, Australia 50:39 27. Catarina Godinho, Portugal 50:47 28. Anita Kazemaka, Latvia 50:54 29. Liga Brokere, Latvia 50:55 30. Laura Reynolds, Ireland 51:59 (2 DQ, 1 DNF)

Men's 10 Km, July 11—1. Stanislaw Emelyanov, Russia 39:35.01 2. Ding Chen, China 39:47.20 3. Lluis Torla, Spain 40:29.57 4. Aleksey Bartsaykin, Russia 41:14.90 5. Lingfu, Geng, China 41:57.69 6. Caio Bonfim, Brazil 42:18.33 7. Hedi Taraou, Tunisia 42:18.65 8. David Tomala, Poland 42:33.60 9. Pedro Daniel Gomez, Mexico 42:54 10. Evan Dunfee, Canada 42:57 11. Hiroki Nagaiwa, Japan 43:17 12. Mario Bvran, Guatemala 43:20 13. Veli-Matti Partanen, Finland 43:54 14. Ricardo Lojan, Ecuador 43:54 15. Federico Tontodonati,

Italy 44:03 16. Mehdi Boufraine, France 44:18 17. Genddij Kozlovskij, Lithuania 44:28 18. Aliaksandr Liakhovich, Belarus 19. Manel Torla, Spain 44:51 20. Paul Fitzpatrick, Ireland 44:53 21. Wojciech Halman, Poland 45:00 22. Jose Montana, Columbia 45:06 23. Julian Rendon, Col. 45:08 24. Luis Lopes, Portugal 45:22 25. Riccardo Macchia, Italy 45:26 26. Adrian Ochoa, Mexico 45:41 27. Dejaime Cesar de Oliveira, Brazil 45:55 28. Kwang-yun Ki, Korea 45:56 29. Luis Guillaume Blanc, France 46:42 30. Perseus Ibanez, Sweden 47:20 (4 DQ)

National Junior Olympics, Omaha, Neb., July 26: Youth Girls (13 & 14) 3000 meters—1. Nicolette Sorensen, Pleasanton Heat 16:09.25 2. Lila Haba, Umoja Track Club 17:08.58 3. Keara Lenard, NE Kansas 17:29.67 4. Kylie Cleveland, Umoja TC 18:01.32 5. Mary Wenzell, Miami Valley TC 18:21.21 6. Diane Lee Flores, South Texas WC 19:14.21 (10 finishers)

Intermediate Girls (15 & 16) 3000 meters—1. Allison Chin, Miami Valley TC 16:20.08 2. Claudia Ortiz, S. Texas 16:47.68 3. Hannah Kisley, Raleigh Walkers 17:04.32 4. Jessica Reybal, S. Texas 17:15.64 5. Chelsea Palacio, Pacific 17:35.53 6. Amani Salinas, Elgin Sharks 17:41.43 (10 finishers)

Young Women (17 & 18) 2300 meters—1. Mercedes Mancha, Elgin Sharks 16:33.65 2. Rebeca Katz, Park Racewalkers 16:53.49 3. Reini Brickson, Miami Valley TC 18:39.22 (5 finishers)

Youth Boys 3000 meters—1. Tyler Sorenson, Pleasanton Heat 13:42.07 (National Youth and Junior Olympic Meet record bettering the 14:02.58 of Trevor Barron in 2006) 2. Steven Valadez, South Texas 18:55.02 (4 finishers, 3 DQ)

Intermediate Boys 3000—1. Joshua Haertel, Utah 14:29.14 2. Alejandro Chavez, South Texas 14:37.44 3. John Randall, Miami Valley 15:48.35 4. Michael Nemeth, Wing of Moon 16:15.47 5. Jonathan Hallman, Georgia 17:28.19

Young Men 3000 meters—1. Jacob Gunderkline, Miami Valley TC 15:02.56 2. Jaydeep Bhatia, Olympians 15:49.44 2. Jonathan Brown, Hummingbird 18:02.60 (3 finishers, 1 DQ)

