Sharp A Little Flat, But Still Victorious

Ocean Township, N.J., Sept. 13 (From Elliott Denman—for who this race should be named since he has put it on every year for the past century, or so.) Ray Sharp of Atlantic Mines, Michigan, celebrated his fourth consecutive victory, and fifth all told, in the 71st annual USA T&F National Championship 40 Km racewalk at Joe Palaia Park. Covering a 2 Km park loop course 20 times, Sharp, representing the Pegasus AC, outclassed a field of 40 competitors gathered from 12 states and Canada, in a three-hour, 55-minutes, nine-second triumph. He'd won his first 40 Km title in 1982, then returned from a long layoff to win in 2006 and has won it each year since.

John Soucheck, of Little Silver, N.J., competing for host Shore AC, closed fast over the second half of the race to snare second place in 3:58:36, little more than a quarter-mile behind Sharp, after 24.8 miles of walking. (Ed. Not an unusual finish for Soucheck, who has been second or third in this race at least ten times since he the early ’90s, but has never won it.) Third went to Chris Knotts of Yellow Springs, Ohio and the Miami Valley C in 3:59:37. (Ed. It was like old home week in this race that, while not planned that way, was exclusive to walkers on the far side of age 40. In 1982, when Ray won that first 40 Km title, Chris Knotts was one of his teammates on the U.S. team that competed in a four-nation match in West Germany. Dave Talcott, fourth here, was tenth when Ray won that first title in 1982. On that occasion, Ray had 3:27:21 and Dave 3:48:36.)

Erin Taylor, 31, of Bergenfield, N.J., regained the women’s title she last held in 2004 with a 4:07:45 clocking that won convincingly over Pegasus AC teammates Becky Benjamin and Debbie Topham.

In a tight battle for the men’s team championship, the Shore AC trio of Soucheck, Talcott, and Tom Quattrrocchi edged the defending champion Pegasus AC squad of Sharp, Leon Jasonowski, and Rod Craig. The Pegasus AC threesome of Benjamin, Topham, and Susan Fassett walked off with the women’s team crown.

Three athletes established American age-group records in competitions with the 40 Km. Dan Serianni of Rochester, N.Y. set a USA junior (19-and under) record of 2:14:05 for 25 Km, Jack Starr of Wallingford, Pa. lowered the American 30 Km record for men 80-84 to 4:02:46, and Darlene Backlund of Newfield, Oregon set a women's 60-64 division mark of 6:40:00 for 50 Km.

This was the 45th time in the past 46 years that the Shore AC has hosted this race, certainly one of the longest records of event hosting for any USATF competition. (And, here is how champion Ray Sharp saw the race.) After all those years, Elliott Denman found small improvements to make, including adding a water station at about 700 meters into the 2 Km loop. With a 7:30 am start, two aid stations per lap, and temperatures between 65 and 75, weather was not a factor. What was a factor for me was lack of fitness. A 15-mile walk the previous Monday when I hit the wall after 10 miles so dehydrated me that
Russian Men and Women Take Gold and Silver In ChallengeFinal: New World Junior Record by Russia’s Stanislav Yemelyanov

Saransk, Russia, Sept. 19 (From the IAAF)—There was jubilation today on the streets of the capital of the Moldavian Republic as racewalkers from its Olympic Training Center came home winners in today’s men’s and women’s 10 Km races that concluded the 2009 IAAF Racewalking Challenge season at its Final.

The winners were Andrey Ruzavin (38:17) and World Junior champion Tatyana Mineyeva (42:04), though in the chase for the overall season’s prize of $300,000–part of a $202,000 purse being distributed to the top eight racewalkers in both men’s and women’s categories—it was today’s third placed finishers Eder Sanchez of Mexico and Kjers Alm of Norway who went away with the biggest pay checks. Mineyeva’s time is a European Junior record, while Stanislave Yemelyanov, 18, who was second in the men’s race by 1.7 seconds, has established a new World Junior record, subject to ratification.

