Stroupe, Michta Walk Off With Indoor Titles

Albuquerque, N.M. Feb. 22—Tim Seaman was aiming for his 12th title at the USATF National T&F Indoor Championships, but wound up watching the final two laps from track side as Patrick Stroupe won his first indoor crown, taking the 3000 meter race in 12:31.24. Seaman, whose earlier titles had all been at 5000 meters, had a comfortable lead when judges removed him with 2 laps to go. In a very sparse field, Dan Serianni edged junior Alejandro Chavez for second. There were no other starters, although Tyler Sorensen had entered.

The women's field was even more sparse, with only three entrants. Evidently the trip to Albuquerque and its high altitude didn’t appeal to many. Maria Michta easily defended her title and, despite the altitude factor, improved on her 2010 winning time by 11 seconds with a 13:40.52. Erin Bresnahan and Teresa Vaill finished well in her wake. The results:


Tegtmeier Betters NAIA Championship Record; Ching Defends

Geneva, Ohio, March 4—Winning a title he first won three years ago, Chris Tegtmeier solidified his comeback with a strong performance to win the NAIA National 3000 meter walk at the Indoor championships. In the process, he edged under Lachlan McDonald's nine-year-old meet record with his 12:15.95. The old record was 12:16.56. He had to overcome strong challenges by Josh Wiseman and Kris Shear to sew up the victory.

In the women's race Jessica Ching defended her title as she won in 14:12.05, 10 seconds ahead of Katie Burnett. The meet record of 13:56.06 was set by Amber Antonia in 2002, the same year McDonald set the old men's record.

Tegtmeier won this race back in 2008 and then was DQ'd the next year while leading with a lap to go. He missed 2010 entirely with an acute illness. Seemingly fully recovered he took the lead from Josh Wiseman with 400 meters to go and won by nearly 5 seconds. Wiseman yielded second place to Kris Shear in the final 50 meters. The Vergara twins occupied fourth and fifth spots.

Janelle Brown took the early lead in the women’s race and built a 20-meter gap on a pack of Ching, Burnett, and Megan Furnish. But Ching took over after the first kilometer and then shook off the challenge of Burnett.

Commenting on the race, USATF National Racewalk Chair Vince Peters said, “Evidence of the improvement of racewalking in the college ranks—both in the athleticism of the participants and in their grasp of the technique required for success—was never more apparent than in these races. In men’s race, the first four finishers were under 13 minutes, with the top three surpassing the winning time at the USATF Indoor Nationals. In the women's
race, just four short years ago, fourth place in the meet was 17:06.21, a time surpassed by 11 of
this year's 12 finishers.” The results:

Lindenwood 16:01:97 8. Reini Brickson, Lindsey Wilson 16:15:35 9. Nicole Bonk, Embry-
Riddle 16:46:44 10. Mercedes Mancha, St. Xavier 17:01:08 11. Monica Lawnes,
Cornerstone 17:01:13 12. Carissa Eichmeyer, Hannibal-Lagrange 18:44:26 DQ–Sunny DeJong,
Cornerstone.

line in fifth).

Portuguese Women Sweep Medals

Chihuahua, Mexico, March 6 (From IAAF Release) Inez Henriques led a Portuguese
sweep while Eder Sanchez prevailed in a close 20 Km and Jose Ojeda surprising win the 50
Km for the host country as the 2011 IAAF Racewalking Challenge resumed in this northern
Mexican city. Always among the top three in every race she has entered here, 2010 World Cup
silver medalist Henriques savored the taste of victory after a 1:34:10 effort, followed by
compatriots Vera Santos (1:35:17) and Susana Feitor (1:35:24).

Henriques took the lead from the start. Australia's Claire Tallent tried to follow her
but could not keep up with the pace after the eighth kilometer. Tallent was overtaken by the
2010 World Cup runner-up Santos with 5 kilometers to go and by Feitor on the final lap.
“I love this place. I have always performed well in Chihuahua. My compatriots and I had a
good race. I finally manage to win here,” said a happy Henriques after her effort.

