Dublin In the Books; Worlds Up Next

Dublin, Ireland, June 29 (IAAF Report)—There was a comfortable win for Guatemalan favorite Erick Barrondo in the 20 Km at the Dublin Grand Prix of Racewalking—part of the IAAF’s Racewalking Challenge and the last event in the series before the IAAF World Championships in Moscow in August. But there were surprises in the other two events in this Irish capital.

For the first time in the 19 years of the Grand Prix, there was also a switch in venue with Phoenix Park being rejected in favor of the user-friendly St. Anne’s, which the organizers judged was better for attracting spectators. The 2 Km circuit had just the slightest of rises, and the walkers had to tackle a breeze that got up for the two 20 Km races, but when it came to road surface, this was as good as it gets. There was even a suspicion that the organizers had been out with a paver during the night, such was the smoothness of the tarmac.

Barrondo made sure the men’s 20 Km was over by the halfway point, which he reached in 40:22. That’s how long it took for the 2012 Olympic Games silver medalist to shake off an early bunch of seven and motor to the finishing line.

There have been critics of Barrondo’s style in the past, which saw him disqualified in the 50 Km at the 2012 Olympic Games and in Rio Maior earlier this year, but here he was fluency itself in a race where the gaps at the end were massive. Spain’s Benjamin Sanchez was an isolated figure for second in 1:23:25 and Mexico’s Omar Segurra was more than a minute in arrears in third place as he completed the podium in 1:25:00.

In the 50 Km race, Barrondo’s compatriot and training partner Jaime Quiyuch, a former Pan American Games bronze medallist with a best of 3:50:33, made use of the quick surface from the start. The Guatemalan cruised through 10 Km in 46:27, with Finland’s Aku Partanen towing the British twins Daniel and Dominic King from more than a minute in his wake.

Quiyuch hit 20 Km in 1:32:56 and appeared away and gone. He had a lead of almost 5 minutes over the 22-year-old Finn at 40 Km, but then things started to go badly wrong for the leader, who threw in the towel on the next lap. It was a case of second time lucky for the Partanen, who failed to finish at the European Cup in Dudince last month, as he pushed on to dip under the magical four-hour barrier with 1:10 to spare.

In fact, his metronomic count on each kilometer was uncanny. His slowest kilometer was 4:37 and his fastest 4:35. Dan King finished a distant second in 4:17:15.

Spain’s Maria Poves has for many years been languishing in the shade of some of her better-known mates, but, after winning the bronze medal at last year’s World Cup, and in the absence of the likes of Maria Vasco, Beatriz Pascual, and Julie Takacs, the 35-year-old seized her chance to shine again.

Guatemala’s Maria Ortiz was the favorite off her 1:29:58 for second place in Rio Maior in April. However, she incurred the judges displeasure at the 15 Km mark where she held a 21-second lead over Poves. Poves strode on to win in 1:29:58, only just over a minute...

slower than her best despite walking into a stiff breeze for part of the course.

In second place, Mexico's 20-year-old Yannelli Caballero is starting to fulfill some of her youthful promise as she came home in a personal best of 1:30:58, improving by more than 3 minutes. But then, it was her first 20 not walked at altitude. The results:


Erick Barrondo on his way to Dublin victory. With the rules reading “as seen by the naked eye” there is now an acceptable flight phase in racewalking and I have no trouble with that, thought some “oldtimers” do. But to me, Barrondo is beyond an “acceptable” flight phase in this picture and perhaps is lucky he didn’t add to his list of DQ’s. Your opinions encouraged.

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The confidence they could still hold their own with the younger generation. They've built the friendships that have endured for years. They've given youngsters the confidence that has meant so much. Thousands of men, women, boys, and girls have taken part. The races have been held and thousands and thousands of men, women, boys, and girls have taken part. The races have been held and thousands and thousands of people have been involved. The races have been held and thousands and thousands of people have been involved. The races have been held and thousands and thousands of people have been involved.