In the women’s race, there was a close fight between Norway’s 37-year-old Kjersti Platzer, the Beijing Olympic 20 Km silver medalist and last year’s overall Challenge winner who was competing in her last competition, and a group of young and ambitious, victory-hungry Russians.

In the absence of the omnipotent Olga Kaniskina, it was Platzer who took the lead, but two Russian “novices” were immediately after her. They didn’t overtake Platzer until the command of Victor Chegin was given, the coach who from the sidelines remained as usual the Chief Commander of the Russian team’s ambitions for success.

“Of course, just told us to be calm and he well concentrated in the first kilometers of the race,” explained second place Vera Sokolova, 22, the national 20 Km champion and former World Youth and Junior champion, after the finish. “We obeyed his command and only after we received the sign from Chegin did we pass the Norwegian.

The winner, Tatyana Mineyeva, 19, said, “We took it very, very seriously. And when Vera and I took the lead we decided to race together in order to have control over the whole distance. Under all circumstances our main task was to win. But when the finish was very close it was for Vera and me to decide who was the best today.”

And with the race secure for Saransk, the Moldavian Republic, and the Russian Federation, it was Mineyeva who proved to the best, winning in 42:04 with Sokolova 8 seconds behind. Platzer took third in 42:50. Mineyeva’s time bettered the European Junior record of 42:44 set by Tatyana Kalmykova at the 2008 World Cup.

“Now I’ll stop competing,” declared Platzer. “I was racing to win because I intended to do well at my last international performance. I have so many things to back home. I have two children. My daughter is going to be a musician, not a racer and she is very fond of music and dances. Maybe my four-year-old son Sebastian will keep the family tradition? And as far as this race is concerned, I must admit that the most difficult thing for me here was to withstand this sudden Russian cold. But the distance was quite good and I liked it here, except for the weather. Two Russians were strong and I failed to win the race although winning the overall standing.” (The race started with the thermometer at 50 F.)
The runner-up Sokolova was a bit upset for she was longing for victory. "Maybe I lacked a bit of speed and just a bit of endurance in the last meters. I'd like to express my gratitude to my first coach Nickolaeva", she said. "I live in a region that is far from Saransk and it was only recently that I joined the famous school of Victor Chegin. I feel that I'm progressing. That is wonderful to work in such a victorious team. And let me say thanks for all the spectators who cheered us so loudly. And now I feel ready to challenge my opponents at 20 Km. But for today my task is considered to be fulfilled."

"Mineeva was happy. "It is my first serious victory among the seniors. I won before only at junior races. We knew that Platzer was focused on winning her last race. But sport is a tough game where nobody wants to lose even to highly respected names. I learned not only after the finish that I got two warnings from the judges. And for me it's an important sign. It means that judges here are more strict than at junior races. Believe me, I did my best to observe the rules and will try it even better at my next serious start. I saw my mother among spectators. I dedicate my victory to her, our coach and to my first coach Vladimir Kabanov."

In the men's race, Eder Sanchez, the World 20 Km bronze medalist in Berlin, took a huge early lead but was eventually closed down by Russians Andrey Ruzavin and Stanislav Yemelyanov. Ruzavin's final acceleration was magnificent. His victory was well deserved. "My victory looked to be an easy one only from a distant first glance," smiled the happy winner. "My opponents were strong and it was quite a fight between us. I wasn't worried when Eder took the lead for I knew I was strong enough to challenge him. I finished first, but I could have done even faster. There was only one notion I took into consideration: the judges. I took great care to observe the technical components of my walk for I was a bit afraid of receiving warnings. My last season last meant to be desired and I failed to make the Olympic team and go to Beijing. This season is much better though at the beginning of it I could do better with the results of a race about 10 miles from my home, but, unfortunately, all I have at this point is results for members of the Mianu Valley Track Club., thanks to Vince Peters)."