Sanchez and Colombia's Luis Lopez walked side by side from the start. Sanchez
tried to break away, but Lopez responded and it was down to the home stretch to
determine the winner. Sanchez crossed the line in 1:22:25, two seconds ahead of his arch rival,
to claim his third victory in Chihuahua after victories in 2008 and 2009. Their last 5
kilometers were covered in 19:39 and 19:49 respectively as they went all out for the win after a rather
leisurely first 15 km.

“I don't know where I found my strength to win. I gave it all in the last 100 meters.
We don't see races like this any more. Luis fought until the very end. We were pushed to our
limits. I had a contraction in my trapezius muscle and it was bothering me, but I managed to
recover. I am happy to give the victory to Mexico,” a joyful Sanchez stated.

Olympian David Mejia improved his personal best by 11 seconds (1:22:36) and
overtook two-time Olympic medalist Jared Tallent for third. Australia's Luke Adams and
Diego Flores rounded out the first six.

With only one non-Mexican competitor, the Mexicans easily earned top honors at 50,
but the relatively unknown Ojeda improved his personal best by nearly 5 minutes to win the
race. He and Horacio Nava shared the lead until the last two laps, where Ojeda walked away to
win 3:52:33. Nava and Edgar Hernandez followed. “I woke up today with the aim of finishing
to three and trying to stay with the pace setter,” said Ojeda. “This victory means a lot to me. It
boosts my confidence as this was only my fifth 50 Km race. I realize I can go for the top
positions. Nava noted: “My goal was to make the Mexican team for the Pan Ams. I achieved it
an obviously I would have loved to win here, but I felt strange feelings towards the end and
decided to walk safely to secure the second place.”

The races drew a total of 162 athletes from countries.

Men's 20 Km: (Mexican unless otherwise noted) 1. Eder Sanchez 1:22:15 2. Luis Lopez,
James Rondon, Colombia 1:26:18 15. Claudio Vergas 1:30:47 16. Tadafumi Kuribayashi,
Rafael Avendano 1:32:57 20. Hatem Ghoulia, Tunisia 1:34:11 (3 finishers, 6 DQ, 1 DNF)
Women: 1. Ines Henriques, Portugal 1:34:10 2. Vera Santos, Portugal 1:35:17 3. Susan
Colombia 1:43:12 15. Sara Iveth Martinex 1:43:24

50:01

Chinese Dominate At Lugano Challenge

Lugano, Switzerland, March 20—The IAAF Challenge came to this Swiss city and the
Chinese walkers came in force, sweeping the podium in the men's race and taking first and
third in the women's race.

Twenty-year-old Zhen Wang took the men's 20 Km race in a sensational personal
best of 1:18:36, improving his best by 2 minutes beating Yafei Zhu by just one second with
Ding Chen third in 1:19:38. Tunisia's Hassanine Sebei produced a major surprise by finishing
fourth in 1:20:19. Ireland's Robert Heffernan finished as the first European in fifth place.

Liu Hong, 2006 World Junior Champion and bronze medalist in the 2009 World
Championships, completed the great day for Chinese walkers by taking the women's race in
1:29:28, 68 seconds ahead of Russia's 1:30:46 walker Tatiana Siboleva. China's Ni Gao was
third in 1:30:45.

The Chinese triumph was a reason of pride for Italian walking guru Sandro Damilano
who is now working for the Chinese Athletics Federation. A successful coaching career has
seen his pupils collect 46 Olympic, World, and European medals. He is now guiding Chinese
racewalkers at the Italian Racewalking School in Saluzzo.

In the men's race, Wang and Zhen broke away from the rest of the field at 8 Km and
Diniz also bettered the French road record of 3:38:45 which he held and wasn’t too far off the World road record of 3:34:14 set by Russia’s Denis Nizhgorodov in 2008 at the World Cup.

Other Results


World Record 50 Km

Reims, France, March 12-Two-time European 50 Km champion Yohann Diniz had set his sights on breaking the world record for 50 and achieved his goal with plenty to spare.

