Indoor Titles to Michta and Seaman

Albuquerque, Feb. 27-28—Maria Michta won her first National title and Tim Seaman his 43rd in racewalks at the USA TF National Indoor Track and Field Championships. Battling the effects of Albuquerque's altitude, Michta beat the one-two finishers from last year—Teresa Vaill and Joanne Dow, both on the far side of 40. Thanks to the altitude, Michta had the slowest winning time in the history of the event, barely. But she whipped Joanne Dow and Teresa Vaill, both walking nearly a minute slower than they did last year. Michta's winning time of 13:51:33, was .04 slower than Sam Cohen walked in her 2007 victory. More often than not, winning times in the event have been under 13 minutes. The meet record is 12:28.32 set by Michelle Rohl in 2001. Debbi Lawrence set the American record of 12:20.79 in 1993. Romania’s Claudia Iovan holds the World Record at 11:40.33

Let that not detract from Michta’s win over the veteran queens of the sport. Dow had won the event four times previously and Vaill seven times, dating back to 1989. Vaill was seeking her 39th title overall. Following the race Michta said: “It was awesome. I went out strong having PR’d three weeks ago. I knew the altitude would be a factor and it was. It hit me at 2000 meters. I just finished strong. I felt I was dreaming in the final 100. It was just so exciting.”

Time Seaman won the men’s 5000, passing Henry Laskau for second place in National titles with 43. It was his 12th win in the last 13 National 5000 meters races. (He didn’t compete in 2008.) It was also the first time he failed to break 20 minutes (although he did that by less than a second last year) as he crossed the line in 20:57:47. That was the slowest winning time since 1985, the second time he race was held. Seaman holds the American Record at 19:15.88, which he did at this meet in 2006. That would be the meet record also, except for a win by Canada’s Guillaume Leblanc in 1988 with an 18:53.25 effort. The World Record of 18:07.08 was set by Russia’s Mikhail Schennikov in 1995.

In second place was Patrick Stroupe who could not quite match Tim’s effort and finished 22 seconds back. Benjamin Shorey was a distant third.

“Today went different,” said Tim. “Out of all the twelve championships this is definitely the most topsy turvy I have ever done. With the altitude you can’t just push, you have to push and then rest. Once I’ve taken the lead I have never let it up. This is the first time that I let the lead up. I was frustrated that I took it out too slow. I told myself, ‘OK, I’m going to take it’, and I pushed too hard and I had to slow down. It felt like my lungs were burning and I spent three weeks at altitude so I can only imagine how these other guys felt.” Tim’s 12 wins in this event is the most by any athlete in U.S. track and field history. The results follow
in her win last year, was only inches ahead of Megan Furnish at the finish. Furnish set the pace for the first half of the race, leading a pack of eight through the mile. The top five were still close with three laps remaining, but Ching pulled clear over the final 600 to finish in 14:25.38, nearly 10 seconds ahead of Burnett. The meet record of 14:58.96 was set by Amber Antonio of Wisconsin Parkside in 2002.

In the men’s race, Mike Manozzi, the Italian Stallion from Ohio’s Notre Dame College, shifted up two gears with 600 meters to go to pass defending champion Josh Wiseman to win going away in 13:19.5. Wiseman, a junior at Cedarville U., also in Ohio, had lead from the gun and held on for second. It was the first national championship for a Notre Dame athlete. Manozzi, a senior, started his athletic career as a wrestler and javelin thrower before finding his niche in racewalking. Parkside’s Lachlan McDonald set the meet record of 12:16.56, also in 2002. The results:

**Women’s 3000 meters, Feb. 28**
1. Maria Michta, Walk USA 13:51.33
2. Joanne Dow, un., N.H. 14:01.53
3. Teresa Vaill, Walk USA 14:09.42
4. Lauren Forgues, un., Maine 14:13.42
5. Teresa Vaill, Walle USA 14:09.42
6. Lauren Forgues, un., Maine 14:11.78

Address: summit Street, Columbus, OH 43202. E-mail address is: imonlo11@colmb11rr.com.

**Men’s 5000 meters, Feb. 27**
1. Tim Seaman, NYAC 20:57.47
2. Patrick Stroupe, un.
3. Ben Storey, un. 22:06.36
5. DeWitt, Parkside AC 23:12.22

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Approximate deadline for submission of material is the 24th of each month.

