Foreign Invasion At Millrose

New York City, Feb. 16--The 1 Mile Racewalks (men and women) at the Millrose Games (see list of past winners in last month's ORW) doubled as the USA TF1 Mile Indoor Championships but the honors went to walkers from outside the country.

In the women's race Canada's Rachel Seaman came home in 6:17.29, shattering the meet record of 6:40.06, set by Maria Michta last year. Maria battled valiantly to retain the record and the Millrose title but fell 5 seconds short at the finish. It was Seaman's fourth Millrose win, earlier wins coming in 2009, 2010, and 2011. In the first of those she was still Rachel Lavallee. This time, she led throughout but couldn't really shake Michta until the final quarter. She hit the first quarter in 1:36.83, just .3 ahead of Michta. The margin was the same at 880, which Seaman reached in 3:11.31. At three-quarters where Seaman had 4:46.07, Michta was still just a half-second behind. But, when Seaman accelerated for a 1:32 over the final quarter, she finally dropped away, although she too made her final quarter her fastest.

Third place went to Miranda Melville, who couldn't match strides with the two front walkers but still bettered Michta's old record with a 6:37.26 effort.

The men's race was much the same with Ireland's World 50 Km Champion Robert Heffernan chasing Sweden's Andreas Gustafsson to within 92 seconds of Tim Lewis Millrose and World Indoor record of 5:33.53 set in 1988. In the early going, it looked as if Lewis's record was safe. Gustafsson went through the first quarter in 1:25.53 and reached 880 in 2:50.82, with Heffernan trailing by .4. When Gustafsson stepped up the pace to reach 3/4 in 4:13.39, Heffernan began to lose contact, trailing by 1.9 seconds with 440 to go. A 1:21 effort on the final quarter brought the Swede home in 5:34.45. Heffernan was 5.3 back at the finish.

And here are the results:

**Women**
1. Rachel Seaman, Canada 6:17.29
2. Maria Michta, Walk USA 6:19.00
3. Miranda Melville, NYAC 6:37.26
4. Ashleigh Resch, Miami Valley TC (Australia) 7:19.28
5. Annica Penn, un. 7:22.51
6. Katie Michta, un. 7:40.11
7. Sidney Sinois, LA Walkers 7:43.90
8. Kayla Allen, LA RC 7:53.42
9. Brittany Collins, Walk USA 8:02.81
10. Jessica Szelą, un. 8:14.57

**Men**
1. Andreas Gustafsson, GK Stagt Sweden 5:34.45
2. Robert Heffernan, Togher AC, Cork, Ireland 5:39.75
3. Jonathan Hallman 6:07.32
4. Marek Adamowicz, CARS 6:25.96
5. Joe Pfahler, Miami Valley TC 6:40.96
6. Richard Luetzhau, Shore AC 6:42.61
7. Ricardo Rosa, Florida AC and Tim Seaman, NYAC

DQ--Ricardo Rosa, Florida AC and Tim Seaman, NYAC
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National Indoor Titles to Michta and Seaman

Albuquerque, N.M., Feb. 23—Maria Michta and Tim Seaman secured national titles in the 3000 meter racewalk at the USA Track and Field Indoor Championships today. For the 41-year-old Seaman, it was a matter of outkicking a determined John Nunn to top his 47th and final U.S. title. He announced his retirement following the race. Seaman finished in 1:14:15.75, just two tenths of a second in front of Nunn, a mere babe who celebrated his 36th birthday two weeks ago.

Maria Michta had an easier time in the women’s race, finishing nearly 12 seconds ahead of Miranda Melville in a sparkling 1:23:07.99. In both races, the third place finishers, Nick Christie and Erin Gray, were well back.

Following the race, Tim noted: “In the last race of your career, you don’t want to take too much risk. I went out there and I didn’t want to take the lead to make sure it’s a nice, fair, even race, and then John took the lead and I was ecstatic because he took the pace. It takes all the pressure off me. I decided I was just going to wait until I could push to the end. I made the push, and then he came back on me. I just put my head down and pushed my shoulders.”

