No Surprise: Vaill, Seaman Each Add Another Title; Barron, Chin Take Junior Titles

Eugene, Oregon, June 27-28—After the U.S. 20 Km Racewalk Championships, Tim Seaman holds 37 national titles and Teresa Vaill 36, as each added one here. Seaman overcame a determined Patrick Stroupe to win his sixth National 20 Km in 1:25:14.26, with Stroupe just 27 seconds back in a personal record. Seaman qualified for his fifth World Championships. Vaill easily beat arch rival Joanne Dow with her 1:37:12.84 effort in the women’s race. Seaman is third on the list of all-time national titles, trailing Ron Laird and Henry Laskau. Vaill leads the women’s list, but won’t pass Seaman if he keeps matching her victory for victory. At ages 37 and 46, one wonders how many more either may have left. But, like the energizer bunny...

In the Junior 10 Km title races, Trevor Barron, only 16, had another very impressive performance as he won easily in 43:36.38, missing Ben Shorey’s meet and national record by just 46 seconds. He has three more years to break that meet record (see following story regarding the national record.), although one might guess that three years from now he might be walking in the senior 20 seeking an Olympic berth. And not that far behind him is 15-year-old Tyler Sorensen, second here in 45:36.65. In the Junior women’s race, Ohio’s own Allison Chin, representing the Miami Valley Track Club out of Yellow Springs, got away from Maine’s Abby Dunn in the final stages to win in 56:01.21.

The 20 Km races started on the Hayward Field track and after three laps headed onto the streets of Eugene. Ben Shorey and Steve Quirke led the field out of the stadium onto the 1 Km loop, with Seaman and Stroupe in close attendance and John Nunn not far back. By 5 Km, Shorey had gapped Seaman and Stroupe and Nunn was closing in on Quirke. Shorey reached 10 Km in about 43:25, with Seaman and Stroupe now on his heels. But when they did catch him, Shorey continued to hang with them through 15 Km.

With 3 Km to go, Seaman surged and a 4:10 for the next kilometer decided the race. Stroupe, while being dropped himself, managed to drop Shorey for a solid second. Nunn was fourth ahead of a fading Quirke, who still broke 1:30.

Seaman commented after the race: “We started and Ben took off from the beginning, which surprised me. Patrick and I were talking and he wanted to go after him right away. I told him to calm down and we slowly reeled Shorey in. It was very good. I’m very happy with the win. I want to be a good mentor to the young athletes that I coach and it helps when I win. I’m very thankful I had the New York Athletic Club as a sponsor. Without them, there would be no 37th national title today.”

Vaill reversed the results of last year’s Olympic Trials, when the youngster Dow, a mere 45, beat her by 79 seconds. This time she left no doubt, leaving Joanne nearly 3
Barron Shines Brightly At World Youth Championships

Bressanone/brixen, Italy, July 11-12—Others took the honors, but the U.S.A.'s Trevor Barron surprised the world with his brilliant fourth place in the boy's 10 Km walk. Barron, still only 16, took more than a minute off the PR he had set two weeks earlier and shattered the American Junior record (for those 19 and under), previously held by Ben Shorey. He missed a medal by just 21 seconds as he finished fourth in 42:22.79. His time would have earned a medal in all previous World Youth Championships.

Ahead of him, Hagen Pohle of Germany bettered the Championship record with his1:35.99 in first. Showing great concentration and leading from the start, he finished in 41:35.99, 14 seconds under the record set by Russian's Stanislav Emeljanov two years ago. Pohle went through 5 Km in 20:43.37 and slowed only slightly over the second half to easily beat Russia's Dementiy Cheparov who finished in 41:53.76. Ukraine's Ivo Lyaschenko was third in 42:01.90.

In the women's 5 Km race, held a day later, Russia's Elena Lashmanova captured the gold medal in 22:55.45. Like Pohle, Lashmanova led from the start, moving to a 100 meter lead by the halfway point. But here, Mexico's Yanelli Caballero put on a strong finish to just 4 seconds back in 22:59.27. In the process, she prevented a Russian one-two, overtaking Svetlana Vasilyeva in the last meters.