Metropolitan 20 Km, New York City, June 29—1. Jennifer Marlboro 2:08:31 2. Erin Taylor 2:08:32 3. Bill Vayo (43) 2:10:57 4. Vlado Haluska (52) 2:11:44 5. Eduardo Sorrenti (65) 2:12:17 6. Robert Mullen (61) 2:13:46 7. Juan Yanes (58) 2:13:52 8. Ellen O'Shaughnessy (47) 2:16:19 9. Bruce Lagan (43) 2:19:47 (13 finishers, 1 DQ)

10 Km, same place—1. LisaMarie Vellucci 57:39 2. Qanine Stanley 59:43 3. Alexis Davidson (52) 63:24 4. Dan Ping He (16) 64:30 5. Bruce Logan 64:21 6. Elton Richardson (69) 65:23 (14 finishers)

Metropolitan 5 Km, New York City, July 13—1. Jorge Torrealba (43) 27:23 2. Anine Stanley 27:45 3. Bruce Logan 28:36 4. Bill Vayo 28:52 5. Alexis Davidson 29:48 6. Daniel Campos 30:26 7. Rafael Marin (42) 30:40 78. David Lee (53) 30:55 9. Ellen O'Shaughnessy (47) 31:21 10. Gary Null (58) 31:36 12. Luannes Pennesi (53) 32:27 13. Myriam Rangon (40) 32:38 14. Robert Mullen (61) 32:28 15. Jon Qalam (51) 34:38 (31 finishers, 1 DNF, 3 DQ)

New York Empire State Games: Men's 10 Km, July 25—1. Don Lawrence 50:39 2. Dave McGovern 52:07 3. Dave Talcott 53:22 4. Michael Bartholomew 55:10 5. Bruce Logan 58:23 6. James Miner 59:19 7. Bill Vayo 59:39 8. Alexis Davidson 60:52

Women's 10 Km, July 25—1. Laura Feller 55:34 2. Lisa Vellucci 56:45 3. Anine Stanley 59:04 4. Nicole Wessels 62:34 5. Deborah Springer 65:40

Men's 5 Km, July 24—1. Don Lawrence 23:41 2. Moe Lalonde 23:45 3. Dave McGovern 23:54 4. Ricky Sosulski 27:39 5. Bruce Logan 27:53 6. Bill Vayo 27:58 7. Dan Serianni 28:43 8. Alexis Davidson 29:12

Women's 5 Km, July 24—1. Miranda Melville 25:54 2. Laura Feller 26:33 3. Lisa Vellucci 27:16 4. Jennifer Marlborough 27:57 5. Pamela Allie-Morrill 29:29 6. Molly Josephs 30:45 7. Sarah Lalonde 31:23 8. Justine Schulerud 32:02 10. Ashley Weintraub 35:06 10. Michelle McNutt 35:06

East Region Masters 5 Km, Columbia, Maryland, July 20—1. Panseluta (61) 31:11:01 2. Peter Blank (53) 32:22 3. Marcus Kantz (53) 32:44 4. Art Lebofsky (66) 34:20 (10 finishers, 1 DQ)

