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OHIO RACEWALKER

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Michta, Barron, Sorensen, Shaver Winners At Pan-Am Cup Trials

Coconut Creek, Florida, Feb. 13 –Breaking away from Teresa Vaill and Rachel Seaman after the first 12 Kilometers, Maria Michta won the Women's 20 Km Pan Am Cup Trial 20 Km today. The 24-year-old post-graduate student at Mt. Sinai School of Medicine finished in 1:36:30, more than 3 ½ minutes ahead of Canada's Seaman, representing the New York AC. Michta not only won a spot on the Pan Am Cup team but went well under the Olympic "B" qualifying standard of 1:38:00. The 48-year-old Vaill, a member of many, many U.S. international teams over the past quarter century, missed out on another as she failed to finish. Erin Gray finished just 8 seconds behind Seaman in third, with Miranda Melville another minute-and-a-half back in fourth. With Melville unavailable for Pan-Am Cup action, Solomiya and Erin Talcott, who finished fifth and sixth, will fill out the U.S. women's team.

In the men's race, Trevor Barron, who qualified for the Junior Men's 10 Km team on his way, hung on to edge Patrick Stroupe for the win in 1:27:32. The 18-year-old Barron was well off his personal best of 1:23:49 last fall, but was still quick enough to best his senior competitors. Stroupe was just three seconds back at the finish. He equaled his second best time ever, which, coincidentally was in these same trials two years ago. Later that year, he had a 1:26:42 in the National title race.

The U.S. Army's John Nunn, a veteran of tough competitions at 33, was third in 1:29:8. The 2004 Olympian, who had a best of 1:22:31 that year, continues to be a factor on the national scene. Dan Serianni, 20, continued to improve with a personal best 1:32:57 in fourth, just ahead of Canada's Creighton Connolly. Michael Manozzi also had a personal best to capture sixth in 1;37:32.

With Barron opting for the Junior team, Stroupe, Nunn, and Serianni will represent the U.S. in the Pan-Am Cup.

In the Junior Men's 10 Km, which started at the same time as the 20, 16-year-old Tyler Sorensen, continued to improve on his already impressive performances with a personal best of 42:54 to beat his New York AC teammate, Barron, in 42:54. Barron, on his way to 20, was content to let Sorensen go, as he passed the 10 Km mark in 43:12 for second place. It's certainly going to be interesting the next few years as these two move into the senior ranks. Another comer is 17-year-old Alex Chavez, who finished third in 46:55. These three, who also represented the U.S. in last year's World Cup Junior 10, will form the Pan-Am Cup team.

In the Junior Women's 10 Km race, 18-year-old Erika Shaver, formerly of Ohio's Miami Valley TC, now representing World Class Racewalkers, was an easy winner in 52:36.5. She will be joined on the Cup team by two 15-year-olds, Nicolette Sorensen (Tyler's sister) and Maite Moscoso, who finished close together in second and third.

Filling out the Pan Am Cup team is Jonathan Matthews at 50 Km. Ben Shorey and Tim Seaman, who finished one-two in the National 50 last month, are apparently not available for the Pan-Am Cup, and Patrick Stroupe, third in that race, is opting for the 20. The Cup competition will be held in Medellin, Colombia in late March. Both men's and women's 20

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Km are scheduled for March 25 and the 50 Km for March 27. The Pan Am Cup is held every two years and this will be the 16th edition. It returns to Colombia for the second time with the first edition having been in Bucaramanga, Colombia in 1984. (The competition switched from even to odd years with the 2001 edition.)

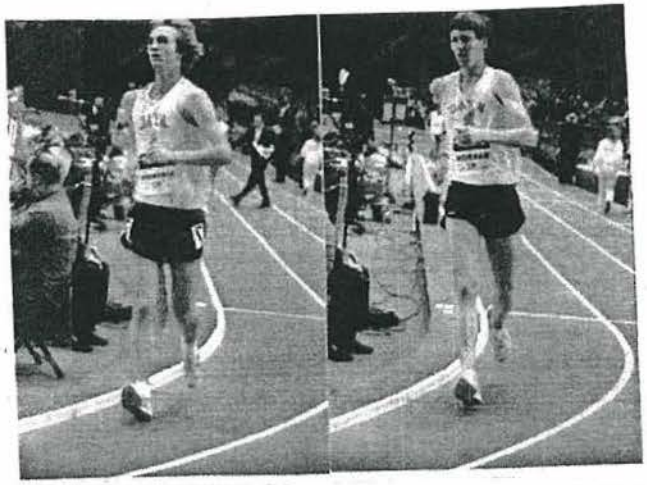
Results:
Women's 20 Km: 1. Maria Michta, Walk USA 1;36:30.8 2. Rachel Seaman, New York AC (Canada. guest) 1:40:03 3. Erin Gray, Bowerman AC 1:40:11 4. Miranda Melville, U. of Wis. Pakside 1:41:40 5. Solimiya, Login, Southerstern PA RW 1;41;45 6. Erin Talcott, Shore AC 1:45:01 7. Susan Randall, World Class RW 1;46:33 8. Maite Moscoso (38), Florida AC 1:56:40 0. Loretta Schueillin, Weorld Class 1;56 47 10. Rachel Phillips, Huntingdon College 2:06:29 DNF–Carolyn Kealty (48 and Teresa Vaill (48), both unattached from Florida
Men's 20: 1.Trevor Barron, New York AC 1:27:32.2 2. Patrick Stroupe, un. 1:27:35 3. John Nunn, US Army 1:29:08 4. Dan Scrianni, World Class RW 1:32:57 %. Creighton Conolly, un., Canada (Guest) 1:33:03 6. Michael Mannozzi, Miami Valley TC 1:37:32 7. Dave Talcott (50), Shore AC 1:42:40 8. Juan Moscoso, Florida AC 1:53:31 9. JanYanes (61), Walk USA 2:05:30
Jr. Women 10 Km 1.Erika Shaver (19) World Class RW) 52:36.5 2. Nicolette Sorensen (15), un., San Diego 54:07 3. Maite Moscoso (15), Central Florida Gliders 54:21 4. Mallory White (17) Breakaway TC 62:09
Jr. Men's 10 Km: 1. Tyler Sorensen (16), New York AC 42:54 2. Trevor Barron (18), New York AC 43:12 3. Alex Chavez (17), South Texas WC 46:55 4. Jonathan Hallman (17), un., South Carolina 58:21 DQ–Brandon Kruppenback (15), Breakaway TC
Other Races at same time and place: Women's 10 Km: 1. Katie Burnett, William Penn U. 51;55 2. Rachel Zoyhofski, Walk USA 56:50 DNF–Devin philson, un.
Florida State 5 Km Championship: 1. Ann Harsh (6) 30:54 2. Juan Moscoso (49) 32:12 3. Michelle Heister (44) 32:23 4. Yvona Crudzine-Glaser (56) 33:58 5. Joan Terry (47) 34:18 6. Jenna Terry (1) 34:20 (8 finishers, 5 DQ)

Junior Men Rule At National 1 Mile

New York City, , Jan. 28–New York's fabled Madison Square Garden and the annual Millrose Games provided the stage for the USATF National Indoor 1 Mile races. In the men's race, it was a junior show as Trevor Barron (18), Tyler Sorensen (16), and Alex Chavez (17) swept the medals. They were well of the meet and Garden record of 5:33.55 set by Tim Lewis in 1988 and Tim Seaman was not on the track, but it was an impressive display nonetheless.