The winner was well off Tatyana Kalmikova's World Youth best of 20:28.05 set in Ostrava two years ago. "This was a difficult race", she said. "I am not very happy with my time but it was enough to win the gold medal." Caballero turned to racewalking just a year ago and here she stayed in the pack until the final stages, when she moved into medal contention.

An IAAF press release by Paul Reid paid tribute to Barron as follows:

Despite the best placed American in a World Championships racewalking event in a decade, Trevor Barron is not certain he wants to take on the responsibility of being the new face of the sport in the U.S. Minutes after placing fourth in the boy's 10 Km final, the 16-year-old Barron said he was "a little disappointed for fourth place," but pointed out "it is the best place for an American since 1999." (Curt Clausen's third in the World Championship 50 Km.)

Regardless of what he might not want Barron's name is in the book now after he set a new American Junior record with his 42:22.79, breaking Ben Shorey's 42:50.20 set in 2002. Coming into the meet, Barron's best was 43:36.38 set earlier this year.

The Pittsburgh, Pennsylvania native has been racewalking since he was introduced to the sport in 2002 after failing in several other disciplines. He followed his older sister into track and while she had some success as a jumper/sprinter, he was not an immediate success.

"I learned the moves. I wasn't concerned with the time or anything, just place. To be in contention among world class athletes was a thrill. I was happy just to be there. As much as I would have liked to have won, that was not my main goal."

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The Pittsburgh, Pennsylvania native has been racewalking since he was introduced to the sport in 2002 after failing in several other disciplines. He followed his older sister into track and while she had some success as a jumper/sprinter, he was not an immediate success and had to find another event. Luckily he was introduced to racewalking by a member of a local club and actually competed in his first meet the same day he was taught how to execute the moves.

Results:


Additional results available upon request.
**Other results:**

5 Km, New York City, July 19-1. Jose Moncada 23:59. 2. Maria Perez (43) 25:39. 3. Rafael Marin (43) 26:12. 4. Julio Alva (18) 26:15. 5. George Truong (54) 26:36. 2. Bruce Logan (44)


Boys 3000 meters-1. Mitchell Brickson 16:50.91

Young Women 3000 meters-1. Erika 10:37.5 (13 finishers)


3000 mete rs, same place-1. Katie Grimes 8:47.12 2. Rob Frank (56) 16:52.90 3. George Opsahl 17:20.56 (5 finishers)

**Oregon State Games 3000 meters, same place-1. Katie Grimes 15:34.72 2. John Fredericks (67) 16:59.05 3. John Backlund (69) 17:25.83**
W-Michael Roth, 631-379-2833, michael@mjroth.com
X-Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
Y-Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201

From Heel To Toe

Remembering Chris. We have run several items of our country's racewalking guru, Chris McCarthy, since his death in April. In June, his wife Betty and his many friends gathered in a park north of Chicago to celebrate Chris' life. I was unable to get up there to attend, but sent Betty a note of apology for not being there in which I said: "Chris' efforts with his newsletter served as the inspiration for Jack Blackburn and I to start the Ohio Racewalker, which for some reason I have carried on to this day--now in its 45th year. We tried to carry on some of the irreverence Chris had established, but probably fell short of the mark. And, Chris is an integral part of my fond memories of the seven-weeks the 1964 Olympic T&F team was together in California and Tokyo. His sparkling wit spread throughout the team and his opinions were sought by many." I told her to feel free to quote from anything I had said in the ORW in tribute to Chris. She replied: "Yes, Jack, I will want to quote from your Ohio Racewalker (and wave it around, too) and also from your e-mails. Thanks so much for holding onto us friends...Because of that "legacy" obituary from the Chicago Tribune (Ed. Which I ran in the ORW), I received a flag, 6' by about 3' from the U.S. Olympic Committee and plan to display it at the gathering. Also, I received a "resolution" from the Chicago City Council pretty much quoting the obituary, but a nice gesture." An Chris' legacy lives on. We will never close the book on Chris, but this closes a chapter...Racewalking has moved on. We will never close the book on Chris, but this closes a chapter...Racewalking has moved on.

