

Race Walk Semi-Annual Report February 24, 2019

Events held in fall 2018

Sep 23: Association 10K Championship with 5K, 20K options. The 5K was part of the Southern Ohio Senior Olympics, sponsored by Southern Ohio Medical Center. Only (12) people registered. The day was rainy and cool. A total of (6) people actually competed:

Results: 5K RW	Joyce Prohaska (68) Lakewood, OH	36:09.17	Gold
	Fannie Courtier (67) Cincinnati, OH	39:58.00	Silver
10K RW	Kyle Hively (31) Rio Grande, OH	53:57.16	Gold
	Florin Dumitru (44) Quebec, CA	DQ	
20K RW	Keisha Meyers (30) Dayton, OH	2:13.41	Gold
	Alice Harrington (72) _____, FL	2:44.05	Gold
5K Power Walk	Tony Albrecht (70) _____, __	55:45.00	

The Portsmouth, OH organizing group has declined to host any additional Race Walks because participation level does not justify time and effort involved.

Nov 18: British Fall Race, Leeds, UK: 5K Susan Randall (Beavercreek), 1st woman 26:59

INDOOR SEASON 2019

Jan 18: Goshen U: 3000m college, open, masters; I was scheduled to help judge but could not make the trip.

Jan 25: Findlay Alumni Classic. U of Findlay: 3000m college, open, masters attracted (17) entries.

This race was also the Association 3000m Championship. Erika Shaver & Joel Pfahler traded judging duties so that each could compete. Other judges were Jo Burrows, Mary Jannuausch & Eric Zemper and me.

Results: John Cody Rich, walking for Q Elite, Grand Rapids, Mi, won men's race in 11:45.76

Men Sam Elmi, unattached: 13:25.58

Sean Glaze, unattached (Greenon HS): 13.58.26 (39.6 sec improvement over last year!)

Joel Pfahler, Athletes in Action (Dayton): 14:19.05

David Swartz, Pegasus AC, (Flint, MI): 14:25.22

Dean Freitag, Rio Grande U: 14.29.31

Ben Hofstra, Cornerstone U: 17.53.83

Vince Peters, Chicago Walkers: 18.53.41

Brian Bohl, unattached: DQ

Women Erika Shaver, unattached (Ann Arbor, MI) (former MVTC member): 15:09.41

Siana Emery, Goshen College: 16:34.55

D'Amaie Davis, Cornerstone U: 16:55.40

Haley Bickford, Goshen College: 17:06.98

Liz Larsen, Concordia U: 17:17.58

Kelsey Billingsley, Cornerstone U: 18:34.38

Joyce Prohaska, unattached: 20:44.83

Feb 8: I helped judge River States Conference 3000m RW at Tiffin U. No local athletes competed.

Feb 9: Millrose Games: Taylor Ewert established a new National HS mile record with a blazing 6:28.21 (compared to her HS record of 6:48.68 last year), a 18.47 sec improvement to WIN.

Joel Pfahler finished 5th with 7:00.37 ahead of Dave Swartz's 6th at 7:09.88

Taylor later finished 6th in the girl's mile with 4:51.97; the ONLY HS girl to have ever competed in both events at this meet!

Feb 16: Goshen College: 3000m, I helped judge.

Results: Sam Elmi, unattached: 13.07.05

Joel Pfahler, Athletes in Action (Dayton): 13:50.93

(7) college athletes finished in between 15:29.97 and 17:08.90

March 1-3: Masters Indoor Meet, Winston-Salem: 1500m, 3000m: Omar Nash, Dave Swartz, Vince Peters entered

March 9: New Balance HS Indoor: Taylor Ewert and Sean Glaze are entered in the mile walks.

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OUTDOOR SEASON 2019

April 13 & 27: Goshen College – I am scheduled to help judge. Sean Glaze plans to enter one of these.

April 27: Penn Relays – I don't know which RWers plan to enter.

May: Cincinnati and Ohio Senior Games include RW

June 14: New Balance Outdoor, Greensboro, NC.: 3000m RW Both Sean and Taylor plan to enter/

June 13-20: National Senior Games in ABQ – several Ohio walkers have entered

June & July: SWOTC will offer RW on some Tuesdays at various distances if requested in advance so that judging can be arranged. RW will NOT be part of published meet schedule.

July: Jr Nationals – Taylor and Sean plan to enter RW

Sep: Southern Ohio Senior Games include 1500m RW

Other information

Feb 17: Joyce Prohaska and I taught a (3) hour “Learn to Race Walk Clinic” at Columbus Running Company, Dublin, sponsored by Buckeye Striders and German Village Walking Club. The Clinic attracted 27 attendees, 5 of whom have either competed in judged RW or want to compete. The other 22 simply wanted to learn how to walk faster for their local races.

We may have opportunities to present future clinics also.

I am trying to find a Columbus area venue and LOC/volunteers to host an Association Championship this fall. Goal is to have (2) Outdoor Championships in 2020.

Taylor Ewert (Beavercreek) is working toward 2020 Olympic Trials.

Joel Pfahler (Dayton) has been invited to compete in Elite 20K events.

Michael Mannozi (Boardman) placed 3rd in the 50K Olympic Trials in January.

Omar Nash (Cincinnati) has been working toward Elite qualification.

Keisha Meyers (Dayton) has been working toward Elite qualification.

Power Walk is being introduced into the National Senior Games and the Huntsman Games. It is a monitored walk that requires a gait similar to RW but without the completely straight leg requirement and adds a requirement to land on heel and push off with toe.

IAAF wants to change RW distances from 20K, 50K to 10K, 30K. The RW community on social media is strongly protesting this change. There is also a great deal of controversy about using electronic insoles to monitor loss of contact. The technology isn't ready yet but there is work on it.