With help from Johan Augeron, Tunisia’s Hatem Ghoula, and Poland’s Grzegorz Sudol (second to Diniz at the 2010 European Championships), he was 40 seconds ahead of record pace at 35 km. From there on he was on his own. Ghoula meant to go the whole distance, but couldn’t maintain the relentless pace. (Sudol had settled for 30 km). Diniz was equal to the task and by 40 km he was 1:40 ·up on record pace. He continued to open the gap to the finish.

The biggest inspiration for me... was the spectators who gave me so much support. Barriers were moved so they could be even closer and the atmosphere was just mad,” said Diniz, who turned 33 on New Year’s Day. He said it was easy to persuade Sudol and Ghoula to help him (”They’re good friends”). He will now take two weeks complete rest to analyze his performance that includes time spent in Albuquerque at a training camp. “We learned things about dietary needs while there, and I think that will help for preparation for the 2011 World Championships,” he added.

Wang separated the two at the finish. He was just off the course record of 1:18:24 set by Italy’s Alex Schwazer last year.
And For Our Next Act—Some Upcoming Races

Sun, April 3
South Regional 5K and Florida Youth 5K, Orlando, Fla. (R)

Sat, April 9
2.8 K, Seattle (O)

Sun, April 10
5 K, Pleasant Prairie, Wis. (I)

Sat, April 16
5 K, Wyoming, Del.

Sat, April 30
Penn Relays 5K Women, 10 K Men, Philadelphia (Z)
5 K, Seahold, Del.

Mt. SAC Relays 5K and 10 K, Walnut, Calif. (U)

Sat, May 7
5 K, Newark, Del. (T)

10 K and 2 Mile, Royal Oak, Mich. (F)

Sun, May 8
25th Annual Jack Mordill Walks, 5, 10, and 20 K, Dayton, Ohio (M)
20 K, Prairie, Wis. (I)

Sat, May 14
5 K, Eugene, Ore.

USATF Junior, Open, and Masters 15 K, Riverside, Calif. (Y)

Sat, May 21
5 K, Dover, Del. (T)

North Region 10 K and Open 5 K, Dearborn, Mich. (F)

Sun, May 22
New Jersey 20 K, also 5 and 10 K, Point Pleasant, N.J., 8:30 am (A)
From Heel To Toe

Erin Gray. Wayne Armbrust notes: In your article about Erin Gray you state that she has only been racewalking 16 months. While that may be how long she has been walking seriously, she walked 17 minutes flat for 3000 meters in the Missouri All-comers meet three years ago. She is another walker who got started in this meet, which has been very important to the development of former collegiate runners turned walkers. (The article we ran was from an Eugene, Ore. newspaper, as we noted in introducing it, and that is what she had told the

From Olympic racewalker Allen James in upstate New York: “I’m deeply saddened by the passing of a great friend and great person. My first encounters with Bev were around 1979. I can’t pinpoint it precisely, but this woman had discovered racewalking and took after it with great gusto. She started the Pacific Pacers walking club and even though I was a member of my youth track team, I was pretty much a fully adopted Pacer. Walking in Seattle was a great scene
In those days, with the likes of Dean Ingram, Martin Rudow, Gwen Robertson, Dan Pierce, Steve DiBernardo, Sam Miller, and many more. Not everybody was part of the Pacers, but we all benefited from Bev's coordinating work and bringing the whole walking community together. Bev will be remembered not only as a fantastic competitor—with those little legs churning like egg beaters, but she was an imposing, soft-spoken, and gentle-natured. Such a great person to be around and I don't think I ever heard an unkind word cross her lips. She set a great example for all of us in the way she competed and contributed to our sport.

Bev on her way to 50 Km. This is Bev on her way to 50 Km in May 1983. She was the first woman finisher in the race with 5:27:28 and finished 30th of 40 overall. Imagine 40 finishers in a 50 today.

