

RACEWALK BLAST FROM VINCE PETERS

Congrats to all of our race walkers who have competed- literally - all across the USA over the past few weeks. And I hope everyone has fun at the 1st Annual Miami Valley Track Club team party last Tuesday night at the High School track. Several end of season awards were presented in addition to simply having a good ol' time!

Youth athlete of the year: Molly Stute, Elaja Greene

Masters athlete of the year: Barb Hensley

Most improved award: Celeste Rucker

RWalker of the year: Taylor Ewert

Distance runner of the year: Ben Ewert

Sprinter/Hurdler of the year: Noa Corrigan

Jumper of the year: Cayla Carey

Thrower of the year: Isabelle Dierauer

This issue of RW blast is not just a summer season wrap-up. It is also a look forward to what is coming. Both in the state and out. So we'll start the look forward with a list of all our club athletes who are entered (to the best of my knowledge) in the New Albany 10k Walk on Sunday, September 7th.

===== New Albany 10k Walk - Sunday, Sept 7th =====

This is the 10th Anniversary of the New Albany 10k Walk and the Miami Valley TC has been well represented over the years. And I do believe the club has won both the mens and womens championship titles every year (Susan Randall has won 5 times herself). This year we have a large contingent participating. Which is good, as the other 3,000 walkers in this race will be trying to upset the club's fun fall dominance.

Omar Nash ~ defending mens champ

Joel Pfahler ~ (will be doing the half marathon distance this year)

Jacob Gunderkline ~ let's go coach!

Cameron Haught ~ watch out for the USA junior team member

Michael Belovich ~ Watch out for the young guys Cameron, they're coming after you.

Susan Randall ~ multi-time champ, prepping for USA 30k Nationals a week later

Jill Cobb ~ multi-time champ having a blast

Charlotte Walkey ~ time to shine

Emily Belovich ~ making up for running away to summer school

Dani Worsham ~ first timer

Olivia Brintlinger-Conn ~ the Philadelphia kid (trained there with Tina all summer)

Taylor Ewert ~ Not a rookie this year, so watch out!

Niki Worsham ~ The college girl is gonna be in the mix.

Barb Hensley ~ Barb's a pro at this race!

Anyone else going?

Read more about the race in this August 2014 Article featuring our own Susan Randall !

<http://www.cityscenecolumbus.com/August-2014/The-Grateful-Tread/>

TRAINING: Starting Sunday, August 10th, there should be 70 minutes walks on the bike path in preparation of this years race. Who wants to organize them?

===== JUDGED COMPETITIVE OPPORTUNITIES =====

For more info on these events go to: www.USATF.org/Events---Calendar/2014/USA-RW-Grand-Prix.aspx

Hey, it would be fun to cheer Cameron on and race too! :) But if you can't make it to Vancouver, Canada, to walk in the open races held there as part of the USA.vs.Canada Dual Duel on Sunday, August 10th, then what should one do ????

A) Well go east, go east, men and women. The **USA 1 Hour RW Championships** for junior, open and master Men & Women will be held in the beautiful New England town of Gloucester, Massachusetts on Sunday, August 10th.

B) September 14th will be the **USA 30 Kilometer RW** nationals for Open & Master M&W and the **20k Nationals for junior** men and women. The race is Sept 14th in Valley Cottage, NY.

C) Also on Sept 14th - here in Chicago - the **USATF North Region 5K** (which includes Ohio) and Illinois state 5k RW championship will take place. Got a spare bedroom if anyone wants to come up and join me at the starting line.

===== SEASON WRAP-UP =====

USA Nationals (Sacramento, California):

We had three athletes from the track club participate in the 2014 USATF T&F Outdoor Nationals. Competing with the best professionals in track & field from our track club this year were Susan Randall, Jill Cobb and Joel Pfahler.

Susan and Jill were in the women's 20k where Susan placed 5th overall (winning \$1,000) in a new PR of 1:40:21.21 and Jill placed 7th (\$500) in 1:46:15.09. In the men's 20k the club had Joel Pfahler in his initial trip to the National Championships. An All American race walker in college, this was Joel's first time at the big show. And he performed admirably, racing to a PR time of 1:41:11.65. That was good for 11th place in the men's race. Top 8 earn prize money.

~~~~ ~~~ ~ ~ ~

Master Nationals (Winston-Salem, NC):

Barb Hensley represented the team (along with Isabelle & Peter Dierauer) at the USATF Master's T&F Nationals at Wake Forest University. The trio scored a total of 53 points and as a team the MVTC finished 25th of 107 clubs in the meet!!! Barb participated in 5 events (you can do as many events as you want in Masters T&F) including the 5,000m Race Walk on the track and the 10k RW on the roads. Barb finished second in her age group in the 5,000 in 37:55.91 and 1st in the 10k @ 1:22:05!

~~~~ ~~~ ~ ~ ~

Ohio Association Championships (Cedarville University June 22):

Just a couple days before the Youth Nationals Ohio hosted its championships for Junior Olympics at Cedarville University. Everyone pretty much just breezed thru this one as most everyone had Youth Nationals just 2 days later. Regretfully, the only entries this year were from the Miami Valley TC.