The Intercollegiate Association of Amateur Athletes of America (IC4A) held its first T&F Championships in Sarasota, N.Y. on July 20, 1876. And who won the first gold medal in this prestigious, and historic meet--T.A. noble of Princeton who came home first in the 3-mile walk. The association included a one-mile walk in its Indoor Championships well into the 1980s. Since Chris' death in April, his wife Betty and his many friends gathered in a park north of Chicago to celebrate Chris' life. I was unable to get up there to attend, but sent Betty a note of apology for not being there in which I said: "Chris' efforts with his newsletter served as the inspiration for Jack Blackburn and I to start the Ohio Racewalker, which for some reason I have carried on to this day--now in its 45th year. We tried to carry on some of the irreverence Chris had established, but probably fell short of the mark. And, Chris is an integral part of my fond memories of the seven-weeks the 1964 Olympic T&F team was together in California and Tokyo. His sparkling wit spread throughout the team and his opinions were sought by many." I told her to feel free to quote from anything I had said in the ORW in tribute to Chris. She replied: "Yes, Jack, I will want to quote from your Ohio Racewalker (and wave it around, too) and also from your e-mails. Thanks so much for holding onto us friends...Because of that "legacy" obituary from the Chicago Tribune (Ed. Which I ran in the ORW), I received a flag, 6' by about 3' from the U.S. Olympic Committee and plan to display it at the gathering. Also, I received a "resolution" from the Chicago City Council pretty much quoting the obituary, but a nice gesture." An Chris' legacy lives on. We will never close the book on Chris, but this closes a chapter...Racewalking has moved on.

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A Book Review
by Diane Graham Henry

Along comes the book on racewalking for everyone, Race Walk Clinic - In a Book, by Jeff Salvage and Tim Seaman. Immediately after the Tim Seaman/Jeff Salvage Clinic in Chicago, I ordered six copies of the book before it even went to press. I did have an advantage of attending their clinic prior to reading through the book, but I believe this book will serve the sport of Race Walking unlike all others that have preceded it.

During my 23 years in this sport, I have read and followed books produced on race walking by Martin Rudow, Elaine Ward, Jeff Salvage and Dave McGovern. Their books have truly served me well as an athlete, and as coach. They will not be put on the back of the bookshelf now that Race Walk Clinic - In a Book has arrived. Their material is still valuable. But this new arrival has what we need to promote and develop this sport. I can now hand this book to an athlete, a parent, and a new coach and say, "Here, this is what you need to understand the sport and get your athlete going."

The book is broken down to the true elements of the sport. The photographic illustrations are clear and concise. But, along with that information is the explanation of form...
element corrections (something not easily explained to new and developing coaches). The breakdown of the race walk technique in this book is the best I’ve seen. Another highlight, developed in Jeff Salvage’s videos, are the form drills, improvement exercises and stretches.

An added treat, scattered throughout the book, is “Tales from the Track” which provide insightful reflections from the top world class and Olympic race walkers. I have to admit, I sat down and read all of them at once. This added element brings the “personal touch to the book, which gives the reader a true sense of the sport, and what it takes to be a competitive race walker.

I will be taking this book, along with the Quick Guide to Race Walking (flyer in a snap shot of the book) to the USA Track Level I coaches training in Illinois in July. Race Walk Clinic - In a Book is the tool we’ve all been waiting for. Tim Seaman and Jeff Salvage have come through with a splendid clinic, and the follow-up book that succinctly puts it all together.

You can get more information on this book and order it at www.racewalk.com.

What? Another book review?


The book really has nothing to do with racewalking, but I found it interesting and entertaining. The only reference to competitive aspects of walking are a brief discussion of late 18th century and 19th century “pedestrians”, such as the well-known Cpt. Barclay, and one brief swipe at racewalking. In the latter, after discussing the rather well-known photos taken by Eadweard Muybridge in the last quarter of the 19th century depicting the walking gait of horses and humans (they provided the first clear illustration of human walking, in the nudes, at that), Nicholson continues:

“Incidentally, the process Muybridge used to investigate equine trotting (and then applied to humans) would pretty much destroy the human sport of racewalking. Historically, walking was defined as a form of locomotion in which a part of the foot always had to be in contact with the ground, giving rise to the bizarre and faintly ludicrous gait of the serious race walker. But modern cameras are so rigorous in their gaze, they show that the vast majority of racewalkers even the very best of them, fail this basic test. The naked eye can’t pick up the airborne moment but a modern camera certainly can. Attempt have been made to redefine the sport in terms of what the naked eye can’t detect, but that’s clearly unsatisfactory. You either leave the ground or you don’t. Once technology has determined that most of a sport’s practitioners are breaking the sport’s most basic rule, things are unlikely to go well.”

