Dominant Performances In European Championships

Barcelona, Spain, July 27-30—The European Championship racewalks saw three races in which the winners took control early and dared anyone else to challenge them. There were no challengers out there. The golds went to Russian walkers Stanislav Emelyanov and Olga Kaniskina at 20 Km and the Frenchman Johann Diniz at 50. As the races finished Emelyanov won by 28 seconds, Kaniskina by 1:11, and Diniz by 1:47.

Emelyanov, in his first major race outside the junior ranks, was the real surprise. He started to leave the pack after 8 km and had established an 8 second lead at 20 on a group of eight including favorite Alex Schwazer of Italy, Joao Vieira of Portugal, Ireland’s Robert Heffernan, Italy’s Giorgio Rubino, and Emelyanov’s teammate Andrey Krivov. Emelyanov reached 10 in 40:14. The lead grew to 15 seconds by 14 km and the pursuers were breaking apart into the order in which they eventually finished.

The only real race from there to the finish was between Schwazer and Vieira, with Vieira establishing a slight lead at 16 Km, and Schwazer back on even terms by 18 km. The Italian proved too strong in the finishing stages and left Vieira 11 seconds back at the tape with Heffernan another 11 back. Emelyanov finished in 1:20:10, having covered the second half in 39:56.

Still just 19, Emelyanov admitted to being unsettled by the experience of being out in front for so long: "I was afraid the whole distance that the pack would eat me up, but I followed my coach’s instructions. The crucial moment was when the pack reeled me back at 6 km and I went away again. It was only when I passed 18 km that I started to believe I would win," he admitted. "It may have looked easy, but it was not. First times are never easy," said the man who has a hat-full of junior titles but who was making his debut in the senior ranks.

Schwazer paid tribute to him in the evening press conference: "It was not a tough race for him, it was easy," he said, admitting the superior quality of the young Russian's walking. Emelyanov had discouraged all pursuit, despite his doubts, by covering the section between 14 and 16 km in 7:54, the fastest 2 km in the race.

An only child from a broken family—he does not know what his father does—Emelyanov was brought up in a town in Mordovia, 220 km from Saransk. It was a perceptive teacher who recognized his talents and recommended he move to the walking capital and coach Viktor Chegin. When he is not training, he is studying his second year of law.

Commenting on his charge, Coach Chegin noted, "The guy came to me three years ago as a runner and even protested against the change specialization. But I soon realized that he would make a cool walker. He is physically very fit for our group. He has a very economical and ergonomic style of walking. He does not make unnecessary movements and he goes very smoothly. Things you cannot teach, they must be built into a man from the beginning."

Already an Olympic and World champion, the 25-year-old Kaniskina moved easily to the women's 20 Km title. Finishing in 1:27:44, modest by her standards, the mathematics
clearly tough and Diniz could be seen talking to himself, willing his legs to keep going. He actually fell to the ground after tripping on a curb near a drink station with 8 km left. But he hadn’t led for three hours only to let the crown slip away and actually increased his lead slightly over the final 10 km.

Schwazer had worse problems. Clearly in discomfort, the Italian stopped 13 km from home to rub his right hamstring, hobbled on, stopped again, and eventually dropped out leaving Sudol to muscle Bakulin in the battle for silver.

At the finish, Diniz sunk to his knees and kissed the road before roaring to the sky and jumping up and down in delight. A wine expert when not walking, he had just walked solo to the third quickest time ever in a European championship and joins Italy’s Abdon Parnich and Poland’s Robert Korzeniowski as the third man to retain this title, cause enough for the champagne to drown a glass or two of the best bubbly money can buy.