On the women's side, Canada's Rachel Seaman won for the third straight ;year with a meet record of 6:41.32. The 25-year-old Canadian now lives in San Diego with husband Tim. Maria Michta improved from her third place finish of last year to take second in 6:51.04, 9 seconds under her personal best. Erin Bresnahan won a close tussle with Mexican teenager, Nirvana Zelba for the third spot. The results:

Women–1. Rachel Seaman, Canada (Guest) 6:41.32 2. Maria Michta 6:53:06 3. Erin Bresnahan 7:03.78 4. Nirvana Zalba, Mexico (Guest) (16) 7:05.17 5.Sui Ching, Hong Kong (Guest) 7:21.51 6. Katie Burnett 7:31.02 7. Olivia Lapham 7:37.34 8. Nicolette Sorensen (15) 7:48.49 9. Abby Dunn (16) 7:50.34 10. Maryanne Daniel (52) 7:54.95 11. Diana Quinde (17) 7:59.27 12. Courtney Williams (17) 8:07.09 DQ–Rachel Zoyhofski (19)
Men–1. Trevor Barron (18) 6:06.25 2. Tyler Sorensen (16) 6:16.51 3. Alex Chavez (17) 6:31.17 4. Richard Luettche 6:45.33 5. Michael Manozzi 6:50.55 6. Dave McGovern (45) 6:52.98 7. Kyle Hively 6:54.60



Tyler Sorensen (left) and Trevor Barron on their way to a one-two finish in Madison Square Garden.

Challenge Kicks Off In Australia

Hobart, Australia, Feb. 20–The IAAF Challenge Series opened with a C level race held here in conjunction with the Australian 20 Km Championships. Unfortunately, it was not well attended by international athletes, but then Australia is a long way off for most. It provided a good display for Australia's deep talent.

In the men's race Jared Tallent won his fourth Aussie title in a row, but in his slowest time. not tat it was slow. After going through the first 10 Km in 39:33 with a solid lead he eased on to the finish in 1:20:19 and a 41 second lead on Luke Adams in second.. His wins in the last three years had shown times of 1:19:41, 1:19:42, and 1:19:15. Adam Rutter was third in 1:22:25, well ahead of the first international, Canada's Inaki Gomez. Gomex finished in 1:24:55, just 17 seconds ahead of Sweden's Ato Ibinez. Australia's Nathan Deakes, still trying to come back from injuries that have plagued him since his 2007 World 50 Km title, was seventh in 1:25:38.

After the race, Tallent noted: "I'm pretty happy. It was tough out there in quite unusual Tasmanian humidity so I struggled in the last 10 Km to be honest. It's a good start to my season and I'm now looking forward to upcoming races in Mexico and China before building towareds the 20-50 Km double in Daegu. I've qualified for both events and came home from Beijing with two medals so that is what I want to see happen at this year's world championships."

In the women's 20, Claire Tallent and England's Jo Jackson were together at 10 Km

in 46:00, 15 seconds clear of the field. When Jackson dropped out soon after, Tallent was on her way to a decisive win in 1:33:38. It was an all Australian finish as all four international competitors failed to finish.

Tallent commented: "Jared seems to be showing the way of late and it's always great to follow him across the line for first shortly after he finishes. Tonight's time was outside the qualifying mark, but with a few others to my name and now the national championship, I have earned selection and that's what I was chasing. Like Jared, I will head overseas to compete before coming back to Australia for some serious base training with Daegu in my sights as on now."

In an Under 20 10 Km Dane Bird-Smith was impressive with a personal best 40:56, finishing with an 8:05 for the final 2 km. He plans to get in a couple of 20 Km races soon and go from there. Trevor and Tyler take note.

Men: (All Australian unless indicated otherwise) 1. Jared Tallent 1:20:19 2. Luke Adams 1:21:00 3. Adam Rutter 1:22:25 4. Inaki Gomez, Canada 1:24:38 5. Ato Ibinez, Sweden 1:24:55 6. Chris Erickson 1:25:29 7. Nathan Deakes 1:25:38 8. Perseus Karlstrom, Sweden 1:26:20 9. Ian Rayson 1:27:30 10. Brendon Reading 1:27:30 11. Rhydian Cowley 1:27:30 12. Stuart Kollmorgen 1:34:42 1./ Mathieu Beurion, France 1:41:34 DQ–Jamie Costin,Ireland; DNG–TOm Bosworth, England; Alan Wright, England, Kyle Malone, and Daniel Coleman **Women:** 1. Claire Tallent 1:33:38 2. Regan Lamble 1;35:)8 3. Nicole Fagan 1:35:55 4. Cheryl Webb 1:36:55 5. Beki Lee 1:38:16 6. Caitlin Brunton 2:02:48 7. Stephanie Stigwood 2:04:28 DNF–Tanya Holiday, South Africa; Johanna Jackson, England; Zuzanna Malikova, Slovak Rep.; and Mari Olssen, Sweden.
Men's under 10 Km: 1. Dane Bird–Smith 40:56 2. Brad Aiton 44:09 3. Nicholas Dewar 45:09 4. Jesse Osborne 45:34 5. Brandon Dewar 45:50 6. Nathan Brill 46:42 7. Harry Bates 49:44 8. Lewis Clark 42:33
Women's Under 20 10 Km: 1. Rachel Tallent 48:40 2. Beth Alexander 49:48 3. Lauren Whelen, England 51:15 4. Amelia Finnegan 54:33

The remaining Racewalking Challenge Schedule:

March 5	Chihuahua, Mexico
March 26	Lugano, Switzerland
March 26	Dudince, Slovak Republic
April 4	Rio Maior, Portugal
April 22	Taicang, China
May 5	Sesto San Giovanni,Italy
June 26	Dublin, Ireland
Aug 17	World 20 Km Championship, Daegu, Korea
Sept. 4	World 50 Km Championship, Daegu, Korea
Sept. 17	Challenge Final, La Coruna, Spain

