Lashmanova Shines in Rio Maior

Rio Maior, Portugal, April 6—The IAAF 2013 Challenge moved to Rio Maior and Russia’s Olympic Champion Yelena Lashmanova won as expected in the women’s 20 Km in 1:28:19. In the men’s race, Portugal’s Vieira twins took one-two as Guatemala’s Olympic silver medalist, Erick Barrondo, suffered his second disqualification of the year.

Lashmanova, the world recordholder and still three days short of her 21st birthday, was in just the fifth 20 Km of her career and it proved to be her slowest (she had started her season with a 1:25:49 in February), but was, nonetheless, an untroubled win. Part of a pack that stayed together for the first 10 Km, Lashmanova moved away as the second half of the race began. But Guatemala’s Mirna Ortiz never lost sight of her and eventually finished just 13 seconds back in a Central American and Caribbean record. The Portugal pair of Ana Cabecinha and Ines Henriques took third and fourth, both under 1:30.

In the men’s race, Portugal’s twins, Joao and Sergio Vieira, still going strong at age 37, finished one-two. Joao, the Portuguese record holder and a bronze medalist in both the 2006 and 2010 European Championships, was well clear at the finish in 1:21:08 Sergio finished in 1:21:53, just five seconds ahead of Mexico’s Diego Flores. The favored Barrondo was pulled by the judges after 14 Km as he tried to keep pace with Joao. Last month, he was DQ’d at Lugano In between, he walked a brilliant 50 in Podebrady, so perhaps that is the distance he needs to concentrate on. Two other Guatemalan walkers were also DQ’d here. Perhaps, their coach needs to take a close look at their style. The results:


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Latin Americans Mine Gold In Podebrady

Podebrady, Czech Republic, April 13—The IAAF Challenge continued here and Colombia’s Eldier Arevalo and Mexico’s Monica Equihua emerged as winners in the 20 Km races. On a day with rain and sun and mild temperatures, Arevalo became the first walker to dip under 1:20 at this site as he prevailed in 1:19:45. Not far behind, Norway’s Erik Tyssø became the second in 1:19:53. Slovakian Matej Toth was close with 1:20:14 for the bronze. Toth was the defending champion and a four-time winner in this classic race. In a highly competitive race, five walkers were still in contention at the 15 Km mark. Arevalo, just 20 years old, broke away in the last 3 Km to grab the win.

“I’m very happy with the time,” said the World junior champion, who competed at the London Olympics where he was the top junior finisher in 20th place. “I moved into the lead with five kilometers to go and was trying to make a break. With 3 to go, I believed I would win,” added Arevalo, who will compete at the Pan-American Cup in Guatemala City in May. There he will face Olympic silver medalist Erick Barrondo. “I want to win,” he said.

Tyssø, just 40 seconds off his personal best, said “It was a good fight.”

The 31-year-old Equihua had set a personal best of 1:31:09 in Rio Maior and followed it up with her second best (1:31:56) here. “The time is very good and I’m very happy with today’s race,” she said. “I didn’t expect it because I competed last week. The weather was fine for me and the race was good preparation for the Pan-American Cup and the World championships.”

Just 13 seconds back was Lucie Pelantova of the host nation who raced side-by-side with Equihua for the first 16 km. She said, “I’m very satisfied with the race. Although I set a personal best last year, it was only by four seconds—that’s like nothing in the 20 km.” Italy’s men didn’t have the success of their women and won this year’s Challenge. The 2008 men’s winner, Vito Minei, was 22nd.

Now he will face Olympic silver medalist Erick Barrondo. “I want to win,” he said.