The 50th year of racing at Takanassee Lake!! Can you believe it??

Digression. The Long Branch races are held at Takanassee Lake and have been for 50 years.


Girls 17-18 3000 meters, same place—1. Fiona Dunleavy 17:24.87 2. Kerrn Facer, Takanassee Ranger 17:45.95

Boys 15-16 1000 meters, same place—1. Andy Vasquez, Elgin Sharks 15:34:12 2. Robert Campbell (68) 15:52:43 3. Amy Tontsis (55) 16:01:52


From Heel To Toe

National 20 Km. Some corrections and additions to my report on the National 20,000 in the June issue, thanks to Ron Daniel. Patrick Stroupe took the lead from the start and had about a 300 meter lead on Tim Seaman past the halfway point. Stroupe began his ‘collapse’ after 15 km... Tim caught him with about 600 meters remaining and then John Nunn also caught Patrick with about 150 meters to go. In the results, I reported Michael Nemeth as a DNF, but he was actually disqualified. Likewise, in the Junior Women’s 10,000, McKayla Roberts was a DQ, not a DNF, and Kayla Ovoklat, who was listed seventh with a finishing time, was actually a DQ. Back to the men’s 20,000, I had reported that only Seaman had a “B” standard. Actually, Patrick Stroupe also had a “B” standard in the Pan-Am Cup Trials earlier this year and was eligible to go to the World Championships if Tim decided not to. However, Tim has since decided that he will go... Salvage-Seaman Clinics. Marty and I had the distinct privilege of hosting Jeff Salvage and Tim Seaman for two nights last weekend as they conducted one of their racewalking clinics here in Columbus. In this case, since the registration numbers were so high (over 30 participants) they added Ohio’s own “Italian Stallion”, Mike Manzozzi, to their team. While I didn’t sit in on all of the sessions, I was there for enough of them that I can highly recommend their presentation. Very professional and knowledgeable with excellent visuals, including video analysis of each participant. Upcoming clinics are in Springfield, Illinois September 28-29 and San Jose, California November 16-17. Visit www.racewalkclinic.com for details. Jeff also has a two-page article in the latest issue of Ultra Running magazine in which he introduces racewalking to ultra-marathon runners as a way to improve their racing times. According to Jeff, few ultra-marathoners going 100 miles or more do so without any walking. The article explains how racewalking can help them on their breaks from running and goes through the basics of technique... Capella. In the May issue, I had a brief article on a Canadian racewalker from my era, Felix Capella, whose name had come up in a conversation with another guest at a B&B in Stratford, Ontario. Shaul Ladany also remembers Felix, and writes:
Racewalking Fun! Alex and Maria Discover Racewalking

(A review by U.S. International racewalker Jonathan Mathews)

The 20 people in the racewalking clinic that I led this morning found this recently published USATF-funded book an important resource that helped them become enthusiastic beginning racewalkers. Though the book is crafted for elementary-school-aged children, its creators have loaded it with resources that beginning racewalkers of any age would certainly find useful and motivating, as did the participants in my clinic, who were between 15 and 70.

The book begins with 15 pages of Alex and Maria’s story, as they move from being unenthusiastic about this new sport to discovering that they really enjoy it. Watercolor and ink illustrations by Vern Mauk bring much charm to this story that will appeal to elementary-school-aged readers. This story is followed by 5 pages of racewalking drills illustrated with small color photographs. These drills are followed by 22 full-page color photographs clearly illustrating all phases of the racewalking stride, with captions pointing out the important features. Then comes 11 ages about designing training programs for young racewalkers.

Participants in my clinic this morning included one of the top 9th-grade distance runners in the country (9:38 3200 meters at 1 mile altitude) and the mid-30s owner of my town’s running store. All participants got turned-on to racewalking and they all wanted to buy a copy of the book—which I was not free to give or sell to them.