Other Results

### September 2009

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**Should You Care To Indulge In A Racewalking Event?**

**Opportunities Abound From Sea To Shining Sea**

**Sat. Oct. 3**

- **National USA 5K, Kingsport, Tenn. (D)**
- **Sun. Oct. 4**
  - 1 Hour, Falls Church, Va. (N)

**Half-Marathon, Sandy Hook, N.J. (A)**

**Sat. Oct. 10**

- 2.8 Miles, Seattle, 9 am (C)

**Sun. Oct. 11**

- 1 Hour, Indianapolis (K)
- 1 Hour, Falls Church, Va. (N)

**National USA 1 Hour, Waltham, Mass. (D)**
Water
by Bob Mimm

I remember when many football coaches told their players that learning to go without water would help toughen them for competition. I also remember a track and field rule said runners or racewalkers could not drink water until after 9 miles. We now know such thinking was wrong. So, let me start with my bottom line: You cannot train the body to go without water!

Because a trained athlete's body might work more efficiently than a couch potato's, he or she might live a bit longer in a desert. But the time involved would be so insignificant it is not worth discussing. No one can live very long without water.

Speaking of deserts, allow me to digress a bit. There are some who think you can get water from a cactus if you are lost in a desert. There is one type, the barrel cactus found in Mexico and the Southwest U.S., that does hold water in sufficient quantities. But, I wouldn't recommend drinking it because nature has added a toxic substance to its skin to protect it from animals. If you drank any of the water you would probably suffer a severe case of diarrhea and only make dehydration worse.

If you are a walker or runner (training or competing), water should be your number one priority. You should drink before starting a race. If you are sufficiently hydrated before, you should be able to finish a 5 km race without ill effects. For longer distances, water should be available during the race.

Listen to your body is advice we hear often. Ignore such advice regarding your need for water. If, in a race, you wait for your body to tell that you are thirsty, it is probably too late. You may already be dehydrating. Dehydration is dangerous. Your blood thickens, which slows circulation to your organs.

You can ignore people who tell you that you should only drink warm water. Cold water actually empties from you stomach more quickly.

Drinking water is just as necessary in cold weather. It helps regulate your body temperature. Just a two or three degree temperature loss can cause shivering as your body tries to generate heat. If your temperature falls below 95 F, you can become disoriented. You usually go into a coma when you near 80 degrees.

Another item of consideration is whether an energy drink is better than water. It really depends on the distance you are walking. Drinking water replaces only water. In the longer distances (or higher altitudes), your drink must hydrate and provide carbohydrates in the form of glucose or some other sugar. (Ed. See the recipe for the Doc Blackburn elixir in our July issue.) All drinks contain sodium. A loss of too much sodium can cause hyponatremia, a serious problem. The very popular Gatorade contains more than most other drinks.

When using energy drinks, a question is how soon they will empty from the stomach.

Drinks with 10 percent less glucose polymers will empty as water. Exceed is one example with 7 percent. Most drinks also contain electrolytes, such as potassium. These drinks could be helpful at very long distances.

Although I've written much, I feel compelled to add one more bit of advice. Alcohol has a diuretic action that can deplete your fluid level. So, if you drink alcohol, drink water with it.

And, commentary from another of our outstanding masters walkers, Carl Acosta, on the straight-leg issue as it applies to older walkers. The easy answer, of course, is, if you can't follow the rules, then find another sport. But hear Carl out.

In the Eye of the Beholder, or Here Comes the Judge
by Carl Acosta

Brisbane marked the sixth WAVA games in which I participated. My events were the 5 and 20 km racewalks.

I began racewalking 20 years ago and the sport has changed my life. I love competing. In fact, I love racewalking so much that I am no longer intimidated by the judges disqualifications. I challenge the straight-knee rule on impact every time I compete. Despite the fact that I know I can walk legally, I still manage to end each season with two to three DQs. What intimidates me more is my very own inflexibility—that's the challenge I face the rest of my life, not the judges! They're doing their job, some with more enthusiasm than others.