Florida State 3

Km, Plantation, July 20–1. Juan Yanes (55+) 17:26 2. Gary Null (55+) 17:42 3. Gerry Gomes (75+) 20:29 4. Bob Fine (75+) 20:53 (6 finishers) **Women**–1. Essie Faria (70+) 21:41 (4 finishers) **1500 meters/1 Mile, same place**–1. Gary Null 8:35/9:09 2. Juan Yanes 8:36/9:14 3. Bob Fine 9:58/10:38 4. Gerry Gomes 10:15/11:02 **Women**–1. Essie Faria 10:55/11:41 **1500 meters, Yellow Springs, July 17**–1. John Randall (16) 7:08.3 2. Jill Cobb 7:17 3. Erika Shaver (15) 8:06 4. Reini Brickson (16) 8:23.7 5. Sydney Beal (9) 9:04.6 6. Barbara Henley (65) 10:19.5 7. Mackenzie Walcott (7) 12;1.3 (1 DQ) **3000 Meters, same place**–1. Jake Gunderkline (17) 14:40.5 2. Susan Randall 15:01.4 3. John Randall 15:44 4. Ed Fitch (40+) 16:47.5 5. Sarah Kenny (14) 18:06.9 6. Josh Meadows (15) 18:38.4 7. Reini Brickson 18:38.6 **Weinacker Cup, Port Huron, Mich., July 27: 10 Km**–1. Kristen Furseth 51:20 2. Dan O'Brien 51:33 3. Rod Craig 55:03 4. Leon Jasionowski 55:30 5. Don Knight 63:09 6. Marshall Sanders 67:46 **5 Km**–1. Kristen Furseth 25:56 2. Deb Topham 29:27 3. Sherry Watts, Canada 30:30 4. Susan Mora Fassett 30:54 5. Becky Benjamin 31:10 6. Walda Tichy 34:39 **10 Km, Minneapolis, July 20**–1. Cory Dufault 61:40 2. Dave Daubert (60+) 64:54 (6 finishers) **5 Km, same place**–1. Phl Rogosheske 31:48 **5 Km, Denver, June 15**–1. Francisco Pantoja 27:52 2. Mike Blanchard (47) 27:52 3. Jose Vargas 28:45 4. Jerry Davis (46) 32:04 5. Mike Heymans (60) 34:57 (8 finishers) **Rocky Mountain Senior Games 1500 meters, Greeley, Col., June 27: Women**–1. Barbara Amador (55+) 8:47.3 2. Sherrie Gossert 9:55+ 8:53.3 (4 finishers) **Men**–1. Ted Robu (55+) 9:20.3 2. Daryl Meyers (65+) 9:40.2 (15 finishers) **5 KM, same place: Women**–Barbara Amador 31:16 2. Sherrie Gossert 31:18 3. Rita Sinkovec (65+) 34:30 (7 finishers) **Men**–1. Ted Robu 32:41 2. Daryl Meyers 32:29 (6 finishers) **5 Km, Evergreen, Col., July 4**–1. Francisco Pantoja 25:34 2. Jose Vargas 27:08 3. Mike Blanchard 27:37 4. Liz Barriento 30:06 4. Patty Gehrke (43) 32:10 6. Daryl Meyers 32:40 7. Mike Haymans 33:45 **1600 meters, Van Nuys, Cal., July 16**–1. Larry Walker (65) 8:36.7 2. Yoko Eichel (61) 9:13.2 3. Carl Acosta (74) 10:22.5 4. Hank Klein (55) 10:31 (7 finishers) **1600 meters, Van Nuys, June 25**–1. Mario Lopez (50) 9:26.9 2. Deo Jaravata (43) 9:36.6 3. Carl Acosta 10:36.1 (1-finishers) **1600 meters, Van Nuys, July 2**–1. Yoko Eichel 9:28.4 2. Deo Jaravata 9:55.6 3. Carl Acosta 10:23.1 (5 finishers) **1600 meters, Van Nuys, July 23**–1. Yoko Eichel 9:29.0 2. Carl Acosta 10:22.8 (6 finishers) **5 Km, Cerritos, Cal., June 15**–1. Steve Pecinovsky (53) 26:38.08 2. John Magnussen (55) 32:23 3. Carl Acosta 32:54 4. Art Morrow (43) 33:31 **Along 5 Km, Kentfield, Cal., June 22**–1. Rezak Gharfara 24:20 2. Kevin Killingsworth (52) 27:47 3. Joe Berendt (52) 28:20 4. Jack Bray (75) 29:34 5. James Beckett (69) 29:49 6. Nicolle Goldman (49) 31:36 7. Jolene Steigerwalt (64) 33:00 8. Doris Cassels (68) 43:21 9. Shirley Dockstader (75) 34:49 10. Ed Lane (71) 34:53 (16 finishers) **5 Km, Portland, Ore., June 27**–1. Dave McGovern (43) 25:01.19 2. Rob Frank (55) 28:24 3. George Opsahl (66) 29:53 4. Les Shields (56) 29:53 5. Conrad Williamson (52) 34:46 (7 finishers, 1 DNF) **Women**–1. Kathryn Grimes (44) 29:01.12 2. Mary Snyder (57) 29:45 3. Dee Mardian (46) 29:53 4. Carmen Jacinsky (45) 31:58 5. Nana Ballerud (48) 34:12 6. Dora Choi (42) 35:32 (1 DNF) **1 Mile, Portland, June 28**–1. Rob Frank 8:23.55 2. George Opsahl 8:58 (3 finishers) **Women**–1. Kathryn Grimes 8:39.95 **3 Km, Gresham, Ore., July 12**–1. Rob Frank 16:09.72 2. George Opsahl 17:21.40 (4 finishers) **Women**–1. Kathryn Grimes 16:07.72 2. Nana Bellurud 19:25.32 (5 finishers) **5 Km, Gresham, Ore., July 13**–1. Kathryn Grimes 28:23.01 2. Nan Bellurud 33:59 (5 finishers) **Men**–1. Rob Frank 27:45.91 2. George Opsahl 29:20 3. Doug Vermeer (54) 31:15 (4 finishers) **3 Km, Seattle, June 7**–1. Tommy Aunan (49) 15:45.6 2. Bob Novak (58) 16:34.8 3. Stan Chraminski (60) 17:01.9 4. Ann Tuberg (48) 17:13.9 5. Bev McCall (72) 19:38.7 6. Bill Bruner (63) 19:52.1 7. Dora Choi (41) 20:01.8 **1500 meters, same place**–1. Aunan 7:33.5 2. Tuberg 8:04 3. Paul Kaald (75) 11:02 **2.8 Miles, Seattle, June 14**–1. Bob Novak 25:37 2. Stan Chraminski 25:41 3. Ann