Other Results


Seeing this number of young girls stepping up from their usual 1500 meter and 1 mile races and walking those times is most encouraging. As a matter of fact, it is interesting to compare these results with those of the first two U.S. National Women’s 5 Km races in 1973 and 1974. Here are those results:


Okay. Back to current results:


Les’s Go Racing

Sat. May 4
1500 meters and 5 km, Palo Alto, Calif. (J)
5 km, Portsmouth, N.H. (S)

Sun. May 5
USATF Niagara 20 km, (S)

Sun. May 5
USATF National 10 K, Farmingville, N.Y. (K)
Jack Mortland 5, 10, and 20 km, Dayton, Ohio (M)
40 and 50 km, Pleasant Prairie, Wis., 7 am (L)
5, 10, and 20 km, Rochester, N.Y. (T)
5000 meters, Goshen, Ind. (O)
20 km, Manchester, N.J., 9 am (W)

Sat. May 18
New Jersey 5000 meters, Bergen County, N.J. (A)
Sat. May 18
Marathon, Half-Marathon, and 50 km, Mecosta, Minnesota (V)

Sun. May 19
15 km, Riverside, Calif. (J)
4000 meters, Farmingville, N.Y. (K)
5 km, Portsmouth, N.H. (S)
Sanford Kalb 9 mile, Lakewood, N.J. (A)
5 and 10 km, Royal Oak, Mich. (F)
5 km, Albany, N.Y. (H)

Sun. June 2
Ohio 1 Hour, Yellow Springs (M)
Sun. June 8
10 km, Portsmouth, N.H. (S)
Sun. June 9
Jr. 5000 meters, Farmingville, N.Y. (K)
Sun. June 16
5 km, Royal Oak, Mich. (F)
Fri. June 22
National USATF Men’s 20,000 meters and Jr. Men’s 10,000 meters, Des Moines, Iowa (D)

Sat. June 23
National USATF Women’s 20,000 meters and Jr. Women’s 10,000 meters, Des Moines, Iowa (D)

Sat. June 29
USATF Niagara 5000 meters (S)

Thur. July 4
1 and 2 miles, Royal Oak, Mich. (F)

From Heel to Toe

Stan Vickers. British racewalking great Stan Vickers died on April 18. The 1958 European 20 km champion, Vickers also competed in two Olympic Games. He was fifth at Melbourne in 1956 with a time of 1:32:34:2. Four years later in Rome’s stifling heat he moved up to a bronze medal finish in 1:34:56.4. Vickers won eight national titles at distances from 2 to 20 miles. 

2014 National 10. Vince Peters has announced that the 2014 National 20 km championship will be a part of the 27th Annual Jack Mortland Racewalks. Vince already has $1500 in prize money promised, which should be matched by USATF. He’s looking for another $2000 to bring the purse to $5,000, and would even welcome a further $500 to cover costs of bringing judges from outside Ohio. Sponsors will get their name on the official t-shirt, the finish line banner, logos on website(s), and entry forms, along with mention in press releases. They will also be invited to the race and invited to assist with award presentations. Contact Vince at myte@sbcglobal.net, or 937-767-7424 if you have any questions.

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Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
Z--Roger Burrows, roger@bytownwalkerfs.ca
(My hunger for fame, you know.) Thus was born an annual event, featuring a 20 Km race in all but one year of its existence and also including races at 5 and 10 Km in most years. When John White retired from coaching and race promotion 5 or 6 years later, Vince, then breaking in as Ohio Racewalk Chair, and more recently National Chair, thinking it was a worthwhile event, moved it to Yellow Springs. When traffic on the course became a problem, he found a new home at a beautiful park in Dayton, where the event still resides. Thus, I get my name on a t-shirt every year, my promised 15 minutes of fame... Postal 1 Hour. The Shore Athletic Club is pleased to announce the 2013 One Hour Postal Racewalk Championships. The rules are similar to last year. Anyone who walks a one-hour race that has racewalk judges is eligible to score as an individual and also a mem ber of a three person team. Team scores are not gender specific.

International athletes may also enter the competition. There are awards for the top three in all age groups beginning with 10 and under and going up to 85 and over and for the top three open and masters teams. The entry application by contacting Dave Talcott at dave_talcott@yahoo.com. Complete results will be tabulated and sent out after the competition, which opened January 1, 2013 and closes on December 31, 2013. Last year was the first year back for the event hosted by the Shore AC. There is plenty of time. Get your walking clubs and teams motivated and put on a One Hour race. Then enter the Postal Championships. Last year Erin Gray led all walkers with 12,554 meters with Ian Whatley 51 meters back. Contact Dave with any further questions.