The results:

Women’s 20 Km:

Men’s 20 Km:

Men’s 50 Km:


National 15 Km, Minneapolis, Minn., Aug. 15

Manny Eisner (69) 32:08.4. Pat Bivona (69) 34:00.5. Maria Paul (45) 34:06.10 (10 finishers)

Virginia and Eastern Regional USATF 15000 meters, Virginia Beach, Aug. 14-1. Aleiza
Higgins (17) 8:16:43.2. Rebecca Garson (46) 8:28:58.3. Linda Janssen (48) 9:05:01.4. Paula
finishers) Men-1. Tom Gerhardt (59) 7:51:54.2. William Lipford (55) 8:16:88.3. Ray
Funkhouser (59) 8:32:26.4. Tom Scott (84) 8:25:47.5. Rick Craven (54) 9:44:18.6. Hartley
Dewey (62) 10:01.52.9 (10 finishers) 15000 meters, Yellow Springs, Ohio, July 22-1. Kyle
Hively 6:44.3.2. John Randall (19) 7:09:9.3. Reini Brickson (18) 7:55:3.4. Sydney Beal (12)
Ewert (8) 10:00.9.10 (a female Taylor) 9. Hali Hodge (18) 10:04.1.10 (10 finishers) 3000 meters,
For Your Fall Racing Pleasure, Consider These Venues

Sun. Sept. 5 10 Km and 2 Mile, Houston (T)
Sun. Sept. 12 National USAF 40 Km, Ocean Twp., N.J. (A)
Sat. Sept. 11 5 K, Kingsville, Texas (G)
2.8 Miles, Seattle (C)

Sun. Sept. 18 Pacific Assn. 20 Km, Open 5 and 10 Km, Oakland, Cal. (J)
Sat. Sept. 25 Michigan 1 Hour, Berkley (F)
Sun. Sept. 26 5 K, 10 Km, and ½ Marathon, Kitchener, Ontario (I)
Sun. Sept. 26 5 K, New York City, Norway (G)
Sat. Oct. 3 1 Hour, Falls Church, Vir., 9 am (N)
Sun. Oct. 9 USATF National 5 Km, Kingsport, Tenn. (D)

AUGUST 2010

Marathon and ½ Marathon, Portland, Oregon
2.8 Miles, Seattle (C)
Sat. Oct. 16 10 mile and 5 Km, New Orleans (G)
Sun. Oct. 17 ¾ Marathon, Detroit (F)
One Hour, Falls Church, Virgin, 9 am (N)
South Region 10 Km, Atlanta (G)
5 K, Albuquerque (Q)
1 Hour, Los Angeles area (U)
West Regional 1 Hour, Banks, Oregon (C)
5 Km, New Orleans (G)

Sat. Oct. 23 USATF National 30 Km, Ronkonkoma, N.Y. (D)
Sat. Oct. 27 Texas Senior Games 1500 and 5000 meters, Houston (G)
Sat. Oct. 30 Ohio 50 Km and 100 Mile, Yellow Springs, Ohio (M)
15 Km, Tulsa, Oklahoma (G)

Sun. Nov. 14 National USAF Masters 20 Km, Coconut Creek, Fla. (B)
Sat. Nov. 20 5 and 10 Km, Washington, D.C., 8:30 am (N)

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Y—Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
Z—Jeff Salvage, www.racwalk.com

From Heel To Toe

2011 Challenge. Here is the schedule for IAAF Racewalking Challenge races in 2011. March
5-Chihuahua, Mexico; April 9—Rio Major, Portugal; April 24—Taicang, China; May 1—Sesto
San Giovanni; Sept. 18—La Coruna, Spain (Challenge Final) Other major competitions in

San Giovanni; Sept. 18—La Coruna, Spain (Challenge Final) Other major competitions in
PAGE 8

2011: May 22-European Cup, Olhao, Portugal; June 23-26-USATF National Championships, Eugene, Oregon; Aug. 27-Sept. 4-World Championships, Daegu, Korea; Oct. 14-30-Pan American Games, Guadalajara, Mexico. Chavez sets National record. After placing second in the USA-Canada Junior meet in Toronto, Alex Chavez flew to Norfolk, Virginia for the AAU National Junior Olympics the next day, where he set a new AAU National record of 12:59.89 in the Young Men’s division. He broke the record of 13:15.01 set by South Texas teammate Roberto Vergara in 2007.