Tuberg 26:30

NACAC Under 23 Championships, Toluca, Mexico: Women's 10 Km, July 19–1. Maria Perez (19), Mexico 49:50.63 2. Tatiana Gonzalez (22), Mexico 49:57.22 3. Le^{er}erin Voss, USA (19) 55:39.66 4. Christina Peters, USA (20) 59:38 5. Ma. Fernand Arias, Costa Rica 64:41 **Men's 20 Km**–1. Eder Sanchez, Mex. 1:30:41.78 2. David Mejia, mex. 1:31:42 3. Anibal Pau, Guatemala 1:36:39 4. Inaki Gomez, Canada 1:36:09 5. Jared Swehosky, USA 1:44:59 DNF–Chris Tegtmeier, USA

Central American/Caribbean Championships, Cali, Col., July 5: Men's 20 Km–1. Jefferson Perez, Ecuador (guest) 1:20:54.9 (A good tunrup for Beijing considering that the race was contested at an altitude somewhere above 6000 feet) 2. Allan Segura, Costa Rica 1:27:57 3. Claudio Erasmo, Mex. 1:28:52 4. Jose Javier Sanchez, Mex. 1:30:16 **Women's 10 Km**–1. Claudia Ortega, Mex. 51:10.37 2. Milangela Rosales, Venezuela 51:07 3. Ingrid Hernandez, Col. 52:45

Irish 10 Km Championships, July 20–1. Robert Heffernan 38:27.57 (betters his own National Record of 38:47.66) 2. Jamie Costin 40:13.87 **Irish Women's 5 Km**