**Memories and tributes.** Received the following letter from long-time subscriber Andrew Crane in Ocala, Florida: “I read your article on Lon Wilson and read the results of the Pan Am Cup Trials where Teresa Vaill, aged 50, does a 20 Km in 1:41 - amazing!!! My wife, Ingrid and I started racewalking in 1983 and were coached by Howard Jacobson in Central Park. We attended two racewalking camps, and Dave McGovern was there too. He was about 20 years old. Ingrid always remembers a race in Central Park where she beat Mary Ann Daniel, née Torrellas, who was eight months pregnant at the time! Ingrid just completed the Ocala half-marathon racewalking the event to celebrate her 65th birthday in May. I had a sign at the finish line, which read WELCOME TO MEDICARE, ING! We don't compete anymore, but still train every day. We also know, as Hippocrates said: 'Walking is your best medicine.' He also said ‘Make food your medicine and medicine your food.’ When I see people like Norm and Kathy; Frable, Jack Starr, Teresa Vaill, Maryanne Daniel, Lon Wilson, Sandra DeNoon still competing, these people and others are very inspiring to their fellow racewalkers. We love getting the Ohio Racewalker to see how the old timers are doing as well as the young and up-and-coming racewalkers. Wishing all walkers perfect health, abundance, and love.”

**Shoes**

In a column titled *The Art of Walking, Walk a Mile in Their Shoes: Talented Racewalkers Talk About Footwear*, Tony Miksanek talks to seven accomplished racewalkers about their shoes. Miksanek is a physician and writer in Benton, Ill. He is a part-time instructor at John A. Logan College. He was a student athlete at the U of Chicago where he played football and wrestled. He competes in master’s racewalking events. Here are excerpts from that article as included in the newsletter of the Buckeye Striders.

**Tim Seaman**—two-time Olympian, 45-time National Champion. ASICS Tarther is Tim’s favorite shoe, using it for training and competition. He suggests the adidas Mana for those needing more support.

**Jonathan Matthews**—an age-group World Champion and who has set 40 age-group American records (Ed. Not to mention four World Cup and one World Championships teams.) He races in Nike Lunaracerg+ because of the lightness and cushioning, and suggests they would work for heavier athletes though they breakdown quickly because of the cushioning. For training he wears neutral running shoes with Superfeet Green insoles.

**Joann e Dow**—2008 Olympian and five-time Olympic Trials qualifier. She has won many indoor and outdoor national championships. She wears the same lightweight racing flats many marathon runners wear. Her current shoe for training and racing is the Adidas Zero.

**Dave McGovern**—long-time member of te U.S. National Racewalking team, coach, and clinician. Though he likes to wear about 10 different shoes, he likes low-profile, lightweight and flexible shoes. He trains in three styles of Brooks: PreFlow, Race STT, and Green Silence. He races in either the Greene Silence of Brooks T7.

**Jeff Salvage**—founder of racewalk.com and the author of several racewalking books and DVDs. Though he doesn’t compete any longer, he still trains in Hersey Custom shoes. Jeff says they last longer than other shoes and you can reorder them to be exactly the same each time.

**Sandra DeNoon**—USATF Florida Racewalk Chair, IAAF Level 1 Official, and Master racewalker. She competes in Asics Piranha 3, but trains in the Nike Streak LT, Saucony Progrid and Progrid Lite, or, for interval training, the Asics Piranha.

**Ian Whatley**—is one of the world’s leading authorities on footwear patents and technology, he has competed in five Olympic Trials and finished ninth in the 20 Km Olympic Trials in 2012. He randomly rotates several different shoes for training and owns between 200 and 300 pairs of shoes. For competition, he wears a customized pair of Nike Luna Race One. His advice, “Wear different shoes on a regular basis to decrease localization of wear and tear that can cause overuse injuries.” (Ed. But, WOW! The decision each day to pick a pair from the 200 to 300.)

