Four Straight For Michta; 46 Total For Seaman
Junior Titles to Josephs and Roberts

Des Moines, Iowa, June 22-23—Walking on the Drake University on a Saturday morning, Maria Michta powered to her fourth straight U.S. 20 Km/20,000 meter title (it's officially 20,000 meters when held on the track, 20 Km on the road). The next day, Tim Seaman, now 41, strolled to his 46th National title and second of the year with a 1:30:13.6 performance.

Michta, a 2012 Olympian, finished in 1:37:34.36, nearly 2 minutes off her season's best of 1:35:38 at the Pan Am Cup Trials in March. But it was a commendable performance in the humid conditions and good enough to beat Erin Gray by nearly 2 minutes. Michta walked 1:32:27 for 29th place in the London Olympics and will seek to improve that finish in the World Championships in Moscow in August. Gray and Miranda Melville, third today, are also qualified for Moscow with "A" standard (1:36 or better) performances from last year. Melville was third today.

Sunday morning's men's 20 Km was delayed for more than 3 hours by severe storms and finally went off on a very wet track in conjunction with the Junior women's 10,000, which was scheduled to start after the men's race finished. The combined race was necessary to keep the rest of the meet on schedule. Seaman, more concerned with coaching than racing these days, controlled the race nonetheless as he won in 1:30:13.6, nearly a minute ahead of John Nunn. Pre-race favorite, Patrick Stroupe was another minute back. Seaman is the lone U.S. walker qualified for the World meet, having bettered the "B" standard (1:26) by just 2 seconds last year. After the race, he was undecided about whether he will go. Nunn is nowhere close to a "B" standard, but will go to Moscow in the 50. Stroupe is 20 seconds off the B standard, so if Seaman passes on the opportunity, the U.S. will not be represented at 20 in Moscow. Missing from the race were Trevor Barron, who had a nearly sure spot on the team with an "A" standard from last year, and Tyler Sorensen, who raced the National 20 effectively last year while still a junior. More on Trevor and Tyler in the "From Heel To Toe" section of this issue.

The Junior Men's 10,000 followed the women's 20 on Saturday with Nathaniel edging Alexander Peters by less than 2 seconds in 52:06.97. Alexander's brother, Anthony, was a minute back in third. Roberts shook off two red cards in the first half of the race to hang on for the win. The Women's Junior 10,000 went to Molly Josephs in 54:88.27.

Following her race, Michta noted: "Tim Seaman is my coach and he has an excellent philosophy. He has a book called Racing Smarter by Training Harder. It's basically that we have two hard days a week and the rest is steady mileage that we keep going with. It's really worked for me and we have built a lot of recovery time. This is the first time going into this race that I haven't been injured. We are not really changing anything, just improving on what we are already doing."
**Mexicans Dominate Pan Am Cup Races**

Guatemala City, Guatemala, May 25-26—Mexico's national team took center stage during the 10th Pan American Racewalking Cup, which had a record 140 competitors. In the men's 20 Km on Saturday, Mexico's Diego Flores was a bit off the form he showed at IAAF Challenge in Rio Maior, Portugal, where he clocked a personal best of 1:21:56. But his effort of 1:24:16 was enough to beat Colombia's Jose Arevalo, who trailed him by 19 seconds.

Brazil's Caio Bonfim was a distant third in 1:25:57.

"It was tough, but it's not every day you feel in a position to achieve your personal best. I hope I can do it again in the coming months and better if it's in Moscow," said the 25-year-old Flores, who pulled away from his rivals from halfway and had the luxury of being able to ease back in the final kilometer.

Mexican superiority was also demonstrated on Sunday when they achieved a clean sweep of the men's 50 Km medals. Omar Zepeda, now 35 and a modest 23rd at the London Olympics, got the biggest win of his career when he crossed the line in 3:57:52, eight seconds in front of his compatriot and race favorite Horacio Nava, who has won over the same distance at the 2011 Pan American Games and taken a memorable silver medal in front of his ecstatic home crowd at the 2010 World Racewalking Cup in Chihuahua. Another Mexican, Omar Mendoza, finished third in 3:40:11.