**Addendum:** Peter Armstrong in Albuquerque has sent me an article by Staff Writer Toby Smith in the Albuquerque Journal, who led off his report on the meet with the following, which appeared under the headline “Youngster Shakes Up Racewalk.”

Kid beats two old ladies. In screenplay writing, that’s the story pitch in five words. In racewalking, that was the story of the women’s 3000 meters on Sunday at the USA Indoor T&F Championships at the Albuquerque Convention Center.

The national meet wound up its two-day stay, the first of three scheduled years the event will be held in Albuquerque. More than 400 athletes took part.

In women’s racewalking there is only one Olympic event, the 20 Km. The 3000 is 15 laps of the Convention Center’s track, or about 2 miles. A sprint.

Women’s racewalking in the U.S. has been ruled for some time by Teresa Vaill and Joanne Dow. Vaill is 47, Dow 45.

The 3000 is still close with three laps remaining, but Ching pulled clear over the final curve. Schwazer continued to increase his gap over Kovalenko to 30 seconds.

Ching and Manozzi Take NAIA Titles

Johnson City, Tenn., March 5 (From Vince Peters)–As always the NAIA collegiate Indoor T&F meet included 3000 meter racewalks for both men and women. This year’s meet yielded one of the most talented fields in several years with Hong Kong natives Jessica Ching and Alex Lo taking first and third with Katie Burnett between them and three-time defending champion Tina Peters fourth in the women’s race. Peters, who walked 14 seconds faster than
year. On 24 January he set the 35 km national record smashing his previous best by ten minutes with an impressive 2:26:16 in Montalto di Castro. Last week the Sud Tyrol athlete from Racines made an attempt to break his own 50 km national record of 3:36:04 at the Italian 50km Championships in Siena near Florence but had to fight against a strong wind on a cold day and clocked a solid 3:50:22 despite very difficult weather conditions.

"I knew that I could walk in 1:19 but breaking the record of Maurizio Damilano is a dream that comes true," said Schwazer. "I knew that it was a difficult record to beat. The work I have done in these past few years is bearing fruit now. I am now planning to train in Val Suses to prepare the 50 km at World Cup in Chihuahua."

Robert Heffernan, eighth in the 20 km at the Olympic Games in Beijing, finished second in 1:20:44, ahead of 50 km specialist Orzeszczak Sudol (fifth in the 50 km at the World Championships in Berlin), third in 1:20:49.

Yanfei Li, a young Chinese walker born in 1990, who finished third at the IAAF World Junior Championships in 2003, took the win in the women's race in 1:31:26 beating her compatriot Li Li, who finished runner-up in 1:31:32. Third was Ines Henriques from Portugal in 1:32:30.

The race started at a conservative pace. A big leading pack formed by Yanfei Li, Li Li, Ines Henriques, Johanna Jackson from Great Britain (winner last year in Lugano), Evangelia Xynou from Greece, Ana Cabecinha from Portugal, Zuzana Chindlerova from Czech Republic and Sandro Damilano, engaged their neck-to-neck battle for victory.

The Chinese girls, who are currently training in Saluzzo at the Italian Walking School where they receive technical advice from Sandro Damilano, engaged their neck-to-neck battle for victory. Yanfei Li passed the 15 km in 1:50:49 closely followed by Yanfei Li, Xynou, Li Li, Li Li and Johanna Jackson. The race proper began at 13 km when Li Yanfei forced the pace, and at that point only Li Li managed to follow closely. Li Yanfei passed the 15 km in 1:09:09 followed five seconds behind by Li Li.

Henriques and Jackson led the chasing group passing the 15 km in 1:09:43. The two Chinese girls, who are currently training in Saluzzo at the Italian Walking School where they receive technical advice from Sandro Damilano, engaged their neck-to-neck battle for victory. Yanfei Li managed to break away from her compatriot in the final 19 km when she took a decisive 5-second lead. Li Yanfei, who holds a PB of 1:28:57, crossed the finish-line in 1:31:26. The results follow.