**More Early Olympic History**

(See Jan. issue for 1906 and 1908)

1912 Stockholm

10,000 meters (track)

Heal 1, July 8
1. George Goulding, Canada 47:14.6
2. Ernest Webb, Great Britain 47:25.4
3. Aage Rasmussen, Denmark 48:15.8
4. Fernando Altinman, Italy 48:54.2
5. William Palmer, Great Britain 51:21.0
6. Sam Schwartz, USDAS 53:50.8
7. Edward Renz, USA 53:308
8. did not finish

Heal 2, Aug. 8
1. William Yates, Great Britain 49:43.6
2. Arthur St. Norman, South Africa 50:17.6
3. Edward Dumbill, Great Britain 50:57.6
4. Wilhelm Glyche, Denmark 51:13.8
5. Frank Kaiser, USA 51:31.8
6. Arthur Voelmeke, USA 52:29.2
7. Robertoe Salinas, Chile 55:02.0
8. H. Ripeza, Hungary 55:20.8
9. Alexandr Ajde, Russia 59:24.2
5 did not finish, 3 disqualified

10,000 meters Final, July 11
1. George Goulding, Canada 46:28.4
2. Ernest Webb, Great Britain 46:50.4
3. Fernando Altinman, Italy 47:47.6
4. Aage Rasmussen, Denmark 48:00.0
Frank Kaiser, USA; William Palmer, Great Britain; and Wilhelm Glyche, Denmark did not finish. Edward Dumbill, Great Britain; Williams Yates, Great Britain; and Arthur Norman, South Africa disqualified.
1920 Antwerp

10,000 meters (track)
Heat 1, August 15
1. Ugo Frigerio, Italy 47:06.4
2. Joseph Pearman, USA
3. George Parker, Great Britain
4. Donato Pavesi, Italy
5. Charles Gunn, Great Britain
6. Albert Doyen, Belgium
7. William Roelker, USA
8. Josef Slehofer, Czechoslovakia
9. Elmar Hermann, Estonia
10. Edward Freeman, Canada

G. Wiggers, Belgium did not finish
Paul Werlaecht, Belgium, disqualified

Heat 2, August 15
1. William Hehir, Great Britain 5:34.6
2. Cecil McMaster, South Africa
3. Thomas Maroney, USA
4. William Plant, USA
5. L. Melendez, Spain
6. Joseph Sweghers, Belgium
7. Charles Dawson, Great Britain
8. Michel Simon, France

(S. Andelmetti, Switzerland, disqualified)

Final, August 18
1. Ugo Frigerio, Italy 48:06.2
2. Joseph Pearman, USA 49:40.2
3. Charles Gunn, Great Britain 49:43.9
4. Cecil McMaster, South Africa 50:04.0
5. William Hehir, Great Britain 50:11.8
6. Thomas Maroney, USA 50:24.4
7. Jean Seghers, Belgium 50:32.4
8. Antoine Doyen, Belgium 56:430.0

(This is from an IAAF Olympic compendium. Another source, Olympic Distanced and Olympic Results in Race Walking, compiled by Denmark's Egon Rassmussen in 1972, shows Donati Pavesi of Italy in eighth; William Plant, USA in ninth; George Parker, Australia in ninth; and L. Melendez, Spain in tenth. Take your choice.

3000 Meters (track)
Heat 1, August 19
1. Donato Pavesi, Italy 13:46.4
2. George Parker, Australia
3. Thomas Maroney, USA
4. Charles Dawson, Great Britain
5. Niels Pedersen, Denmark

Others
Joseph Seghers, Belgium
Josef Slehofer, Czechoslovakia
Pal Werlaecht, Belgium
Elmar Hermann, Setonia
Joseph Pearman, USA

Final, August 20
1. Ugo Frigerio, Italy 13:14.2
2. George Parker, Australia 13:19.