From Diane Graham-Henry in Illinois: “Bev was such a special person to so many. She, along with Lori Maynard, took me under their wings when I first got involved in the sport in 1987. She and Lori were my gentle guides when I became racewalk chair for Illinois. Bev’s encouragement when I competed, as well as keeping in touch via mail, fax, and then e-mails, are memorable in her gentleness and warmth.”

From George Opsahl in Oregon: “I remember the first time I met the wonderful lady and athlete, Bev LaVeeck McCall. It was at a racewalk in Portland in January 1999. Bev was gracious and kind with a wonderful positive perspective and a great smile. I last heard from Bev just three weeks ago when I received an e-mail with her monthly racewalking newsletter. Bev touched many in a very gentle and positive way and will be remembered.”

GUTS TO GLORY
Bev LaVeeck Is Still Racewalking
After 25 Years and Winning

By Sherry Brosnahan

When you watch Bev LaVeeck racewalk, with a style that seems as effortless as it is efficient, you might assume she was a natural. And you’d be wrong. “I wasn’t one of those fortunate people who take to racewalking naturally,” she says.


“In Seattle, there were racewalking clinics, articles, and all-comers events, so it was relatively easy to find out about racewalking,” she recalls. “I liked it right away, but it took a while for me to learn.” She says it was advantageous that she began racewalking in the month of January when nobody could see her training in the dark.

Now a resident of tiny Mazama, WA, Bev laughs as she describes her first local race as a racewalker in 1980 (“I beat the only other walker, and he said I was cheating”) and her first out-of-state race shortly thereafter (“We did everything wrong, went out too fast, had a very embarrassing day”). he was disqualified regularly, but she persevered. “I was pretty good at straight legged running, but after a couple of years I became flexible enough in the right places to racewalk properly.” The rest, as they say, is history.
By 1983, Bev had mastered the technique enough to rack up world track "bests" at 100 kilometers and 100 miles and she began medaling at national championships in the shorter distances. Today Bev, now 68, holds 15 U.S. masters for racewalking for distances from 3k to 50k.

Bev's dedication to the sport extended beyond competition. She was one of the first racewalking judges to make IAFF Number One Panel. She served as U.S. Masters Racewalking Coordinator, kept U.S. and World Masters records, and devised Standards of Excellence for National Masters News. In honor of her contributions as an administrator and an athlete, Bev was inducted into the U.S. Track and Field Masters Hall of Fame in 1996. "There was so much to do to get racewalking into its present prominence in masters athletics, especially women's racewalking," she explains. "I'm proud to have helped.

For Bev, racewalking has been more than records and trophies; it's part of a healthy lifestyle. "Walking kept me fit for tennis and hiking with my husband Jerry," she says. And it helped her through a very difficult time after Jerry died suddenly. "I'm not sure how I managed to get out and walk after that, but I think I simply knew I had to," she says. "It was very hard, but I had friends in the area who wanted me to come out and walk. If I hadn't walked, I would have just sat in the house by myself, and I knew that wouldn't be good.

According to Bev, enduring friendship is one of the best things about racewalking. "When I was starting out in the 1980s, I had the encouragement and support of women who were competitive and knowledgeable but very generous," she says. "There was a known genealogy - everyone knew who trained with whom - and I had racewalking friends all up and down the West Coast."

The most annoying part of racewalking for Bev? Slugs. "In the Portland to Coast Relay, there's an early morning segment and there are slugs everywhere," she says. "It's barely light and you can't see them so you slip."

With a competitive career dating back 25 years, Bev has no shortage of amusing stories to tell. Like the time she was the only racewalker in a women's road race, in an area where racewalking wasn't exactly a run-of-the-mill sport. "The runners did their best to ignore me as I warmed up," she says. "They politely averted their eyes, probably because I looked like I had an unusual disability and they didn't want to stare. Maybe they didn't want to have to show me how to do it right."

At times, racewalking advice was hard to come by. "I was eager to walk a 100-mile race, and I asked Martin Rudow how to train for it, but he had only raced 20k," Bev recalls. "He said 'go out and walk a lot.'" She took his advice, taking 8 to 12 hour walks around Seattle, and had an outstanding 100-mile race. "As it turns out, his advice was pretty good, since it got me used to being on my feet for long periods of time. It didn't matter what kind of ambulation I did but for how long."