Diego Sampolo for the IAAF


And Some More Results


Racing Venues In the Near Future

Sat., April 3  5 and 10 Km, Washington, D.C., 8:30 am (W)
Sun. April 4  10 Km, Portland, Ore. (C)
Sat. April 10  5 Km, Fayette, Missouri (N)
Sun. April 11  3 Km and 5 Km, Seattle (E)
      5 and 10 Km, Orlando, Fla. 8:30 am (G)
      Mt. SAC Relays 5 and 10 Km, Walnut, Calif. (Y)
U.S. World Cup Trials, 20 Km men and women, 10 Km Jr. Men and women), Ronkonkoma, N.Y. (R)
Sun. April 18  5 Km, New York City, 9 am (E)
Sun. April 24  Penn Relays Women's 5 Km, Men's 10 Km (Z)
Sun. May 2  20 Km, Portland, Oregon (B)
Fri. May 7  H.S. Racewalks, Yellow Springs, Ohio (M)
Sun. May 9  Jack Mortland Walks, 5, 110, and 20 Km, Dayton, Ohio (M)
Sun. May 16  National USAFT and West Region Makers 15 Km, Riverside, Calif. (Y)
      1 Mile and 3000 meters, Falls Church, Vir. (N)
Sun. May 30  1 Mile and 3000 meters, Falls Church, Vir. (N)
Sat. June 5  5 Km, Fontana, Cal. (P)
Sun. June 6  National USAFT 10 Km, Albany, N.Y. (D)
Sun. June 13  1 Mile and 3000 meters, Falls Church, Vir. (N)
Sun. June 20  SCA Masters 5 Km, Los Angeles area (P)

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From Heel To Toe

U.S. 50 Km team and various things surrounding it. The U.S. team for the World Cup 50 Km in Mexico in May is now set with a team of grizzled veterans. Dave McGovern gave up the role of manager for the U.S. team in order to join Jonathan Matthews and Ray Sharp as the junior member of the 50 Km team. Dave will be a few days short of his 45th birthday in Chihuahua. Ray is 50 and Jonathan 53. As reported last month, Jonathan was second, Ray fourth, and Dave fifth at the Cup Trials. Winner Stephen Quirke is opting for 20 Km at the World Cup (if he fails at the 20 Km Trials—quite doubtful, short of a DQ—will he return to the 50 Km squad?) And Allen James, third at the Trials, is not interested in the trip. Commenting on the Trials, the 45-year-old James said: "I still can't believe I finished with such little mileage and 14 years since my last 50. ..."

The only negative effect was having to walk 50,200 meters or more. I believe just about everyone could unofficially drop at least one minute off their time as the course was measured pin to pin leaving no room for a smooth arced turn. My sweeping turns added at least 4 meters per turn or a minimum of 200 meters. To do less would tear your body to shreds in a 50. Otherwise, it was a fantastic location and well organized event.” For McGovern it was his sixth World Cup as a competitor. He walked the 20 in '93, '95, and '97, and the 50 in '04 and '06. He also qualified for the 1987 team at 20 but had to give up the spot through injury. In addition, he was the coach/manager for Ghana at the '01 Cup and the Junior Coach for the U.S. in '08. Ray Sharp will be in his fifth World Cup team, 20 Km in ‘01 and ‘07, and 50 in '06 and '08. Jonathan Matthews will also be in his fifth World Cup—20 Km in ’93, and ‘99, 50 Km in '95 and '97. (Your editor can claim some level of participation in three World Cups-competitor in 1967 in Bad Saarow, E.G. and member of the YAC press crew at New York in 1987 and San Jose in 1991.) Ray Sharp is probably alone in the World, competing in World Cups 29 years apart—1981 and now 2010. And, having already qualified for the 2012 Olympic Trials, he will have an even greater span of years there—32, having qualified in 1980 when just 20 years old. Commenting on this Ray notes: “Two things make this possible—one I was 20 in 1980. I wouldn’t have made the standard at 19. It was 1:35 for 20 and 4:40 for 50. Two, in this time the standard was pretty easy—4:45—and I made it with 4:31:49. Interesting to note—my first 50 Km in November 1979, the weekend of my 20th birthday, I walked 4:28 with 51 laps around the De Anza Cove (Mission Bay) parking lot in San Diego. I was on the same pace through 45 Km in that race and in Phoenix last month—around 4:02 at 45, but I finished the last 5 of that first one in sub-26:00." He then asks: ‘Has any American ever walked under 4:30 for 50 Km before their 20th birthday?’ No doubt Trevor Barron could do it. But don’t, Trevor. Get your 20 to 1:18 first.”