Peru triumphed in the women's 20 km thanks to Kimberly Garcia, who won in 1:35:01. Garcia, just 19, excelled to take more than five minutes off her best time, and was pushed to new heights by another 19-year-old, Colombia's 2012 World Junior Championships 10,000 meter bronze medalist Sandra Arenas, who took second with 1:35:14. Mexico's Yanelli Caballero was also in the fray most of the race, finishing third with 1:35:19.

The 10 km junior titles were shared between Mexico and Colombia. In the women's race, Mexico's Alejandro Ortega, who set an area junior record of 46:00 when taking the silver medal at last year's World Racewalking Cup, was a comfortable winner in 49:13, coming home more than two minutes in front of the Peruvian silver medalist Jessica Hancock.

The junior men's race was much closer and Colombia had it only Cup victory thanks to Manuel Soto, who won in 1:19:19, taking more than a minute off his best despite racing at 1500m altitude. In a close finish, Mexico's Erick Gonzalez was second with 1:21:47 ahead of his countryman Ivan Carrido (1:25:33).

**Junior Women's 10,000 meters, June 23**

The Winners: Kimberly Garcia at Pan Am Cup and Jared Tallent at La Coruna

Halfway was reached in 44:57 with the surprise 23-year-old Gonzalez making most the pace. Finally Santos and then Pascual began to fade away after a 4:24 12th kilometre. Henriques found another gear at 16 Km to eave Gonzalez with Takacs behind her and added to her advantage over the closing kilometre to secure her second victory of the season, after her euro success in Chihuahua.

"It's so emotional for me to win here as I consider La Coruna as a Mecca of racewalking events. In addition to my win, I'm also very satisfied as I walked pretty good technically," said delighted Henriques.


gives me huge confidence that my World Championship aspirations are on track."

Vieira, now 37, got rid of Lopez on the penultimate lap to finish second in 1:21:45 with the South American, who turns 34 on Monday, third in 1:21:51. In contrast, the women's race witnessed a good pace by the leading pacemaker Juan Antonio Rayo. The 5 Km point was reached in 22:27, with six women in the leading group comprising the Spanish trio of Raquel Gonzalez, Beatriz Pascual, and Julia Takacs, the Portuguese pair of Ines Henriques and Vera Santos, plus Czech Republic's Lucie Palantova, who was the first to lose ground short afterwards.


Tallent, Henriques Rule At La Coruna

La Coruna, Spain, June 1 (IAAF Report)–Australia's double Olympic Games 50 Km silver medalist Jared Tallent and Portugal's Ines Henriques captured 20 Km victories in 1:21:21 and 1:29:30 at the 27th Gran Premio Cantones de March, the Spanish leg in the 2013 IAAF Racewalking Challenge here today. On a cloudy day that was ideal for endurance events, with the thermometer reading around 14 C (67 F) during the races, Tallent and Henriques both made decisive moves at similar points in their races, before pulling away over the final 5 Km to win by the handsome margins of 24 and 17 seconds respectively. The victories put the pair into the lead in this year's IAAF Challenge with just two races remaining.

The races were on a flat 1 Km circuit and the men started leisurely with a 4:22 for the first lap. By 5 Km, 17 walkers were still in the lead group, clocking 21:13. The pace picked up a bit for the next 5, but there still 15 in contention as they passed 10 Km in 41:47. Among the pack were pre-race favorites Tallent, Vieira, and Colombia's 2011 World bronze medalist Luis Fernando Lopez, who all took turns at the front.

The pace continued to get faster over the third quarter of the race, but just after crossing the 15 Km point in 1:01:47, the 28-year-old Tallent broke away and made his bid for glory with a 3:49 lap. Behind him, Vieira, Lopes, and Tallent's Australian compatriot Dane Bird-Smith started what was to be the battle for the minor medals, although the latter began to lose ground at around 17 km.