Other Results

3000 meters, Boston, Jan. 23: 1. Evan Vincent 14:42.55 2. Ian Rixon 15:52.35 3. Austin Michaud 16:24.73 4. Stephen Peckinonis 16;21.29 5. Larry Epstein 17:30.51 6. Bill Harriman18:40.82 7. Charles Mansbach 19:51.89 **Women**– 1. Abby Dunn 15:40.03 2. Courtney Williams 15:49.23 3. Katie Flanders 16:24.30 4. Jenny Thuotte 16:29.33 5. Micole Court-Menendez 16:40.80 **1 Mile, Cambridge, Mass., Feb. 5**–1. Maryanne Daniel 7:44.40 2.Abby Dunn 7:49.45 3. Courtney Williams 8:04.18 4. Ian Rixon 8:15.32 5. Nicole Court-Menendez 8:31.55 6. Richard McElvery 8:53.48 7. Dost Bardouille-Crema 9:15.40 8. Spencer

Dunn 9:20.38 9. Emmett Schmarsow 9:27.89 **3000 meters, Rochester, N.Y., Dec. 30**–1. Dan Serianni 12:24.52 2. Mike Tarantino 12:28.12 3. Olivia Lapham (19) 15:07.56 4. Rachel Tyl;ock (16) 15:55.12 5. Rachel Phillips (18) 18:12.04 **H.S. 1500 meters, Huntington, N.Y., Jan. ?**–1. Kelly McConnville 7:51.60 2. Allison McConnville 8:57.0 3. Megan Sheehan 9:11.00 (11 finishers) **New Jersey 3000 meters, Toms River, Feb. 20**–1. Richard Luettchau 12:27.63 2. John Soucheck 15:07.69 3. Bruce Logan 16:21.94 4. John Frederiicks 18:03.31 5. Marcus Kantz 18:24.50 6. Peter Warren 19:29.10 Women–1. Panse Geer 19:16.38 **3000 meters, Findlay, Ohio, Jan. 30**–1. Janelle Brown, Cornerstone U. 14:40.34 2. Megan Furnish, Lindsey Wilson 15:29.45 3. Chelsea Conway, Lindsey Wilson 16:07.77 4. Reini Brickson, Lindsey Wilson 16:50.21 5. Erin Helmuth, Goshen Col. 17:24.63 6. Emily Belovich (14), Miami Valley TC 7. Mercedes Mancha, St. Xavier 17:42.62 8. Sunny DeJong, Cornerstone 18:27.72 9. Sarah Kenney, Miami Valley TC (16) 18:41.51 10. Monica Lawrence, Cornerstone 18:48.19 11. Alex Brown (15) Miami Valley TC 18:55.57 **Men:** 1. Kris Shear, Cornerstone 13:01.69 2. Ricardo Vergara, Lindsey Wilson 13:17.67 3. Roberto Vergara, Lindsey Wilson 13:58;.03 4. Joel Pfaler, Cedarville U. 14:22.76 5. Jacob Gunderkline, Goshen Col. 14:31.71 6 Mitchell Brickson (17), Miami Valley TC 14:41.86 7. Chris Schmid (64) 14:44.00 8. Russ McMahon (17), Miami Valley TC 16:29.46 9. Barrett Donna, Goshen 18:29.01 **3000 meters, Cedarville, Ohio, Feb. 11**–1. Janelle Brown, Cornerstone U. 14:28.75 2. Megan Furnish, Lindsey Wilson 15:07.41 3. Chelsea Conway, Lindsey Wilson 15:34.07 4. Reini Brickson, Lindsey Wilson 16:22.38 5. Erin Helmuth, Goshen 17:04.63 6. Monica Lawrence, Cornerstone 17:41.28 7. Carissa Eichmeyer, Hannibal-Lagrange 18:23.46 Men–1. Kris Shear, Cornerstone 12:30.28 2. Josh Wiseman, Cedarville 12:33.45 3. Ricardo Vergara, Lindsey Wilson 13:14.81 4. Kyle Hively, un. 13:20.41 5. Roberto Vergara, Lindsey Wilson 13:47.03 6. Paul Ikeda, Cedarvbille, 14:08.02 7. Joel Pfahler, Cedarville 14:17.20 8. Mitchell Brickson,, Miami Valley TC 14:56.41 9. Omar Nash, Miami Valley TC 15:32.32 10. Russel McMahon, un. 16:03.88 (12 finishers, 1 DNF) **3000 meters, Illinois, Jan. 22:** 1. Aleksander Jakobsen, Ashford U. 15;22.32 2. Erick Requedt, McKendree U.. 18:20.55 3. Julius Otang, Ahsford U. 18:52.35 Women–1.Jamie Kootz 16:57.88 **3000 meters, Kenosha, Wis., Feb. 6**–1. Miranda Melville 13:29.06 2. Sam Cohen 14:10.69 3. Ron Winkler (60) 19:49.63 4. William Hosken (73) 19:54.65 (6 finishers) **3000 meters, Columbia, Missouri, Feb. 19**–11. Chris Tegtmeier, Concordia 13:19.37 Good to see Chris back in action. Now in his senior year, he was out of action with injuries or illness last year.) 2. Mat Forgues, Ashford 14:30.46 3. Aleksander Jakobsen, Ashford 14:55.40 4. Jon Ripke, RW Clg of St. Louis 16:28.30 5. Julis Oteng, Ashford 18:12.53 6. Erick Requadt, McKendree 18:48.95 Women–1. Katie Burnett, William Penn 14;40.2 2. Carissa Eichmeyer, Hannibal lagrange 18:15.60 3. Kirsten Sukey, Oklahoma Bptist 19:24.06 4. Allie Rother, Missouri Baptist 19:41.78 Masters–1. Dave Couts, RW Club of St. Louis 15:57.37 2. Steve Lipe, RW Club of St. Louis 15:57.37 3. Robert Nichols 19:47.02 **West Region 20 Km, Tustin, Cal., Jan. 23**–1. Tyler Sorensen (16) 1:35:35 (Impressive debut at the distance, bettering the 1:37:47 debut of Trevor Barron two years ago when he was 16) 2. Deo Jaravata (45) 1;56;35 3. Norm Frable (65) 2:07:17 4. Rick Campbell (65) 2:08:32 Women–1. Rachel Seaman, Canada 1:37:18 2. Sui Jessica Ching, Lindenwood U. and Hong Kong 1:45:35 3. Vicki Pritchard (52) 2:13:41 4. Mar Baglin (63) 2:33:10 5. Carol Alexander (51) 2:34:02 DQ–Erin Gray **10 Km, same place**–1. Michael Tarantino 47:02 2. Bruno Carriere (18), Cnanda 50:03 3. Dane Sawyer 62:13 4. Alex Kasarian (54) 64:45 (6 finisehrs, 2 DQ) **Women's 10 Km, same place**-1. Solomiya Login 50:47 2. Nicolette Sorensen (15) 55:23 3. Ellerric Lagerhausen (17) 62:13 4. Sarah Sawyer 70:37 5. Karen Karavanic (47) 70:45 **5 Km, same place**–1. Maryanne Daniel 28:22 2. Vince Peters 29:02 3. Patsy Hurley 29:13 4. Ryan Thong 30:36 5. Constantine Yap 32:37 6. Julia Townsend 32:35 7. Courtney Thong 32:41 8. Victoria Yap 33:27 9. Janelle Zamora 33:29 (23 finishers) **10 Mile, Pasadena, Cal., Jan. 16**–1. Rick Campbell (62) 1:39:29 2. Adrian Zaqmdio 1;43:12 3. Alex Kazaryan