Well, we will forgive him that as it really has nothing to do with the philosophy of the book. I particularly like the way he concludes.

Both walking and writing are simple, common activities. You put one foot in front of the other; you put one word in front of another. What could be more basic than a single step, more basic than a single word? Yet if you connect enough of these basic building blocks, enough steps, enough words, you may find that you’ve done something special. The thousand-mile journey starts with the single step; the million-word manuscript starts with a single syllable.

With writing as with walking you often find that you’re not heading exactly where you thought you wanted to go. There’ll be missteps and stumbles, journeys into dead ends.

The reluctant retracing of your steps. And you have to tell yourself that’s just fine, that it’s a necessary, and not wholly unenjoyable part of the process. It’s an exploration... Walking is not a risk-free activity, and we probably don’t want it to be. We may fall down along the way. Something may get broken, people get lost, people walk into oblivion, some willingly, some not. Some return to tell lies about where they’ve been and what they’ve done; they create myths for themselves and others. This may not be strictly a good thing, but it’s hard to see how it can be prevented. For many of us the perfect walk may simply be the one that we come back from in one piece. For a writer, the perfect walk may be simply one he can write about.”

And a page later in his final paragraph:

“Perhaps also, in both writing and walking, each word, each step takes you a little nearer to the end of things, to the last sentence, the last walk. Sooner or later everybody takes their last step. However, because walking is able to make us healthier, happier, slightly fitter, certain steps in fact take us just a little further away from the end, at least for a while.”

Let’s Have More Trevors

Here is a letter I received from Tom Fostler in response to an IAAF Press Release I had posted on the Yahoo Racewalking List following Trevor Barron’s stupendous race in the World Youth Championships:

Trevor is about 16-years old and 2002 is about seven years ago, which would put Trevor at about age 9 or 10 when he started racewalking. It is important to note how young Trevor was when he started and that he is not alone in the annals of U.S. racewalking history as having started at a very early age. I seem to remember another young man who followed his sister into the summer Junior Olympics track and field program—that’s where Trevor competed as well—and ended up being the first American to make an IAAF ‘A’ standard in the 20 K, at the time making him the second fastest 20 K walker in American history. (Ed. Referring, of course, to his son Kevin.) The early Olympic program and youth program have shown time and time again that they are the place from which we will develop our top walkers. That is not to say that we can’t find a Michelle Rohl or a Patrick Stroups in the collegiate ranks who may not have ever racewalked before college, but early and continued experience in racewalking, mixed with very competent coaching will win the day if given a chance. As with most of life these days, chance means money. If we can’t identify these rising stars and get them to the races they need to go to, then they get older and fall off the racewalking map due to lack of opportunity. Parenthetically, Ben Shorey, former holder of that 10 Km record, was also a walker who started at a very early age.

Where am I leading with this train of thought? The North American Racewalking Institute (NARI) is tasked with making opportunities for young racewalking athletes, and our only limitations are based on how much money we can raise in this effort. Once again, we look to the masters level racewalkers who love the event so much and who are moving toward the end of their racewalking days. Hopefully, they, and philanthropists of any age, can one day soon give the gift to U.S. racewalking that keeps on giving—a significant contribution to an endowed fund who’s principal is never diminished but whose interest is used annually to help get young elite walkers to the meets and to the training camps that will get them into the international arena early in their lives. NARI has such funds established originally by Elaine Ward, mother of elite Junior racewalking in this country, and NARI is a 501.63 tax-empt, non-profit fund organization such that every cent donated is used for supporting youth and collegiate racewalkers. A.C. Jaime, treasurer of NARI, is ready and waiting for your contributions at: NARI, c/o A.C. Jaime, 621 North 10th, Suite C, McAllen, TX 78501.
An Endorsement For Walking

Although there is no mention of racewalking, the following article, from many years back, is a solid endorsement for walking as a form of exercise. It is taken from the August 2009 issue of the Front Range Walkers News, edited by Bob Carlson in Denver.