Thanks go to USATF for funding this edition of the book, to Dr. Tom Eastler for writing it, to Vern Mauk for the drawings, to Jeff Salvage and Diane Graham-Henry for the photographs, to Tim Seaman for editorial contributions, and to A.C. Jaime for being the project director.

Further endorsement of the book from Tom Eastler:

Jonathan Mathews said what I wanted to say about our youth development book much better than I could. Although in year three of a 10-year grant from USATF, A.C. Jaime and his advisors are making great progress in reaching the lives of teachers, student athletes, coaches, and others throughout the 15 USATF Youth Regions in the U.S. A.C. and his South Texas Walking Club have already introduced some 25,000 third and fourth graders in South Texas to racewalking through use of our earlier edition of the book (which can be viewed at racewalk.com as a flash animation).

The new Second Edition, which was printed in 16,000 copies can be found as a pdf at www.nanonhne.org.

The new President of the University of Maine at Farmington introduced the new version to the 25 faculty authors of books in 2012 and their friends and relatives, unbeknownst to me, with a statement very much like that seen in Jonathan’s review. She said that at first glance, the book was clearly meant to be used with elementary school age children, but after reading the entire book, she knew that it was a remarkable vehicle for introducing racewalking techniques to all ages in a very digestible form. If that was not enough, she slipped off her shoes, tied on a pair of track shoes, and proceeded to racewalk with excellent technique around the stage and then demonstrated the “rock the baby” warm-up drill.

50 Km Coaching Program

In an attempt to boost the development of racewalkers in this country, John Knifton has established and generously funded an initiative, which he describes below.

The new “50 Km Coaching Program” is an initiative to fund the development of our younger, promising, USA racewalkers so that we will have international-standard 50 Km competitors representing us at the 2016 Olympics in Brazil. It will be funded at $10,000 per year for the next three years with the monies channeled through the non-profit North American Racewalk Institute (NARI). Tim Seaman has graciously consented to spearhead this program—he will be the head coach who will select the athletes participating in this program and he will be coaching these young men so that they can reach their full potential. I have been very impressed by how well Tim relates to our young and upcoming racewalkers, as well as with his success in training and coaching our new generation of men and women 20 Km walkers. The development of new 50 Km talent is undoubtedly a huge challenge. My opinion is that only those who have successfully racewalked at 4:10 or better can fully understand the contributing factors that go into reaching that level of performance—and once again, Tim is in a unique position to bring his expertise and first-hand knowledge to achieving that goal for our younger athletes. I’m very hopeful that once again the USA 50 Km team can be competitive in 2016. Who knows, maybe we have another Larry Young or Curt Clausen out there waiting to be discovered.

Finally, I would like to acknowledge the invaluable help of Ron Daniel (my old NYAC teammate and now racewalking’s National Chairman, Tom Eastler, A.C. Jamie, and others in setting up this initiative. Let’s all wish Tim every success and look forward to great performances in 2016! John will welcome any suggestions or ideas how to make this program a success. His e-mail address is: johnknton@earthlink.net.

An Analysis of Pacing Profiles of World Class Racewalkers

(Following is the abstract of a paper by Brian Hanley of Leeds University published in the International Journal of Sports Physiology and Performance, June, pp.: 435-441)

Purpose: The aim of the study was to describe the pacing profiles used by racewalkers competing in the IAAF World Championships.

Methods: The times for each 5 km segment were obtained for 225 men competing over 20 Km and 214 women competing over 20 Km, and 232 men competing over 50 Km, of whom 49 did not finish. Athletes were grouped based on finishing position (for medalists) or finishing time.

Results: Different pacing profiles were used by athletes grouped by finishing time, with 20 Km medalists using negative pacing and those finishing within 5 percent of the winning time matching the medalists’ early pace but failing to maintain it. Lower-placed 20 Km athletes tended to start more quickly relative to personal best pace and experienced significant decreases in pace later. Across all competitions, the fastest finishers started the slowest relative to previous best performance. All 50 Km athletes slowed towards the finish but lower-placed finishers tended to decrease pace earlier (with up to 60 percent of the race remaining) After halfway in the 50 Km, 8 of the 15 athletes who had a 5 Km split more than 15 percent slower than the previous split dropped out.