Nunn thought it was a good race. “I knew Tim was in shape because he has been training for this indoors since he knew that this was his last race. I know he really wanted it, so I didn’t want to turn it into a sprint at the end, but unfortunately it did... I’m glad to see Tim do well.”

Following her race Michta said: “I came off the indoor mile just missing the national record by a second and it keeps you hungry and fired up. I looked up the meet record and indoor national record, and I knew it would be a long stretch at sea level, and this is altitude. I hit it for the first K, the race is 3 K long. There is always next year and coming back stronger. I’m 20 seconds stronger than I was last year and the whole field is getting stronger. Having Miranda on my heels was great to keep me awake and it just lights the fire for Rio.”

He results:

**Women's 1 Mile**

**Men's 1 Mile**

Colombia Scores Two Wins in Chihuahua Challenge Race

Chihuahua, Mexico, Feb. 23 (From IAAF Report)—Sandra Arenas and Eider Arevalo scored a double win for Colombia in the 20 Km during the third leg of the 2014 IAAF Racewalking Challenge. Mexico’s Jose Leyver scored a win in the 50 Km race.

Arenas, 21, scored her most important international victory ahead of the more decorated Portuguese women, including Ines Henriques, a three-time Chihuahua winner.

Arenas, second overall in the 2013 Challenge took an early 10 second lead, but was soon joined by Arenas, Ana Cabeceiba and Mexico’s Maria Gonzalez. They reached 15 Km together in 1:10:34.

With two laps to go (5Km) it came down to a dual between Arenas and Cabeceiba, with the Colombian finally prevailing in 1:33:24, less than a minute off her personal best set in last year’s World Championships. Cabeceiba was just 5 seconds back at the finish, as she repeated her 2013 finish in this race. Gonzalez captured the third spot on the podium, just 13 seconds behind Gonzalez and well clear of Henriques.

Arenas, a bronze medalist at the 2013 World Junior Championships, said: “I am very satisfied with the win, especially as I am starting to become familiar with the 20 Km and considering that this is the first Challenge I have ever raced.”

Arevalo completed the Colombian sweep in the 20 after a close battle with local favorite Omar Segura in the final three kilometers. Segura led a 25-man pace through the early part of the race. The group was reduced to 15 with Diego Flores setting the pace by the 10 Km mark (42:10).

The pack came down to six men by the 15 Km mark, led by Canadian Evan Dunfee and Italian Giorgio Rubino. At 17 Km, Arevalo and Segura made their move and it all came down to the final meters, when the young Colombian turned an extra gear to win in 1:23:07 with Segura 6 seconds back. Mexico’s Jesus Tadeo Vega in his first challenge podium in 1:23:20 followed closely by Rubino and Dunfee. Dunfee had a personal best 1:23:31. Well back in seventh was 2013 Challenge winner Jared Tallent, behind the 2013 winner of this race, Mexico’s Isaac-Antonio Palma.

This is a great boost to do even better at the World Cup. I already had the qualifying time from last year, but this gives me a lot confidence,” said Arevalo, who had a challenge win in Podebrady last year, where he set a national record of 1:19:45.

In the 50, Jose Leyver brought back honors to the host nation and relived his victory in 2011. A group of eight led through the first 20 and Leyver took the pace to the half-way mark in 1:56. Local hero and 2010 World Cup runner-up Horacio Nava moved to the front and at 35 Km and lead group was reduced to Leyver, Nava, Omar Zepeida, Luis Bustamante, and Poland’s Grzegorz Sudol.

With 10 Km to go, Zepeida and Leyver upped the pace and eventually dropped the other three. On the final lap, Leyver made his decisive move to claim gold in 3:50:42, the second fastest time ever on the Chihuahua course.

Zepeida, the only man to dip below 3:50 in Chihuahua and a three-time winner of this Challenge leg, was second in 3:51:06. Both secured a spot on the Mexican team for the World Cup in May.