Your editor (i.e., Bob Carlson) often looks back for inspiration from the great running guru and philosopher, George Sheehan, who passed away more than 16 years ago. I had the opportunity to talk to him several times in the 1970s and 1980s at various events. He was one of my biggest heroes. George wrote the following article about walking in the magazine Physician and Sportsmedicine.

Some mornings I walk on the boardwalk as a substitute for my usual runs. I find that the hour or more it takes walk to the Belmar Bridge is well spent. I come up with a lot of good ideas as do on a run. Walking is a salutary pursuit for a writer. The journals of such giants as Thoreau, Emerson, Nietzsche, and Kierkegaard attest to that.

But is walking much use to a runner? I think the master’s attitude toward walking can be illustrated by an experience I had during one of my walks. I saw a runner friended approaching me. I raised my hand in greeting—but he ran right by without recognizing me.

Then, since I have taken particular note of runners passing by as I walk. Only rarely does one give me so much as a glance. Yet if I were running, I know I would get a friendly word, or at least a wave.

Walkers and walking are of very little interest to runners. They regard walking as an entry level exercise practiced by non-athletes, a low-intensity, non-competitive pursuit that has no place in the exciting world of road racing. I think most runners have the idea that walking has nothing to offer them relative to training for their sport.

Yet how wrong they might be. Runners with this attitude may well be ignoring a valuable, perhaps even essential, element in their conditioning program. This was certainly belied at the turn of the century. (Ed. Referring, of course, to the turn of the 19th, not the 20th, century.) At that time, runners were called “pedestrians,” and walking and running shared almost equal time in their training schedules. The most highly respected coach in those days was Harry Andrews, whose athletes included Alfie Shrub. This great runner, who once held all the world records for distances from 2 to 15 miles, was a faithful follower of the Andrews method, as were many other runners, boxers, and cyclists of the time. All spent considerable time walking.

Andrews regarded walking as fundamental. “Experience tells me,” he wrote, “that walking should represent the groundwork of any system of training, whether light or heavy, and for any kind of athletics.” It did not matter to Andrews what your sport was, boxing, fencing, wrestling, rowing, running, javelin, or shot put—walking as a primary exercise was applicable to all. It was nature’s first exercise and offered “by far the greatest benefit of any form of training in its results.”

The program Andrews used with his budding runners consisted mostly of walking, interspersed with occasional running. And even as those athletes progressed, Andrews continued a policy of morning and evening walks. Running was limited to the afternoon, and the time spent walking always exceeded that spent running.

For those interested only in fitness, Andrews recommended walking; he saw it as a superior way to reduce weight. And although he was concerned that sufficient time be spent walking, he did not worry about pace. “I would say at once, do not attempt to keep a special pace; such an effort is unnecessary,” he instructed. “The best advice I can give is make your own pace—the pace, in fact, that will suit you best. This pace will almost certainly be an average of 4 miles an hour.” In our current era, the value of cross-training is getting increased recognition. Runners are now encouraged to substitute some of their running time with cycling, swimming, or weight lifting. This varied training has led to improved performance and fewer injuries.

So when we think about alternative types of training, we should consider walking, the primary cross-training of the early 1900s. It is possible that walking will enhance our running more than any of our current alternative sports. Andrews, whose athletes included cyclists, never advised his runners to cycle as part of their training. Indeed, his protege Shrub warned runners against cycling, saying that it tended to “chop” the stride. In any case I suspect that runners who try walking will be pleasantly surprised. It is an excellent morning exercise and an ideal one with which to close the day. I hope our exercise physiologists will take it upon themselves to demonstrate scientifically what the great Harry Andrews found in practice. “Walking and running are no more than two forms of the same activity.”