Tallent's final 5 was particularly strong with a swift 19:29 split, which proved to be simply too fast for his pursuers to match. "I had competed here several times but I hadn't managed to win yet at La Coruna. I decided to save my energies for the last kilometers and my tactics paid off," commented Tallent. "I'm thrilled to be back on top of the podium. All the hard work we put in the last month in St. Mortiz has really paid off. To race so well over the shorter 20 Km distance..."
Other Results

Girl's H.S. 1500 meters, New York City, June 2–1. Ji Won Kang 7:09.44 2. Sophia Mahin 7:32.03

Paris to Colmar 426.4 Km, June 14—16—1. Jean Marie Rouault 54:10.59 2. Dimitry Ossipov, Russia 54:59.00 3. Dominique Bunel 55:16:09 4. Emmanuel Lassalle 57:54:06 5. Gilles Letessier 58:12:32 6. Pascal Bunel 64:23:26 7. Eddy Roze 65:45:18 Women’s 308 Km—1. Irina Potusineva, Russia 40:28:42 2. Nicoletta Margonelli, Italy 41:17:16 3. Corinne Fauqueur 41:54:59 4. Olga Borisova, Russia 42:01:15 5. Maggy Labylle 42:09:47 6. Sylvie Maisong 43:51:01 7. Claudia Biasardi 49:51:40 8. Francesco Fabris 50:06:42 9. Karen Davies, Great Britain 50:39:06 (This ultra-distance race dates back to 1925 when it went from Paris to Strasbourg. The route varied from year to year with the distance ranging from 500 to 550 km. In the mid 1970s the race switched to the Paris to Colmar route. Again the exact route varies from year to year, but the distance remained at 50 plus kilometers through 2007. Since then, it has varied from 436 to 471 km. There are 2 or 3 mandatory one-hour stops along the way, but, other than that, the walkers are on the road continuously. The pace in this year’s race was close to 8 km per hour. A rather ambitious pace to undertake over a 54 hours period.)


For Your Racewalking Pleasure

June 2013

Mon. July 1 —5 km, Long Branch, N.J.
Thu. July 4 —1 and 2 miles, Royal Oak, Mich. (F)
Mon. July 8 —5 km, Long Branch, N.J. (A)
Fri. July 12 —National USATF Masters 5,000 meters, Oldeh, Kansas (D)
Sun. July 14 —National USATF Masters 10,000 meters, Oldeh, Kansas (D)
Mon. July 15 —5 km, Long Branch, N.J. (A)
Fri. July 19 —1 mile and 3000 meters, Yellow Springs, Ohio (M)
Sat. Aug. 10 —1 Hour, Lakewood, N.J., 8:30 am (W)
Sun. Aug. 11 —Weinacker Cup 10 km, Port Huron, Mich. (F)
Thu. Aug. 15 —10 km, Portsmouth, N.H. (E)
Sat. Aug. 17 —1500 meters, Virginia Beach, VA (N)
Mon. July 22 —5 km, Long Branch, N.J. (A)
Mon. July 29 —5 km, Long Branch, N.J. (A)
Mon. Aug. 5 —5 km, Long Branch, N.J. (A)
Mon. Aug. 12 —5 km, Long Branch, N.J. (A)
Mon. Aug. 19 —5 km, Long Branch, N.J. (A)
Mon. Sept. 16 —24 Mile, Flem, Mich. (F)
Sat. Sept. 7 —10 km, Manchester, N.J., 9 am (W)
Mon. Sept. 15 —5 miles, Portsmouth, N.H. (E)
Sat. Sept. 21 —Michigan 1 Hour, Madison Heights (F)
Sat. Oct. 5 —National USATF 5 km, Kingsport, Tenn. (A)
Sun. Oct. 6 —5 km, Portsmouth, N.H. (E)
Sat. Oct. 12 —5 km, Endicott, N.Y. (S)
Sun. Oct. 13 —National USATF 40 km, Ocean Township, N.J. (A)
Sat. Oct. 26 —20 km, Portsmouth, N.H. (E)
Sat. Nov. 2 —15 km, Manchester, N.J., 10 am (W)
Sat. Nov. 10 —10,000 meters, Clinton, Conn., 10 am (N)
Sat. Nov. 9 —1 Hour, Virginia Beach Va. (N)
Sun. Nov. 10 —½ Marathon, Portsmouth, NH (E)
Sat. Nov. 16 —5 km, Bethlehem, Pa. (S)