“Considering the conditions, I believe we achieved a good time. This is a good course and despite the hot weather, we produced a good result. Our next goal is China, where I hope to go under 3:45,” said the 28-year-old Leyver, a 2012 Olympian. Sudol completed the podium trio, finishing 3:52:52, ahead of Nava (3:53:51).

Mexico’s Ricardo Ortiz (42:34) and Gaudalupe Sanchez (48:47) won junior 10 Km races. The next Challenge ace is in Lugano, Switzerland on March 16. The results:

**Women's 20 Km**

**Men's 20 Km**
Australia’s Bird-Smith Takes Opening Challenge Race

Hobart, Australia, Feb. 2—Defending IAAF Racewalking Challenge Champion Jared Tallent, walking on home ground, had a less than satisfying start to the 2014 season as he suffered 7:40, which is awesome.”

Other Results


Kanno 1:26:51 31 (under 1:30. I don’t like to be bleak, but this brings back memories of some
of the past Russian Winter Championships in Sochi. Despite fast times in the past, although
not to this depth, the Japanese have yet to make a real splash in international races.)

Melbourne, Australia, Jan. 19-1. Erin Tauley-Talcot, US 1:41:05 (50 at 10 Km) Personal
Best.

Indoor 5000m, Reims, France, Jan. 27-1. Youhan Diniz 18:29:44 2. Italian 50 Km, Jan.
Women’s 20 Km, same place 1. Eleonora Giorgi 1:30:40 2. Valentina Trappeti 1:25:23
Indoor 5000m, Zaparazky, Ukraine, Jan. 27-1. Ihor Lyashchenko 1:46:62. Oleksandr Venhlovsky
Akatushkina 13:09:40 Ukrainian Indoor 5 Km Championship, Zarap gritty, Jan. 28-1. Ihor
Lyashchenko 19:46:17 5. Indoor 3 Km, Athlone, Ireland, Feb. 2-1. Alex Wright 12:08:22
Alvarez 20:00:59 3. Miguel Carvalho 20:43:51 Women’s 3000m, same place 1. Ana Cabecin
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Swing Those Hips To and Fro As A-Racin’ We Shall Go

Sat./Sun. March 8-9
      USATF Youth Indoor 1500 and 3000, Hyattsville, Maryland (ID)
Sun. March 9      50 Km (Track), Banks, Oregon, 9 am (E)
                 USATF Midwest Region 5000 meters, Wisconsin (I)
Sun. March 16     USATF Masters National Indoor 3000 meters, Boston (X)
                 USATF National Indoor Masters 3000, Boston (S)
Sun. March 23     1 Hour, Ottawa, Canada (Z)
Sat. March 29     5000 meters, Goshen, Indianna (R)
Sun. March 30     USATF World Cup Trials, Lake Whiting, N.J. (DD)
Sun. April 6      10,000 meters, Nyack, N.Y. (I)
                 Wisconsin 5 Km, Prairie, Wis. (I)
Sun. April 13     5000 meters, St. Louis, 6:30 pm (H)
Sat. April 26     Penn Relays 10 Km, Philadelphia, Pa.
Sun. April 27     5 Mile and 10 Mile Handicap, Coney Island, Brooklyn, N.Y. (P)
Sat. May 3        Midwest Region 20, 30, 40, and 50 Km, Pleasant Prairie, Wis. (I)
                 5 Km, Whiting, N.J. (W)
Sun. May 4        20 Km, Penfield, N.Y., 8am. (Y)
Sun. May 11       National USATF 10 Km and 27th Annual Jack Mortland Racewalks (5, 10, and 20 Km), Dayton, Ohio, 9 am (M)
Sun. May 18       National USATF Junior and Masters 15 Km, Riverside, Cal. (D)

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The Ohio Racewalker

With this issue we wrap up the 49th year in the life of the Ohio Racewalker. Perhaps it is time for a little reflection. From 1961 through mid-1964 Chris McCarthy published a monthly newsletter out of Chicago. It first appeared in Feb. 1961 under the name of The Midwest Walker. Billed as "News and views of the Midwest Walking World", as the scope expanded it the American Race Walker with the Nov. 1961 issue, and the annual subscription had risen from $1.00 to $2.00. In Feb. 1962 it became simply the Race Walker. The final issue, which he called the Monthly Walker, was put in early Summer 1964 and just issued of that year in an abbreviated format, as Chris concentrated on making the Olympic team which he did the in 1964. That final issue was No. 35.