The longest walk.

This item, reprinted from The Explorers Club Lecture Series, appeared in the Spring 1985 issue of Heel and Toe, the official publication of the Walkers Club of America, a publication that lasted for only a few issues.

On January 26, 1977, a young Englishman and his Japanese girlfriend headed northward from the small Argentinian settlement of Ushuaia and began walking. Seven-and-a-half years later, on September 18, 1983, George Meegan, former Merchant Marine seaman from Ransham, Kent, England, completed an epic marathon of a lifetime; he walked from the southernmost tip of South America to the northernmost reach of Alaska, Point Barrow, a total distance of 19,691 miles.

Starting in Tierra del Fuego, George wandered along deserts, jungles, prairies, and highways through 14 countries. During the journey, he married his traveling companion, Yoshiko, who then later gave birth to their children. He encountered “enough crawly things with teeth and fangs to last several lifetimes”, as well as bandits, hostile police and soldiers, and even a crazed jungle guide.

Four-and-a-half years and 13,000 miles into the trip, talking to a reporter in the U.S., George pulled from his rucksack a stanza by the poet Robert Service:

There’s a race of men that don’t fit in, A race that can’t stay still. So they break the hearts of kith and kin And then roam the world at will.”

George then said to the reporter, “The English have a tradition in this sort of thing.”

Commentary

Reacting to the quote from Russian coach Viktor Chegin regarding his young protegé Stanislav Emelyanov (see page 1 story on European Championships), U.S. International Ray Sharp (that 30-year-old guy still going strong) posted the following letter on the web:

I have always thought that some very fit runners can make the conversion to RW because it “feels right”, whatever that means on the biomechanical level, and others cannot. I recently spent about 45 minutes working with a local runner, a woman in her mid-20s, a pretty good 1500/5000 meter runner in college, ran 2:52 for the marathon a couple years ago, has had some running injuries. We would consider her a hot prospect for racewalking–she looks very solid and can probably run 10 miles in 62 just off her jogging and elliptical trainer work.

We walked some laps on the track. I showed her some basic drills. I did good demos, tried everything to get her to racewalk, but she could not get the straight leg and hip rotation. She was a hiker and could not progress into legal walking; could not go faster than 12 minutes per mile. She worked on the things I showed her a few more times, never got the hang of it, and quit. One out of my three children on the other hand, has great technique, like a mini-version of Jefferson Perez; the other two do not and likely never could. I would say maybe 1 in 3 or 1 in 10 can become a good racewalker; they self-select generally, and the others fall by the wayside or never even try because it does not come naturally.

So, my point being, we can coach an teach and refine and analyze an train an athlete, but as Chegin said, the basic movement “must be built into a man from 1e beginning.” Women, too.

Maybe Roberto Salazar could have been a world champion in teh 50 km while Frank Shorter would never have been able to walk a legal lap around the track. Although I had modest talents in running, I was able to parlay some innate ability to racewalk into a long and satisfying career. Many other athletes will tell you the same—Curt Clausen or Tim Seaman might never have been able to run a 2:10 marathon, but neither could many successful runners make the US Racewalking Team. Perhaps one in ten or less.

Of course, if 1 in 10 good runners could become great walkers, the next thing we consider is what if every high school boy under 18:00 for 5 km cross country, and every girl under 20:00 were to try racewalking? That would be thousands of kids er year, and taking 10 percent, a talent pool of hundreds of potential elites. Which leads us to two strategies that are commonly mentioned:

1. Talent ID to expose as many youth and college runners as possible to the event, and 2. Inclusion in the high school programs in more states.

Nothing new in this letter, I'm just restating the obvious, after Chegin’s quote on the young man from Russia who just came out of nowhere to win the Euro meet in 1:20, well clear of favorite Alex Schwazer.

