

## Quirke Wins 50 For First National Title: Taylor Tops Women's Race

Surprise, Arizona, Feb. 7 (With input from Vince Peters)—Stephen Quirke of Wisconsin caught Jonathan Matthews of Helena, Montana in the last 2 Km to win the 2010 National 50 Km to rack up his first national title.

No stranger to fast times, Matthews, with a personal best of 4:01:36 6 years ago as a 37-year old, targeted this race to challenge his body and mind to replicate the good ol' days. Taking the lead right from the start, Matthews opened a gap on a pack of four that formed behind him.—Quirke, John Nunn, and veterans Allen James and Ray Sharp. Behind them were Theron Kissinger, Dave McGovern, and Steve Pecinovsky. Following were some of the best 60-69 year old racewalkers in the world.

The first 35 Km of the race went by rather uneventfully with Matthews comfortably ahead and moving on to age group records at 35 and then 40 Km. And then the pack behind him was disintegrating with Kissinger, Nunn, and Pecinovsky heading in turn to an early shower.

Matthews lead grew to more than 2 ½ minutes before Quirke, with James in tow, started to cut into it with about 15 Km to go. Quirke made his decisive move as they approached 45 Km and quickly closed the gap. James worked hard but couldn't quite cover Quirke's move, but he was gaining on a laboring Matthews.

Quirke caught Matthews at 49 Km and pulled gradually clear over the final kilometer to finish in 4:23:02, just 51 seconds behind his personal best set in the 2008 National race. Matthews gave ground reluctantly and finished just 13 seconds back. James (45) finished in 4:24:01, well clear of 50-year-old Ray Sharp, who had 4:31:41, more than 10 minutes ahead of 44-year-old Dave McGovern. These five qualify for the U.S. World Cup team, but Quirke has stated a preference for the 20 and should qualify at that distance, James does not intend to make that trip (he intentionally did not renew his passport so he wouldn't be tempted to change his mind set on that), and McGovern is already slated as Team Manager and apparently does not intend to compete. Next in line for a team berth is 54-year-old Mark Green, sixth in 4:52:04

Outstanding performances were turned in by Ohio's Chris Schmid, seventh in 5:04:46 at age 63 and in his first 50 Km and Leon Jasionowski, who set a world age 65 record with 5:11:22 in the ninth spot.

In seventh spot overall, Erin Taylor won the women's race in 4:57:11. Among American women, only Susan Armenta, who won in both 2001 (4:49:42) and 2002 (4:39:40) has gone faster.

Matthews who has competed infrequently since 2000, said, "I decided it might be fun and good for my health to try to get back in shape, adding that he has averaged 70 miles a



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week in training for the past several months. "I was hoping for a top five finish," he said. "I thought that some of the guys who dropped out were probably going to beat me. The amazing thing is, I didn't think at 53 I'd be able to do that well. During the race I kept in mind how hard I'd worked to get ready for it, so there was no point being timid. I was prepared to give everything I had, it ended up being a great day, though I wish I somehow could've figured out how to be 14 seconds faster." This will be Matthews fourth World Cup team. He was also on teams in 1993, 1997, and 1999, two of those at 20 Km.

Allen James, who has kept fit and raced occasionally with good results since his retirement in 1996, was inspired to walk his first 50 km in about 14 years last October. He was a member of the wedding party for Tim Seaman and Rachel Lavallee and on the morning of the wedding was able to train with Tim and Andreas Gustaffson and got in a surprisingly good 22 km effort. That inspired to keep extending his normal Saturday 20 Km, which eventually built to 32 Km at about 5:20/km and a decision that he could go 50. It seemed to suit him. Startin out at near that pace, he was able to steadily the pace throughout the race with 10 Km splits of 53:32, 53:10, 53:01, 52:21, 51:56. Steve Quirke had nearly the same splits through 40 Km, but was able to go about a minutee faster on the final 10. The wonders of youth.

Ray Sharp, like Matthews, a veteran who came back, qualified for his fifth World Cup team. But although he and Matthews are close in age, this will be their first World Cup together. Sharp, who was on 1981 and 1987 teams at 20 Km retired in 1990, a year before Matthews entered the sport. And Jonathan retired in 2000, five years before Ray launched his own comeback. Sharp went on to win national 40 Km titles in three straight years (2007-2009) and to make World Cup teams at 50 Km in both 2006 and 2008.

In an accompanying 20 Km, 17-year-old Trevor Barron had another startling race as he took nearly 6 minutes off the U.S. Junior record he set last year, finishing in 1:31:51. And he has more in him. He was paced by his coach Tim Seaman and wife Rachel Seaman for the first 10 Km in 46:25 (that's all they were doing). He walked 59 seconds faster on the second half going solo!

An added note supplied by Dave McGovern: five of the all-time top ten U.S. 20 Km walkers were competing in the race: John Nunn 1:22:31, Allen James 1:24:27, Dave McGovern 1:24:29, Jonathan Matthews 1:24:40, and Ray Sharp 1:24:58.

Results:

**Men:** 1. Stephen Quirke, Racine, Wis. 4:23:02 2. Jonathan Matthews (53), Helena, Mont. 4:23:25 3. Allen James (45), Bond Lake AC 4:24:01 4. Ray Sharp (50), Pegasus AC 4:31:41 5. Dave McGovern (44), World Class RW 4:42:14 6. Mark Green (54), Reno, Nev. 4:52:04 7. Chris Schmid (63), World Class RW 5:04:46 8. Dave Talcott (49), Shore AC 5:06:13 9. Leon Jasionowski (65), Pegasus AC 5:11:22 10. Max Walker (63) 5:19:02 11. Mike Bartholomew, World Class RW 5:26:08 12. Alexis Davidson, (54) Eastside RW 5:41:39 13. Bruce Logan (45), New York, N.Y. 5:44:05 12. John Magnussen (57), SC Walkers 5:47:46 DNF—John Nunn, US Air Force; Theron Kissinger, Southbury, Conn. ;Steve Pecinovsky (55), World Class RW. DQ—Dave Gwyn (58), Houston; Jim Troche (61), World Class RW; Niall Mandal (66), Shore AC; Mel Schultz (77), Sun Lakes, Ariz.