When it became apparent in early 1965 that Chris was done with the publishing business, my Ohio TC teammate Jack Blackburn came to me and suggested that we fill the void. Thus, in March 1965 the first edition of the Ohio Racewalker was put in the mail to a handful of friends in the racewalking for who we had addresses. Jack was listed as the Publisher and I as the Editor. Here is how we introduced our efforts in Vol. I, No. 1, March 1965:

With the thought that too little is written about the sport of racewalking, we bring you the first issue of the Ohio Racewalker. On these pages each month you will find complete news coverage of walking in this state, plus any results we receive from elsewhere, together with features and commentary on racewalking in general. In short, any information on the sport that we come across, and is of sufficient significance, will be passed on to you, the reader. (And one comes across so little on racewalking it is hard to imagine anything of too little significance.)

Our purpose is mainly to present information and news on the sport (and to keep our own names in print) and we are not planning any crusading-type journalism. However, when controversy arises in any way regarding our sport, we will not hesitate to take a strong editorial stand. At the same time, we will make our pages available for the opinions of others, though they may disagree with our own.
Any news, comments, criticisms, or general features on walking from our readers will be more than welcome. We are sending this first issue to you for free. Future issues will sell for ten cents a copy or $1.20 a year.

Jack moved from Columbus a couple of years later and I became Editor and Publisher. Jack had provided the ditto machine for reproduction and I went to a mimeograph reproduction, instant gratification for those seeking information. So, tell your friends to subscribe.

He seemed to be more than happy to scan them onto discs. So, I shipped off about half of them for the OR W, which he seemed to admire very much.

In the February 1974 issue, the final issue in Vol 15, I wrote the following:

Unbelievably, The Ohio Racewalker has survived 14 years and steps bravely into another year of publication. From its humble beginnings as a five-page, dittoed (if you know what that means) little newsletter that went to perhaps 15 favored friends, it has blossomed into the magnificent piece of journalistic excellence you now hold in your hands. (We lost our humbleness long ago.) We now reach more than 350 avid readers each month. The purpose is to bring you as much as we can lay our hands on about the world of walking. We hope to have fun doing it and trust that no one will take us too seriously or expect too much from us in the way of format, careful editing, or even careful business operations. (We are infamous for fouling up subscriptions.) The fact is, this is a one-man operation and there ain’t no time for frills. Than one man sits down at his trusty Underwood portable, which he used in his collitch days in the mid-50s, sifts through the month’s accumulation of mail, and pounds out some sort of compendium of that stuff. Occasionally, he uses a little liquid paper or correction tape, lot’s of times he strikes over, and most the time just misses the typos. Composing at the typewriter can also result in some shortcomings in organization and definitely leads to a rambling style. Witness your way are reading now. Anyway, that’s where we come from where w are now, and where w are going is right into another year of news and views from the world of walking.

So, here we are ready to enter the 50th year with the next issue. And by the way, Bob Anderson published the first issue of Runner’s World also in March 1965 and sent me a copy just after I had mailed the initial ORW. Bob’s effort looked perhaps even more non-descript than the first raggedy Ohio Racewalker. But, he had a bit more imagination and dedication than I—the Ohio Racewalker has not become an empire. The circulation did rise gradually through the years and peaked at about 700 in the late ’80s. It’s now back under 200 with a gradual descent probably due to decreased interest in the elite branch of the sport and to the presence of the internet and its instant gratification for those seeking information. So, tell your friends to subscribe.