Upon my return from Brisbane, I mentioned to a colleague that I had not received so much as a "boo" from any of the international judges, either in the 5 or the 20. His comment was: "Apparently, the foreign walkers must have the same ugly, knobby, protruded, bulbous knees as yours, so there's nothing to compare—you don't stand out!" I found his comment quite amusing, but not for long. My first week back, I competed at an all-comers track meet that included a 1600 meter racewalk, and received three warnings for a bent knee in the first lap. I kid you not!

Could it be that our judges have become too overzealous with their scrutiny of the "straight-leg" issue? Some good master racewalkers have stopped competing due to being discouraged and embarrassed for having been disqualified during a race. This is compounded by the fact that racewalking is one of the few sports that does not allow DQ'd athletes to finish the competition.

Our sport not only has lost competitors, but sadly and more importantly, these same good athletes have perhaps even lost the motivation to maintain a regular fitness regimen at a time in their lives when it is vital to stay healthy and active.

Thanks to masters track and field, we have the opportunity to continue competing until 80 or 90. Let's encourage, not discourage.

Looking Back

35 Years Ago (From the September 1966 ORW)—Ron Laird won the National 25 Km title in 2:05:16 in Seattle. On a very hot day, Tom Dooley was nearly 12 minutes back in second. In the European Championships, East Germany's Dieter Lindner walked 20 km in 1:29:25 to beat Soviet ace Vladimir Golubnichiy and Nikolai Smaga. Italy's Abdon Pamich won the 50 in 4:18:32 over another Soviet pair—Gennady Agapov and Tachersbina. Alex Oakley captured the Canadian 50 in 4:44:52, 12 minutes ahead of Israel's (and at that time the U.S.!) Shaul Ladany. Another Canadian, Felix Cappella, won the annual Mackinac Bridge 4 1/2 mile race in Michigan in 34:36.

30 Years Ago (From the September 1971 ORW)—The headline said that Young, Laird, Ladany dominate. Larry Young won the National 30 Km in Seattle and bettered the American record for 100 miles in Columbus, Missouri. In the 20, he pulled clear of Ron Laird in the final 10 km to win in 2:25:40. Laird had 2:28:10, ahead of Bill Ramsey, Goetz Kloper, Bob Bowman, and Steve Tyrer. The 100-miler was held on a 200-meter indoor track because of monsoon-like weather that had flooded the outdoor oval. Larry took it easy for 96 miles and then accelerated to finish in 18:07:12 effort with miles of 9:40, 9:21, 7:59, and 7:50!...Laird took the National 25 km on Long Island in 2:01:49 after a good rusle with John Knifftin (2:03:34), Bob Kitchen (2:04:13), Canadian Marcel Jobin (2:05:28), Gary Westerfield (2:06:36), and Ron Kulik (2:07:38)....Ladany prevailed in the prestigious London-to-Brighton 52/5 in 7:57:17 (37 1/2 minutes ahead of second) just a few weeks after he had won the Hastings-to-Brighton 38 miler in 5:33:36...In a 10
from the Idaho State Journal regarding a quest he is on: Brooklyn, N.Y. native Alexis Davidson has the goal of running in at least one marathon in each of the 50 U.S. states. On Saturday, he ran his 50th marathon in his 34th state when he participated in the Idaho State Journal Pocatello Marathon. "I still have 16 to go, I think," said Davidson, still winding down from the race. "I had to come here because I had to do a marathon in Idaho." Davidson, 54, has been participating in marathons for about 38 years, the past 10 of that as a racewalker, which he described as a fast-paced walk. He called Pocatello’s run, "a beautiful marathon". He also praised how supportive the event is to the runners involved. "They are very generous with the food and gels on the course," he said. "The water stations are very well manned. For a smaller marathon, that's pretty good.”

Bringing me up to date. In an August Looking Back feature, I noted that Deborah Iden, who won a junior meet in 1993, was among a promising group of juniors that soon disappeared. Ray Sharp, yes the same one, let’s me know that Deb Iden became, through marriage, Deb Huberty, who has certainly been heard from since. I probably knew that connection at one time, but it got lost in my foggy, senior brain. Apologies to Deb (an OW subscriber who may not be renewing because of my slippage) and me because I've lost her from my memory.