Conclusions: The negative pacing profile used by 20 Km medalists required the ability to start fast and maintain his pace and similarly paced training may be beneficial in race preparation. Over 50 Km the tactic of starting slower than personal best pace was generally less risky, nonetheless, any chosen pacing strategy should be based on individual strengths.

The Greatest World Cup Races Ever

Leading up to the 2012 World Cup of Racewalking, Paul Warburton, IAAF correspondent, selected what he felt were the ten greatest World Cup races of all time. The World Cup, which brings nations together in a team as well as individual competition every other year, began at Lugano, Switzerland in 1961. Paul’s criteria in selecting the 10 greatest included excitement, races that stick in the mind for different reasons, and class walking acts at
work. We present them in reverse order, beginning with No 10 and will save the top five for next month.

No. 10. Women’s 20 Km, Mezidon-Canon, 1999

It would be remiss not to mention at least one win by China—but which one? There are plenty to go around after the nation came to walking prominence in the early 1980s. If the tiny little French village of Mezidon never sees another major sporting attraction, it will remember the patient dogged determination of Hongyu Liu.

Pacing a race is as much to be admired as anything else. And the Chinese waited while a series of early leaders, and there were various after two early Russians got reeled in, burnt themselves out, with Liu making a break when it mattered and winning in a fast time (1:27:32) on a hot Saturday by seven seconds over Russia’s Natalya Fedoskina.

No. 9. Men’s 20 Km, Milton Keynes, 1977

British walkers staged a series of fund raisers for the 5000 pounds needed for the event in the town of the future as Milton Keynes was dubbed. It was somewhat appropriate, therefore, that, after more than a decade of Eastern dominance, there were new kids on the block. Strangely, for Mexico, it had been a while coming.

After a breakthrough Olympic silver in 1968, it took another eight years before Daniel Bautista provided gold in Montreal 1976. He was back for this one, and the spectators swore it was one of the few occasions they saw a walker lifting (losing contact) going up a slope!

Such was his and Domingo Colin’s strength, the two left the rest behind and although there was a comfortable win for Bautista (1:24:03), his amigo had a desperate last 50 meters when he just held off the fast-finishing Karl-Heinz Stadtmüller to remind everyone the GDR had a way to go before they could be totally forgotten.

No.8. Men’s 20 Km, Eschborn 1970

Even if there are massive questions over the old East German regime—there was no doubt about the quality of this race. It featured three of the best walkers from the ‘60s and ‘70s and two Olympic champions. But the winner was a man on the first of two Lugano wins as it was known then.

Hans-Georg Reimann never achieved the lasting fame of Vladimir Goubnichiy and Peter Frenkel, but the GDR champion knew how to sprint in 1970. There was never a vest-width between the three for the first 16 km. But the man wearing number one then lit the afterburners to get the better of adversaries and put seven seconds between he and the great Russian, with Frenkel a further 11 seconds back. Reimann finished in 1:24:54.6.

No. 7. Men’s 20 Km Isle of Man, 1985

World Walking Cups tend to be on flat courses—but no one told the good folks at St. John’s on the Isle of Man. The island that sits halfway between northern England and Northern Ireland produced a hill on a 2 km circuit that only Montjuïc in the 1992 Barcelona Olympics came close to replicating.

It also appeared towards the end of each lap, so that when three of the finest to ever heel and toe were for it at the end, it looked as if they were going down rather than up—such was the acceleration. But that’s what you get with the best.

And it was no surprise when Czech Republic’s Jozef Pribilínec crossed the line in 1:21:41—an excellent time for a brute of a course. However, his joy would have to wait. A third DQ card already had his name on it—and the man who finished second by a second, went top of the podium. Mind you, Spain’s José Marin was in turn just one second ahead of Italy’s Maurizio Damilano in one of the closest finishes in Cup history.