**Women:** 1. Erin Taylor, Shore AC 4:57:11 2. Kathryn Grimes (46), RW Northwest 5:37:10 3.

Nana Bellurud, RW NW 6:03:27 4. Karfen Karavanic, RW NW 6:15:16

**Men's 20 Km:** 1. Trevor Barron (17), NY AC 1:31:51 2. Ricardo Haro (4), El Paso, Texas 1:48:23 3. Norman Frable (64), Pegasus 2:01:39 4. Richard Campbell (63), SC TC 2:03:17 5. Ronald Walters (71), Sierra RW 2:18:49 6. John Backlund (69), SC TC 2:18:57 7. Bernie Finch, Floriada AC 2:47:09 **Women's 20 Km**—1. Vicki Pritchard (51), World Class RW 2:09:17 2. Louise Walters (70) Sierra RW 2:12:27 3. Mary Baglin (63), Pacific RW 2:14:31 4. Dawn Tenney (52) Scottsdale, Ariz. 2:14:43 5. Susan Mears (54), Pacific RW 2:16:38 6. Elsie Kallal (66), Scottsdale 2:17:39 7. Yvonne Rothblum, Phoenix, Ariz. 2:19:47 8. Darlene Backlund (65) SC TC 2:31:17 9. Cathy Marfield, Indianapolis 2:32:37 (2 DQ)

## Seaman and Vaill Add to Title Collection at National 1 Mile

New York City, Jan. 29—A feature of the 103rd Millrose Games in Madison Square Garden was the USATF National 1 mile races for men and women. Tim Seaman and Teresa Vaill took advantage of the opportunity to add to their collection of national titles. Seaman captured his 42nd, tying him with Hall of Famer Henry Laskau for second place on the all-time list (see page 9.) Vaill, who already had far more titles than anyone else, took her 38th, although losing the race to Canada's Rachel Seaman (nee Lavallee), Tim's wife. Tim Seaman blistered the boards for a 5:52.43 effort, not far ahead of Sweden's Andreas Gustaffson (5:54.97). In third was 17-year-old Trevor Barron in 6:03.48, breaking the National high school record of 6:11.0, set by Paul Tavares 20 years earlier in these Games.

Rachael Seaman bested Vaill by walking 6:49.20. Vaill finished in 6:52.54, taking her fifth national title at the distance. Not far back in third was Maria Michta in 7:00.85.

Tim Seaman said "Henry Laskau was a holocaust survivor, and for me to tie him is an honor—he had such difficulties in his life and fought tremendous difficulties, so to tie him 50 years late is a real honor." Regarding Barron, who Tim helps coach, he added, "It means a lot to me that Trevor took third because the gentleman he took the record from I raced against and could not beat. We have a good relationship, a good camaraderie, and it's a lot of fun."

Rachel Seaman, noted: "It's really hard doing a mile when you usually race 20 Km. I was planning on staying with whoever was leading, then at 2 ½ laps to go, I made my move and tried to get around and away and pushed to the end." The results:

**Men:** 1. Tim Seaman, 5:52:43 2. Andreas Gustaffsson, Sweden 5:54.97 3. Trevor Barron (17) 6:03:48 4. Josh Wiseman 6:19:13 5. Richard Luettchau 6:29.71 6. Dan Serianni 6:30.54 7. Alejandro Chaves 6:33:55 DQ—Mike Mannozi

**Women:** 1. Rachel Seaman, Canada 6:49.20 2. Teresa Vaill 6:52:54 3. Maria Michta 7:00.85 4. Erin Bresnahan 7:03.49 5. Lauren Forgues 7:10.01 6. Loretta Schuellein-McGovern 7:10.22 7. Tina Peters 7:30.74 8. Susan Randall 7:32.27 9. Erika Shaver 7:33.48 10. Erin Taylor 7:41.20 DQ—Katie Burnett

## Two Races Launch IAAF Challenge Season

The IAAF Challenge was launched with two "Area Permit" meets, one in Hobart, Australia and the other in Lisbon Portugal (see explanation of the three levels of Challenge races below.)

In Hobart on Feb. 13, the talented Tallents won both the men's and women's 20 Km races, Jared in the men's race and his wife Claire (nee Woods) in the women's. Jared led from the gun and was never challenged as he came home in a quick 1:19:15. The defending Challenge Champion Eder Sanchez was no challenge, but was walking second until he was



disqualified on the final 2 Km loop. Sanchez had been training in Australia for a few weeks along with teammates Adrian Herrera and David Mejia, Unfortunately for Mexico, they too were disqualified on this day.. Also on the starting line was Nathan Deakes coming back from injury that kept him out of the 2008 Olympics and 2009 World Championships. Deakes broke the world 50 Km record in 2006 and won the World Championship at 50 in 2007. But, apparently, he still isn't right as he abandoned the effort after 12 km. Luke Adams was second in the race, nearly 3 minutes behind Tallent, but well clear of Sweden's Ato Ibanez, who finished third.

In the women's race, Claire Tallent won in 1:32:40.2 ahead of Cheryl Webb (1:33:28). In this race, the only competitors from outside of Australia were from New Zealand.

On February 20, the show moved to Lisbon, where the Portuguese championships were designated an area permit meeting. Frenchmen Bertrand Moulinet won the men's 20 in 1:25:16, well clear of Portugal's Sergio Vieira (1:28:26). Bertrand had a personal best by 14 seconds and was unchallenged after Joao Vieira, a European medalist in 2006, had to drop out with injury at 16 km.

In the women's race, Vera Santos, fifth in last year's World Championships was impressive with a 1:30:09 victory, faster than in those World Championships, but well short of her personal best 1:28:14 in the Beijing Olympics. The results"

## Hobart

**Women**—1. Claire Tallent, Australia 1:32:40 2. Cheryl Webb, Aus. 1:33:28 3. Jillian Hoskins, Aus. 1:34:13 4. Kellie Wapshott, Aus. 1:35:23 5. Nicole Fagan, Aus. 1:41:35 6. Kate Newitt, NZ 1:47:52 7. Rosie Robinson, NZ 1:51:24 8. Lauren Bourke, Aus. 1:55:25 9. Alana Barber, NZ 1:58:28 10. Tamara Attard, Aus. 2:02:57 11. Kelly Mabbett, NZ 2:05:26 12. Caitlan Brnton, Aus. 2:11:53 DQ—Beki Lee, Aus, DNF—Megan Szirum, Aus.