Championships, July 20–1. Olive Loughnane 21:07.28 **Italian 10 Km Championships, Cagliari, July 19**–1. Ivano Brugnetti 39:12.33 2. Jean Jaque Nkouloukidi 40:14.57 3. Giorgio Rubino 41:13.11 4. Alberto Contu 42:36.83 **Italian Women's 5 Km, Cagliari, July 19**–1. Sibilla DiVincenzo 21:46.02 2. Valentina Trapletti 22:08 3. Gisella Orsini 22:33 4. Emanuela Perilli 22:46 5. Agnese Ragonesi 22:57 **5 Km, Norwich, Eng., July 13**–1. Daniel King 21:06.37 **Women**–1. Johanna Jackson 21:30.75 **German 10 Km, Nurnberg, July 5**–1. Andre Hohne 40:22.68 2. Linke Christopher 43:37 **Women's 5 Km, same place**–1. Melanie Seeger 21:22.70 2. Sabine Zimmer 21:34.63 **Kenya National Women's 10 Km, Nairobi, June 27**–1. Mary Njoki 50:40 2. Grance Wanjiru 50:41 **10 Km, Kauhava, Finland, July 3**–1. Jarkko Kinnunen 41:34.50 **Women's 5 Km, same place**–1. Marja Penttinen 23:07.13 **Paris-to-COImar 451 Km**–1. Sergei Kvoretaki, Russia 53:11 (8.48 Km per hour, or better than 12 minutes per mile, and that's not figuring the mandatory rest stops. The distance of this race varies each year and has usually been enar or in excess of 500 Km) 2. Smitir Osipov, Russia 53:51 3. Alexei Rodionov, Russia 57:09 4. Alain Costils, France 57:30 5. Urbain Girod, Switz. 58:30 (10 finishers) **Women's 305.70 Km**–1. Sylvania Varin, France 41:55 (7.29 Km per hour) 2. Claudina Anxionnet, France 43:04 (4 finishers)

Come and Compete on Track, Road, or Street

Sat. Aug. 2	5 Km, Eugene, Oregon (F) 2.8 Miles, Seattle, 9 am (C)
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)
Sun. Aug. 24	1 Hour, Kentfield, Cal., 7:30 am (P) Metropolitan 3 Km, New York City, 8:30 am (G)

	5 Km, Denver, 9 am (H)
Sat. Aug. 30	5 Km Aurora, Col., 8 am (H)
Sun. Sept. 7	20 Km, Oakland, Cal., 8:30 am (J)
Sat. Sept. 13	1 Hour, Albuquerque, N.M. (T)
	1 Hour, Minneapolis (V)
Sun. Sept. 14	USATF National 40 Km, Ocean Township, N.J. (A)
	5 Km, Denver (H)
Sat. Sept. 20	5 Km, Denver (H)
Sun. Sept. 21	Metropolitan 25 Km, New York City, 8 am (G)
Sun. Sept. 28	5 Km, Kentfield, Cal., 8 am (P)
Sat. Oct. 4	National USATF 5 Km, Kingsport, Tenn. (D or K)
Sun. Oct. 12	National USATF 1 Hour, Waltham, Mass (D or U)
	5,10,30,40,50 Km Minneapolis (V)
Sun. Oct. 26	National USATF Junior 20 Km and Senior 30 Km, Hauppauge, N.Y.

Contacts

A– Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 C– Bev McCall, 511 Lost River Road, Mazama, WA 98833
 D– www.USATF.org
 F– Jim Bean, BeanJbean@aol.com
 G– Stella Cashman, 320 East 83rd Street, New York, NY 10028
 H– Bob Carlson, 2261 Glencoe St., Denver, CO 80207
 J– Art Klein, 324 Alta Vista, Santa Cruz, CA 95060
 K– Bobby Baker, RLBaker@charternet.net
 P– Jack Bray, Marin Walkers, P.O. Box 21, Kentfield, CA 94914
 T– New Mexico Racewalkers, P.O. Box 16102, Albuquerque, NM 87191
 U– Gary Westerfield, garw@optonline.net
 V– Bruce Leasure, info@twincitiesracewalkers.org
 W– Justin Kuo, Jkuo@usatfne.org