LOOKING BACK

45 Years Ago (From the July 1964 issue of Chris McCarthy’s newsletter)–In the National 2 Mile, Ron Zinn was an easy winner in 3:48.6 with Ron Laird 15.2 seconds back. A week later in Pittsburgh, Laird had his game face on for the 20 Km Olympic Trials as he walked away to a 1:34:35 victory on a tough out-and-back course in hot, muggy conditions. Zinn came second in 1:36:07, with your editor, Mr. Mortland, third in 1:37:05. The finish was just as predicted by McCarthy a month earlier. In fourth with 1:38:39 was young Don DeNoon, followed by Rudy Halauza and Akos Szekely. McCarthy himself took the National 35 Km in Long Branch, N.J. in 2:50:53, 2 minutes ahead of Szekely, with Dean Rasmussen third and Bruce MacDonald fourth in 2:56:19. Mortland led by a good margin at 15 miles, stopped briefly, overhauled McCarthy again, and then decided there must be better things to do on a hot afternoon.

40 Years Ago (From the July 1969 ORW)–In a 6-week period, Ron Laird won three national titles and set two American records. His titles were at 2 miles, 20 Km, and 35 Km. In the 20, he walked 1:33:41 to beat Tom Dooley (1:35:07) and Bob Kitchen (1:36:27). The 2 Mile was an easy win in 13:31:14 with Him Hanley a distant second. The 35 was held on an infamous, unshaded shopping center blacktop in McKeesport, Penn., and Ron overcame 90 degree heat to beat Canada’s Karl Meiersch by nearly 10 minutes in 2:55:57. Mexican Pascal Ramirez was third. Laird’s records came in races at 3 Km (12:23) and 1 Hour (8 miles 746 yards). .. Ron topped this all off with an excellent third place (1:32:27) behind Paul NIHIL (1:31:50) and Vladimir Golubinichiy in the US-URSS-British Commonwealth 20 Km, beating Nikolai Smaga. .. In Ohio, the aging Mortland turned in a 48:41 10 Km on the track in Cincinnati to beat Paul Reback by a minute and later beat Jack Blackburn on a Van Wert, Ohio track in 2:22:25 in brutal heat. .. John Mark won the 3 and 6 mile races in the National Masters meet with 24:24 and 50:37 respectively.

35 Years Ago (From the July 1974 ORW)–Nikolai Smaga and Yevgeniy Ivchenko went one-two against the U.S. in a dual meet held in sweltering Durham, N.C. The two were given the same time of 1:37:25. Jerry Brown stayed with them for 12 ½ Km, but then faded and Floyd Godwin, his Colorado TC teammate, took third in 1:38:32. Brown finished in 1:40:31. .. The Soviets swept a Junior meet earlier with Ivar Lika covering 10 Km in 49:28, a couple of strides ahead of Nikolai Matveev. Jim Murchie had 50:39 and Steve Herman 52:55 for the U.S. .. Ester Marques won the women’s National 5 Km in 26:28 with Ellen Minkow and Susan Brodock also under 27 minutes.
30 Years Ago (From the July 1979 ORW)—Mexico’s Daniel Bautista and Raul Gonzales won Pan-American Games titles. Bautista took the 20 Km in 1:28:15, 2 minutes ahead of Neal Pyke, with Todd Scully third in 1:32:30. Gonzales had a 4:05:17 in the 50, beating Martin Bermudez by 6 minutes. Marco Eoveniuk was third in 4:24:23 and Vincent O’Sullivan fifth. Pyke finished 13th in 1:25:34 in the Spartakiad in Moscow, won by Nikolai Vinneschenko in 1:22:29. Reima Salonen, Finland, was the first non-Soviet with a 1:23:22 and Maurizio Damilano, soon to be the Olympic Champion at the same site, was sixth... Scully was 41st in 1:33:31... Chris Hansen covered 8 miles 611 yards to take second to Sweden’s Bo Gustafsson in a 1 Hour race in France... Bautista did 1:21:04, a world’s best, in Sweden, and Gonzales had a 3:48:56 for 50 at the same site. Bermudez was second in 3:51:15.

25 Years Ago (From the July 1984 ORW)—Tim Lewis finished eighth in the National 10 Km at Niagara Falls, but won the title. Australia’s Dave Smith was first in 44:56, and two Americans (Guillaume Leblanc and Francois LaPointe) and two more Aussies followed. Peter Timmons and Mel McGiniss were second and third among U.S. walkers... Mexico’s Ernesto Canto set a world 20 Km record on the track in Bergen, Norway with a 1:18:40. Norway’s Erling Anderson (Guillaume Leblanc and Francois LaPointe) and four more Aussies followed. Peter Timmons and Franco LaPointe were all DQ’d.