Heat 2, August 19
1. William Hehir, Great Britain 13:40.0
2. Cecil McMaster, South Africa
3. Richard Remer, USA
4. William Roelker, USA
5. William Hehir, Great Britain
6. Charles Gmn, Great Britain

Others
A. Schotte, Holland
G. Wiggers, Belgium
S. Anselmetti, Switzerland
Gunnar Rasmussen, Denmark, disqualified

Paris 1924

10,000 meters (track)
Heat 1, July 7
1. George Godwin, Great Britain 49:04.0
2. Donato Pavesi, Italy
3. Harry Hinkel, USA
4. Luigi Basera, Italy
5. Henri Clermont, France
6. Edward Freeman, Canada

Others
Ernie Austen, Australia disqualified
Kuhel, Austria disqualified

Heat 2, July 9
1. Ugo Frigerio, Italy 49:15.6
2. Cecil McMaster, South Africa
3. Arthur Tell Schwab, Switzerland
4. Armando Valente, Italy
5. Pal Clarke, Great Britain
6. Francois Decrombecque, France
7. Kalmins, Latvia
8. Mario Fregedraga, Italy
9. Gordon Watts, Great Britain, disqualified
Kunel, Austria disqualified

(Whatever this might mean, it was said Kunel misunderstood the judges in the first heat and was allowed to compete in the second. Now he has a name that will live in ignominy, disqualified twice in the same race.)

Final, July 13
1. Ugo Frigerio, Italy 47:49.0
2. Gordon Godwin, Great Britain 48:27.9
3. Cecil McMaster, South Africa 49:08
4. Donato Pavesi, Italy 49:17.0
5. Arthur Tell Schwab, Switzerland 49:50.0
6. Ernest Clarke, Great Britain 49:59.0
7. Armando Valente, Italy 50:07.0
8. Luigi Besentra, Italy 50:09.0
9. Harry Hinkel, USA
10. Henri Clermont, France

Los Angeles 1932

50 km., August 3
(There were no Olympic racewalk events in Amsterdam 1928.)

Heat 1
1. Thomas Green, Great Britain 4:50:10
2. Janis Dalins, Latvia 4:57:20
3. Ugo Frigerio, Italy 4:59:06
4. Karl Hahnew, Germany 5:06:06
5. Ettore Rivolta, Italy 5:07:39
6. Paul Sievert, Germany 5:16:41

Others
Arthur Tell Schwab, Switzerland and at least fours others did not finish

Green, Dalins, and Frigero were together through 37.5 km with splits of 1:10:28 at 12.5, 2:23:11 at 25, and 3:39:55 at 37.5.
Berlin 1936

50 Km, August 5

1. Harold Whitlock, Great Britain 4:30:41.4
2. Arthur Tell Schwab, Switzerland 4:32:09.2
3. Adolfs Bubenkos, Latvia 4:32:42.2
4. Jaroslav Stork, Czechoslovakia 4:34:00.2
5. Edgar Bruun, Norway 4:34:55.2
6. Fritz Bleiweiss, Germany 4:36:48.4
7. Karl Reiniger, Switzerland 4:40:45.0
8. Emile Laisme, France 4:41:40.4
9. Teodor Bieregowoj, Poland 4:42:09
10. Art Toscani, Holland 4:42:59.4
11. Teal, China 4:43:30.4
12. Ettore Rivolta, Italy 4:43:47.0
13. Albert Courtiser, France 4:49:08.0
14. Guiseppe Gobbato, Italy 4:49:51.0
15. Adolf Aebersold, Switzerland 4:51:51.2
16. Herbert Dill, Germany 4:51:26.0
17. Mario Brignoli, Italy 4:58:12.0
18. R. Noako, Japan 5:07:15
19. Vasilie Fires, Romania 5:09:39
20. Teal, China 5:16:02.4
21. C.C. Chang, China 5:20:18.4
22. Yen Y. Chow, China 5:25:01.0
23. Joseph Koehler, USA 5:20:18.4
24. Teal, China 5:16:02.4
25. C.C. Chang, China 5:25:01.0
26. Ernie Crosby, USA 5:31:44.2