But the ORW does provide an archive of history and perhaps that will become available on the internet. A convergence of factors perhaps as much as two years ago has led to that possibility. The possibility was suggested to me by Doug Ermnini in the state of Washington as he contemplated writing an article on a certain aspect of the sport. He suggested that the ORW archives should be scanned and made available on line. At about the same time, John Constandinou, who had recently taken over the editing or the Race Walking Record, a British publication that predates the Ohio Racewalker by several years, contacted me. He was digitizing the archives of that publication for an internet site and suggesting the possibility of doing the same for the ORW, which he seemed to admire very much.

And also at about the same time, Dave Talcott asked me if he could borrow all of my back issues for purposes of his ongoing research and compilation of lists. I was reluctant to ship my archives across the ocean—many of which were my only issue. But, I agreed to ship them to Dave in upstate New York and also mentioned to him the possibility of an archival site on line. He seemed to be more than happy to scan them onto discs. So, I shipped off about half of them in big box, all neatly in order. When they arrived at Dave’s, they were out of order, and a large number were missing. For some reason, USPS had opened the box and reboxed some of them. The second box has never been found.

Fortunately, I had a second copy of all but perhaps 20 of those that were missing. Dave scanned all that he had and returned them and I sent all of the remaining issues, the most recent 20 years or so, which he has also scanned. And returned without incident.

In the meantime, we located most of the missing issues (thanks to Tom Dooley and Steve Hayden). So, as of now, the only issues that have not been scanned are Dec. 1972 and May 1973. And my collection is also missing originals of May and August to November 1972. I have xerox copies of those issues. So, here is an appeal to those who might have extensive ORW archives for original copies of these missing issues. I will return copies or the originals as you desire.

As to a web site for the archives, setting it up is beyond my limited computer savvy, but there are apparently others willing to help with that.

Tim Seaman

As noted earlier, Tim Seaman has retired after long, brilliant, distinguished career. The following press release from USATF was written by Christie Mann.

American racewalker Tim Seaman will line-up one last tie Sunday Feb. 23 before officially announcing his retirement after the USATF Indoor T&F Championships in Albuquerque.

"I think it’s the right time," said Seaman, whose racewalking legacy has been a history in the making. "I don’t think I could match my 2013 season of winning USA Indoors at 40 and USA Outdoors at 41. I can’t top that, so I think it’s better to go out on top. USATF has given me the opportunity to travel across the world, to make great friends and to have unforgettable memories. Their assistance over the years has been irreplaceable. I set 12 American records in my career. I still have eight of them. The opportunity to wear USA across your chest is something that only USA Track & Field could have given me and that really means a lot.

Seaman’s storied career began when his high school coach encouraged him to compete as a miler because the team needed extra points at an event on Long Island. Seaman accepted the challenge, laced up, and set his racewalking destiny in motion. The summer following his senior year, he became a 10 Km Junior National Champion with a time of 49:36:14, and he received a scholarship to the University of Wisconsin-Parkside. As a collegiate athlete, Seaman became the school’s first four-time NAIA racewalk champion, Propelling his career into the elite, national racewalking scene.

At USA Championships alone, Seaman became a 13-time Indoor 50009 champion, winning consecutive years from 1998-2007, and in 2009, 201, and 2013. He is a seven-time USA Indoor 50009 champion with a time of 12:53:42 at the Athens 2004 Games.

"My first Olympics didn’t go exactly as I wanted," he said. "but my second Games was the highest place for an American in the last 28 years. And for that, I am proud.

Transitioning into a role as a full-time coach has been bittersweet for Seaman, but he now sees his impact on the next generation of racewalkers and takes pride in their success.

The second fastest ever is Trevor Barron, who I coached," said Seaman."He walked faster than me in London, and he is the only American to ever walk faster than me. The pinnacle moment of my coaching career is knowing that two-thirds of the Americans in London in racewalking walked the fastest times ever by Americans at the Olympics."
Currently also the coach at Cuyamaca Community College in San Diego, Seaman continues the final phase of his professional career with reminder of the journey. "I've had a very long career, and I'm ready for the opportunities provided to me by USA Track & Field and the New York Athletic Club."