The editor comments: I have long held two conflicting ideas on this subject. The first is that racewalking is a natural extension of normal walking. Kids on the deck of swimming pool with restrictions on running, in a hurry to get from point A to point B, racewalk with no idea of what they are doing. Likewise, I used to see adult workers in a factory racewalk out of the place at quitting time because running was prohibited. So, I have often told people trying to learn racewalking to just think “I want to go faster, but I’m not allowed to run.” But, of course it isn’t that simple, and that is where my second idea, in agreement with Ray’s, comes in. Some are born to run fast, some to jump high, or far, some to run endlessly, and...some to racewalk. Running, I was much faster than the average person, but no amount of training would have gotten me much under 11 seconds for 100 meters. But, with no instruction, and not really being aware of what the rules were, I was easily able to imitate what I saw racewalkers doing and to carry that natural ability quickly to being able to compete on a national level. Always wondered if I had success merely because all the other athletes out there never tried racewalking, but I doubt if that is true. All the other athletes weren’t born with whatever it is that makes walking natural. I saw a lot of good runners who dabbled in racewalking with no signs of any real talent. (I also saw runners who worked much harder than most, but were not threat to the elite because they were missing some innate talent, whatever it may be.) Then, there were others, who came into the sport even later than I did (I was 23 when I took up racewalking) with even greater success. I think of Ray Somers, Neal Pyke, and Jonathan Matthews, all moderately successful runners, but immediately highly successful as racewalkers. Ray, unfortunately, had his career cut short by injuries. So, for whatever it’s worth, that’s my reaction to Ray’s comments.

Teen Prodigy Has His Buffalo Roots

(From the August 19, 2010 Buffalo News)

Walking equates to laziness in the world athletics. Athletes are always told to be “on the hop”, even while heading to the drinking fountain during a water break. Seldom is such a pace considered a positive performance. But if you shuffle through enough sports, you
Meet Trevor Barron, a 17-year-old racewalking prodigy from Pittsburgh with Buffalo roots. Walking competitively since he was 10 years old, Trevor has become one of the best amateur racewalkers in the world, placing first in a number of national events and finishing in the top 10 in international competitions.

Although Trevor has been dominating the national racewalking scene for some time, battling a "who's who" of amateur competition, he has also been in a battle with epilepsy, a condition that has been out of his control for an even longer period. Experiencing seizures when as young as 7 years old, Trevor had gone through infrequent attacks for a few years, until the convulsions increased when he was 13, causing a nasty break-up with his love, the swimming pool.

Trevor was a competitive swimmer at age 9. Medication had kept his seizures irregular for a bout seven years until 2005 when they became increasingly frequent, even occurring while he was in the pool. He began to know when one was coming on. "Before a seizure I'd go rigid for about 20 or 30 seconds," said Trevor. "I was conscious but couldn't do anything about it. I couldn't move. After the first 20 or 30 seconds I recovered quickly and continued to do what I was doing. A lot of people aren't able to know when it's coming. I was lucky, especially when I was swimming."

As Trevor's seizures started happening more frequently, limitations to his swimming activities were set and eventually forced him out of the pool away from swim competitions. That forced Barron to change his focus. He turned his attention to the track, which he took up at age 9 bo be with sister, Tricia.

"Trevor really did try every event before he found the racewalk," said Tricia, who qualified for the USA&T&F Junior Olympics in 2001. "In 2001, my dad and I had traveled to Sacramento for the national meet, and Trevor was sad to be left home. I remember we sent him a post card, but I'm sure he was still disappointed to not come along and compete."

The next year, though, Trevor qualified for the 2002 meet only six weeks after he learned the proper walking technique. He finished second in the bantam boys division in Omaha. He also qualified to compete in the high jump and javelin. "In high jump I was just glad to be there," said Trevor. "In javelin, I was actually pretty respectable, but I wasn't as good as in racewalking."