International dates. The 2010 World Cup of Racewalking is scheduled for Chihuahua, Mexico on May 15-16, with the 50 Km, Junior Men’s 10 Km, and Women’s 20 Km on Saturday and the Junior Women’s 10 Km and Men’s 20 Km on Sunday. The Youth Olympic Games in Singapore from August 14-26, 2010 include a Boy’s 10 Km racewalk and a Girl’s 5 Km (the World Junior Championships (19 and under) in Moncton, New Brunswick include a Women’s 10 Km on July 21 and a Men’s 10 Km on July 23.

Seaman-Salvage book. The Tim Seaman-Jeff Salvage duo has active in the areas of publications and clinics. Here is how they describe their latest effort: “Fresh off the press, complete with images from the World Championships as well as the Olympics, World Cup, and more is “Excellence in Training--A Race Walking Specific Training Log”. We all know we should keep a training log. Some of us do, and others don’t get beyond the new season’s resolution to keep better track of our workouts. Those that do keep track, often do so inconsistently. Now let America’s premier team of clinicians help you record information vital to your racewalking progress in this training log. It provides space for 52 weeks of seven-days-a-week training. Each day has space for the date, location of the workout, warm-up distance, warm-up pace, workout type, cool down distance, cool down time, additional space for splits or notes about the workout, total daily distance, and room for a second workout. In addition, each week has a photograph of an internationally elite walker with some basic biographical information included as well. Beneath the photo is space to write down any weekly notes you may wish to add. In the back of the book, there is space for you to record your race results with the following fields templated for each race: date, race name, rank/place, time, and location. We also include space to record your monthly distance totals as well as other yearly totals.

Finally, there is room to record your personal record progression for indoor races (1 mile, 3000 meters, and 5000 meters) as outdoor races (1 Mile, 3, 5,10,15, 20, 30, 40, and 50 Km).” You can find links to the book at www.racewalking.com or under headline news at www.racewalking.com. The cost of the book is $19.95 plus $4 shipping and handling ($20 S&H for international orders), with special rates for bulk orders. Loughmore honored. Ireland’s world championship silver medalist Olive Loughmore has been named the August Crowne Plaza Athlete of the Month in her homeland. Loughmore, who finished seventh in last year’s Olympic 20 Km, drew on all of her mental and physical reserves to deliver the silver medal in Berlin. "I tried to focus on a medal," she said. "I tried to focus on the process. The worst thing that could happen would be that I’d get carried away. Mine is a technical event and I lost focus or got carried away, I could have ended up losing control.”

Kenyan Walker A study In Dedication

by Elias Makori, posted in Berlin, August 12

If you are looking for lessons in self-motivation, determination, and consistency, look no further than the indefatigable David Kimutai Rotich (Ed. The article said Rotich Kimutai, but that is incorrect) of Kenya. The top Kenyan racewalker will be clocking 40 years in just four days into the World Championships here, by which time he will either be in party mode or reflecting on just what it might have been like to be the fastest walker on earth.

Born in Kericho on August 19, 1969, Rotich is the country’s most successful walker, his most recent international exploit being a 19th-place finish in this demanding discipline at the Beijing Olympics. He will be first Kenyan out in a final of the 12th IAAF
World Championships in Athletics that throw off on Saturday at the Berlin Olympic Stadium. Later on Saturday, three Kenyan girls—World Cross Country champion Florence Kiplagat, Linet Masai, and Grace Momanyi—carry the national flag in the 10,000 meter final.

Colin Young covered 129 miles in 11:55 yards. He was second in a Czech race, Sue Brodock won the women's International, Visini were close behind... Mexico's Raul Gonzales made his first big splash in the sport with a 3:59:07, 3¾ minutes ahead of Otto Bartsch of the Soviet Union. Kolzer, and Italy's Vittoria Gennany's Bernd Kannenberg by 8 seconds in 1:29:30. Holme again won the 50, this time in 1:25:42.