All three ended up with other major honors to boast. Marin had already won the 1982 European Championships, and Damilano, 1980 Olympic gold. Pribilínec would have to wait another three years before his Olympic gold in Seoul.

No. 6. Junior Women’s 10 Km, Chihuahua, 2010

The beauty of all sport is the unexpected—and the outsider’s win is about as good as it gets in whetting our appetite for more. Russia dominated the junior women’s 10 Km like no one else leading into the race at Chihuahua in 2010.

Seven of the previous nine medals had gone their way—the other two went to China. And in Cheboksary in 2008, the race was over after 50 meters. That’s how long it took for clear daylight to appear between Russia’s chosen three and the rest.

So there were short odds on anyone upsetting the Eastern applecart in Mexico. But the metaphorical fruit was scattered to the four winds after 8 km on a tough, hot day that did nothing for European skin unless it belonged to Antonella Palmitano. The 18-year-old Italian’s personal best leading into the race was more than four minutes behind the leading Russian pair. But that counted for little leading into the last lap of five when Palmitano rescued a poor weekend for Italy to defy odds and conditions and win by five seconds from Chín’s Qin He in 47:52.

The time was no great shakes, but in championship events, it’s all about crossing the line first.

Paul’s top 5 next month.

LOOKING BACK

45 Years Ago (From the July 1968 ORW)–Ron Laird captured the National 20 Km title in 1:33:00 with Larry Young, Don DeNoon, and Tom Dooley taking the next three spots. Dooley, in fourth, was only 39 seconds behind Laird in a tight finish. The first ten qualified for the Final Olympic Trials to be held at altitude in September, with the Olympics scheduled for October in Mexico City (at 7000 feet). The National 50 wasn’t so close as Young won easily in 4:12:12 (the course was found to be about a half-mile short) There were eight under 4:30, with Goetz Klopfer, Bob Bowman, and Dave Romansky following Larry. Again, ten qualified for the final trials. Young covered 7 miles 1386 yards to claim the National Hour in Montana with Martin Rudow in second.

40 Years Ago (From the July 1973 ORW)–The National 35 Km was contested in Taunton, Mass., and John Knifton came away with the title in 2:05:50. John’s on the Isle of Man. The island that sits halfway between northern England and Northern Ireland produced a hill on a 2 km circuit that only Montjuïc in the 1992 Barcelona Olympics came close to replicating.

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40 Years Ago (From the July 1973 ORW)–The National 35 Km was contested in Taunton, Mass., and John Knifton came away with the title in 2:05:50. Nearly 2 minutes ahead of Ron Laird. Gary Westerfield was a distant third. Knifton was slowed by a dog attack during training two weeks earlier that had resulted in 28 stitches and five days in the hospital (or just “in hospital”, as John, a transplanted Brit, would say.) To add to his woes, John had left his gear at home and had to walk in a borrowed “kit” (again, as the Brits would say), including a half-size-too-large pair of bowling shoes. (Which, incidentally, were popular among U.S. racewalkers when I first came into the sport in the late ‘50s.) Sue Brodock won the National 5 Km title, the first time the women had competed at this distance at the National Meet (previously 1 Mile). Her 27:40 led Ellen Minkow and Ester Marquez. On the local scene, your then 38-year-old editor blasted a 31:56 for 4 miles, only a bit more than 2 minutes slower than what he might have done in the ‘glory’ years, and immediately announced that he was about to start challenging those near the “bottom of the top.” A hollow challenge, as it turned out. Jim Heiring won the mile in the Wisconsin Junior Olympics in 7:59.4 and he eventually turned out to be a much more serious challenger to those at the “top of the top...” Jerry Brown
and Bill Ranney competed in Europe with the U.S. track team, and, despite some good times (walking, that is, not boisterous revelry, which, if it happened, went unreported), didn’t come off too well competitively. In Germany, Jerry had 44:56 and Bill 45:36 for 10 km, but Bernd Kanneberg did 43:48 and Gerhard Weidner was second. In Italy, they had 45:36 and 46:06, respectively, but Vittori Visini and Zambaldo were well ahead. In Minsk, they gave the Soviets a good battle, but were still third and fourth. Yevgeniy Ivenchenko won in 1:35:14, as Bill beat Jerry, 1:36:37 to 1:37:41.

