

Race Walk Annual Report September 22, 2019

INDOOR SEASON 2018-19

Dec 29: Rochester, NY: 5000m Sean Glaze 25:16.18 (Couldn't find results on line)

Jan 18: Virginia Showcase, Lynchburg, VA: 3000m RW Taylor Ewert 1st with 13:24.76

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.

Sean Glaze, unattached (Greenon HS): 13.58.26 (39.6 sec improvement over last year!) was 3rd male.

Joel Pfahler, Athletes in Action (Dayton): 14:19.05 was 4th male.

Erika Shaver, unattached (Ann Arbor, MI) (former MVTC member): 15:09.41 was 1st female.

Joyce Prohaska, unattached (Lakeview, OH): 20:44.83 was 7th female.

Jan 26: Santee, CA: 50K Race Walk National Championships: Susan Randall W40-45 placed 2nd in age group and 5th woman with 5:22:30.

Feb 9: Millrose Games: Taylor Ewert was repeat winner & established a new National HS mile RW record of 6:28.21, a 20.47 second improvement over her record time last year.

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, Joel Pfahler, Athletes in Action (Dayton): 13:50.93 was 2nd.

March 1-3: Masters Indoor Meet, Winston-Salem: Omar Nash (45-49) took Gold in 8:52.09 for 1500 and in 16:59.38 for 3000m.

March 10: New Balance HS Indoor: Taylor Ewert: mile RW, 1st with 6:34.53 (National and Meet record and about 6 sec off the Armory record of 6:28.xx). She had 6:07.50 at 1500m, another record.

Sean Glaze: mile RW, 1st with 6:41.89 (won by .02 sec in final lap, must have been amazing to watch!)

March 11: New Balance HS Indoor: Taylor placed 4th in 2 mile run (10:19.14) and was in 5th place at 3000m mark (9:44.79).

OUTDOOR SEASON 2019

April 27: Penn Relays: 5000m RW, Taylor Ewert 1st female with 22:28.61; Joel Pfahler 3rd male with 23:36.97
Taylor ran the distance medley relay on 4/25.

May 4: Southwest Ohio Sr. Games postponed by weather, rescheduled for June 8, included 1500m RW.

June 14: New Balance Outdoor, Greensboro, NC: 3000m RW, Sean Glaze 2nd 13:40.82; Taylor did not enter RW.
She won 2000m steeple with 6:33.61 (11 sec lead!) and was 2nd in mile run with 4:48.01. She also ran 4x800 relay.

June 13-20: National Senior Games in ABQ – several Ohio Race Walkers competed.

June 23: U20 Nationals: 10,000m RW: Taylor 1st with meet record 48:24.61. Sean finished 4th with 59:53.18.

June 28: Toyota USATF Outdoor: Joel Pfahler was 7th with 48:54.99 for 10,000m.

June 30: Owego, NY: National 40K and Jr. 20K RW Championships: 20K Taylor Ewert's 1:38.55 qualified her for Olympic Trials (2 min off men's qualifying time and 9 min faster than women's qualifying time).
Joel Pfahler walked 10K in 49:16.

June & July: SWOTC did not have any race walk participation.

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July 27: Ohio Sr Games had 1500m RW.

July 22-28: Hershey National JO – Neither Taylor nor Sean entered.

July 28: DeMoines, IA: Toyota USATF Outdoor: 10K Joel Pfahler finished 7th with 48:54.99

August 17: USA vs Canada Jr RW, Philadelphia: Taylor Ewert was 1st in 5K with 23:25 (almost 2 min ahead of 2nd place, 18 sec over record she set last year and still 19 sec faster than previous record from 2005). Sean Glaze was 8th in the 10K with 55:25

Sep 7: Southern Ohio Senior Games included 1500m RW

Sep 14: New Albany Walking Classic 10K: Joel Pfahler was 1st with 50:20; Mike Mannozi was 2nd with 50:50; Omar Nash was 3rd with 53:21; Susan Randall was 4th overall and 1st woman with 59:43. David Russell was 6th with 1:00.18. Goshen U coach and former MVTC member was 7th with 1:01:58.

Sep 29: Ohio Association 10,000m Championship with 5,000m and 20,000m options will have (5) judges with appropriate certification so that 20,000m times can be used for Olympic Trials qualification. So far, there are 3, possibly 4, athletes planning to walk the 20,000 distance. So far there are (4) entries for other RW distances and (3) entries for Power Walk*. Power walk will be contested in lane 7 to comply with USATF requirement that RW and PW have separate courses.

2020 SEASON

Jan 24: Findlay Alumni Classic 3000m RW will be sanctioned as Ohio Association 3000m Championship.

Jan, Feb: I plan to help judge Goshen College and Tiffin U Race Walks.

April TBD: tentative plan to reinstate Jack Mortland Race Walks & Association 20,000 RW Championship on Athletes in Action track.

Sep TBD: tentative plan to conduct Association 10,000m RW Championship on AIA track.

*Power Walk has been 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.

OTHER NEWS

Performances (events, times) for Joel, Taylor and Sean are listed on IAAF website.

I expect the National Race Walk Committee to discuss (accept?) the IAAF proposal to change RW distances from 20K, 50K to 10K, 30K. The RW community on social media is strongly protesting this change.

RW Judging 2019

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

Feb 8: Tiffin U: River States Conference Championship 3000m RW. No local athletes competed.

Feb 16: Goshen U: 3000m college, open, masters: Joel Pfahler walked.

April 13: Goshen U: 5000m college, open, masters: Joel Pfahler walked.

April 25: Eaton HS: River States Conference Championship 5000m. Joel and I judged.

April 27: Goshen U: 5000m college, open, masters. No local athletes competed.

Promoting RW - Clinic

Feb 17: Dublin, Buckeye Striders and Columbus Walking Club sponsored a RW Clinic which Joyce Prohaska and I conducted. Five of the attendees were interested in competitive race walking, the rest just wanted to learn how to walk faster.