(55)1:46:34 4. David Crabb (65) 1:49:15 5. Wayne Wurzburger (69) 1:51:30 6. Carl Acosta (75) 1;51:45 7. Raymond Billig (53 1:52:09 8. Vincent Majia (53) 1:52:04 9. Jphn Backl;und (70) 1:52:48 Women–1. Margaret Govea (48) 1:49:18 2. Jolene Steigerwalt (67) 1:52:06 3. Darlene Backlund (65) 1:57:12 4. Roberta Harfield (69) 2:04:33 **2.8 Miles, Seattle, Feb. 4**–1. Stan Chraminski (63) 27:38 2. Rebecca Ketwig (40)28:37 3. Michelle Cunningham (48) 28:38 5. Bill Bloch (61) 29:36

Irish 30 Km Championship, Cork, Jan. 30–1. Rob Heffernan 2:07:48 (National record) 2. Colin Griffin 2:13:59 3. Jeff Cassin 2:21:17 **Women's 20 Km, same place**–1. Laura Reynolds 1:38:08 **Polish National Indoor 5000 meters, Feb. 19**–1. Rafal Augustyn 19:35.65 2. Rafal Fedaczynski 19:49.85 3. Rafal Sikora 19:53.22 4. Dawid Tomala 20:08.81 5. Dawid Wolski 20:11.07 6. Jakub Helonek 20:30.40 7. Patryk Rogowski 20:53.63 **Polish Women's 3000, same place**–1. Agnieszka Dygacz 12:56.76 2. Katarzyna Kwoka 13:11.36 3. Paulina Buziak 13:20.72 4. Agniedzka Szwarnog 13:26.88 5.Justina Swierczynska 13:41.70 6. Lycyna Chrusciel 13:41.84 7. Katarzyna Golba 13:49.66 **Finnish Indoor 5000 meters, Helsinki, Feb. 19**–1. Heikki Kukkonen 20:09.40 2. Aleksi Ojala 22:05.85 3. TimoViljanen 22:13.70 **Finnish Women's Indoor 3000, same place** –1. Anne Halkivaha 13:35.80 2. Henrika Parvainen 14:11.16 3. Mikaela Lofbacka 14:15.96 4. Saara Mondillo 14:27.49 (7 finishers) **Italian Indoor Championships, Ancona, Feb. 19: Men's 5000 meters**–1. Ricardo Macchia 10:09.99 2. Daniele Masciadri 20:26.43 3. Vicenzo Magliulo 20:29.43 4. Ruggero D'Asconio 20:44.32 5. Daniele Paris 21:12.36 (2 DQ) **Women's 3000**–1. Sillia Di Vincenzo 12:42.61 2. Elonora Anna Giorgi 12:51.59 3. Serena Pruner 13:12.98 4. Elisabetta Perroe 13:40.05 5. Francesca Grange 13:55.59

As You Look For A Race, There's Many A Place

Sat. March 5	John Evans 50 Km, 5 and 20 Km, Houston (G)
	NAIA Collegiate Nationals, 3 Km, Berea, Ohio
Sun. March 6	5 Km, Denver, 10m (H)
	5 Km, Salisbury, Md. ((T)
Sat. March 12	2.8 Miles, Seattle ©)
	5 Km, Dover, Del. (T)
	1500 meters, Houston (G)
Sun. March 13	**USATF Masters 20 Km** and 5 Km, Huntington Beach, CA (U)
Sst. March 19	1 Mile, Houston (G)
	2 Mile, Salisbury, MD.
Sn. March 20	1500 and 3000 meters, Ypsilanti, Mich. (L)
Sat. March 26	3 Km, Seattle (C)
Sun. March 27	Ron Zinn Memorial 10 Km, Wall Township, N.J. (A)
Eun. April 3	Soutn Regional 5 Km and Florida Youth 5 Km, Orlando,Fla. (R)
Sat. April 9	2.8 Km, Seattle (C)
Sat. Aoril 16	5 Km, Wyoming, Del.
Sat. April 30	Penn Relays 5 Km Women, 10 Km Men, Philadelphia (Z)
	5 Km, Seaford, Del.
	Mt. SAC Relays 5 and 10 Km,Walnut, Cal. (U)
Sat. May 7	5 Km, Newark, Del.
Sun. May 8	25th Annual jack Mortland Walks, 5, 10, and 20 Km, Dayton, Ohio (M)
Sat. May 14	5 Km, Eugene, Oregon
Sun. May 15	North Region 10 Km, Dearborn,Mich.(F)

USATF Junior, Open, and Masters 15 Km, Riverside, Cal. (Y)

Sat. May 21	5 Km, Dover, Del.
Sun. May 22	New Jersey 20 Km, Point Pleasant, N.J., 8:30 am (A)
Sun. May 29	43rd Annual Sanford Kalb 20 Km, Lakewood, N.J. 9am (A)

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From Heel To Toe

Qualifying Standards. The qualifying standards for the Penn Relays arel. Neb;s 10,000 meters–50:00; Women's 5000–27:15; Junior Men's 10,000–54:00, Junior Women's 5000–30:30, Masters Men's 10,000–54:00; Masters Women's 5000–30:00. Standards for the USATF Championships In Eugene in June are: Women's 20 Km–1:52:00; Men's 20 Km–1:39:50; Jr. Women's 10 Km–59:45, Jr. Men's 10 Km–55:00. The anticipated prize money for both men's and women's 20 Km races is: 1st–$4,000, 2nd–$3,000, 3rd–$2,000, 4th–$1,000, 5th–$500, 6th–$ 500. . .**Schwazer injured.** Olympic 50 Km champion and European 20 Km silver medalist Alex Schwazer suffered a serious knee injury while he was skiing near his home village Racines in the Italian Sud Tyrol region. "I fell and soon I felt very acute pain. The left knee was swollen and I went immediately to the Vipiteno's Hospital. In the next few days, I will undergo a scan visit in Padia", Schwazer reported. There is a high risk it may be a knee ligament injury that would sideline him for the World Championships in Daegu. He had originally planned a 20 Km test at the European Walking Cup in Portugal in