Matthews on World Masters. A 14-hour drive up into Canada and races at the World Masters Indoor Championships have made me feel good about my recovery from the US 50 Km 3 ½ weeks before the 3000 meters on the indoor track. I managed to get up to a 94 percent age-graded rating (better than my 90 percent 50 Km performance). I hope I can keep from breaking down before the World Cup in mid-May! The outdoor 10 Km was one of the most professionally promoted racewalking events I have ever been in, the equal to any IAAF Championships racewalk as far as the attention to detail.

IAAF Council news. The council approved the dates of May 12-13, for the 2012 World Cup in Saransk, Russia. The Chinese Athletics Association and city of Taiyuan, who had originally bid to host the 2012 event, accepted the Council's proposal to host the 2014 Cup. Bids for the 2015 World Championships in T&F, including, of course Men's 20 and 50 Km and Women's 20 Km racewalks, have been received from London, Beijing, and Chorzow.

Poland. The decision on a host will be made at the November 2010 Council meeting. A decision on the host for the 2013 World Youth Championships is also expected at that meeting. Nassau, Bahamas; Greensboro, N.C.; and a Slovenian city to be named have submitted letters of intent. ...Racewalking Summit. Maryanne Daniel reports: “For quite some time we have been trying to get a Racewalk Summit funded by USATF. Finally, Racewalk Development has succeeded. At first it was just going to be for the elite under 25 athletes but now we have been given permission to include the National Team, Talent ID athletes, and those men close to 1:40 for 20 Km and women close to 1:50, as well as top juniors and their coaches. The Summit, starting April 11, will begin just after the World Cup Trials awards at the LaQuinta Inn in Bohemia, N.Y., 5 miles from the race site and will conclude at around 11:30 am the next morning.” The Sunday program will include a session of technique analysis, a session on Sports Psychology and Motivation with Curt Clausen, US 50 Km record holder and World Championships bronze medalist, and a coaches round table. Monday morning will include easy group training and a session on Injury Prevention/Core Stability, presented by Maryanne, a massage therapist and for many years an elite racewalker herself. For more information call Maryanne at 860-669-2440 or write her at ctiracewalk@sbcglobal.net.

But We Are Still Around

(Ron Laird, while spending the winter months in Niles, Michigan—from his home in Ashatabula, Ohio—has been motoring 12 miles south to the Notre Dame campus to explore their sports research department. He found the following in an ancient volume, Text Book of Athletics. He failed to get a publication data, but it appears to have been published either in Canada or England (suggested by some of the spellings, which I have Americanized) and the fact that there is a picture of Canada's great George Goulding, who we have featured in these pages in the past. Anyways, it makes for interesting reading.)

Walking

This event will undoubtedly disappear entirely from the program in a not too remote future—at any rate walking on the track. The interest displayed on the part of the public in this particular branch of sport is but small, nor can the event itself claim any interest, and the use of walking over short distances is further doubtful. As it is performed now it may even be considered injurious, as the intensive "locking" of the knee is working too much on the synovial capsule, a fact fully illustrated by the abnormal position of the legs of an old walker.

If the point is to get along quickly without running the walk must above all be natural and the competitions should consequently be confined to roads and exclusively over long distances.

Walking itself is justified by the fact that it forms part of the preparatory training for almost every branch of athletics, especially in the field of running, but it should never be exaggerated as it will tend to make the body stiff. Still, it is possible to walk fast without incurring any risk in this respect.

We will briefly describe the style of walking.

In ordinary running there will be an ever so short moment—just when the athlete is in the act of striding—when both feet are off the ground at the same time. In walking, however, one foot must always be on the ground, i.e., the rear foot does not leave the ground until the front foot is put down. In other words, the toe of one foot and the heel of the other foot should touch the ground at the same time for a brief moment, with both legs fully stretched out. The leg is moved forward and the foot put to the ground. The body is resting on the heel of the left foot and the toes of the right. Both legs are stretched out. The left hip is
brought forward to help the walker to a longer stride and the right arm is swung forward too, bent at the elbow and the left arm back. Also the right shoulder is forced slightly forward. The right leg is now swung forward with the knee bent, and immediately afterwards the leg from the knee down is thrown forward, followed by a violent locking of the knee joint. The arms are swung in unison with the leg.