Results were listed last month, but add 15. Dave Talcott, U.S. 1:41:27 Women—1. Ann Halkiviba, Finland 1:35:17 2. Jourougui Aguilar, Mexico 1:38:06 (submitted) Philippine National Games, Pasig City, Men’s 10,000, May 28—1. Lambert Padua 53:35.61 2. Dave Gumal 54:30.44 (11 finished, 2 DQ)
Women’s 10,000, June 1—1. Nestle Niuda 62:19.10 2. Marie Alice Dela Cruz 52:30.29 (Results from Dan O’Brien, who suggests that anyone who would like to help promote racewalking in the Philippines can contact him at Pegasusac@hotmail.com.)
will fly to an altitude of about 60 miles above the earth's surface, where you should be able
to see individual countries, continents, mountains, etc. By signing up for this adventure, I may possibly be the first international racewalker to racewalk in space? And, who knows, with zero gravity, no wind resistance, and in a rocket ship traveling far in excess of the speed of sound, there should be little problem in improving on my old PR's from the 1960s-70s! Are there others out there who are also game for this adventure to the “last frontier”? One comment on John's odyssey. He mentions seeing individual countries from aloft. However, one of the early astronauts noted how clearly he could see geographical features—continents, oceans, rivers, lakes—but not all those lines that we put on maps, showing the false boundaries that we, the creator, have put in place. Barron and Sorensen. We noted in the lead article that Trevor Barron and Tyler Sorensen were missing in the National Championships. We queried their coach, Tim Seaman, about their status and got the following reply: “For Tyler—he unfortunately is still injured. Whatever plagued him last year and caused him to have sports hernia surgery is still there. It seems to have gotten worse, unfortunately. He is unable to run, or even walk regularly without pain. Our goal this season was for him to become the first U.S. Junior to break 40:00 for 10 Km. I am very confident that a healthy Tyler Sorensen could have accomplished that task. For Trevor—I am afraid that it appears that the high demands of college and the rigors of training alone all of the time have led him to become disinterested in racewalking. I did see that he ran the Denver Marathon in just under 2:50. A good first effort for him, but no where near the athleticism he showed leading up to London. He is a MUCH better race walker than runner, that’s for sure. It is my belief that if he continued training, he would have become the first American to break 1:20 for 20 Kms.” An observation. From Wayne Armbrust in Columbia, Mo.: “I attended two Regional Championships recently, the West Region at Los Angeles June 1 and the Midwest Regional in Crawfordsville, Indiana June 8. At the West Regional (a very well run meet by the way) there were a number of racewalkers, both men and women. There were no elite walkers (why not, quite a few in the area), all seemed to be masters, but the event was judged and all the competitors seemed to be complying with the rules (no DQs). The situation was entirely different in Indiana. Two persons, one man and one woman ambled along the track side by side 12.5 times in 47:52.34 and were no more racewalking than they were flying. They literally looked like they were out for a Saturday morning stroll. No judges were present to DQ them. The fact that these people were allowed to perpetrate such a farce did a great disservice to all dedicated racewalkers by making people unfamiliar with racewalking think they were representative of the event. They also did a great disservice to athletes in other events by holding up the meet. Why were there no judges: Indiana has them? Why were there no real racewalkers in the event; Indiana has plenty of them as well? Racewalkers continually complain how USAATF doesn’t do enough for racewalking, yet year after year fail to compete in events that are offered. This situation also often exists at the National Championships. Hopefully, this will not be the case at this year’s edition in New York City. Please tell me why, at the Club Council session at the next Annual meeting, I shouldn’t recommend that racewalking be eliminated at those Regional Championships next year where no or only few walker showed up and no DQs were judged present this year? (Wayne is a long-time track and racewalking) coach, track fan, who has always tried to be a friend of racewalking. His wife, Gayle Johnson competed at the masters level in racewalking for many years Actually, I stood in as Gayle’s father when they were married here in Columbus those many years ago.) … Elliott the Great. Hats off to Elliott Denman! As you may have seen in the results, Monday evening 5 Km races in Long Branch, N.J. are alive and well. And Elliott Denman has been behind them from the start. This fall, the National 40 Km will be held in New Jersey for the first time (or is it 50 something.) Another Denman production from start to finish. Unending support of racewalking in so many ways. The highly successful Shore Athletic Club, producing outstanding athletes in all the Track & Field disciplines, including racewalking, throughout the years. Yes, Elliott has been at the helm. Innovative and dependable throughout the years—Elliott Denman. Not to mention a 1956 Olympic 50 Km berth or his 1959 National Championship at the extremes of distance—3 Km at altitude in Boulder and just two weeks later 50 Km in steamy Pittsburgh.
State of the publication statement