Berlin 1936


LOOKING BACK

50 Years Ago (From the April 1963 American Race Walker, published by Chris McCarthy in Chicago)—Canada's Alex Oakley won the Pan American Games 20 Km in Sao Paulo, Brazil with a rather pedestrian 1:42:43, thanks largely to temperatures in the 80s and 3000-ft. altitude. Nick Marone completed a Canadian sweep with 1:46:35, as Ron Laird edged away in the second half to win 1:47:59.4, just missed the barrier in fifth... Jack Blackburn and Jack Mortland waged a classic 10 Km battle on the Upper Arlington, Ohio track, with Blackburn edging away in the second half to win 48:54 to Mortland's 49:14. Larry Young set a USA 50 Km record on the track with a 4:21:02.

45 Years Ago (From the April 1968 ORW)—An unknown shook things up at the National 10 Km in Maryland and the officials botched things up with an inability to count laps in the track race. Ray Somers, walking in his first race (coming off a strong distance-running background), won in 47:59.4, but had to walk an extra lap to satisfy the inept officials, so he was actually close to 46 minutes. Ray moved easily away from Ron Laird over the last 4 miles to win by 40 seconds. The walkers had to straighten out the finish places among themselves, as the officials had many going 2 and even 3 extra laps. A week later, Somers proved it was no fluke as he reeled off 2:38:10, but it was still a close race with Schwab at 2:38:40, Bruun at 2:38:44, Stork at 2:38:46, Bubenkos at 2:38:50, and Bleiweiss at 2:39:10.

40 Years Ago (From the April 1973 ORW)—Bill Ranney moved away from the Colorado Track Club's Jerry Brown in the final mile to win the National 20 Km in Santa Barbara, Calif. Bill's 1:34:15 left Jerry 20 seconds behind. Bob Kitchen had 1:35:02, with Todd Scully, Ray Somers, and John Knifton following. Gerhard Weidner broke the World Record for 50 Km on the track with a 4:00:27 in Hamburg. Englishman beat transplanted Englishman John Knifton to win the National 1 Hour in Lawrenceville, N.J. Mills covered 8 miles 252 yards. Todd Scully was third.

35 Years Ago (From the April 1978 ORW)—Augie Hirt missed Shaul Ladany's meet record by less than a minute in winning the National 75 Km in 7:05:46. Martin Kraft had 7:10:32, with Ladany a distant third on this day. The master's title went to Sal Corallo in 8:01:52, sixth overall... John Knifton won the National 35 Km in Des Moines, Iowa with a 3:05:42. In Mexico City, Raul Gonzalez went nearly 7 minutes under Bernd Kannenberg's world record for 50 Km with a 3:45:52 on the track... On the local scene, Chris Knotts showed his potential with...
a 47:17 for 6 miles. Steve Pecinovsky topped him with a 47.03. Jack Blackburn (42) won the old man’s battle over Mortland (43) in 50:08.

30 Years Ago (From the April 1983 ORW)–Jim Heiring caught Ray Sharp with just 600 meters to go and then hung on to win the National 25 Km in Washington, D.C. Heiring’s 1:50:38 beat Ray by just 1 second. Dan O’Connor had 1:53:24 and Tim Lewis 1:55:11. Steve Pecinovsky, Sam Shick, Tom Edwards, and Mike Morris also finished under 2 hours. At the same site, Susan Liers-Westfield won the Women’s National 20 Km in 1:50:28, with Teresa Vaill recording the same time in second. Chris Anderson and Carol Brown were far behind. Sharp came back in two weeks to win the National 35 Km in Cleveland in 2:05:00, with Mike Morris 1:40 back. Wayne Gliker had 2:35:58 in third. Jack Blackburn’s 3:33:58 won the Master’s title when his obliging teammate, Jack Mortland, dropped out shortly after 30 Km in under 2:59. Dan O’Connor traveled to Tokyo and came second in a 20 Km with a 1:27:37.