**Men**—1. Jared Tallent, Aus. 1:19:15 2. Luke Adams, Aus. 1:22:07 3. Ato Ibanez, Sweden 1:23:30 4. Chris Erickson, Aus. 1:23:37 5. Isamu Fujisawa, Japan 1:25:13 6. uki Yamazaki, Japan 1:27:12 7. Ian Rayson, Aus. 1:27:53 8. Brendon Reading, Aus. 1:27:53 9. Tom Barnes, Aus. 1:33:06 10. Derek Mulhearn, Aus. 1:33:34 11. Duane Cousins, Aus. 1:35:08 12. Quentin Rew, NZ 1:35:16 14. Daniel Payne, Aus. 1:43:41 15. Daarren Purcell, Aus. 1:45:36 16. Mike Parker, NZ 1:46:52 17. Eric Kemsley, NZ 1:52:40 18. David Sim, NZ 1:56:30 DNF—Adam Rutter, Nathan Deakes, and Darren, all Australia DNF—Eder Sanchez, David Mejia, and Adrian Herreramex, all Mexico

## Lisbon

**Women's 20 Km:** 1. Vera Santos 1:30:09 2. Ana Cabecinha 1:32:36 3. Ines Henriques 1:33:47 4. Laura Polli, Switz. 1:39:57 5. Zuzanna Schindlerova, Czech Rep. 1:40:48 6. Maribel Goncalves 1:41:57

**Men's 20 Km:** 1. Bertrand Moulinet, France 1:25:16 2. Sergio Vieira 1:28:26 3. Pedro Isidro 1:28:43 4. Damien Molm, France 1:28:57 5. Augusto Cardoso 1:29:56 6. Pedro Martins 1:33:58

## Remaining IAAF Challenge Schedule

*(For 2010, there are three categories of Challenge Races; A—the World Cup. B—IAAF Permit Meetings, of which there are five. C—designated area permit meetings, including the Hobart races. Challenges points will be awarded as follows: Category A—1st 16 score with 20 for first, and 16,14,12, 10, 8,6,5,4,3,2,1 for the next eleven. B—Points to the first 10 finishers as*

*follows:12,10,8,7,6,5,4,3,2,1. Category C—Points to the first six as follows: 6,5,4,3,2,1.)*

March 14	Lugano, Switzerland Category (C)
March 27	50 Km, Dudince, SlovakRep. (C)
April 10	20 Km, Rio Maior (B)
May 1	20 Km Sesto San Giovanni, Italy (B)
May 15-16	World Cup of Racewalking, Chichuahua, Mexico (A) 20 Km Men and Women, 50 Km, Men, 10 Km Jr. Men and Women
May 29	Krakow, Poland (B)
June 11	Alytus, Lithuania (C)
June 19	20 Km, La Coruna, Spain (B)
Sept. 18	20 Km, Beijing, Challenge Final China (B)

## Other Results

**Indoor 3000 meters, Cambridge, Mass., Jan. 24**—1. Lauren Forgues 14:23.30 2. Abby Dunn 15:58.91 3. Jenny Thuotte 16:06.77 4. Nicole Court-menendez 17:31.02 5. Courtney Williams 17:54.59 **Men**—1. Mathew Forgues 14:08.75 2. Evan Vincent 14:15.78 **1 Mile, Cambridge, Mass., Feb. 14**—1. Abby Dunn (15) 7:58.75 2. Larry Epstein (51) 8:32.15 3. Nicole Court-Menendez (15) 8:38.30 4. Courtney Williams (16) 8:38.76 5. Spencer Dunn (11) 8:55.36 6. Emmett Schmarsow (58) 8:59.99 **3 Km Mallwalk, Milford, Conn., Feb. 14**—1. Theron Kissingler 14:21.51 2. Amy Cheung (17) 15:44.06 3. Bob Harjes (47) 18:24.30 4. Barry Fowler (50) 18:24.59 5. Brittany Collins (15) 18:42.54 6. Joe Light (62) 18:48.79 7. Kevin Greene (15) 18:53.32 8. Lee Chase (56) 19:04.50 (19 finishers) **H.S. Girls 1500 meters, Suffolk County, N.Y.**—1. Amy Cheung 7:11.35 2. Destiny Lalane 7:11.94 3. Suzy Farber 7:12.59 4. Jennifer Halloran 7:35.96 5. Jourdann Green 7:37.62 6. Rachel Sigismondi 7:48.31 7. Genevieve Spuhler 7:54.38 8. Donna Macaluso 8:01.31 9. Kayla Hazel 8:10.79 10. Amanda Jones 8:28.80 (2 DQ) **15 Km, Miami, Feb. 7**—1. Ann Harsh (59) 1:40:18 2. Gary Null (65) 1:43:20 3. Peter Bayer (71) 1:49:08 **10 Km, same place**—1. Glen Boder (48) 51:10 **6 Km, same place**—1. Miriam Gordon (83) 51:32 **Indoor 3 Km, Greencastle, Ind., Feb. 13**—1. Kyle Hively, Rio Grande U. 14:14 2. Lo Po Man, McKendree U. 14:42 3. Doug Johnson (49), Kentucky Racers 14:48 4. Nicole Furnish, Lindsey Wilson U. 14:50 5. Amanda Johnson, Lindsey Wilson 15:40 6. Damon Clements (53) 16:10 7. Chelsea Conway, Lindsey Wilson 16:24 8. Mac Walker (63) 16:46 9. Theresa Ameraman 16:51 10. Danielle Stockham, Rio Grande 19:32 17. Robert Njichols (70) 19:35 **Indoor 5000 meters, Kenosha, Wis., Jan. 29**—1. Ben Shorey 20:55.4 2. Stephen Quirke 22:19.1 3. Matt DeWitt 22:19.6 4. Klaus Theidmann 28:32.2 **Women**—1. Miranda Melville 25:33.5 2. Sherri Watts, Canada 30:36.1 **3000 meters, Marshall, Missouri, Feb. 12**—1. Patrick Stroupe 11:37.68 2. Peter Muldoon 14:08.60 3. Aleksandr Jakobsen 17:07.37 **Women**—1. Courtney Spann 17:52.09 2. Gayle Johnson (61) 17:56.39 3. Carissa Eichmeyer 18:04.22 **5 Km, Los Angeles, Jan. 17**—1. Yoko Eichel (62) 29:58 2. Donna Cunningham (63) 32:32 3. Vin Kanchna (53) 32:41 4. Patsy Hurlley (15) and Constantine Yap (10) 43:46 6. Carol Bertino (61) 33:05 7. Victoria Yap (13) 33:17 8. Julia Townsend (16) 33:18 (19 finishers) **2.8 Miles, Seattle, Jan. 9**—1. Bob Novak (60) 26:28 2. Stan Chraminski (62) 26:55 3. Ann Tuberg (5) 27:45 4. Rebecca Kettwig 28:34 5. Michelle Cunningham (48) 28:56 **Indoor 5 Km, Belfast, Ireland, Feb. 7**—1. Robert Heffernan 19:24.64 2. Colin Griffin 19:47.34 3. Jamie Costin 19:48.73 4. B. Boyce 20:18.28 5. T. Bvosworth 20:45.60 (11 finishers) **Women's 3 Km, same place**—1. Z. Malikova 12:36.43 2. L. Reynolds 13:09.99 3. K. Veale 13:18.44 4. E. Prendiville 14:32.52 (7 finishers) **Indoor 3000 meters, Turku,**