It will appear from the above that the walker's hips and shoulders must be pliable and supple to ensure a powerful action of both, which again will react on the length of the strides. Walking is a very fatiguing sport, and it is no easy task to judge of the correctness of the style.

As to the training, the rules laid down for runners apply in walking too. The main thing is to combine the training for speed with that for stay, and pay proper attention to a correct walking style. The training may be finished by running a couple of laps with the knees well raised.

To select the proper kind of shoes is, of course, important. Shoes with broad noses and low heels are to be preferred.

The following article, which gives a positive image of racewalking, was run on the front page of the Helena, Montana newspaper on Feb. 11 Jonathan Matthews, the subject, notes that: "As is the case anytime one talks with a reporter, there are some small errors in the article. However, Amber Kuehn did a fine job overall."

While many Americans were preparing food for their Super Bowl parties this past Sunday, Helena's Jonathan Matthews set out to accomplish something he never really thought possible for someone his age. Matthews, a 53-year-old Education professor at Carroll College, took part in USA Track & Field's 50 Kilometer National Racewalking Championship, held in Surprise, Ariz., on Feb. 7. That morning, with temperatures hovering in the mid-60s, Matthews crossed the finish line in 4 hours, 23 minutes and 15 seconds, good enough for second place, just 13 seconds out of the lead.

"The guy who won this race is 29," Matthews said. "Aging apparently hasn't knocked me down. I was surprised by the result. With the top-five finish, Matthews qualified to represent the U.S. in the most prestigious racewalking event outside of the Olympics. He will compete in the International Association of Athletics Federations' Racewalking World Cup, featuring competitors from 70 nations, in Chihuahua, Mexico in May. With winner Steven Quirke of Wisconsin unable to attend, Matthews will be the top American competitor.

"I'm willing to bet I'll be the oldest guy by a lot of years," Matthews said. "Probably out of the whole world. I just want to prove it's possible to do well when you're older." The top competitors in racewalking tend to be in their 20s. When Matthews was 36 years old, he won the national race and continued to stay near the top for the next seven years. He temporarily gave up the sport to spend more time with his wife and kids in 2000, after finishing fourth in the national race and continued to stay near the top for the next seven years.

Matthews led from the first kilometer until the 48th kilometer, being passed in the last mile of the 31-mile race by Quirke. His lead stretched to over a minute ahead of second place for much of the race, and three national team members dropped out during the several hours spent chasing him.

"I was hoping for a top-five finish," Matthews said. "I thought some of the guys who dropped out were probably going to beat me. The amazing thing is, I didn't think at age 53 I'd be able to (do that well)." In addition to winning the silver medal, $3,000 in prize money and a berth in the World Cup, Matthews set several records for his age group. As he crossed the finish line, he broke Mark Green's 2007 national mark by 14 minutes.

Last year, Matthews also set new racewalking records in the Senior Olympics National Championships and in the Huntsman World Senior Games. While proud of those accomplishments, Matthews is most excited about what he experienced this past weekend at age 53.

"Racing 31 miles at one's limit takes a lot of toughness," Matthews said, "as does doing speed work on the track under three layers of clothing at 15 degrees. "During the race I kept in mind how hard I'd worked to get ready for it, so there was no point being timid. I was prepared to give everything I had. It ended up being a great day, though I wish I somehow could've figured out how to be 14 seconds faster."

### LOOKING BACK

#### 45 Years Ago (From the March 1965 ORW) - This was the first ever edition of the ORW. In it, we reported Dr. John Blackburn as the winner of the New Year's Eve 6 Mile Handicap, which became the First Annual race the following year when we conducted the second annual. With a 5-minute start, Doc finished a full minute ahead of son Jack in 49:32. Jack's 50:32 was the fast time on the rather treacherous course (including a mud run) at the Indian Village Day Camp where Jack lived at the time. Nearly 30 seconds behind came a hobbling Jack Mortland.