From Heel To Toe

The Mimms. In last month's Looking Back feature we noted that 35 years ago Randy Mimms qualified for a junior national team to compete against the Soviets, making he and father Bob the first U.S. father-son internationals in racewalking. However, when typing that, what I forgot was that a few years later another son Cliff also qualified to compete against the Soviets, so it became a father-son-son trio of internationals, which is even better. Thanks to father Bob for reminding me. Bob notes that Randy got a little better deal than Cliff. Randy got a trip to Russia, Ukraine, and Germany. When Cliff qualified, the Soviets were coming here and he got a trip to Virginia. We also might note that in 1982, Randy was also on a U.S. team that competed in a meet with Sweden, West Germany, and Great Britain. **Sinick.** Brad Sinick, a racewalking NAIA All-American while competing at Malone College in Canton, Ohio, has accepted a teaching position at Beavercreek H.S. near Dayton and will be joining the Miami Valley TC training group in Yellow Springs. No knock on Brad, but he probably won't quite fill the shoes of the departing Matt Boyles. **Ladany book.** In a New York Times, Neil Amdur states: "The death last month of the spotcaster Jim McKay, who served as the American voice and conscience of the Munich tragedy, (1972 Olymp9cs), has added another layer of sadness. The August publication of the English translation of "king of the

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 a language 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 if 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 that 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 racing 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 marine. 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 teary-eyed 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 for "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 finish the race and have a respectable race. I've looked back a bit to see what the American women have done in the past and my coach and I have talked about where we think I might be able to end up. In 2003 at World T&F, I finished 27th. I think a top 30 finish would be awesome."

For Dunn, he views race walking as a lifestyle that allows him to balance the demands of training with time spent with his 1 year old son. He has no career to fall back on when he's done, but calls it "a choice, not a sacrifice. We make choices every day. You can choose to train for the Olympics or you can choose to get a paying job." His choice allows him to "spend all of my non-training time with him (his son) and that's awesome."

I was fortunate to spend time with Eastler last summer and observed a similar balance. While he dedicatedly trains every day, his sponsorship by the Air Force gives him the flexibility to spend time with his young daughter and wife. Balance appears to be a key ingredient in the success of our current crop of Olympians.

Let me expand a bit on Jeff's message about enjoying the journey and achieving a balance. At the time of the 1996 Olympics, I was asked by a pastor to address the congregation on what participation in the Olympics taught me about life. I have published the full text of my remarks before, but here is a part of what I said on that morning.

I have learned that nothing is guaranteed in athletics, or in life, regardless of how hard you work, how badly you want it, or even how hard you pray. But, I have also learned that falling short of a goal despite your best efforts, even over four years, is not the end of life. It is not a tragic circumstance. It is a lesson of life.

I had a goal of making an Olympic team and was fortunate enough to achieve it. But that was just icing on the cake. The real rewards, as Coubertin knew and sought to instill in the Olympic ideal, come along the way, in the striving, in the continuing sense of accomplishment. These rewards include:

- Appreciation of the gifts we have been given and in taking these gifts and using them in the best way we can to glorify the creation
- The nurture—from family, mentors, friends—that we receive along the way
- Achievement of self-discipline through our efforts
- Gaining greater self-assurance and confidence
- Finding the joy of competition, camaraderie, and community
- Discovering the joy of training and developing a healthier mind and body. Hard work with a purpose is not drudger.

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 the 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 coaches, particularly youth coaches, 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 of 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 an abrest 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 50 Km walker. (*Ed. Actually as a 20 Km 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 50 Km 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 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 that, 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 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 apart 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 lever, 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 racewalks 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

jump over a high crossbar in your everyday life? Let's face it, all track and field events are goofy.