**Finland, Feb. 6–1.** Anne Halkivaha 13:54.78 2. Henrika Parviainen (12) 24:48.36 **Finnish Indoor Championships, Turku, Feb. 20: Men's 5000 meters**–1. Jarkko Kinnunen 20:03.71 2. Veli-Matti Partenen 20:25.96 (Finnish junior national record) 3. Petri Makela 21:11.4 4. Matias Korpela 21:18.44 **Women's 3000 meters**–1. Karoliina Kaasalainen 13:43.45 2. Tiina Muinonen 13:50.24 3. Anne Halkivaha 13:55.41 **Junior Women's 10 Km, Hobart, Australia, Feb. 13–1.** Regan Lamble 48:12 2. Beth Alexander 49:03 3. Paige Hooper 49:26 4. Claire Xian 51:17 (6 finishers) **Junior Men's 10 Km, same place**–1. Dane Bird-Smith 49:26 2. Sean Fitzsimons 43:32 3. Rhydian Cowley 44:26 4. Blake Steele 44:29 5. Jordan Mulhearn 47:56 (1 DQ) **Portuguese 50 Km Championship, Lisbon, Jan. 21**–1. Dionisio Ventura 4:06:07 2. Jorge Costa 4:14:34 3. Luis Gil 4:14:59

## Races Here, Races There, Races, Races Everywhere

Fri. March 5 NAA Indoor Championships, Johnson City, Tenn.  
 Sat. March 6 Indoor 3000 meters and 1 Mile, New York City (G)  
 Mason Dixon Games 3000 meters and Youth 1500 meters, Louisville (V)  
 South Region 50 Km and open 5, 20, and 50 Km, Houston (L)  
 Sun. March 7 10 Mile, Yellow Springs, Ohio (M)  
 Indoor 3 Km, Minneapolis (S)  
 5 Km, Denver, 10 am (H)  
 5 Km, Portland, Ore.(C)  
 Sat. March 13 2.8 Miles, Seattle (C)  
 Sun. March 14 20 Km and 5 Km, Huntington Park, Cal. (Y) (The 20 will be National  
 USATF Masters Championship, pending approval)  
 Sun. March 21 10 Km, Denver, 9 am (H)  
 Sat. March 27 5000 meters, Cedarville, Ohio (M)  
 5000 meters, Raleigh, N.C., 9:30 am (T)  
 Sun. April 4 10 Km, Portland, Ore. (C)  
 Sat. April 10 5 Km, Fayette, Missouri (N)  
 Sun. April 11 3 Km and 5 Km, Seattle (C)  
 Mt. SAC Relays 5 and 10 Km, Walnut, Cal. (Y)  
**U.S. World Cup Trials, 20 Km men and women, 10 Km. Jr. Men and women), Ronkonkoma, N.Y. ®**  
 Sun. April 18 5 Km, New York City, 9 am (  
 Sat. April 24 Penn Relays Women's 5 Km, Men's 10 Km (Z)  
 Sun. May 2 20 Km, Portland, Oregon (B)

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## From Heel To Toe

**Youth Awards for 2009.** The USATF has announced honors for the best racewalkers in each youth age group for 2009. The rankings are based on performance during the year, including competition in Age Group Nationals, Junior Olympics, Junior Nationals, and Americas Cup Trials. The following athletes will receive certificates and other items of recognition: Young Men–Trevor Barron, Bethel Park, Pa.; Matt Fergues, Boothbay, Maine; and Dan Serriani, Rochester, N.Y. Young Women–Allison Chin, Tipp City, Ohio; Erika Shaver, Centerville, Ohio; and Reine Brickson, Enon, Ohio (all members of the Miami Valley TC). Intermediate Boys–Tyler Sorenson, Lafayette, Cal.; Alex Chavez, Pharr, Texas; and Michael Nemeth, Pittsburgh, Pa. Intermediate Girls–Claudia Ortiz, Mission, Texas; Abby Dunn, Auburn, Maine; and Molly Josephs, Garden City, N.Y. Youth Boys–Nathaniel Roberts, Salem, Oregon; Daimon Todd, San Jose, Cal.; and Geraldo Flores, Pharr, Tex. Youth Girls–Nicolette Sorensen, Lafayette, Cal.; Maite Moscoso, Longwood, Florida; and Lila Haba, Saratoga, Cal. Midget Boys–Casey Keifer, Monroe, N.Y.; Gabriel McAndrew, Ralson, Neb.; and Josh Childress, Albuquerque, N.M. Midget Girls–Caitlin Palacio, San Jose, Cal.; Amberly Melendez, Pharr, Texas; and Diana Castilleja, Pharr, Tex. Bantam Boys–Steven Berry, Missouri, Texas; Jason Gomez, San Jose, Cal., and Constantine Yap, Alhambra, Cal. Bantam Girls–Maranatha Weed, Cypress, Texas; Alina Kasparsons, Monroe, N.Y.; and Audrey Doby, South Park, Penn. (*Editor's aside: Whenever I see lists like this of young athletes, I wonder whatever happened to Tom, Dick, and Harry; Jane, Mary, and Patty? Yes, I'm getting old.*) . . . Masters Awards. **The U.S. Masters Racewalkers of the Year for 2009.** Listed by age group, they are: Women: 35-39–Susan Randall 40-44–Becky Benjamin 45-49–Teresa Vaill 50-54–Maryanne Daniel 55-59–Marianne Martino 60-64–Darlene Backlund 65-59–Jolene Steigerwalt 70-74–Joyce Curtis 75-59–Shirley Dockstader 80 and up–Miriam Gordon Men: 35-39–Tim Seaman 40-44 John Soucheck 45-49–Ray Sharp 50-54–Jonathan Matthews 55-59–Andy Smith 60-64–Chris Schmid 65-59–John Backlund 70-74–Paul Johnson 75-79–Jack Bray 80-84–John Starr 85 and up–Charles Boyle Darlene Backlund and Chris Schmid were named the Overall Walkers of the Year. **Seaman-Salvage Clinics.** Tim Seaman and Jeff Salvage have announced their schedule of racewalking clinics for 2010. These weekend clinics will feature individualized attention, group lectures, and high-tech know-how designed to help you walk more quickly, more legally, and more powerfully. Dates and locals are: July 10-11, Cincinnati, Ohio; July 17-18,



Philadelphia, Pa.; Aug. 14-15, Toronto, Can.; Oct. 16-17, +Houston, Texas; Oct. 30-31, Santa Cruz, Cal.; and Nov. 6-7, Springfield, Ill. With two highly qualified instructors, the instructor can focus on beginners and advanced walkers simultaneously. Tim Seaman is a two-time Olympian who has been competing since 1988. Tim, still going strong, has won 43 national titles and holds 10 American records. He has coached some of the country's top National Team women as well as many of upcoming stars from the South Texas Walking Club and from around the country. Jeff started racewalking in 1984 and had a brief, but successful, career competing nationally and internationally before turning to coaching and educating. He is the founder of [www.racewalk.com](http://www.racewalk.com) and author of *Walk Like An Athlete* and *Race Walk Like A Champion* as well as their corresponding videos and DVDs. He has coached at all levels from beginning fitness walkers, marathoners, elite juniors, and international competitors. For more information on the clinics and publications visit [www.racewalk.com](http://www.racewalk.com).