May. . .**Youth Worlds.** The Seventh Annual World Youth T&F Champoonsips wilbe held in Lille, France from July 6 to 10. The meet is for youths born in 1994 or 1995. Wualifying standards for the racewalks are 48:40 for the men's 10 Km and 25:30 for the women's 5000. Qualifiers for U.S. boys will be the National 10,000 at the USATF Junior Nationals in Eugene, Oregon, June 25. For the girls, it will be the World Youth Trials 50000 on June 29 at Myrtle Bveach, S.C.. . .**U.S. vs. Canada Junior Match.** A U.S.-Canada Junior racewalking match is scheduled for Boston on August 14. Athletes will qualify for this meet by finishing in the top six at the USATF Junior Nationals in Eugene and meeting the qualifying times of 58:00 for women and 54:00 for men. The top two finishers in Eugene will also qualify for and Pan Am Juniors meet in Miramar, Florida, July 22-24 if they meet the standards of 44:04 for men and 50:55 for women.. . .**Chavez off to college:** Alex Chavez, third in both the National 1 Mile and the Junior Pan Am Trials, has signed a letter of intent to racewalk for Missouri Baptist University. The thirteen-time high school All American and member of the South Texas Walking Club, is a senior at PSJA High School in San Juan, Texas. The 17-year old is the top high school senior racewalker in the country who plans to continue racewalking in college. Gorden Reiter, head coach of men's cross country and track at Missouri Baptist said, "I feel we are planting a seed that will bring great results to our school in the future by recruiting Alex." Alex walked the second fastest mile ever walked by a high school junior in the U.S. last year. Recently he walked the sixth fastest 5 Km by a U.S. high school student. His high school superintendent, Dr. Daniel King, congratulated Alex for his accomplishments in racewalking and academics. Alex has maintained an "A" average and is a member of the National Honor Society. He has been an All Valley Band member and solo state tuba qualifier for two years. Alex has been a member of the U.S. Junior National Team since he was an eighth grader. He has set three AAU National Junior Olympic records and walks an average of 55 to 62 miles per week. Alex club racewalking coach, A.C. Jaime, said, "Alex has been a tremendous asset to our team and will be that and more to Missouri Baptist University," . .**Shorey honored.** Ben Shorey became the second racewalker to be named USATF Athlete of the Week in the month of January. Ben was honored in the fourth week of the month, Tyler Sorensen, as reported last month, in the second week. A resident of Kenosha, Wis., Shorey won the National 50 Km in 4:16 (see January ORW). Now in its tenth year, USATF's Athlete of the Week program is designed to recognize outstanding performers at all levels of the sport. USATF names a new honoree each week and features the athlete on the USATF website. Selections are based on top performances and results from the previous week. . .**Racewalking seminar.** Bonnie Stein will conduct a seminar, along with practice sessions, in Wilmington, N.C,.on May 13 and 14.. Beyond the clinics she conducts, Bonnie has published more than 200 articles on walking and fitness. Her seminars are designed to teach racewalking techniques to both those who want to race and those who simply want to improve their fitness. Cost of the seminar is $95 to $135, depending on when you register. For more information, contact Jeanne Bua, 1107 Island Cove, Wilmington, NC 28412, 910-799-0164, gknee45@hotmail.com. . .**Sanchez moves up.** Mexico's Eder Sanchez, a world-ranked 20 Km walker for the past 5 years and winner of the IAAF Challenge series in 2009,has planned a move to 50 Km at the Dudince Challenge on March 26. There he will encouter Australia's Nathan Deakes, the 50 Km orld Champion in 2007, plagued by injuy and illness since and finally getting back into racing form. (See results of Hobart 20 Km Challenge race on page 4.) According to a report from Paul Warburton for the IAAF, Sanchez has said: "The 2011 Challenge is a new phase in my career because I'm trying my first 50, although before that I have to do well in Chihuahua at 20 (March 5) because that will get me a place in the World Championships team. I also plan to race Rio Maior and Taican in China." According to Warburton, Sanchez is putting the final touches to his training in the northern Chilean town of Arica, where he has been banging out 210 Km a week for the last four months. Deakes, of course, is not stranger to the 50 and was favorite for 2008 Olympic

gold medal until, as he put it his "heart was ripped out" by injuries that scuppered racing plans for the last two years. Following up on his 1:25:38 in Hobart he hopes Dudince offers a chance to recapture former glories. Also at 50, as we reported last month, France's Yohan Diniz will go for the world record on the track in Reims in mid-March. . .**More Challenge preview.** Warburton also reports on other Challenge contenders. Luke Adams, second in Hobart, needs a second place in the 2011 Challenge to complete a remarkable sequence of first, third, fourth, and ninth over the last four Challenge series. His countryman, Jared Tallent, will also be in the mix after winnigt it in 2008, and fifth and sixth the last two year. Irishman Robbie Heffernan is also in good shape after his 2:07 30 Km reported earlier in this issue. Warburton thinks it will be a major surprise if Portuguese don't hog the early Challenge standings in the women' division. Former World Championship bronze medalist Susana Feitor is now coached by Norway's Stefan Platzer, who guided wife Kjersti Tysse-Platzer and brother-in-law Erik Tysse to a paper trail of Challenge checks during the last five years. Feitor's teammates, Ines Henriques, Ana Cabecinha, and Vera Santos, who filled up four of the top eight places in 2010, are all in good shape and certain to race at home in Rio Maior on April 9. A new role as mother will deprive the Challenge of Sabine Krantz (nee Zimmer) in the early stages. But while the German rocks the cradle, Italian Elisa Rigaudo is ready to roll back into Challenge action after giving birth last September. Mum's also the word for title holder Melanie Seeger who wrote she was down in the dumps around Christmas–but got a belated gift in the return of a nippy 12:39 for an indoor 3000 in January. "Because of my poor form in training, I had concerns about racing," she said. "But despite the burden of teaching, looking after my daughter, as well as training, it weent well at a time when I had not expected much. Now I need to qualify Daegu."

A New Face On the Women's Scene

Erin Gray, who finished second in the Pan Am 20 Km Trial, is making rapid progress in a yet brief career in racewalking. The following article from the Feb. 15 edition of the Eugene Register-Guard, written by Curtis Anderson, traces her path to sudden prominence.

Erin Gray just might have found her competitive niche. The former South Eugene standout, who won the 2002 state cross country title, and was a two-time state runner-up in the 3000 meters, placed second at the USATF Pan American Cup racewalk trials in Florida on Sunday. Gray, a University of Arkansas graduate, who now competes for the Bowerman Athletic Club, covered the 20 Km course in a personal best of 1:40:11.