The following year, Trevor won the gold medal in racewalking at the Junior Olympics, the first of four straight years winning the gold. Trevor's late grandfather, Stan, was inducted into the Greater Buffalo Sports Hall of Fame in 2001 for his contributions as a sportscaster. Stan spent 18 years in the business, working for WKHW, WEHEN, and the Buffalo Bills among other ventures. "My dad was well known in Buffalo as a promoter of youth sports," said Bruce Barron, Trevor's father. "A lot of what he stood for was valuing Buffalo Bills among other ventures. "My dad was well known in Buffalo as a promoter of youth sports," said Bruce Barron, Trevor's father. "A lot of what he stood for was valuing..."
**Progression of Women’s 10 Km World Record**

(when the 20 Km became the distance for women’s international competitions in the late 90s, 10 Km records were no longer kept, and the distance is rarely contested these days. But here is the progression of the World Record up to that time, again from the Race Walking Record.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time (min:sec)</th>
<th>Competitor</th>
<th>Location</th>
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<tbody>
<tr>
<td>38:14</td>
<td></td>
<td>Albertine Regel, France</td>
<td>Nov. 11, 1926, Paris</td>
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<tr>
<td>38:26</td>
<td></td>
<td>Margit Lindström, Sweden</td>
<td>Oct. 7, 1934, Stockholm</td>
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<td>38:17</td>
<td></td>
<td>Sandrah Holm, Sweden</td>
<td>May 19, 1935, Upsala</td>
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<td>38:56</td>
<td></td>
<td>Birgit Frish, Sweden</td>
<td>June 21, 1942, Almunge</td>
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<td>38:11</td>
<td></td>
<td>May Holmen, Sweden</td>
<td>June 21, 1946, Mariestad</td>
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<tr>
<td>38:11</td>
<td></td>
<td>Stina Lindberg, Sweden</td>
<td>August 23, 1942, Gavle</td>
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<td>38:29</td>
<td></td>
<td>Margarita Simu, Sweden</td>
<td>June 24, 1972, Appelbo</td>
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<td></td>
<td>Margarita Simu, Sweden</td>
<td>June 22, 1976, Appelbo</td>
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<td>38:53</td>
<td></td>
<td>Margarita Simu, Sweden</td>
<td>June 25, 1978, Appelbo</td>
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<tr>
<td>38:48</td>
<td></td>
<td>Thorill Gylder, Norway</td>
<td>Sept. 16, 1978, Softeland</td>
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<td>38:27</td>
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<td>Thorill Gylder, Norway</td>
<td>Sept. 15, 1979, Valer</td>
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<td>38:28</td>
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<td>Sue Orr, Australia</td>
<td>May 11, 1980, Moss Norway</td>
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<td>38:55</td>
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<td>Sally Pierson, Australia</td>
<td>May 8, 1982, Melbourne</td>
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<td>38:52</td>
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<td>Susan Cook, Australia</td>
<td>June 10, 1982, Barcelona</td>
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<td>Young Juxu, China</td>
<td>Sept. 24, 1983, Bergen, Norway</td>
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<td>34:52</td>
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<td>Olga Krystyna, USSR</td>
<td>August 5, 1984, Penza</td>
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<td>YunFong, China</td>
<td>March 16, 1985, Jian</td>
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<td>34:22</td>
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<td>Olga Krystyna, USSR</td>
<td>May 3, 1987, New York City</td>
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<td>34:52</td>
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<td>Kerry Saxby, Australia</td>
<td>June 2, 1987, Melbourne</td>
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<td>34:10</td>
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<td>Larissa Ramazanova, Russia</td>
<td>June 4, 1995, Izhevsk</td>
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<td>34:04</td>
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<td>Yelena Nikolayeva, Russia</td>
<td>April 20, 1996, Sochi</td>
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**World Records**

(As of August 1, 2010)