Last month we ran some tables showing the decline in elite participation in U.S. racewalking. Perhaps only coincidentally, there has been a steady decline in circulation numbers for the Ohio Racewalker. Starting out with the perhaps two dozen people we mailed our first edition to in March 1965, ORW circulation numbers rose steadily through the late '80s when a peak of about 700 was reached. Since then we have seen a steady decline, certainly attributed in part to the ready access to information via the internet. Who needs a newsletter that comes out once a month when so much information is at our fingertips?

Nonetheless, whatever the reasons, our circulation fell below 200 a couple of months ago and was at 197 for the May issue. Paid circulation is well below that since I send out quite a few complimentary copies, mostly in exchange for another newsletter or a flow of information. And most of those club or regional newsletters have disappeared. The ORW never has been and was never intended to be a money maker. We have managed to about break even through the years (if we don't count the editor's time, expense of monthly trips to the printer and the post office, cost of office space in the home, and other incidentals.) (Our ledger, starting in October 1968, shows income of $125,965 and expenses of $127,224 through March of this year. We operated in the black (slightly) through late 2008, so we are headed in the wrong direction. Breaking even becomes increasingly difficult as the number of paid subscribers continues to drop. We recently raised the subscription rate by $3.00 and don't want to do that again.

So, I am asking those who see a “C” below their address on the label to consider if they are giving me something in return for their complementary subscription and if not to consider taking out a paid subscription. I don't intend to cut anyone off, just ask you to consider the situation. And to subscribers, let your racewalking friends know what they are missing (but, only if you feel that they are missing something). I’m not threatening to throw in the towel, still hoping that there is still some value in a monthly print publication that even presents some original material. Many subscribers let me know how much they appreciate my efforts as they renew and I thank all for that. Thanks for your attention and see you at your mailbox next month.

Random Laws of Racewalking

(Lifted from the June 2013 issue of the Front Range Walkers Club News, ably edited by Craig Foreman in Ft. Collins, Colorado. A year or two ago, Craig succeeded the legendary Bob Carlson, who had filled this newsletter with all sorts of interesting things—some of them even related to racewalking—for many, many years.)

1. No one behind the first 50 walkers at the starting line of a race can understand the starter’s announcements. (ORW Editor: Fortunately or unfortunately there are seldom 50 starters on the line in a U.S. walking race.)

2. Moderate hills aren’t.

3. Regardless of the wind direction before you turn for home, the last mile is always against the wind.

4. If you hear a song you really hate just before a race, you are doomed to hear it in your head over and over, for the entire race.

5. Regardless of your age group, it always seems that the next older group is where you really should excel.

6. Never spit into the wind. (ORW Editor: Or pee into the wind, even if you have the skill for doing it that Martin Kraft used to display. Women need worry about this only if in a mixed race.)

7. The person you successfully worked so hard to overtake just before the finish will enter a different chute and be credited with a better finish time.

8. You know the honeymoon is over when your spouse no longer comes out to watch you race.

9. Racewalking while gulping water is a skill worth developing.

10. The race may be to the swift, but the random drawing grand prize will go to someone in the back of the pack. (FRW Editor: I agree with this one. I've gone to numerous races where the highlight for me was the prize drawings.)