35 Years Ago (From the July 1978 ORW) - Todd Scully led from the gun to win the National 10 km in Niagara Falls in 46:16. Ron Daniel was 32 seconds behind and Peter Doyle and Martin Kraft followed. ... The Junior 10 km went to Ray Sharp in 50:55 with Mike Morris second. ... Scully took second in the US-USSR dual when Vinnchenko was DQ’d after finishing in 1:31:16. Polozov won in 1:30:40 with Todd doing 1:32:13 and Larry Walker 1:34:15. ... In two Junior duels against the Soviets Sharp did 48:40 and 47:20, but finished third both times. Morris had 48:43 in the second duel. ... Mexico’s Raul Gonzales zipped a 3:41:20 for 50 km in the Prague-to-Podbrady race. ... Paul Hendricks became the first American to compete in the Paris-to-Strasbourg race and covered 214 km in 31 1/2 hours before dropping out. Josey Simon of Luxembourg won the race in 66:10:47 for 500 plus km.

30 Years Ago (From the July 1983 ORW) - Italy’s Marizio Damiani won an international 20 km in Los Angeles in 1:25:53. Marco Evoniuk captured fourth in 1:27:07, behind the GDR duo of Hartwig Gauder and Ronald Weigel. Dan O’Connor (1:27:49) was sixth and Jim Heiring (1:28:12) seventh. ... A month later, Heiring bettered the National Record for 10 km with a 41:07:91 on the track in Stockholm, finishing behind Sweden’s Bo Gustavsson and Finland’s Reina Salonen. ... Todd Scully won the National 10 km at Niagara Falls again, this time doing 44:50, but finished behind Canadian guest Marcel Jobin. Steve Pecinovik was just 22 seconds behind Scully and only one second ahead of Tom Edwards. ... Heiring won the National 5 km in Racine, Wis., with 20:33:3, better than 1 minute ahead of Mike Morris. ... At the National Sports Festival, Scully won a very hot (i.e. high temperature) 20 km in 1:39:14 and Randy Mimm walked away with the 50 in a very impressive 4:20:20. ... James Mann won the Junior National 10 km in 24:27.

25 Years Ago (From the July 1988 ORW) - Conditions for the 20 km Olympic Trials in Indianapolis were very steamy. At the 9 am start, the temperature had already risen to 90 F and humidity was high. Gary Morgan took command of the race after 5 km and walked unchallenged (other than atmospheric conditions) the rest of the way to win in 1:34:12. Tim Lewis caught Paul Schwartzburg in the final 200 meters to take second in 1:36:32. Carl Schueler also caught Schwartzburg, but was already on the team at 50. He paused before the finish to give the third place to Paul. Unfortunately, it turned out Pau had gotten a third red card just before entering the stadium, so Jim Heiring (1:37:09 in fourth) moved onto his third Olympic team. Under the conditions, Morgan was 6:41 off his qualifying time, but that was closer than anyone else in the race. ... There was also a women’s 10 km at the Trials, but it was essentially an exhibition race since the race wasn’t added to the Olympic agenda until 1992. The race was postponed from 4:55 pm to 9:45 to get the heat-humidity index down to an acceptable level. Debbie Lawrence walked masterfully in the steamy conditions to win by more than a minute in 47:52. ... Teresa Vaill was second in 48:57 and Sarah Stanley third in 50:05.

In the National 10 km at Niagara Falls, Dave McGovern won in 44:94, a minute ahead of Mel McGinnis. Curt Clausen was third in 45:41. ... Junior National titles went to John Martz (47:43) and Deirdre Collier (25:30).