She set her previous best of 1:45:20 in placing fourth at the 2010 USA Outdoor T&F Championships in Des Moines, Iowa, last summer. "The race itself felt surprisingly easy," Gray said. "Especially considering how big of a PR it was for me."

By virtue of her performance, Gray will be on of four women's raewalkers to represent Team USA at the 2011 Pan American Cup in Medellin, Colombia, March 25-27. New York's Maria Michta won the Trials race by dipping under the Olympic "B" standard at 1;36;30.

Gray, who has only been racewalking for about 16 months, hopes to bring her time down to "around 1:35:00" this season, with next year's goal being the Olympic "A" standard of 1:33:30. "I think that's realistic," said Gray, who turns 24 in May. "I originally decided to switch to racewalking because I had so many stress fractures over the years. I still want to get to the Olympics, so I thought I would try a new event."

Racewalking As A Modern Athletics Event

Even before the professional era of pedestrianism had stimulated the interests of sporting enthusiasts during the 1870s and 18880s, there were racewalk events included in track and field events.

At the time of Canada's birth as a Dominion, track and field events were vastly popular. All of the great celebrations of the first Dominion Day included some form of tack and field events in their program. Field days continued to include a wide variety of events. . .For variety in the program, the two-mile walk was a favorite. (From "Sports and Games In Canadian Life–1700 to the Present", by Nancy and Maxwell Howell, 1969)

When the Amateur Athletic Association was founded in Canada during the 1880s, the three-mile walk was always on of the events. Racewalks became a normal addition to track competitions in the United States and Great Britain, as well. However, it was not until the enthusiasm created by the modern Olympic Games that racewalking began to gain some new public interest. The walking events in these track meets were usually "sprint" walks and required quick speed on the athlete's part. Although they were not included in the first three Olympic competitions (1896, 1900, and 1904), there was a 1500-meter walk held in the interim Games that took place in Athens in 1906. The first Olympic racewalk champion was an American 1500 meter and 5-mile runner. George Bonhag entered the walking event as an afterthought when his regular events finished. *(Ed. Don't think you can do that sort of thing today.)*

In his specialty, the five-mile run, Bonhag finished fourth. Disappointed because he failed to earn even a bronze medal, Bonhag decided at the last moment to enter the 1500-meter walk, the first walking race to appear on the Olympic program. Bonhag's decision came as a surprise–both to his teammates and to himself–probably because he had never before competed in walking races.

Nine walkers started the event, and one by one, most of the best were disqualified for improper heel-and-toe walking technique. Prince George, judging the race, banished the favorite with a firm command: "Leave! You have finished!" With his competition stripped away, Bonhag strolled to victory. (From "An Illustrated History of the Olympics", by R. Schaap, Random House Inc., 1963.) *(Ed. Bonhag walked 7:12.6, 7 seconds ahead of Canada's John Linden-Donald. There were actually 11 starters and just two DQ'd. Six days later, there was a 3000meter walk won by Hungary's Gyorgy Sztancsics in 15:13.2, with no U.S. walkers. Linden-Donald finished fourth in that one. Again there were two DQ'd, the same two–Great Britain's Richard Wilkinson and Austria's Gustav Spiegler.)*

The subjective nature of racewalk judging has often been a problem with this sport. It was because of difficulties such as those experienced in the 1906 Olympic Games that many of the early Olympic events were so controversial. This has proven to be a consistent problem with racewalking ever since it was accepted into the track and field program.

From 1906 until 1932, when the Olympic walk program to assume its present form, the conduct of Olympic racewalks was literally veiled in dispute–most commonly over judging decisions. Bizarre and regrettable judging incidents had very significant effects on the results of the 1906 1500 meters, the 1912 10,000 meters (in which all but four competitors were disqualified), and all of the 1920 and 1924 events. . .These controversies led to the removal of all walk events from the Olympic program in Amsterdam, 1928. (From "A Brief History of Racewalking", by Robert G. Osterhoudt, 1975.)

Despite these controversies during the early Olympic Games, there were many noteworthy performances by athletes who displayed very "fair heel-and-toe style". George Larner and Ernest Webb both performed with "impeccable style". . .and the generally high

standard of performance in London, 1908, did much to bolster the reputation of the walking events.

In the 1908 Games, a young Canadian racewalker finished fourth in the 3500-meter event. After this experience, George Goulding became the dominant force in racewalking ;until his retirement in 1916. At the Canadian Athletic Championships, which were held in Winnipeg, Manitoba in July, 1900, he established a new one-mile word record time of 6 minutes 25 1/5 seconds. This was just under Larner's time of 6:26. On the same day, Goulding set a Canadian 3-mile record with a time of 21:59. Goulding's record of performances was extraordinary for the early 1900s. During his career, he was to win more than 300 races at distances from 1 to 40 miles.

Goulding won the 10,000 meter Olympic racewalk event in Stockholm in 1912 with scrupulously fair style, as was the custom with him, in world record time–46:28.4. Before retiring he had held Canadian records from 1 to 10 miles. He established a world 7-mile record of 50:40.8 in New Brunswick, New Jersey on October 23, 1915, while winning the national title of the U.S. The record remained unsurpassed for 17 years.

In 1916, Goulding took a director's position at the Toronto Central YMCA. When the Amateur Athletic Union of the United States questioned this, as it affected his amateur standing, the popularity of Goulding as a sports hero became most evident.

"The Globe's testimony to him at that time bears repeating. 'To have had Goulding adjudged as a professional would have meant the loss of a man who without question is one of the greatest athletes in the world. He has a style that is an near perfection as my be approached; he has more merits to his credit than any walker in track annals. Goulding, more than other man, has helped the maintenance of at least a passing interest in amateur walking." (From "Canada's Sporting Heroes", by S. P. Wise, General Publishing Co., Ltd, Ontario 1974.)

When the Olympic Games returned after the end of World War I, neither the British stars, (Webb and Larner) nor the Canadian (Goulding) were competing. The racewalking events in Antwerp, 120 (3,000 and 10,000 meters), and those in Paris, 1924, were all won by Ugo Frigerio of Italy. As noted, there were no racewalking events in the 1928 Olympic program.

In Los Angeles in 1932, the racewalks were represented by the "grueling" 50 Km event. Because of his seemingly effortless victories in Antwerp and Paris, Frigerio came to the 1932 Games as the favorite. However, the weather was very warm and many of th athletes either failed to finish or performed poorly. Frigerio finished in third place behind Tom Green of Great Britain and Janis Dalinsch of Latvia. Fittingly, in a walking contest, the two stars were relatively old men. Tom Green, a 39-year-old British railroad worker, won by a comfortable margin in 4:50:10. Frigerio, the sentimental favorite, finished third (in 4:59:06 and then collapsed.