He met his wife Rachel (Lavalle) Seaman at the 2006 IAAF World Cup in Spain, and he made many financial sacrifices to compete after college in addition to moving across the country and overcoming the setbacks of nagging injuries.

Despite the memories and sentiments along the way, Seaman looks ahead remembering every voice of encouragement, especially his first. Even his faithful Coach Manhardt rode a bicycle beside him during Seaman's final preparations for the last competition of his legendary career.

(An editor's note: I first saw Tim in July 1990 when he competed in a Junior International race in Columbus. Just out of high school, Tim finished third in 22:40.92 for 5000 meters behind Canada's Martin St. Pierre (21:02.09) and his U.S. teammate Philip Dunn (21:14.8). My commentary on the race in the ORW follows. "I'm the men's race, St. Pierre led throughout, but Dunn stayed on his heels for the first 2 miles. St. Pierre always looked in control, however, and was much the smoother and more relaxed. When he made his move, Dunn had no response, but the American walked an outstanding race and is certainly an outstanding prospect for the future. Seaman walked a gutsy race, but is limited at this time by a rather stiff style that had him under very close surveillance by the judges. He is bound for Wisconsin-Parkside and will certainly have the opportunity to improve his style in that environment." The judges for that race were Jack Mortland, Chief (that would be me), Wayne Armbrust, Jack Shuter, and John White. And Tim certainly did improve. I have had the privilege of reporting his many accomplishments in these pages, although I did not see him again until last summer when I hosted Tim and Jeff Salvage when they came to Columbus for one of their outstanding clinics. Congratulations to Tim on an outstanding career, which he will continue in bringing his knowledge to the next generation.)

Racewalking Grand Prix

The newly formed Grand Prix committee comprised of: Ray Funkhouser, Solomiya Logiuk, Vincie Peters, Michael Roth, and Maria Michta submitted the guidelines for the 2014 Grand Prix as well as a list of included events to the Executive Committee. After review and slight modification here is what the Executive Committee has come up with for 2014:

**A Race Walking Grand Prix Series**

The USA Race Walking Grand Prix is an annual fixture and program of USA Track & Field and is managed by the USA Track & Field's National Race Walk Committee. It is a year-long series of Olympic Development competitions through which USA Track & Field crowns an overall champion for each competitive year. The events selected will also provide circuit sponsors with a geographically diverse racing schedule generating national exposure for their products and services.

The wide range in distances gives the top race walkers in the U.S. an opportunity to compete against each other all year long and aids in developing the next group of international-level athletes. The composition of the circuit's races is based upon the National Championship schedule of events with distances ranging from 1 mile to 50 kilometers for men and women. The series shall run from October 16 and conclude October 15 the following year.

Individuals who are members of USA Track & Field and in good standing prior to the start of each event are eligible to compete. However, Grand Prix prize money and awards are limited to U.S. Citizens who are eligible to represent the USA in international competitions. Athletes may compete as individuals and/or as members of a team. For individuals, the top 10 overall U.S. finishers, male and female, can score in each race in the Series (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1). A bonus of 2 points will be given to the winner if he or she breaks the national record at the race distance.

The top three individual men and female point scorers in the open division will receive awards. The award winners will be recognized at USA Track & Field Race Walk meeting at the Annual Convention in December.

Here are the races:

**National 50, No. 1, 2013**

- National 5 Km, May 31
- National 20 Km, June 28-29
- National Indoor 5000, Dec. 28, 2013
- National Indoor 1 Mile, Feb. 15
- National Indoor 5000, Feb. 23
- National 1 Hour, Aug. 10 or 17
- World Cup Trials, March 30
- National 30 Km, Sept. 14
- National 10 Km, May 11
- National 20 Km, May 18
- National 40 Km, Oct. 12

**USA Race Walking Grand Prix Series: Juniors**

2007 saw the addition of a junior division, for athletes under 20 years of age. It has an abbreviated schedule tailored to athletes in that age division.