**Fernandez in hot water.** Spain's best racewalker, Francisco Fernandez, has admitted to sports authorities and police that he has been in possession of a banned substance, specifically EPO. In a press statement, he said he had obtained the substance with a view to using it in 2010, although "fortunately, these products were never used." Spain's Civil Guard investigated Fernandez in November as part of Operation Grial, which saw 11 people arrested, including a former doctor. Fernandez said he changed his mind about using the EPO when sport's medicine's Walter Viru's doping ring was exposed during those arrests. The Peruvian doctor's colleague was Spain's Eufemiano Fuentes, who has been alleged to operate a widespread doping ring. According to one report, Fernandez is prepared to collaborate with officials so that he might be limited to a one-year ban from competition. Another report says that when he made his confession to the authorities he was not facing any disciplinary action. Fernandez offered an apology to his sponsors and fans. Fernandez won the World Championship in 2007 and an Olympic silver medal in 2004 and is a two-time World Cup winner, all at 20 Km.

**World record confirmed.** The IAAF has confirmed a Junior world record at 10 Km by Russia's Stanislav Emelyanov who walked 38:28 in Saransk on September 10, 2009. He shattered the previous record of 39:57 set by countryman Aleksey Bartsaykin in May of 2008.

**Korzeniowski honored.** I was more than pleased when, scanning through my most recent issue of *Track & Field News*, I found Polish racewalker Robert Korzeniowski in fifth place in their selection of the world's top 10 male track and field athletes for the past decade. With his three Olympic golds and two World Championships during the decade, he was certainly deserving. But, as Elliott Denman has noted: ". . . this is a wonderful breakthrough in a publication that in some past years had perhaps a hesitant attitude about racewalking in general."

### Multiple U.S. Racewalk Champions

The roll of national champions in men's racewalking events goes back to 1876 when U.S. title races were held at 1, 3, and 7 miles. The number of title races gradually expanded and reached as many as 13 in the mid 1970s, when titles were contested at 75 and 100 Km and 100 miles. It was 1971 before enlightenment struck and women were also offered the opportunity to win national titles. That year it was just 1 Mile, with 5000 and 10,000 meter races added in 1973 and other distances since. Racewalking was under the auspices of the Amateur Athletic Union (AAU) for most of the time since 1876, then The Athletics Congress (TAC), and now the U.S. Track and Field Federation (USATF). With that brief history here are the lists of athletes, both male and female, who have won the most national titles in racewalking. Bob Bowman is the original compiler of these lists, which I have updated to the present and have added the span of years over which the titles were won.

### Men

1. Ron Laird (1958-1976)	65
2. Henry Laskau (1947-1957) and Tim Seaman (1996-2009)	42
4. Curt Clausen (1988-2005)	29
5. Larry Young (1966-1979)	25
6. Tim Lewis (1984-1996)	23
7. Bill Mihalo (1942-1952)	21
8. Sam Liebgold (1894-1910) and Ray Sharp (1980-2009)	20
10. Harry Hinkel (1926-1936) and Jim Heiring (1978-1986)	18

### Women

1. Teresa Vaill (1984-2009)	38
2. Sue Brodock (1973-1983)	23
3. Victoria Herazo (1989-2001) and Michelle Rohl (1994-2004)	21
5. Debbi Lawrence (1984-1995)	18
6. Susan Liers (1976-1986)	17

## Walking the Southwest

by Tom Knatt

*(Here is the conclusion of an article we started last month that first appeared in Runner's World, May 1973. Tom, a national class walker at the time and still competing in New England today, is describing his attempt to run and walk across the U.S. in 1972. We left off as Tom, on Day 11, was leaving an encounter with a mean-spirited proprietor of an inn at the peak of Mingus Mountain in Arizona.)*

Late that afternoon, I ran with Tom Cooka, Alan Schaffler, and Alan's daughter. I was having diarrhea somewhat but Tom Cooka filled me with dinner-corn mush that was the Indian remedy for my current malady—and stories of Indians who could go for miles across the desert from water hole to water hole with only a bag of this corn mush tied to a loin cloth. I envied those Indians!

I set out the next morning in my freshly laundered long pants and long-sleeved shirt. To avoid sunburn and injury from getting too cold, I wore this as my only outfit. My hands and nose, despite the suntan oil, etc., had gotten badly burned in the desert, so I was glad for the protection.

I was making fairly good progress for a change—over 40 miles per day—and I knew I had a chance, if not for the fastest crossing, at least for the fastest solo run without an accompanying vehicle.

Nat White and Trevor Stanky ran with me most of the next day. With their help, I did 51 miles that day, one of the two longest days on the trip. I forged ahead alone for another two days, still doing over 40 miles each day. I found the same tune running through my head



in the heat of the—"Frosty the Snowman." Then trouble. . .

**Day 18:** *"Started to get the damn shin splints at the end of the day. Had stopped wearing the ankle supporter at Holbrook, a mistake I guess."*

I limped into Stateline, Arizona, hoping to find a place to rest and sleep. No motels, but a truck advertised "roomettes." I walked up to a surly-looking Indian (I should add the only unfriendly Indian I encountered on my trip) and asked if I could get a roomette.

"They're only for truckers," he snapped.

"Where can I stay then?" I asked. He made a vague gesture with his hands and said, "up there in the hills."

I didn't press the issue further with him but set out to find the manager, who turned out to live in a trailer in the back against the hills. I was standing on his doorstep, starting to tell him about my journey and pulling my clipping and picture from my pocket.

"I don't care who you are. Get out of here or I'll have you arrested for trespassing. If you're walking across the USA get going."