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<td>1:17:25.6</td>
<td>Bernardo Segura, Mexico, Bergen, Norway, May 7, 1994</td>
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<tr>
<td>2 Hours</td>
<td>2:57:29.5</td>
<td>Maurizio Damianno, Italy, Cuneo, Oct. 3, 1992</td>
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<tr>
<td>30,000 meters</td>
<td>2:01:44.1</td>
<td>Maurizio Damianno, Italy, Cuneo, Oct. 3, 1992</td>
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<tr>
<td>50,000 meters</td>
<td>3:40:57.9</td>
<td>Thierry Tourn, France, Hericourt, Sept. 29, 1996</td>
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<td>1:17:16</td>
<td>Vladimir Kalashnikov, Russia, Saransk, Sep. 29, 2007</td>
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<tr>
<td>50 Km</td>
<td>3:34:14</td>
<td>Denis Nizhegovodov, Russia, Cheboksary, May 11, 2008</td>
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**LOOKING BACK**

45 Years Ago (From the August 1965 ORW)-Ron Laird and your editor toured Europe with the U.S. track and field team, starting with a 20 Km race in Kiev, part of a meet in which we had the great privilege of bringing part of the first losing men’s T&F team in an international duel. To make matters worse, they threw a long course at us! The Soviet walkers thought it was only 21 Km, and maybe as much as 21.6. Laird had a quite decent race, finishing third in 1:34.10, behind a 1:39.14 for the winner Boris Khrolovich. Mortland was terrible, losing contact early and struggling through the day. A lonely finish in 1:48.45. In Poland, we had a 3 Km cinder track in the midst of a beautiful pine forest on the Baltic. After the opening burst of dozens of eager Poles, who were at a training camp, Laird set an American record of 12:52.4, though some 7 seconds behind the winner, Andres Czapinski. Mortland came third in 1:30.9. Two days later, a 20 Km from Szum to Malbork came up short—at least the final 5 Kms was 2 to 3 minutes faster that it should have been. Based on splits through 15. Laird beat Czapinski this time in 1:29.42 and Mortland was third in 1:34.39, which was a personal best if I chose to count it, which I don’t. Finally, there was a 50 Km race in Augsburg, West Germany with Laird second in 4:06.06 and Mortland third in 4:57.57. Paul Schell survived temperatures in the high 90s to win the National 40 Km in New Jersey with 4:17.38 ahead of Ron Kulik, Bruce MacDonald, and John Kelly.

40 Years Ago (From the Aug. 1970 ORW)-The U.S. defeated Canada in their first dual meet in Toronto, with Ron Laird winning the 20 Km in 1:35:12 and Dave Romanovsky the 20 Mile in 2:37:21. Both on the track. John Knoff and Ron Daniel completed a U.S. sweep in the metric race. Your then aging editor, called in for emergency at the last moment, was well back at the finish, but broke 49:00 on the way for his best 10 Km. Romanovsky dominated the 50 mower with a 1:34:35 20 Km on the way (faster than Laird that day). Bob Kitchen finished behind Canadian Alex Oakley. Romanovsky won the National 40 Km in 3:32:29 and Gary Westerfield the National Junior 20 Km in 2:12:28.

35 Years Ago (From the August 1975 ORW)-In the Pan American Games 20 Km trial in Eugene, Ore., Larry Young and Todd Scully walked together all the way, well in front of everyone else, and crossed the line in 1:34.16. Officials declared Young the winner, although the intent was a tie. Jerry Brown took third in 1:38:04, with John Knoff, Bob Kitchen, and Wayne Glusker also under 1:39 in a tight finish. Bernd Kannenberg, of West Germany, won a pre-Olympic 20 Km in Montreal in 1:34:44 on a very hot day. Upcoming Steve Pecinovsky edged descending star Jack Blackburn in a 6 miler in Dayton, Ohio 48:59 to 49:00. The Soviet 20 Km champion was Otto Bartsch, better known for this 50 Km exploits, in 1:27:12, ahead of Yevgeniy Ilichenko and the grand old man, Vladimir Golubichn, the 1960 and 1968 Olympic gold medal winner. Vladimir Soldatenko won the 50 ahead of Yevgeniy Lyungin in 3:58:55. National Masters titles went to Roy Thorpe, visiting from England in 23:18 for 5 Km and 1:46:11 (on a very long course) for 20. First
Americans were John Kelly in 24:10 and Kelly and Jack Mortland in 1:53:01.