Later, Mortland won the first-ever indoor walking race in Columbus, a 2 miler, in 14:49, beating Jack B by 0.1 second. Blackburn came back a month later to beat the Mort outdoors, 14:21 to 14:24. In between, Mortland captured a 10 miler in 1:20:48. As you can see, all we had in that first issue was local stuff, but that quickly changed.

#### 40 Years Ago (From the March ORW 1970) - There were two American records to report.

Larry Walker did 13:20.2 for 2 Miles (outdoors) and Dave Romansky covered 20 Km on the track in 1:30:12. In that race, Steve Hayden was second in 1:32:06 and John Knifton third in 1:35:53. Romansky covered his final mile in 6:55. . . Greg Diebold won the IC4A indoor mile in 6:41, beating Clarence Bushart by 1 second. . . Bob Kuehler won the National Junior 50 Km in 5:18:57.

#### 35 Years Ago (From the March 1975 ORW) - Paul Steward won the IC4A indoor mile title in
7:10.8. The collegiate race is no longer contested. Karl-Heinz Stadtmüller stormed around an indoor track in East Germany to complete 10 km in 41:37, a world’s indoor best. We published a brief capsule of the ORW history, noting that we started out charging $1.20 per year. (Postage was considerably cheaper then.)

30 Years Ago (From the March 1980 ORW) Todd Scully won the first ever National Athletics Congress walking title (they were previously National AAU titles and are now USAATF titles) as he captured the Indoor 2 Mile in 12:35.1, just 3 seconds off the world best. Jim Heiring, who went on to win a few of his own titles, was second in 13:43.3, with Bruce Harland third in 13:07 and everyone else way back. The women’s 1 Mile went to Sue Brodick in 7:06.9, ahead of Sue Liers in 7:11.3 and Ester Lopez in 7:21.8. (Ed. In later years in the Looking Back feature, I suggested that the chances are Brodick actually won the first TAC walking title, since the women’s race usually went off first.) I then asked for anyone who was there to provide the definitive answer to this provocative question. If I ever received an answer, I have forgotten it. So, I’ll pose the question again—was it first, Todd or Sue? Scully also won the Olympic Invitational 1500 meter race in 5:41 and the ICAC 1 Mile title went to Jerry Katz in 6:30.6, ahead of Mike Morris, Gerald Pollet, and Troy Engle, all under 6:45. Heiring had a quiet 4:53.54 for 10 km in California, with Dan O’Connor recording that time. Carlo Mattioli had an 18:59.2 indoor 5 km in Italy, and a lot of Russians went under 40 minutes for 10 km Indoors, led by Viktor Semenov’s 39:21.

25 Years Ago (From the March 1985 ORW) Marco Evonik was an easy winner in the TAC 20 km race with a 1:28:40 in Monterey, Calif. Sam Shick trailed by more than 6 minutes, with Steve DiBernardo right on his heels. Lori Maynard won the women’s race in 1:58:07, just over a minute ahead of Jolene Steigerwald. Mary Baribeau was third in 2:00:37. Tom Edwards broke the American indoor record for 5 km in winning the Intercollegiate at Princeton in 20:17.55. Ed O’Rourke was second in 21:22. Ray Funkhouser covered 20 km in 1:30:07 in Long Branch, N.J.

20 years ago (From the March 1990 ORW) Mikhail Schennikov (19:45.28—rather pedestrian for him) and Igor Plotnikov (19:48.71) finished one-two in the 5 km at the USA-Great Britain-USSR indoor 5 km in Cosford, England. Britain’s Andy Drake was third in 19:57.72 and Dave McGovern fourth in 20:57.68. Gretchen Easler (7:23:54) and Paul Tavares (6:30.39) won National Scholastic 1 Mile titles in Syracuse. Tim Seaman was fourth in the boy’s race.