LOOKING BACK

50 Years Ago (From the June 1963 American Race Walker, published by Chris McCarthy in Chicago)—Chris himself won the National 50 Km in Detroit with a 4:44:55, nearly 10 minutes ahead of Ron Laird. Jack Blackburn was a distant third. Heat slowed the competitors as the temperature soared to 87 F during the race... In the US-USSR dual meet in Moscow, Gennady Solodov ignored temperatures in the mid-90s to win in 1:33:45 for 20 Km, with Vladimir Sorin in second. Ron Zinn and Ron Laird went through 15 Kms in about 1:12, but then faded badly to finish in 1:41:34 and 1:42:24, respectively... Jack Blackburn continued his sprint mastery over Jack Mortland winning the Ohio 1 Mile in 6:55.5. Blackburn also had a 39:13 for 5 miles and 31:11 for 4 miles while Mortland was off honeymooning. (During which time he took third in the National 2 Mile in St. Louis behind Zinn and Laird, but that result apparently wasn't reported to McCarthy in time for his June issue.)

45 Years Ago (From the June 1968 ORW)—Paul Nihill held off the challenge of two Americans to win the British 20 Mile in 2:35:07. Larry Young was second in 2:37:04 and Don DeNoon finished just behind Shaun Lightman in fourth with 2:39:50. Don DeNoon recorded an impressive time of 3:03 in two weeks later in capturing the National AAU 2 Mile title in 12:37:9. Ron Laird was second in 12:40.6, Larry Young third in 12:49.4, and Tom Dooley fourth in 12:57.4... In a Philadelphia 30 Kms race, Dave Romansky recorded 2:28:46 to easily beat Bob Kitchen (2:33:32).

40 Years Ago (From the June 1973 ORW)—The National 3 Mile title went to John Knifton in 21:35.4, while Jerry Brown won the National 15 Km in 1:12:26. Ron Laird (21:45) and Bill Ranney (21:49) trailed Knifton in the Bakersfield, Cal. heat and Laird was second in the 15 with 1:14:22. That race was conducted at high altitude in Boulder, Colo. Randy Mimm won the Junior National 10 Km title in 52:45. Mimm qualified to compete against the Soviet juniors and thus became the first son of an international walker (Bob, 1960 Olympics) to gain international status (for the U.S., that is). And I believe they remain the only father-son U.S. internationals... Ron Laird won the Zinn Memorial 10 Km in Chicago with a 46:23. The women’s title went to Jeannie Bucci in 54:29... East Germany won both races in an international match with France and Sweden. Karl-Heinz Stradtmuller doing 1:27:28 and Peter Selzer 4:03:35... West Germany’s Bernd Kannenberg topped the Soviet walkers in a dual meet with a 1:27:19 for 20.

35 Years Ago (From the June 1978 ORW)—Augie Hirt moved through 100 km in 10:19:00 to win the National title in Lafayette, Col. Alan Price was second in 10:51:46... There were four races
the National T&F Meet that year. Susan Liers won the Women’s 5 Km in 25:46, well clear of Sue Brodock and Chris Shea. Brodock came back to win the 10 in 52:18, with Paula Kashi-Mori, fourth at 5, beating Liers 53:01 to 53:29 for second. Joe Berendt won the men’s 5 Km in 22:31.6, just ahead of Carl Schueler and Wayne Glusker. Marco Evonuik was fourth. In the 20, Todd Scully moved well clear over the second half to win in 1:34:46. Larry Walker had 1:35:27, Dan O’Connor 1:35:20, Tom Dooley 1:37:08, and Evonuik 1:38:38. The Mexicans cleaned up in Europe. Raul Gonzalez set a world record on the track in Norway with 3:22:24 for 50 and Daniel Bautista had 20 Km wins in Norway (1:25:10), Madrid 1:23:38, and Sweden (1:25:54), beating most of the best Europeans in the process. England’s Derek Harrison broke the world mark for 24 hours, covering 219.5 km.