Individuals who are members of USA Track & Field and in good standing prior to the start of each event are eligible to compete. Athletes may compete as individuals and/or as members of a team. For individuals, the top 10 overall U.S. finishers, male and female, can score in each race in the Series (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1). A bonus of 2 points will be given to the winner if he or she breaks the national record at the race distance. The series shall run from October 16 and conclude October 15 the following year.

The top three individual men and female point scorers in the junior division will receive awards. The award winners will be recognized at USA Track & Field Race Walk meeting at the Annual Convention in December. The races are:

- World Cup Trials, March 30
- Penn Relays April 26
- National 10,000 meters, July 5 - 6
- National 1 Hour, Aug. 10 or 17
- National 20 Km, Sept. 14
- National 15 Km, May 18

**USA Race Walking Grand Prix Series: Masters**

In 2009 a Masters Grand Prix circuit joined the junior & open series. Individuals aged 30 or older who are members of USA Track & Field in good standing prior to the start of each event are eligible to compete, however only U.S. Citizens are eligible for awards.

USA Track & Field crowns the top overall man and woman champions as well as awarding certificates to the top 10 individuals. The award winners will be recognized at USA Track & Field Race Walk meeting at the Annual Convention in December. The Masters Grand Prix year runs concurrently with the Open & Junior Grand Prix Series.

At each race individual performances will be age graded using the 2010 age grading tables. Points will be awarded to the top 10 overall U.S. finishers, male and female (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1). A bonus of 2 points will be awarded to any individual if he, or she, breaks the national record for his/her 5-year age group at the race distance.

The races:

- National 50 Km, Nov. 24, 2013
- National 20 Km, Dec. 28, 2013
- National 30 Km, Feb. 23
- National Indoor 3000, March 14-15
- National Masters Outdoor meet, July 17-20
- National 1 Hour, Aug. 10
- National 30 Km, Sept. 14
- National 5 Km, Oct. 4
USA Race Walking Grand Prix Series: Teams

The team series is a competition between current member clubs of USATF. Individuals may compete for a team only if they are registered under their club name with their association in the USATF Membership database prior to race day. Teams may be composed of athletes who may otherwise compete as individuals in the junior, open or master divisions.

All teams must e-mail a roster of USATF registered athletes who will be representing the club to the Grand Prix Coordinator prior to the race. The roster shall include the club’s official name, the association it belongs to and a list of each athlete’s name, birth date, address, and USATF number which may be competing in the race. If this list is not received prior to the competition, the team will not score in the Grand Prix for that race. Once the team has been verified, only additions or subtractions of registered athletes need to be made. No day-of-race changes will be accepted. All USATF team-change rules apply.

The top five teams will score points in selected team-scoring events, by gender (10 for first, 8 for second, 6 for third, 4 for fourth, 2 for fifth). Place will be scored by the cumulative time of the first three finishers of each registered team. Only one team may score per club, per gender.

The top men’s and women’s teams, overall, will be presented with awards. Certificates will be presented to the 2nd and 3rd place teams of each gender.

45 Years Ago (From the February 1969 ORW) – Dave Romansky was crowned ORW National Postal 20 Km Champion with his 1:33:58. Dan Totheroh did a 6:36.6 mile in Los Angeles just beating Ron Laird, Larry Young, and Larry Walker, who finished right together. Tom Dooley won 30 Km in 2:31:02.

40 Years Ago (From the February 1974 ORW) – National Indoor titles went to Larry Walker (2 Miles) in 13:24 and Sue Brodock (1 Mile) in 7:28.6. Todd Scully was a very close second to Walker. Dave Romansky won the Olympic Invitational 1 Mile in 6:04.5.

35 Years Ago (From the February 1979 ORW) – Chris Shea became the first woman to break 7 minutes for 1 Mile, winning the National title in 6:58.4. The Men’s 2 Mile title went to Todd Scully in 12:40, 10 seconds ahead of Jim Heiring. Canada’s Marcel Jolin beat Scully in a Montreal Indoor 3 Km, 11:37 to 11:40.4. Scully won the Millrose Mile in a world best of 5:55.8.