Racewalking is just too complicated to teach and judge. Nope! There are basically just two rules. Walkers must have contact with the ground at all times, and they must straighten their leg as the front heel strikes the ground. **Fact.** Young kids make great walk judges as do officials specializing in technical field events (such as discus, shot, pole vault) where observation is the key to good judging. There are many USATF racewalk judges out there who can help you learn to coach and/or judge the sport in a very short time.

Racewalking takes a lot of time. True. It sure does. To get really good at any track event will require a dedication and desire to succeed far above the ordinary. Again, it takes three years to get good in sport. **Fac.** Distance runners reach their peak in their late 20s and some walkers have had personal records into their 30s and even 40s. This can be an injury-free sport of a lifetime.

My athletes got beaten badly by women and old men in an All-comers racewalk. They can't be very good. Yes they can. In racewalking people improve more than in any other event. The result is that people who do this sport a long time are very fast compared to newcomers. New walkers should not worry about winning races against "old men". Instead, they should concentrate on having good form and charting their improvement from race to race. If you stick with the sport, you will be amazed at how much you improve and how fast you become.

I don't know anything about racewalking, and there is no place to get help. There are many places to get help. Your local USATF Association can put you in touch with your local Racewalk Chairman and/or various walking clubs in your area. Many books and videos are available but it is a good idea to first check with the other the above sources because some of these materials are pretty bad. Remember, USATF is made up of volunteers whose sole motivation is a love of their sport. These people can help you if you ask.

American racewalkers so not measure up compared to those in other countries. Generally true, but imagine what would happen if every high school and college in America dropped their track and field program. How many Olympic medals do you think the USA would win then? This is the situation facing racewalking. The main high school and college governing bodies have chosen to ignore this fine sport and over-develop a few events. You can perpetuate this situation by going along with the myths above, or you can help develop racewalkers. Be part of the solution and not part of the problem.

LOOKING BACK

40 Years Ago (From the July 1968 ORW)—Ron Laird captured the National 20 Km title in 1:33:00, with Larry Young, Don DeNoon, and Tom Dooley taking the next three spots. Dooley, in fourth, was only 39 seconds behind Laird in a tight finish. . .The National 50 wasn't so close as Young won easily in 4:12:12 (the course was found to be about a half-mile short). There were eight under 4:30, with Goetz Klopfer, Bob Bowman, and Dave Romansky following Larry. . .Young covered 7 miles 1386 yards to claim the National 1 Hour title in Montana with Martin Rudow second.

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 Brodock 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 Minkow and Ester 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 45:36 for 10 Km, but Bernd Kannenberg did 43:48 and Gerhard Weidner was second. In Italy, they had 45:36 and 46:06, respectively, but Vittori Visini and Zambaldo were well ahead. In Minsk, they gave the Soviets a good battle, but were still third and fourth. Yevgeniy Ivchenko won 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-Podebrady 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 Luxembourg won the race in 66:10:47 for 500 plus Km.

25 Years Ago (From the July 1983 ORW)—Italy’s Maurizio Damilano won an international 20 Km in Los Angeles in 1:25:53. Marco Evoniuk 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 Sotckholm, finishing behind Sweden’s Bo Gustavsson and Finland’s Reina Salonen. Evoniuk was fourth in 41:27.63. . . Todd Scully won the National 10 Km at Niagara Falls again, this time doing 44:50, but finished behind Canadian guest Marcel Jobin. Steve Pecinovsky 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 50 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 90

F 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 Schueler 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. Debbi 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 Marter (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 Berrett (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 Rohl (50:01) and Lyn 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 Yeas 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 Nikolayeva 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. . . National Junior titles went to Lisa Kutzing (24:42.97) and Christopher Brooks (48:43.17).

5 Years Ago (From the July 2003 ORW)—Michelle Rohl 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 Heppner 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.