30 Years Ago (From the June 1983 ORW)—At the outdoor National Championships, Jim Heiring and Susan Liers-Westferd both won their third straight title. Susan controlled the 10 Km race all the way to win 50.8. Debbie Lawrence was 42 seconds back, with Sam Miller third in 52:20. Surprising newcomer Maryanne Torrellas was just 2 seconds behind Miller at the finish. Heiring was also in control in the men’s 20 (both races were on the track), as he won in 1:26:55. Marco Evonuik trailed by 50 seconds and Dan O’Connor took third in 1:28:29. Tim Lewis started the final 400 meters 11 seconds back of Todd Scully, but stormed through the final lap to overhaul the veteran (1:30:18 to 1:30:23) for the final spot on the U.S. World Championship team. The annual Naumburg, Germany races went to Soviet Nikolova Polozov (1:22:27) and Ronald Weigel (3:41:31) of the host East Germans. Raul Gonzalez walked two 50 Km races in just 3 weeks—3:51.50 in Mexico and 3:51.37 in Czechoslovakia. Susan Liers-Westferd also won the National 5 Km on Long Island in 24:41.6.

25 Years Ago (From the June 1988 ORW)—In Tampa, Florida, Maryanne Torrellas defended her National 10 Km title, winning in 48:25.3. Teresa Vaill pushed her all the way and was just 7 seconds back at the finish Wendy Sharp (50:50.3) and Victoria Herazo followed. In the men’s 20, Tim Lewis was never challenged and his 1:29:34 left him 2:40 ahead of second place Ray Sharp. Times were slowed considerably in sweltering conditions. Andy Kaestner beat Marco Evonuik for third and Curt Clausen was fifth. Ray Sharp won the National 5 Km in 20:56.50 with Doug Fournier just 7 seconds back. Australia’s Jerry Saxby won a women’s 20 Km race in Sweden in 2:40, a startling time in a race rarely contested by women in those days. The Naumburg 20 went to Axel Noack in 1:20:39, one second ahead of Ralf Kowskey, a pair of East German aces. Noack also had a 1:22:27 in Sweden and 1:22:39, behind Ronald Weigel’s 1:22:05, in Pozdam. Herman Andrade did 3:49:38 for 50 in Mexico City’s altitude and Hartwig Gauder had a 3:46:50 in Berlin.

20 Years Ago (From the June 1993 ORW)—Debbie Lawrence and Allen James were winners at the National Outdoor T&F championships in Eugene, Oregon. Teresa Vaill led Lawrence all but the last 800 meters of the women’s 10, but couldn’t match Debbi’s pace at the finish. Lawrence’s strong surge brought her a 45:55 win, 9 second ahead of Vail. Sara Standley was more than 2 minutes back in third, but well clear of Deborah Van Orden and Lyn Bruhaker. The first 9 broke 50 minutes. James had control of the men’s 20 Km throughout. He went through 5 Km in 21:12 and 10 in 43:06, with a 78 second lead on Jonathan Matthews. He slowed considerably the second half, cut still stretched the slight lead to win in 1:29:09. Matthews was second in 1:30:45 with Doug Fournier (1:31:25) and Herm Nelson (1:31:52) following. The first 10 went under 1:35.

15 Years Ago (From the June 1998 ORW)—Overcoming steamy conditions in New Orleans, Joanne Dow beat favorite and American record holder Michelle Rohl to win the Women’s National 10 Km race. Her 47:06.50 was excellent in the conditions and left her 26 seconds ahead of Rohl.