15 Years Ago (From the March 1995 ORW) Michelle Rohl and Allen James won US Indoor titles in Atlanta. Michelle’s 13:04.99 left Victoria Herazo 7 seconds back in the women’s 5 km, with Janine Dow third. James took the 5 km in 20:16.47, 13 seconds ahead of Jonathan Matthews, with Rob Cole another 7 seconds back. Chad Eder and Gary Morgan were also under 21 minutes in fourth and fifth. Mexico’s Grametl Delgado beat Rohl to win the Pan American Games 10 km in Argentina with a 46:31.93. Michelle had 46:46.52. James won the Millrose Games Indoor 1 Mile title in 5:52.75 with Matthews 2 seconds back. Wojciech and Lukaszew were third and fourth ahead of Gary Morgan and Sean Albert all between 6:03 and 6:10. Kevin Estler did 6:11.98 to win the National Scholastic Mile in Syracuse. Lisa Kutzin won the girls’ race in 7:24.67. Mikhail Setnik set a world’s 6 km Indoor record with an 18:07.68 in Moscow. Kerry Saxby and Nick A’Hearn won Australian titles in 19:32.11, leaving Curt Clausen nearly 22 seconds back. Al Heppner was a distant third. Michelle Rohl won the women’s 3 km title in 12:51.17, 18 seconds ahead of Jill Zawer and Debbi Lawrence third. In Lima, Peru, Andrew Herrmann finished a centimeter or so behind Olympic Champion Jefferson Perez in a 20 km as both clocked 1:30.50. Curt Clausen was third in 1:31:24. The next day, Clausen captured a 35 km race in 2:57:55, both races contested in hot conditions. Sara Stevens won the NAIA Indoor 3 km in 14:02.85, a minute ahead of Katie Rulapaugh. The men’s race went to Lachlan McDonald in 13:44:48 and his U. of Wisconsin-Parkside teammate, Matt DeWitt, Steve Quirke, and Jim Heppner took the next three spots. Jason Garcia won the Spanish 50 km title in 3:45:14, just 43 seconds ahead of Mikhail Odorozola. Russia’s Vladimir Boidatchenko won a 200 km race in France in 22:19:50. In Italy, Alessandro Gandellini raced to an 18:27.15 indoor 3 km win, 7 seconds ahead of Giovanni DiBenedetico. And in Dunrobin, Slovenia, Finland’s Valentin Kononen became the sixth fastest 20 km walker of all time with his 3:59:34 performance. Not to mention a 2:06:20 for 35 km by Italy’s Marco Giungi.

5 Years Ago (From the March 2005 ORW) The first events of the 2005 IAAF Challenge series were held in Tianjuana, Mexico with German’s Melanie Seeger, Australia’s Nathan Deckers, and Norway’s Tom Nymark capturing victories. Seeger did 1:30:48 for 20 km, scoring an easy win over Australia’s Jane Saville with Italy’s Elisa Riguardi third. In the men’s 20, Deckers beat Mexico’s Omar Segura by 17 seconds as he crossed the line in 1:21:28. Bernardo Segura was third for the home country, just second behind Omar and 7 seconds ahead of Spain’s Juan Molina. Nymark walked 50 in 3:46:05, more than 2 minutes ahead of Spain’s Jesus Garcia with Mexico’s Omar Zapata another 2 minutes back in third. palace’s Matt Boyles won the NAIA Indoor 3 km title in 1:30:51, 49 seconds ahead of Patrick Stroupe. Boyles also finished third in the 5000 meter run with a 14:54.86. Deukes won the Australian 20 km in 1:19:39, 2 minutes ahead of Luke Adams. Chinese Championships went to Chaohong Yu in 1:19:15 and Jiang Jing in 1:27:19. Russian Winter titles went to Vladimir Parvatkin (1:18:06), Irina Pudovkina (1:26:28), and Vladimir Kanaykin (2:23:17 for 35 km).

Neologisms

As we launch or 46th year of monthly reports on the sport of racewalking (something we never faintly imagine as we throw together that first issue in March 1965), we offer a final bit of filler having nothing to do with the sport. But it’s mildly entertaining and avoids leaving a disturbing blank space. Herein, a few selections from the Washington Post’s yearly contest in which readers are asked to supply alternative meanings for common words.

Coffee (n.) the person upon who one coughs.

Flabbergasted (adj.), appalled over how much weight you have gained.

Testicle (n.), a humorous question on an exam.

Frisbeetarianism (n.), The belief that when you die, your soul flies up onto the roof.

Neologisms (n.), a rapidly receding hairline.