With that he attempted to push me off the steps backwards. It seemed useless to argue. I began to walk slowly across the parking lot when his dachshund came nipping at my heels. I did what every runner who ever encountered a nasty dog wants to do. I let go with my toe and caught the dog in the chops. Shortly, the little man came out again and let loose with a long stream of profanity and epithets. I left, disgusted and caught a ride to Gallup. N.M.

**Day 19:** *"Started out at 6:55. Took the bus back to Stateline. Seemed so ridiculous to go back to a place I didn't like, to walk back to where I had come from."*

The next day, I did 50 miles and went over the Continental Divide. It's all downhill from there!

**Day 21:** *"Sandstorm. Very depressing."*

At one point I attempted to walk into the wind and was unable to walk forward. Even though my head was covered by the hood from my windbreaker, as I turned slightly my sunglasses flew off and went bounding across the road into 100 pieces. I went back, found a motel, ate, watched TV and went to bed, thoroughly discouraged.

A short time later, on the way into Albuquerque, I walked up a steep four-mile grade and reinjured my leg. I limped out of town wondering if I should quit the jaunt. My journal tells my mood.

**Day 27** *"Made Santa Rosa by 10 am, felt pretty good. Then things got progressively worse. No replacement heels for my shoes at the P.O. Lousy second breakfast, both eggs broken. Left Santa Rosa at noon, to Frontierland, where lady told me not to loaf around in front of the place after I had bought sandwiches, etc., from her. There were old cars parked in front of the place to make it look busy."*

I had decided to stop at the Texas if my current bout with shin splints was not over. One basic factor was that I could see I was not going to near peak form for the Olympic Trials in July. Another was that I wasn't going to break anyone's record at the rate I was going (about 36 miles per day). A third was that fatigue and lack of companionship were beginning to get to me.

After 29 days, 2 1/4 hours (between 1015 and 1030 miles) from Los Angeles, my mind was made up. When I came to Glenrio, Texas, I went into a restaurant and had a good lunch. Then I walked down to a good shady spot to stand and I stuck our my thumb.

Was it good training? Clearly, walking and running on an injury is not good training. I was quite tired when I stopped and took about three weeks with practically no running to recuperate. I did, however, walk the Olympic Trials qualifying time of 1:45 for 20 Km at the end of May and the 5 hours for 50 Km a week later, a little over one month after I stopped the trek. But I did not feel completely rested for the Olympic Trials themselves in

July.

Would I try it again? I would consider it, but would change several things. I would have a support team. I would probably go from east to west starting in the fall so that the harsh weather and high altitude would hit me after I was used to a day-to-day routine. It requires so much physical and mental energy as well as money that I would think seriously of doing it to make money from the trip also. I would do as much as possible to eliminate the boredom and the times when the fatigue became almost unbearable.

Am I soured on the king of long-distance on-foot journeying? Not at all. In fact, six months after stopping at the Texas state line, I walked from New York to Boston—225 miles. There is a fascination and satisfaction in being able to travel from place to distance place without the help of a motor vehicle.

Here is an interesting piece from the Irish Times, Jan. 23, 2010, which manages to work in a reference to Dracula along with a positive look at racewalking.

## Stumbling Upon Racewalking On Road To Success

by Ian O'Riordan

YOU WOULD not believe the abuse I sometimes get around here for an alleged bias towards Irish athletes. All completely unfounded, naturally. If truth be told, no other sport is as consistently represented on the world stage, and when it comes to Irish women in sport, athletes are the ones continuously conquering new ground, in many instances, showing the men how things should be done—from Sophie Pierce-Evans to Sonia O'Sullivan. Such was the evidence yesterday at the annual *The Irish Times* /Irish Sports Council Sportswomen of the Year awards. Obviously, each of the monthly winners during 2009 were worthy of their prize, and yet four of them were athletes. That's more than any other sport, a fact, not a bias. In the end, the only real debate was that if the overall award didn't go to Olive Loughnane for her 20km walk silver medal at the World Championships, then it had to go to another athlete, Derval O'Rourke, for her 100 metres hurdles fourth place—and Irish record—also at the World Championships, following her bronze medal from the European Indoors.

In the short but distinguished history of these awards, Irish athletes have always been in the mix. For fear of actually being biased, the likes of Katie Taylor, Nina Carberry, Jessica Kurten and the Maguire twins, Leona and Lisa, have all made exceptional breakthroughs, particularly in sports that remain mostly male-dominated—and yet what Loughnane achieved in Berlin last August, at 33, and already a mother to a three year-old daughter, was extraordinary. And that's coming from someone who not so long ago was biased against racewalking, if only because of the arbitrary nature of the rules.

Of all the athletics disciplines, racewalking is the least glamorous, yet among the most arduous. Truth is almost all race walkers are drawn to the event by accident. Racewalking is not the sort of thing you take up for pleasure—and, according to the event's history, no place for a woman. Throughout the last century, racewalking was viewed as a sort of cruel punishment. Competitors typically crossed the line in a state of deranged exhaustion. For that and other reasons—similar to why the marathon remained men-only for so long—women were effectively barred from the event. Now read on.

Back in 1854, at 15 Marino Crescent in Clontarf, a seven-year-old named Abraham Stoker, bed-ridden since birth with an undiagnosed disease, suddenly and inexplicably regained his strength. The family doctor recommended he develop this by walking, slowly and steadily, along the Clontarf seafront—and soon Stoker began covering long distances, without pausing for breath. Initially it was tough medicine, but gradually he began to relish it.



By age 17, Stoker had grown into a 6ft 2in red-haired, red-bearded giant of a man, and won a stream of athletic honours in his first year at Trinity College Dublin. But walking remained his passion, and he was among Ireland's first champion race walkers. He was never beaten, his sole failure to win coming via disqualification after he'd won the five-mile race at the Civil Service championships in London in 1868. Later, during a marathon stroll of the Aberdeenshire countryside, he stumbled upon Cruden Bay, the atmospheric fishing village where in 1895 he wrote a horror story entitled *Dracula*, published two years later under the name Bram Stoker. The rest, as they say, is literary history –but the point is few people take up racewalking by choice.

Even Robert Korzeniowski, the greatest race walker of all time, offers proof of this. He grew up in Poland afflicted with rheumatism until age 13. After that, his ambition was to be a kung fu star, like his hero Bruce Lee, but the Communist government had no time for martial arts. So Korzeniowski came late to athletics, and was told his best chance for success was in the walk. He went on to win four Olympic gold medals, including both 20km and 50km distances at the Sydney Games in 2000.