20 Years Ago (From the July 1989 ORW)—Tim Lewis and Debbi Lawrence were winners at the National 10 Km in Niagara Falls. Covering the first half in 20:15, Lewis strode home in 41:28, 48 seconds ahead of Gary Morgan. Dave McGovern was third in 44:50. Lawrence had 48:44 to lead the women, with Canada’s Holly Gerke second in 50:01. Lennie Becker won the National Junior 10 Km title in Columbus with a 46:18.2, beating Dave Doherty’s 47:28. In the women’s 5 Km, Christy Izzo won in 25:32.02, with Melody Rivera second... In a U.S., England, USSR site... Bennudez was second in 3:51:15.

15 Years Ago (From the July 1994 ORW)—The National 10 Km, at Niagara Falls again, saw Dave McGovern come out on top in 42:56, surprising Allen James (44:50) Canada’s Arturo Huerta was third and Don DeNoon (see 35 years ago) fourth with a world record for those over 50:44:59. Lyn Brubaker beat Canada’s Holly Gerke second in 50:01... Lennie Becker won the National Junior 10 Km title in Columbus with a 46:18.2, beating Dave Doherty’s 47:28. In the women’s 5 Km, Christy Izzo won in 25:32.02, with Melody Rivera second... In a U.S., England, USSR meet in Birmingham, England, Mikhail Scheunikov won the 20 Km walk in 40:1.97, with Tim Lewis fourth in 42:25.50.

10 Years Ago (From the July 1999 ORW)—The Pan-American Games in Winnipeg saw a Mexican sweep in the racewalks. Bernardo Segura won the Men’s 20 in 1:20:17, followed by teammate Daniel Garcia and Ecuador’s Olympic gold medalist Jefferson Perez. Curt Clausen was sixth in 1:23:39 and Tim Seaman ninth in 1:28:28. The Women’s 20 went to Graciela Mendoza in 1:34:36, 27 seconds ahead of teammate Rosario Sanchez. Michelle Rohl was third in 1:35:22 and Joanne Dow fifth in 1:36:33... World University Games titles went to Romania’s Claudia Iovan in 44:22 for 10 Km and Mexico’s Alejandro Lopez with 1:25:12 for 20. Kevin Eastler was 11th in 1:22:20. The three other U.S. competitors—Al Happner, Margaret Ditchburn, and Jill Zenner—were all DQ’d.

5 Years Ago (From the July 2004 ORW)—It was Seaman and Vaill in the U.S. Olympic Trials in Sacramento, Tim winning in 1:25:40 and Teressa in 1:35:57. Tim was joined on the Olympic team by John Num (1:26:23) and Kevin Eastler (1:28:49), all three having an “A” standard going into the race. Curt Clausen (1:30:26), Ben Sherry (1:31:58), and Matt Byoles (1:33:17) took the next three spots... Vail was the lone women’s qualifier. Joanne Dow, who had an “A” standard, but needed to win the race to make it, was second in 1:38:42, with Bobbi Jo Chapman third in 1:39:01... Russia’s Iriana Petrova and Andrey Ruzavin won World Junior Championships at 10. Petrova won in 45:50.39 ahead of China’s Nan Zhang (45:58.54) and Russia’s Vera Sokolova (46:53.02). Maria Michiu was 22nd in 51:43. Following Ruzavin was his teammate Vladimir Kanaykin (40:58.48) and Korea’s Hyun-sup Kim (40:59.34).

Two of the All-time greats of our sport—U.S. and World

Mexico City Olympics, 1968. Ron Laird and the USSR’s Vladimir Goloubchniichy in the 20 Km race. Apparently Ron is being lapped. Goloubchniichy went on to capture his second Olympic gold, (to go along with a silver, bronze, and seventh place finish) in 1:33:58.4 (altitude, pollution, and heat affecting the time). Ron, who had been third in the World Cup a year earlier in 1:29:12 to Nikolai Smaga (1:28:38.4) and Goloubchniichy, was ill and struggled in this one, finishing 25th in 1:44:58.4. Five years later, he captured another World Cup bronze. He won 65 U.S. titles