25 Years Ago (From the April 1988 ORW)—The Olympic 50 Km Trial in Indianapolis saw Carl Schuler take command from the start and move to an easy win with an impressive 3:57:48. Marco Enoniuk and a surprising Andy Kaestner captured the other two Olympic berths in 4:03:33 and 4:05:07. Jim Heiring, Herm Nelson, Paul Wick, Eugene Kitts, and Mark Fenton followed. Schuler went through 25 Km in 1:56:53, but without competition, couldn’t maintain that pace. There were 16 finishers and 2 DQ’s from 22 starters. Gary Morgan was an impressive winner at the Jack Mortland 20 Km in Columbus, covering the distance in 1:27:50. Steve Pecinovsky was second in 1:30:54 and Dave McGovern third in 1:32:31. Of 34 starters, 32 finished. The Women’s 10 Km went to Maryanne Torrellas in 48:03 with Debbi Lawrence 20 seconds back. Canada’s Pascale Grand was right on Debbi’s heels in 48:25. In the National Invitational 20 Km in Columbus, Paul Schwartzburg prevailed in 1:26:39. Richard Quinn, Marc Bagau, and Curtis Fisher followed in 1:31:07, 1:31:35 and 1:31:37. The Women’s 10 Km went to Teresa Vaill in 47:11, 3 minutes ahead of Mary Howell.

20 Years Ago (From the April 1993 ORW)—The World Cup was held in Monterrey, Mexico and the home team ignored stifling heat that brought many elite walkers to their knees to romp home in the men’s competition. The Italian women had a strong team effort to win that competition. Ileana Salvador led the Italians, although finishing sixth. But with Annarita Sidoti in seventh and Elisabetta Perrone in tenth, the Italians finished three points clear of China and Russia, who did not pack their teams nearly as well. China’s Yan Wang won in 3:45:57, two minutes ahead of Chingliang Zhao. Poland’s Gregorz Sudol won a 50 Km in 3:45:13, two minutes ahead of Chingliang Zhao. Poland’s Gregorz Sudol won a 50 Km in 3:45:13, two minutes ahead of Chingliang Zhao. Poland’s Gregorz Sudol won a 50 Km in 3:45:13, two minutes ahead of Chingliang Zhao. Poland’s Gregorz Sudol won a 50 Km in 3:45:13, two minutes ahead of Chingliang Zhao. Poland’s Gregorz Sudol won a 50 Km in 3:45:13, two minutes ahead of Chingliang Zhao. Poland’s Gregorz Sudol won a 50 Km in 3:45:13. At the same site, Slovakia’s Matej Toth won the 20 Km in 1:22:14. In Beijing, China’s Hong Liu won the women’s 20 in 1:29:33, just ahead of Yawei Yang, who was given the same time. Japan’s Mayumi Kawasaki was the only non-Chinese walker in the first ten. Australia’s Jared Tellent won the men’s 20 in 1:21:01 ahead of Hao Wang (1:20:25) and Mexico’s Eider Sanchez (1:20:57). The 50 went to Tianfeng Si in 3:45:13, two minutes ahead of Chingliang Zhao. Poland’s Grzegorz Sudol won a 50 Km in 3:45:57. At the same site, Slovakia’s Matej Toth won the 20 in 1:22:14. Two weeks later, he took another 20 in Podebrady, Czech Rep. with 1:22:35.

And let us wrap up the month with a few lines of humor courtesy of our former Ohio TC teammate Chuck Newell, if you’ll pardon the pun:

How does Moses Make his tea? Hebrews it.

Venison for dinner again: Oh deer!

A cartoonist was found dead in his home. Details are sketchy.

I used to be a banker, but then I lost interest.

England has no kidney bank, but it does have a Liverpool.

I tried to catch some fog, but I mist.

They told me I had type-A blood, it was a Type-O.

I changed my iPod’s name to Titanic. It’s syncing now.

Jokes about German sausage are the worst.

I know a guy who’s addicted to brake fluid, but he says he can stop any time.