LOOKING BACK

40 Years Ago (From the September 1969 ORW)—With altitude a definite factor, by now the field had thinned leaving only the best walkers present. Bob Kuchar, in only his fifth walking race, took second. After finishing in 5:06:29, Bob reportedly donned his backpack, strolled off into the woods, and, perhaps, has not been seen since around walking races. Bill Ramsey was third in 5:12:28.

Ron Laird was an easy winner of the National 25 Km at Kings Point, N.Y. Ron finished in 2:02:52, followed by John Knifton (2:05:05), Canadian Marcel Jobin (2:07:17), Gary Westerfield, Steve Hayden, and Ron Daniel... Great Britain's Paul Nihill won the European 20 Km title in 1:30:41, with Carasabaoglu of Romania surprising Soviet ace Nikolai Smaga to capture the silver in 1:31:06. East Germany's Christoph Hohne won the 50 as expected in 4:13:52, with his teammate Peter Salzer second. Colin Young covered 112 miles in a European 24-hour race and Nihill won the 20 Km in a match with France and Czechoslovakia, finishing in 1:28:18.

35 Years Ago—(From the September 1984 ORW)—Two-time Olympic gold medalist (1980 and 1984), 38-year-old Vladimir Golubnichiy won the European 20 Km title, upsetting West Germany's Bernd Kannenberg by 8 seconds in 1:29:30. Holme again won the 50, this time in 3:59:07, 3½ minutes ahead of Otto Bartsch of the Soviet Union. Salzer, and Italy's Vittoria Visini were close behind... Mexico's Raul Gonzales made his first big splash in the sport with a 1:27:53 20 Km in a dual meet with Canada. Daniel Bautista, the Olympic champion two years later, was left more than 4 minutes back... In London, Roger Mills bettered the world best for 1 Mile (4:01:04) by Dave Romansky with a 6:09, beating France's Gerard Lelievre by 2 seconds... East Germany's Peter Frankl recorded a stunning 1:23:30 for 20 Km in a Czech race... Sue Brodock won the women's International 5 Km in Stockholm, leading the U.S. to a second-place team finish.

30 Years Ago (From the September 1999 ORW)—Mexico defended its World Cup title in Munich despite the absence of one of its top competitors, Domingo Colin, and a subpar performance by Raul Gonzales. Daniel Bautista left the 20 Km field at the starting gun and proceeded to record solo splits of 19:21, 39:05, and 58:52. Slowing only slightly, he finished in 1:18:49, 57 seconds ahead of Boris Yakovlevsky of the Soviet Union. The Soviet also captured the next three places (with Mexico's Ernesto Canto sixth) and led Mexico by three points after the race. Jim Heiring led the U.S. effort with a 1:28:31 in 31st. Trying to repeat his teammate's tactics, Gonzales overdid it in the 50. With 10 Km splits of 42:47, 1:25:03, and 2:07:29 (a 3:32:30 ace), he left the field well back, but only succeeded in killing himself. But teammates Martin Bermudez and Enrique Vera came to the fore, finishing one-two in 3:43:36 and 3:43:59. Victor Dobrovolski was third for the Soviets and Gonzales hung on for fourth in 3:46:26. Mexico finished 5 points ahead for the two races. East Germany was third, Italy fourth, and the U.S. 13th. Vincent O'Sullivan (4:12:15) and Marco Evoniuk were 34th and 35th, respectively. Britain's Marian Fawkes won the women's 5 Km in 22:51 to lead her nation to victory over Sweden. Susan Liers came 10th in 24:02 to lead the U.S. fourth place... Marco Evoniuk won the U.S. 50 Km in 4:15:47, followed by Dan O'Connor, Carl Schuler, and O'Sullivan... The European Junior 10 Km title went to Czech Pribilavice, who was destined for greatness.