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Debbi Lawrence was third in 48:06.50 and Victoria Herazo fourth in 50:04.50. The men’s 20 went to Tim Seaman, who upset two-time defending titlist Curt Clausen with a 1:35:07. Clausen was 34 seconds back and just 17 seconds ahead of Jonathan Matthews. Gary Morgan was fourth, Al Heppner fifth, and Michael Rohl sixth, the only others under 1:40, thanks to heat and high humidity. Matthews, only a few days short of his 42nd birthday, and the 38-year-old Morgan showed the toughness of their years in testy conditions. Twelve days earlier, Michelle Rohl had shattered the American record with her 43:30.4 for 10 Km in a track race in the cool air of Wisconsin. In the European Cup, team titles went to Russia in the Women’s 10, Belarus in the Men’s 20, and Spain in the Men’s 50. Individual winners were Russia’s Nadezhd Raishkina in 43:06, Spain’s Francisco Fernandes in 1:20:31, and Poland’s Tomasz Lipiec in 3:42:57. Silver medals went to Hungary’s Maria Rosza (43:08). In La Corona Grand Prix races in Spain, Ecuador’s Jefferson Perez prevailed in 1:19:40, just 2 seconds ahead of Guatemala’s Julio Martinez, 5 ahead of Mexico’s Joel Sanchez, and 6 ahead of Poland’s Robert Korzeniowski. Andrei Plotnikov walked a 3:41:14 to win the Russian 50. Perez also won in Naumburg, Germany with a 1:19:19, ahead of Mexicans Daniel Garcia (1:19:41) and Bernardo Segura (1:19:46, with Ivan Trotski, Belarus; Alejandro Popez, Mexico, and Suttor Meleshkevich, Belarus also under 1:20 and Martinez right on it.

10 Years Ago (From the June 2003 ORW)—At the USATF National T&F Championships in Palo Alto Cal., racewalking titles went to Michelle Rohl, Kevin Eastler, Christine Tagliatierri, and Adam Stier. Rohl won her fourth 20 Km titles in 1:34:31.06, nearly 27 seconds ahead of Joenne Dow. Teresa Vaill was third in 1:36:37. Amber Antonia was just under 1:40. In winning the men’s 20, Eastler took more than 2 minutes off his PR, finishing in 1:23:20. Tim Seaman had 1:24:48, John Nunn 1:25:16, and Curt Clausen 1:26:31. Phillip Dunn and Ben Shorey also came in under 1:29. Tagliatierri won the Junior Women’s 10 in 55:15.26, 26 seconds ahead of Maria Michsta. Stier was an easy winner in the Jr. Men’s 10 in 45:43.86, more than 4 minutes ahead of Zach Pollinger. In Racewalking Challenge races in Saltpain, Helena Nikolayeva, Russia, won the women’s 20 in 1:27:25 and Robert Korzeniowski, Poland, the men’s 20 in 1:19:56. Ireland’s Gillian O’Sullivan and Portugal’s Joao Vieira were second. In Evansville, Indiana, national 15 Km titles went to Michelle Rohl in 1:10:21 and Curt Clausen in 1:16:20. Jolene Moore and Al Heppner grabbed the silver medals. O’Sullivan upset Nikolayeva in 5 Km race in Krakow, Poland. O’Sullivan’s 20:11 missed the World best ever by just 56 seconds and beat Nikolayeva by 5 seconds. Robert Korzeniowski won a 10 Km race at the same meet in 18:47.8, 8 seconds ahead of Ivan Trotski, Belarus.

5 Years Ago (From the June 2008 ORW)—Teresa Vaill defended her National 10 Km title in Albany, N.Y. finishing in 47:50, more than 3 minutes ahead of runner-up Solomiya Login. Lauren Forgues was third. Matt Boyles won the men’s title with a 45:15 effort. Rich Lueckenhau was second in 46:59. The IAAF Racewalking Challenge in La Coruna, Spain saw a couple of Norwegian victories—Erik Tysse in 1:19:21 and Kjersti Platzer in 1:26:39. In the men’s race, Hatem Ghoula, Tunisia, was a distant second in 1:21:52, just 4 seconds ahead of Portugal’s Joao Vieira, who led brother Sergio by just 2 seconds. John Nunn was seventh in 1:26:22. Germany’s Sabine Zimmer was second in the women’s race, just 2 seconds behind Platzer. Right here in Columbus, Miranda Melville and Matthew Forgues won National Junior titles at 10 Km, Melville in 54:04.07 and Forgues in 49:01.41. Forgues beat 14-year-old Tyler Sorensen by just 5 seconds.