Indeed racewalking has a long and fabled history. Although it wasn't included in the first modern Olympics of 1896, the first world record, over 30km, was set in 1870, by Britain's Tom Griffiths (a nifty two hours and 34 minutes). Initial Olympic distances, from 1906 to 1952, ranged from 1,500 metres to 50km. Since 1956, the standard distances have been 20km and 50km, but it wasn't until the 1992 Olympics in Barcelona that women's racewalking was fully recognized, over 10km, having been first introduced at the 1987 World Championships in Rome.

Ireland's first Olympic representative was Perri Williams, from Waterford, who –in the true spirit of racewalking –had taken up the event as a dare. Williams was a cross-country specialist, coached by her father, Ed, but after unwittingly discovering her talent for racewalking, went on to win nine national titles between road and track. At the same Olympics in 1992, Jimmy McDonald finished an excellent sixth – but soon, as would happen in several other athletics events – the Irish women would be leading the way.

By the time of the Sydney Olympics, Ireland had two women qualifiers, in Gillian O'Sullivan and Olive Loughnane. O'Sullivan finished an excellent 10th, and three years later, at the 2003 World Championships in Paris, she won silver, becoming the first Irish woman to medal in the walk at a major championship. Not for the first time, the women had shown men the way to success. Injury, unfortunately, forced O'Sullivan to retire, but she's not forgotten, and if the sportswoman of the year award was around in her time she'd have been a certain winner.

What makes Loughnane's achievement in 2009 that little bit more special is the background to it. Again, she came to racewalking by accident, cajoled into it by her coach at Loughrea Athletic Club, simply to gain some extra points during the old national league. For years after, despite her national success, Loughnane was in the shadow of O'Sullivan, finishing 35th in Sydney, and later 12th behind O'Sullivan's silver in Paris. She failed to finish the Athens Olympics, due to illness, before enduring the dreaded DQ at the 2005 World Championships in Helsinki. When Loughnane took a break to give birth to her daughter, Eimear, in 2006 it seemed inevitable her best days were behind her.

Now, I'm not going to lie: on the morning of the women's 20km walk at the Beijing Olympics, with the rain lashing my hotel window, I decided to stay in bed, figuring Loughnane wasn't going to do much. Then the text messages started coming in: "You better get down here . . . She's well up." I just made it to the Birds Nest in time to see her finish seventh, soaked to the skin, but with a look a confidence that said "and I'm not done yet".

On the morning of August 16th, I was first down to the old Brandenburg Gate. It was hot, crowded, and when the walking got tough, Loughnane got going. She won her silver

medal with a display of courage and determination rarely witnessed in Irish sport. That's not being biased for or against anyone.

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The following letter, dated Feb. 4, 2010 was sent by AC Jaime of the South Texas Walking Club seeking greater dissemination of their materials for promoting racewalking in schools.

First Lady Michelle Obama  
The White House  
1600 Pennsylvania Avenue, NW  
Washington, DC 205000

Dear First Lady Obama:

Thank you for addressing the obesity issue among our children in the Nation. The South Texas Walking Club, a non-profit organization, also believes that obesity has reached epidemic proportions, particularly among children in the Rio Grande Valley, Texas. We commend and applaud you for your stance and ask for your assistance in promoting our book and curriculum on racewalking.

The South Texas Walking Club has had success in helping children overcome obesity. Several years ago, the club commissioned Dr. Tom Eastler of the University of Maine to write the first book and curriculum for teaching children the art of racewalking, *Racewalking! Fun? Alex and Maria Discover Racewalking*. In addition, the club collaborated with Pharr-San Juan-Alamo ISD (PSJA ISD) to create the first of its kind DVD, *Children's Racewalking Instructional DVD*. The school district not only assisted in the creation of the DVD, it has become the first school district to teach racewalking at the elementary level. We are ecstatic that the racewalking triad, book, curriculum and DVD, has reached international status with individuals, clubs, and schools across the United States and abroad.

We are particularly excited that one of our club members, whose name was used in the book title, has served as a model for the success of our program. Alex, a young Hispanic child of low socioeconomic status whose family background includes obesity, diabetes, a generational cycle that made him a high risk for obesity and health complications has become the role model for the success of our program. Through the successful implementation, Alex has metamorphosized into a confident AB honor roll student. He has earned seven Junior Olympic National Racewalk gold medals, set two new Junior Olympic National Racewalk records, became a member of the USA Junior National Team, won the Nike Indoor High School National Championship, and competed at the prestigious 103<sup>rd</sup> Millrose Games held at Madison Square Garden in New York as the youngest of the only two high school racewalkers to qualify and compete with the collegiate and Olympic racewalkers.

The South Texas Walking Club is now holding the first official elementary school racewalking meet this month where many children, including many children that cannot compete in other sports, will be participating. As well, the Edinburg Independent Consolidated School District (ICSD) in Edinburg, Texas will begin teaching the beautiful sport of racewalking to all their elementary school children in March, 2010, as approved by their School Superintendent. With the assistance of Daniel King, PSJA ISD Superintendent of Schools, and staff, the South Texas Walking Club has made the racewalking triad is available to the Edinburg ICSD.



Will you please help us to make these materials available to all elementary schools throughout the United States? A copy of the materials and pictures of Alex are herein enclosed. Thank you for your consideration. Yours in sport.

AC Jaime  
Former Mayor, Pharr, Texas

## LOOKING BACK

**40 Years Ago** (From the February ORW 1970)—Dave Romansky topped Ron Laird in the National Indoor 1 Mile race, 6:14 to 6:19.7. Ron Kulik was third in 6:20.5, Steve Hayden fourth in 6:22.5, Larry Walker fifth in 6:25.7, and Floyd Godwin sixth in 6:29, just 0.1 ahead of Ron Daniel. . .Laird and Godwin flew into Columbus the next morning and hooked up in a hot Indoor 3 Mile at the OSU Invitational. Laird won in an American record 20:48, a second ahead of Godwin. Your old editor, a spry 35, managed 22:05, but couldn't avoid being lapped on the 220-yard track. The next day, the traveling duo contested a 15 Km in Godwin's stomping grounds of Denver. I guess there was a craving to race in those days. . .Romansky also had a 6:16 mile in Baltimore and an American record 5:50.2 for 1500 meters in New York. . .Laird was named the recipient of the 1969 Ron Zinn Award as the outstanding walker in the U.S. in 1969, the fifth time he had won that award in its nine years of existence.