25 Years Ago (From the September 1984 ORW)—With no chance of Olympic glory (boycott), East Germany's walkers took out their frustration with a 50 Km race in Berlin. Ronald Weigel finished in a starting 3:38:31, better than 2½ minutes under Gonzales' world best. Hartwig Gauder was less than 3 minutes back, just missing the Mexican's mark... A week later, Weigel did 20 Km in 1:19:56. Leaving Gauder far back this time... Mexico's Carlos Mercenuero, World Cup Champion 3 years later, won the Pan-Am Junior 10 Km title in 48:52, with Tony Englehardt of the U.S. second in 50:49... In England, Brian Adams covered 100 miles in 17:29:28, with John Cannell also under 18 hours. There were eleven under 20 hours in the race. Sarah Brown won the women's race in a superb 18:30:29.

20 years ago (From the September 1989 ORW)—In the World University Games in West Germany, Italy's Ilane Salvador blasts a 20:44 for 5 Km to beat Vera Maklou, USSR, by 8 seconds. Finland's Sari Essayah was third in 21:34. Canada's Allison Baker (21:52) was seventh and the USA's Lynn Weigl (22:05) was eighth... Guillaume Leblanc won the Canadian 20 Km in 1:28:58 and Janice McCaffrey took the women's 10 Km in 45:18 ahead of Allison Baker (48:52) and Pasquale Grand (49:17).
beating second place Herber Neubacher, Germany, by nearly 2 hours. Brown went through the first 50 miles in 9:06:04 ... Led by Michele Didoni’s 39:03.2, four Italians went under 40 minutes in a 10 Km race in Castelnuovo Monti. Elisabetta Perrone won the women’s race in 43:03.7, 12 seconds ahead of Erica Aflrini.

5 Years Ago (From the September 2004 ORW)-Tim Seaman won the National 40 Km in Ocean Township, N.J. in 3:20:19. Curt Clausen was second in 3:32:25, and the ever-present John Soucheclock third in 3:40:25. ... In a U.S.-Canada Junior dual, the Canadians won individual titles but the U.S. took team honors. Canada’s Rachel Lavalee won the women’s 5 Km in 24:57, 40 seconds ahead of Maria Michta. Canada’s Luc Menard beat Zach Pollinger by 8 seconds in the men’s 10 Km with a 45:36. ... Sandra Brown won another 100 miler, this one in Colchester, England in 19:17:28.

No wonder the English language is so very difficult to learn"

We polish the Polish furniture.
He could lead if he would get the lead out.
A farm can produce produce.
The dump was so full it had to refuse refuse.
The soldier decided to desert in the desert.
The present is a good time to present the present.
At the Army base, a bass was painted on the head of a bass drum.
The dove dove into the bushed.
I did not object to the object.
The insurance for the invalid was invalid.
The bandage was wound around the wound.
There was a row among the oarsmen about how to row.
They were too close to the door to close it.
The buck does funny things when the does are present.
They sent a sewer down to stitch the tear in the sewer line.
To help with planting, the farmer taught his sow to sow.
The wind was too strong to wind the sail.
After a number of Novocain injections, my jaw got number.
I shed a tear when I saw the tear in my clothes.
I had to subject the subject to a series of tests.
How can I intimate this to my most intimate friend?
I spent last evening evening out a pile of dirt.

(And I notice, of course, that the Word Perfect program can’t distinguish the meanings from context as it has underlined the second word everywhere they appear next to one another. Alerting me to the fact that I have repeated the same word, which I really haven’t.)

A potpourri of great U.S. racewalkers through the years. Top left: Todd Scully, 14 times U.S. Champion at distances from 2 miles to 40 Km from 1975 to 1982. Member of 1976 Olympic team and four World Cup teams. Top right: Sue Brodock, who won 23 U.S. titles from 1973 to 1983 at distances from 1 mile to 20 Km. These photos from the program for the 1979 AAU National Championships as reprinted in News Afoot, the newsletter of the Walkers Club of Los Angeles. Bottom left 2004 U.S. Olympian John Nunn. Bottom right, 37-time U.S. Champion Tim Seaman on the left and Junior sensation Trevor Barron on the right during a Southern California race. Photos from Southern California Walkers newsletter.