The next three Olympic Games saw different champions emerge to win the 50. In 1936, the gold medal was won by the British star, Harold Whitlock. With a style beyond suspicion, he led from 20 miles on to capture the race in Berlin with a new record time of 4:30:31.4. The 1948 walking event (once again the 50 Km) was won by the great Swedish walker, John Ljunggren.. This athlete's career was a long and very successful one. Twelve years later, he returned to place second in the Olympic 50 Km. *(Ed. And another four years later in Tokyo in the 20 Km, well into his 40s, he finished 19th at 20 Km and 16th at 50 (4:29:09). In the 20, your editor didn't catch him until just beyond the 15 Km point and beat him by just 18 seconds.)*

The gold medalist at 50 in the Helsinki Games (19520 was an Italian, Guiseppi Dordoni, a brilliant stylist who competed in four Olympic Games from 1948 to 1960. He won the 1952 Olympic race in Olympic record time, 4:28:07.8.

When the Olympics went to Melbourne in 1956, there were two racewalking events

and a new national power, which would begin a trend of dominance that lasts, at least to some degree, still today. *(Ed. Which remains true today, nearly 30 years after Glenn penned those words.)* Russian racewalkers took the first three places in the new Olympic 20 Km event and the second place medal in the traditional 50 Km event. During the 1960s, and up until the 1976 Games, one Russian athlete stood out as the most consistent Olympic performer.

"With the coming to prominence of Vladimar Golubnichiy in the mid-50s, the Russian epoch came of genuine age. It was with Golubnichy, the most durable and greatest of the Russian champions, that the Russian postition of pre-eminence was fulfilled. Though he has on occasion produced extraordinarily fast times, it has been his numerous international triumphs that provide the mark of his true greatness. . .He has won two Olympic titles. . .., and Olympic silver and bronze medal. . .., a European title. . .and European Championship silver and bronze medal as well. . ." (From the Osterhoudt book referenced earlier.)

There have been many other great Russian athletes who have competed internationally since the mid 1950s. Nikolai Smaga was a dominant 20 Km racwewalker in the late 1960s and early 1970s. Veniamin Soldatenko was an especially good 50 Km performer during the same period that Smaga was successful at the shorter races. Soldatenko's silver medal performance in the Munich Games and his victory in the 1976 World 50 Km Championship in Malmo, Sweden, rank as two of his superior performances. *(Ed. The 50 Km was dropped from the 1976 Olympic program, but a world Championship race was held. It was reinstated in 1980 and remains along with the 20.)*

During the past 25 years, there have been many excellent athletes who have won international laurels in racewalk;ing. Abdon Pamich of Italy, Paul Nihill of England, Berned Kannenberg of West Germany, Peter Selzer and Chrisroph Hohne of East Germany, Raul Gonzales and Daniel Bautista of Mexico, and Larry Young and Ron Laird of the U.S. are only a very few of these great , recent champions. Because of the increase in the number of major international competitions, these athletes have had many occasions to meet outside of the restrictions of Olympic competition. There are international racewalking competitions held in the European Championships, in the Pan American Games, the Commonwealth Games, and in numerous "dual" international meetings of track and field powers. On top of all these events, there is the "Lugano Cup" Championship, a world team championship that is held every two years. The great opportunities offered the athletes encourage a large number of world class performers. Many new world records have been established and then quickly broken during the last two decades. The competitions that have resulted during this period have been intense and, although these have made the sport more exciting, the judging of these events has become more difficult.

(We will conclude Glenn's interesting treatise next month.)

Racewalking Clinics of Excellence

Tim Seaman and Jeff Salvage have announced a 2011 schedule for their Race Walking Clinics of Excellence. They have a goal of at least six clinics per year, but not all dates were confirmed at the time of this announcement. Many of their clinics sold out in 2010, so they recommend early enrollment. The team of clinicians will teach you to racewalk or show you how to improve your racewalking.

The clinics include hands-on instruction, power point presentations analyzzing technique and training philosophy (and more), high-speed video analysis, high-resolution stills that are individually analyzed and annotated, , and the privilege of taking all videos photographs with you.. Their 2011 schedule, as it now stands:

April 2-3	Albuquerque, New Mexico
June 4-5	Chicago, Illinois (To be confirmed)

August 20-21	St. Louis, Missouri
September 10-11	Virginia Beach, Virginia (This clinic featuring Rachel Seaman and Jeff Salvage only)

Denver and Ottawa, Ontario are also probable sites, with dates to be set.
For updated information on the clinics and enrollment procedures you can visit www.racewalkclinic.com or contact Jeff at campsalvage2@yahoo.com.

LOOKING BACK

45 Years Ago (From the Feb.1966 ORW)–Don DeNoon walked the world's fastest ever Indoor 1 Mile, winning the L.A. Times meet in 6:10.2. Ron Laird sat back, waiting for DeNoon to fold after a first ½ mile in 3:04, but it never happened and Laird finished some 20 seconds back. He got some revenge the next day, edging DeNoon in a 10 Km race that went in 44:47. . .Another Ron, Daniel, won a couple of East Coast Indoor 1 Mile races in 6:32.9 and 6:36.2

40 Years Ago (From the Feb.1971 ORW)--.Laird took the National Indoor 1 Mile title in 6:26.9, just one-tenth of a second ahead of Daniel. When Dave Romansky and Ron Kulik took a DQ, Ray Somers captured third in 6:43.6, just ahead of John Knifton and Greg Diebold. . .Romansky broke the U.S. record for 1500 meters in an earlier race, leaving Daniel 12 seconds back as he did 5:49.8. . .Tom Dooley showed his versatility, winning a 5 Km race in 21:46 and a 35 Km in 2:56:54 a week later, both in the San Francisco area.

35 Years Ago (From the Feb. 1976 O RW)–Todd Scully turned in a couple of quick miles down in Virginia–6:29.2 and 6:12.2. Ron Daniel did a two-miler in 13:35, with John Fredericks and Dave Romansky also under 14 minutes, and Sue Brodock had a 7:11 mile on the other side of the country. . .Wayne Glusker did a nice early season 20 Km in 1:36:48.

30 Years Ago (From the Feb. 1981 ORW)–Moving away from Jim Heiring over the last two laps, Ray Sharp, then just a youngster, won the National Indoor 2 Mile in 12:37.5. Jim was 3 seconds back with Todd Scully third in 13:00. . .Tom Edwards, Al Halber, and Tim Lewis rounded out the top six, all under 14:00. . .In the women's National 1 Mile, Susan Liers-Westerfield was never challenged as she breezed to a 7:05 win. Sue Brodock was 25 seconds back in second. . .In the Millrose Games, Evan Fox bested Tim Lewis by nearly 2 seconds, winning the mile in 6:13. Tom Edwards was third. . .Two days later, Edwards won the Metropolitan 2 Mile in 13:48. . .Liers-Westerfield preceded her National title win with a world best of 6:58.5. . Brodock was also quick winning the L.A. Times Mile in 7:04. . .Heiring beat Sharp earlier in a Madison, wis. 2 Miler, 12:44.34 to 12:44.39, and also took him at 5 Km in 21:01.3. . .A week before the National 2 Mile, Sharp won the NAIA collegiate title in 12:56.89, with Sam Shick more than a minute back.