30 Years Ago (From the February 1984 ORW) – Jim Heiring was an easy winner of the National Indoor 2 Mile in 12:11.21 and Teresa Vail won the Women’s 1 Mile in 7:12.85. In the Millrose, Ray Sharp edged Heiring in 5:52.29.

25 Years Ago (From the February 1989 ORW) – The Millrose Games 1 Mile went to Tim Lewis in 5:56.17 with Curtis Fisher and Gary Morgan also under 6 minutes. Morgan won the 1500 meters at the Meadowlands Invitational in New Jersey in 5:32.56 a second ahead of Richard Quinn.

In Arlington, Virginia, Canada’s Ann Peel beat Lynn Weik over 1 Mile in 6:54.23.

20 Years Ago (From the February 1994 ORW) – Debbie Lawrence won two 1500 meters races in Canada in 6:11.84 and 6:14.0. Allen James won the Commonwealth Games 3 Km in Boston in 11:27.14, nearly 3 seconds ahead of Jonathan Matthews. Allen also captured the Millrose Mile in 5:48.82, beating Douglas Fournier (5:51.84) and Tim Seaman (5:57.35). And there were about 8 pages devoted to “Alarming shoes, flying walkers, and all that.” The second month of commentary on a potential judging device, the “run alarm”, and associated issues of contact and judging. Yes, it was time for another rehash.

15 Years Ago (From the February 1999 ORW) – Curt Clausen defended his National 50 Km title in Sacramento, breaking the U.S. road record in the process as he finished in 3:54:38, covering the second half in 1:55:48. Al Heppner led through 35 km, and, although he succumbed to Clausen’s blazing finish turned in a superb 3:58:45 for second. Andrew Hermann was third in 4:02:30 and Phillip Dunn fourth in 4:04:44. There were nine under 4:30 (including Ireland’s Jeff Cassin) and 40-year-old Marco Eponiuk missed that mark by just 15 seconds. Allen James dipped under the 6 minute mark by just .36 seconds to win the Millrose Mile, with Gary Morgan 7 seconds back. Steve Pecinovsky, age 44, walked an impressive Indoor 3 Km in Arlington, Virginia, winning in 12:27. Jill Zenner (later Cobb) had a 13:12 to win an Indoor 3 Km in Carbondale, Ill. Dion Russell was impressive with a 3:47:34 to win the Australian 50 Km title.

10 Years Ago (From the February 1994 ORW) – Clausen again won the National 50 held in Chula Vista, Calif., finishing in 3:58:24. Tim Seaman (4:08:06), Philip Dunn (4:10:37), and Sean Albert (4:18:33) followed. Sadly, we had to report the death of Al Heppner, fifth in that race, who jumped from a bridge three days later. Thankfully, Al is remembered in may ways, including the NARI Racewalking Scholarship in his name. We quoted Cheryl Rellinger then, “Don’t dwell on the last four days. Remember who he was when you saw him in his element, the man you knew for years.” John Nunn won the Millrose Mile in 6:03:37 and also did a 3 Km in 12:05.8 in Brentwood, N.Y. In Ireland, Poland’s Robert Korzeniowski blistered an indoor 5 Km in 18:38.79 and Gillian O’Sullivan covered 3 Km in 11:59.70.

Vladimir Stankin won the Russian 20 Km Winter Championships in 1:17:23 and Susana Feitor did a 1:29:32 for 20 Km in Portugal.

5 Years Ago (From the February 2009 ORW) – Philip Dun’s fourth National 50 in Santee, Cal. In 4:28:53, more than 32 minutes off his personal best, but sufficient to win by nearly 36 minutes over Theron Kissinger, with only one other finisher. Tim Seaman won an accompanying 20 Km in 1:37:49.2 as he led 16-year-old Trevor Barron to a U.S. Junior record in the same time. Canada’s Rachel Lavallee (now Rachel Seaman) was not far back as she won the women’s race in 1:38:30.