20 Years Ago (From the July 1993 ORW) - The National 10 km at Niagara Falls saw Canadian dominance as Tim Berrett won in 42:19 and Arutro Huerta took third in 43:25 and Janice McCaffrey and Allison Baker were one-two in the women’s race. Andrzeja Chylinski (42:21) and Gary Morgan (43:57) led the U.S. walkers in the men’s race. In the women’s race, Michelle Rohl (50:01) and Lynn Brubaker (51:04) were third and fourth. ... Wil Van Axen (47:14) and Lisa Chumbley (25:01) won Junior National titles in Spokane. ... In the Pan-American Junior meet, Ecuador’s Jefferson Perez flashed the brilliance that led to Olympic gold in Atlanta three years later with a 39:50.73 win. Van Axen was second in 44:26. ... Australia’s Nick A’hemd did 1:20:13 for 20 km on the track in Bergen, Norway.

15 Years Ago (From the July 1998 ORW) - Yet again, it was Canada’s day in Niagara Falls at the 10 km Championships as Huerta (40:48) and Joan Bender (48:31) led the fields. Tim Seaman (46:59) and Cheryl Reilingen (49:58) led the U.S. walkers. ... Goodwill Games titles went to Russians-Ilya Markov in 1:23:29.7 and Yelena Nikolayeva (1:31:57). In the men’s race, Mexico’s Daniel Garcia (1:25:52) and Ecuador’s Jefferey Perez (1:29:19) followed. ... Gary Morgan was the first U.S. walker, finishing fifth in 1:36:48. Nadzeha Ryshkina (48:26) and Joanne Dow (45:37) were second and third in the women’s race. ... National Junior titles went to Lisa Kutzting (42:42:27) and Christopher Brooks (48:43:17).

10 Years Ago (From the July 2003 ORW) - Michelle Rohl covered 12,504 meters to win the National 1 Hour in California, Pa., with Teresa Vaill 260 meters behind in second. Bobbi Jo Chapman was third with 11,870 meters. In the men’s 2 Hour, Curt Clausen was an easy winner, covering 26,425 meters with Al Happner second at 25,749 meters. ... Canada’s Paul Luc Menard (47:35) beat Pollinger (48:20) to win the U.S.-Canada Junior meet at 10 K. ... In the women’s race, Maria Michia (54:51) beat Canada’s Jennifer Reeke (54:59). Canada won the men’s meet by one point and the U.S. team won the women’s meet. ... Russia’s Vera Sokolava won the 5 km in the World Youth Championships in 22:50.23. Maria Michia was tenth (24:53). The men’s 20 km went to Russia’s Aleksandr Prokhorov in 42:16:16. Zach Pollinger was eleventh in 46:09.

5 Years Ago (From the July 2008 ORW) - Kevin Eastler and Joanne Dow joined Phillip Dunn on the U.S. Olympic team, winning Trials races at 20 km. Eastler, who already had an “A” qualifier won in 1:27:07 with Matt Boyles second in 1:28:19 and Patrice Stroope third in 1:29:17. John Nunn, seeking his second Olympic berth, took the early lead, but faded to fourth at the finish in 1:30:34. ... In the women’s race, two 40 plus women battled for the win, and, as it turned out, the sole Olympic berth, since neither had the “A” standard of 1:33:30. Dow made her first Olympic team at age 44, winning in 1:35:10. Vaill, who, after a long, long career of numerous World Cup and World Championship teams, had made her first Olympic team in 2004, also at age 44, wasn’t quite up to another at age 48, finishing second in 1:36:34. Phillip Dunn had made his third Olympic team earlier in the year, winning the 50 km Trial. ... World Junior titles went to Russians-Tatyana Mineeva with a 43:44:72 and Stanislav Emelyanov in 39:35:01.

And, as I prepare to print this out and take it to the printer, results just in from faithful correspondent Harry Siitonen. Fitting them in to the results section would require some reconstruction of subsequent pages, so you get a clashing bonus here.