**35 Years Ago** (From the February 1975 ORW) — Ron Daniel walked off with the National Indoor 2 Mile (which had replaced the 1 Mile and eventually stretched to today's 5000 meters) in 13:36.8 with Ron Laird and Larry Walker both less than a second behind in a blanket finish. Ron Kulik, Todd Scully, and Dave Romansky followed closely (13:43 for Romansky). . .The women's 1 Mile went to Sue Brodock in 7:22.5, 3 seconds ahead of her sister Linda and Wester Marquez. . .Bob Henderson captured the OSU Invitational 3 Mile in 21:53. In the 5-year interval, your editor had slowed to 23:17, but took second, although still lapped. . .Henderson posted a 45:24 for 10 Km in Champaign, Illinois (indoors) the next afternoon, after riding all night in the Mortland car (and also competing in the National 2 Mile in New York the night before the Columbus race, as he apparently tried to match the Laird-Godwin odyssey. Young Jim Heiring showed his potential in Champaign with a 47:35 and your editor came third in 50:07. . .Sue Brodock had a world's best of 7:15.2 for 1 Mile in Los Angeles and then bettered that with a 7:13.9. . .Vladimir Golubnichiy, nearing age 40, won the 3 Mile in the US-USSR indoor dual in a world's best 19:46.2. Venimain Soldatenko edged out Ron Laird for second, 20:24.8 to 20:27.6.

**30 Years Ago** (From the February 1980)—Marcel Jobin of Canada won a 1 Mile race in the Houston Astrodome in a blazing 5:54.6, a North American best. . .Two weeks earlier, Jim Heiring had done 5:57.5 in L.A. In that same L.A. meet, Sue Brodock recorded a women's world best of 6:58.1. . .Jeff Ellis, U. of Wisconsin Stevens Point, won the NAIA 2 Mile in 13:53.4, with Mel McGinnis second. . .Chris Hansen did 5 Km indoors in 21:28 in Racine Wis. . .The day after his fast mile, Jobin won a 50 Km in 4:01:34, also in Houston.

**25 Years Ago** (From the February 1985 ORW)—U.S. indoor titles went to Jim Heiring at 2 Miles in 12:07.5 and Teresa Vaill at 1 Mile in 6:58.6. Tim Lewis was nearly 20 seconds back of Heiring with Gary Morgan third and Tom Edwards fourth. Maryanne Torrellas trailed Vaill by 5 seconds, with Ester Lopez on her heels. Carol Brown and Susan Liers were fourth and fifth. . .France's Gerard Lelievre won the World Indoor 5 Km title in 19:06.22. Maurizio Damilano, Italy, was second in 19:11.41, Australia's Dave Smith third in 19:16.04, and Czechoslovakia's Roman Mrazek fourth in 19:39.73. . .Jim Heiring set an American record of

20:11.69 in sixth. . .Italy's Giuliana Salce won the women's 3 Km World Title in 12:53.42 with Canada's Ann Peel third in 13:06.97. . .Tom Edwards won the TAC National Indoor 3 Km in 11:47.7, beating Gary Morgan (11:55.9), Tim Lewis (11:56.7), and Ray Funkhouser (11:59.3)..

**20 years ago** (From the February 1990 ORW)—Teresa Vaill won the Women's National Indoor 3 Km for the second year in a row with 12:53.17 effort. Ann Peel, Canada, was 17 seconds back in second, and Victoria Herazo (13:37) and Maryanne Torrellas (13:50.12) followed. . .In the Men's 5 Km, Canada's Tim Berrett walked away from the field with a 19:42.90. Doug Fournier won the U.S. title in 20:08.40, seven seconds ahead of Gary Morgan. Dave McGovern took fourth in 20:40.90, just ahead of Allen James. . .Tim Lewis, only seventh in the National 5 Km, had won the Millrose Games 1 Mile earlier in 5:50:33, with Berrett trailing Steve Pecinovsky in third. A week later, he still had Berrett's number in a 1500 meter race in New York, winning in 5:15:01, 4 seconds ahead of the Canadian. . .Vaill had a 6:06 to win the women's 1500 in that meet, 14 seconds ahead of Herazo. Maryanne Torrellas (6:48.63) won a sparkling mile race over Lynn Weik (6:50.65) and Herazo (6:56.01) in Fairfax, Virginia.

**15 Years Ago** (From the February 1995 ORW)—After a race-long battle with Victoria Herazo, Michelle Rohl won the World Cup Trial 10 Km race, 45:12 to 45:26 over 10 Km. Lyn Brubaker was a distant third in 46:52, 10 seconds ahead of Teresa Vaill. Debora Van Orden took the final spot on the team in 47:22. . .In the men's 20 Km trial, Allen James led Dave McGovern by 12 seconds in 1:28:21. Andrew Hermann (1:28:47), Philip Dunn (1:29:29), and Rob Cole (1:29:21) filled out the top five. Will Van Axen (1:29:41) just messed the team. . .In an open race 10 Km in conjunction with the women's trial at Disney World, Rob Cole did 44:16.

**10 Years Ago** (From the February 2000 ORW)—It was cold (sub 50 F), rainy, and very windy in Sacramento for the Olympic 50 Km Trial race, but the conditions couldn't deter Curt Clausen, Andrew Hermann, and Philip Dunn who captured spots on the team. Clausen was dogged by Hermann for 45 Km, but broke free to win in a brilliant 3:56:16 with Hermann returning 3:57:56. Dunn came home third in 4:07:00 and was on the team, having gone under the 4 hour qualifying standard in an earlier race. Joonathan Matthews was fourth in 4:21:39. . .The day before the trial race, both Tim Seaman and Danielle Kirk broke American 20 Km records on the track in Sacramento. Kirk had 1:38:19 and Seaman 1:24:25.4. In the women's race, Susan Armenta was second in 1:38:54. . .Denmark's Claus Jorgenson followed Seaman in 1:25:51.4, with Kevin Eastler third in 1:26:08.8

**5 Years Ago** (From the February 2005 ORW)—Curt Clausen won his sixth National 50 in seven years with a 4:09:35 effort, only the second time he had failed to break 4 hours in that string of victories. Dunn, who beat Clausen for the title in 2001, finished in 4:15:52 with Dave McGovern a distant third in 4:38:13, nearly 3 minutes ahead of 45-year-old Ray Sharp, in a comeback after 13 years away from racing. . .Tim Seaman easily beat Clausen for the Indoor 5 Km title, finishing 45 seconds ahead in 19:56.41. Benjamin bead McGovern for third. . .The women's Indoor 3 Km went to Amber Antonia in 12:55.69, 14 seconds ahead of Joanne Dow. . .Seaman also won the Indoor 3 Km title in 11:57.89 well ahead of Zach Pollinger. The women's Indoor 1 Mile title went to Jolene Moore in 6:51.19 with Deb Huberty second in 6:56.28. . .Nathan Deakes walked 1:19:23 for 20 Km in Australia