30 Years Ago (From the August 1980 ORW) Roland Weiser of East Germany walked 14,134 meters in an hour in a French race on a very hot day. Marco Evoniuk was fourth with 13,695 meters and Jim Heiring fifth with 13,435. In another 1 Hour in Russia, Pyotr Potschenchuk covered 14,710 meters. In the Women's World Championships held in Syracuse, N.Y. Australia's Sue Cook edged Sue Brodock by less than a second in 23:39:4. Canada's Ann Peal was third and Sue Liers-Westfield fourth. The 10 Km race went to Switzerland's Margot Vetterli in 52:20.5 with Canada's Gillian Grant second in 53:34. Vicki Jones was third for the U.S.

25 Years Ago (From the August 1985 ORW) At the National Sports Festival, Maryanne Torrellas won the women's 10 Km in 49:13, Tim Lewis easily won the 15 Km in 1:05:45, and Carl Schueler won the 30 Km in 2:23:25. (The men's races were shortened from 20 and 50 because of oppressive heat and humidity in New Orleans.) Esther Lopez finished just 20 seconds behind Torrellas and Teresa Vaill missed 50 minutes by just 1 second. Marco Evoniuk followed Lewis by more than 3 minutes and Randy Mimm was second in the 30, nearly 9 minutes back.


15 Years Ago (From the August 1995 ORW) At the World Championships, Russia's Irina Stankina, DQ'd at the World Cup earlier in the year, edged Italy's Elisabetta Perrone, 42:13 to 42:15 in the women's 10 Km. Russia's Yelena Nikolyeva was third in 42:20. Michelle Rohl captured 15th in 44:17 and Teresa Vaill had 45:02 for the U.S. In the men's 20, Italy's Michele Didoni prevailed in 1:19:59, well clear of Valentin Masana, Spain (1:20:23) and Yevgeniy Misyulya, Belarus (1:20:48). The 50 went to Finland's Valentin Komonen in 3:43:42 with Giovanni Perricelli, Italy, and Robert Korzeniowski, Poland, following in 3:45:11 and 3:45:57. Korzeniowski showed some improvement in years to come. . . Heat and altitude slowed walkers at the Olympic Sports Festival in Colorado Springs. Victoria Herazo won the women's 10 in 49:33.93, ahead of Cheryl Rellinger. Herm Nelson (1:33:48) finished just 12 seconds ahead of Curt Clausen in the 20. Andrew Hermann was only 4 seconds back in a close race.

10 Years Ago (From the August 2000 ORW) Sean Albert (43:14) and Michelle Rohl (46:02) won National 10 Km titles in Hanover Twp., Penn. Mike Rohl (43:27), Dave McGovern (44:34), and Allen James (45:31) followed in the men's race. Jill Zemmer was second in the women's race with 47:13 with Ecuador's Miriam Ramon a distant third in 49:08. . . Tim Seaman set an American record at 20 Km on the track in San Diego with a 1:23:40 clocking. Well ahead of him, Jefferson Perez, Ecuador, finished in 1:20:05.8 . . Russia's Alexei Rodionov won the Paris-to-Colmar race, covering the 535 Km of that year's event in 66:18. Four-time winner Gregorz Urbanowski of Poland was second in 70:30. The women's Chalons-to-Colmar event (360 Km) went to Russia's Irina Putintseva in 47:55 with her teammate Ludmila Astrimova second in 49:06.

5 Years Ago (From the August 2005 ORW) The headline read: Perez, Ivanova, Kirdyapkin Overwhelm Opposition at World Championships. In Helsinki, Jefferson Perez blitzed 20 Km in 1:18:35 leaving Spain's Francisco Fernandez 61 seconds behind in second. It was his second World gold to go along with a silver, three golds in World Cup races, and an Olympic gold. For the U.S., John Nunn was 30th in 1:27:10. Russia's Ivanova was even more

The gold medal queen Olga Kaniskina a few years back in the European Under 23.