25 Years Ago (From the Feb. 1986 ORW)–At the Millrose Games, Jim Heiring shattered Ray Sharp's 3-year-old 1 Mile record by nearly 5 seconds as he completed 11 circuits of the Madison Square Garden track in 5:41.25. Tim Lewis was just off the old record with his 5:46.61. Tom Edwards was also under 5:50. . .Heiring came back in the National Indoor 2 Mile to knock off another record, covering the distance in 12:05.94, nearly 2 seconds under the record he set a year earlier. Lewis was again second in 12:17.58 and Pat Moroney third. . Teresa Vaill won the Women's National Indoor 1 Mile in an American record 6:53.38, with Lynn Weik (6:56.27) close behind. Debbi Lawrence was third in 7:08.93. . .In the L.A. Times meet, Gary Morgan beat Larry Walker by 5 seconds in 6:02.1.

20 Years Ago (From the Feb. 1991 ORW)–National Indoor titles went to Doug Fournier (5 Km) in 20:03.74 and Teresa Vaill (3 Km) in 12:49.95. Fournier was 21 seconds ahead of Tim Seaman with Da e McGovern another 10 seconds back. . .Sara Standley took second in the women's race in 13:09.72, just ahead of Victoria Herazo. . .Debbi Lawrence, sick at the time of te Nationals, bettered the World 1500 meter record earlier with a 5:54.35 win at the Meadowlands Invitational

15 Years Ago (From the Feb. 1996 ORW)–Canadian Tim Berrett won a 50 Km in Palo Alto, Cal. in 3:57:21, clinching a spot on his country's Olympic team. He walked a very well-paced race with 10 Km splits of 47:38, 47:43, 47:03, 47:02, and 47:55. Herm Nelson was second in 4:11:14 and Mark Green third in 4:17:21. Carl Schueler and Marco Evoniuk, shooting for an Olympic qualifying mark of 4:00 and possible fifth Olympic team berths, both dropped out, Carl after 25 Km in 2:01:58 and Marco with leg cramps after passing 30 Km in 2:24:08. Ian Whatley won an accompanying 20 Km in 1:32:31. . .Allen James blazed a 3 Km indoors in Boston in 11:30.36, followed by Tim Seaman in 11:39, Curt Clausen in 11:48, and Gary Morgan in 11:54. . .Maryanne Torrellas won the women's race in 13:30.10, 16 seconds ahead of Sara Standley.

10 Years Ago (From the Feb. 2001 ORW)--.Curt Clausen won the 1 Mile at the Millrose Games in 5:53.05, just over 2 seconds ahead of Al Heppner. Sean Albert was third in 6:03.63. . .Down under, Aussie Nathan Deakes blitzed a 10 Km in 38:53.82. . .Irishman Robert Heffernan did a quick 11:19.27 for 3 Km in England and then won the Irish Indoor 5 Km in 19:12.31. . .In Portugal, Pedro Martins edged Jorge Costa in a 50 Km, 3:55:54 to 3:56:14 to win the National title and Susanna Feitor won the Women's 20 in 1:32:40. . .In Germany, Andreas Erm walked the fastest ever Indoor 3 Km wit a 10:54.61.

5 Years Ago (From the Feb. 2006 ORW)–The U.S. 50 Km title went to Philip Dunn in 4:17:18. It was his second U.S. title at the distance, the first coming in 2001 when he walked 3:57:18. After leading for 44 Km, 46-year-old Ray Sharp finished second in 4:21:06, duplicating to the second the time he had walked in finishing third 25 years earlier. Theron Kissinger was third in 4:36:42. . .Winning his ninth straight U.S. Indoor 5 Km title, Tim Seaman also broke Tim Lewis' American record of 19:18.40. Tim walked 19:15.88. Kevin Eastler was second in 19:43.41.. Joane Dow won the women's 3 K 3 Km title in 12;45.03, 18 seconds ahead of Jolene Moore.. . .Seaman also won the U.S. 1 Mile title at the Millrose Games in 5:47.59, 45 seconds ahead of Dave McGovern. Matt Boyles actually finished in 6:04.06, but was DQ'd.. . . ,In Australia, Nathan Deakes won the National 20 Km title in 1:22:13, 56 seconds ahead of Luke Adams. The women's title went to Jane Saville in 1;33:19 . . .Mikel Odriozola won the Spanish 50 Km title in 3:53:04, just over 2 minutes ahead of Juan Manuel Molina. . .In the Russian Winter Championships, Victor Burayev did a 1:19:27 for 20, with three others under 1:20, and Olga Kaniskina won the women's 20 in 1:26:02, 12 seconds ahead of Irina Petrov. Seven others were under 1:30.

And finally, this item chosen at random from the January 1984 Ohio Racewalker:

Coast-to-coast blind

Baltimore–A man who says "you can do anything y;ou want to do if you try: has become the first blind person to walk from the West Coast to the East Coast the National Federation of the Blind says.

Bill Mangan, 36, blind since the age of 10, finished the journey here Friday, a 11-

state, 3615-mile trek that began in the spring of 1982.

He undertook the walk, aided by his guide dog, Hart, to prove that blind people can be as independent as the sighted, the federation said.

"I've never done anything the easy way in my life," Mangan said at the end of his trek. "It was a hard road. whenever people say you can't do something, that just means they can't do it. You can do anything you want to do if you try."

1956 Olympic 20 Km race in Melbourne. The walkers are completing a lap on the track before heading out on the road. I believe the leader is Canada's Alex Oakley, who was disqualified 4 Km into the race. He did better four years later in Rome, finishing ninth. No. 20, next to last in the picture, is Henry Laskau of the U.S. who finished twelfth in 1:38:46.8, Soviet Union walkers swept the first three places, led by Leonid Spirin in 1:31:27.

At the last minute before I go to the printer: **Indian Games, Ranchi, India, Feb. 22, Men's 20 Km**–1. Gurmeet Singh 1:23:26 2. Maniram Patel 1:24:51 3. Somendra Singh 1:27:11 **Women:**– 1. Deepmala Devi 1:43:04 2. Gaurav Kumari 1:43:31 3. L. Sarda 1:49:10 **Southern Association 1550 Meter, Baton Rouge, La., Feb. 12** (1550 because they couldn't convince meet officials about the right starting line)–1. Trey William (17) 8:17.0 2. Gerald Miller (68) 8:30.06 3. Dave Gwyn 10:27.70 (6 finishers)