Since then, Bev dispenses similar advice for first-time marathon walkers: to do at least one five-hour walk within a month of the marathon.

The advice Bev regrets heeding was to skip the 1984 Olympic Trials. "The women's racewalk was an exhibition event then, and the advice I got was 'Why travel to an event where you won't walk your best because it will be too hot?' Racewalking would become an Olympic event for women in the Barcelona Olympics in 1988.

"There were times I shouldn't have listened to myself, either," she admits. "Like the time they were introducing the racers at a major track meet and I wished the track would just swallow me up." Over time, she learned how to handle the excitement of a big race. "At one of the WAVA races, I told myself, 'Finally! It's been so long since I raced, I'm really looking forward to this - this is going to be FUN!'"
50:00. Laurie Tucholski did 51:56. Larry Walker won the L.A. Times Indoor Mile in 6:28.1

30 Years Ago (From the March 1981 ORW)--The Eastern Internscholastic Indoor Mile went to Andy Liles in 6:50.3. He was followed by Bill Isberg (6:54.4), Pat Mornone (6:59.6), and Jim Mann (7:09.3). At the Philadelphia Track Classic, Todd Scully won the Mile in 6:18.8, 6.2 seconds ahead of Tim Lewis. An indoor 3 Km in Madison, Wis., went to Ray Sharp in 11:42.5. Jim Helring was second in 11:52. In the European Indoor Championships, the 5 Km racewalk went to Hans Goebel, of East Germany in 19:08.59. Italy's Maurizio Damilano was second in 19:13.90. Moving outdoors, Dan O'Connor had 1:33:53 for 20 Km in Long Beach, beating Sweden's Roland Nilsson and Lenart Mehter (1:34:35 and 1:36:13). Sue Brodock walked a 1:46:14 at the same site ahead of Monica Karlsson, Sweden, who had 1:49:25.

25 Years Ago (From the March 1986 ORW)--John Alfonso won a 60 Km race in New York City (don't know why he had a 60 Km race in 5:58:37, passing 50 Km in 4:58:39. That was a short stroll indeed in light of a news "Flash" we lifted from the N.Y. Daily Mirror, May 31, 1942 edition: "If you think you're being abused because you are forced for one reason or another to walk more these days, get a load of Jim Hooking, the man who never once in his 85 years has been nicknamed "Hitler". With the help of Ray Van Cleef, the Hotel New Yorker's rub-downer par excellence, we have some of Hooking's feats at hand. Hooking has walked a quarter of a million miles, without replacements. When he was a sprightly lad of 61, he walked from Times Square to the City Hall in Philadelphia, 97 miles in 19:16. Seven years later, he strolled from New York to Chicago in 17 days 11 hours. It took him only 83 walking days the sixt time in Long Beach. Carl's 4:11:03 put him better than 2 minutes ahead of Marco Eponik. Third in 4:15:13 was Eugene Kitts, on the far side of age 40. Paul Wick and Tim Manning just missing that time...In the U.S.-Great Britain Indoor meet, Voyevodin in 2:28:46 with Vladimr Potomin second in 2:29:03.

15 Years Ago (From the March 1996 ORW)--Allen James and Michelle Rohl won USATF Indoor titles, Allen with a 20:02.59 for 5 km and Michelle Rohl with a record 12:55.90 for 3. Gary Morgan was less than 4 seconds back of James in second, after surging into the lead with about 3 laps to go. Curt Clausen was third in 13:09.35 and Tim Seaman fourth in 20:39. In the women's race, Rohl was herself most of the way, but it was close behind her with Maryanne Torrellas taking second in 13:09.35, Victoria Herazo third in 13:12.29, Debbi Lawrence fourth in 13:12.7, and Sara Standley fifth in 13:15.24. In the German Indoor Championships, Axel Noack blitzed the 5 Km race in 18:37.70 and Beate Gummelt roared through a 11:53.03 for 3.