Results: 1st - Taylor Ewert (13-14G) 17:44.56; 1st - Dani Worsham (15-16G) 20:56.54; 1st - Ashleigh Resch (17-18G) 14:56.15; 1st - Cameron Haught (15-16B) 14:56.11; 2nd Michael Belovich (15-16B) 17:54.63.

~~~~ ~~~ ~ ~ ~

Youth Nationals (Bloomington, Indiana - June 24th):

The club had several individuals participate at the USATF Youth Nationals at the

University of Indiana in June. The weather was cooperative and some very fast times resulted - particularly for Cameron Haught & Taylor Ewert.

In the 13-14 girls division Taylor Ewert won with the truly remarkable time of 15:54.56. That performance will leave her ranked #8 in the entire USA out of all HS girls. Taylor will be in 7th grade this fall.

Dani Worsham would finish 2nd in the 15-16 girls division in 19:53. And the club's Ashleigh Resch would break 15 minutes for the 3k distance with her win in the 17-18 division in 14:51.89. Ashleigh gained a #1 ranking in the USA for all HS girls. The Canberra, Australia, native has raced to her lifetime bests at 1 mile, 3,000m and 5,000m since arriving in the USA and started training with the track club. Kudos to her coaches and teammates!

And one of the individuals making an impact on Ashleigh's training has been Cameron Haught (and visa-verse). Cameron posted a 63 second PR while dueling the #1 ranked HS racewalker in the whole USA - Anthony Peters of the Elgin Sharks. It was one of the most exciting races I have seen in a long, long time (and can be found on-line at <[www.usatf.tv](http://www.usatf.tv)>. Peters (no relation to your reporter) won the 17-18 division, just edging Cameron at the finish line 12:59.74 to 12:59.83 for the 4th and 5th fastest times in the history of HS race walking! Cameron's time is also the All-Time HS freshman record, busting the mark set by 2012 Olympian Trevor Barron back in his freshman year (13:57.89 in 2006).

~~~~ ~~~ ~ ~ ~

Miami Valley Open (Yellow Springs HS - July 2nd)

Two separate races were held again this year allowing race walkers to double - if they so desired (1 mile & 3,000m). And at the end of the evening Ashleigh Resch and Cameron Haught would be ranked #1 in the country at their respective distances. Ashleigh Resch broke the Ohio HS record of Erika Shaver (14:45) at 3,000m with her time of 14:22.60. And Cameron Haught would walk the mile in 6:42.31 for the fastest HS mile in the country this summer.

Speed walker Charlotte Walkey was unfortunately sick a lot this summer and missed most of the meets, including the entire JO season. But she was able to come back and walk a super mile at the Miami Valley Open - 8:17.29 - just 3 seconds off of Emily Belovich's Ohio HS record.

~~~~ ~~~ ~ ~ ~

USA Junior Nationals (Eugene, Oregon - July 5th):

Big Summer for a guy that has been race walking for less than 2 years. Talking about Cameron Haught! Still competing as a freshman for record purposes Cameron had another superb race. Cameron Haught of the Miami Valley Track Club (MVTC) who early this morning in Eugene, Oregon, walked a great 10,000m race on the Hayward Field track where Steve Prefontaine once staired.

Often taking the lead himself, even into the 5th mile, Cameron placed 3rd overall, and earned a spot on the USA National Team for Junior Men & Women and will represent the USA at the USA.vs.Canada Dual Duel in August in Vancouver, Canada. Cameron, who won't be 16 till November, completed the distance in 48:41.

First went to Anthony Peters, Elgin Sharks (Illinois), and 2nd to his twin, Alex. That duo pulled away in the last kilometer with Anthony winning in 48:19. 4th place, and the last spot on the USA men's squad went to Nathaniel Roberts, the 2013 winner of the race. All, but Cameron, graduated from HS this spring and have earned scholarships to college (Nathaniel Roberts to Goshen College same as YS grads Tina Peters, Jacob Gunderkline and Mitchell Brickson did for R.Wing). Cameron will be a sophomore at Greenon HS and compete on the Cross Country team there come September.

~~~~ ~~~ ~ ~

Region 5 JO Meet (Charleston, WV - July 13th):

But several accounts, the worst meet of the summer. Maybe the worst over the past couple summers. :(And it hit the race walkers pretty hard as their great efforts during the competition went for naught. Meet management totally neglected to follow USATF rules and obtain qualified officials for the meet.

Ashleigh Resch posted the #1 time in the USA this year by a HS girl with a 14:13. Also ripped off were Cameron Haught, Michael Belovich, Dani Worsham and Taylor Ewert.

~~~~ ~~~ ~ ~

MVTC ATHLETES GOLDEN AT JUNIOR OLYMPIC NATIONALS (Houston, TX - July 21 & 22):

(Six medals in all won by MVTC athletes at this year's nationals)

in the press releases from the USATF National Office for the first 2 days of the

Junior Olympic Nationals race walkers from the Miami Valley Track Club were featured. As they should be. MVTC racewalkers were gold medal winners in 3 age groups!

On day #1 of this year's meet, three (3) time Junior Olympic National Champion Taylor Ewert notched her 4th National JO Championship victory. Even though she won't be 13 till November, Taylor totally dominated the 13-14 girls division. Her steady pacing at an average of 2:14 per lap was faster than defending champ Kira Facer (3rd) and 2nd placing Emely Antuna could match in the heat. The big key to Taylor's win in 16:36.82 was proper hydration before and getting fluids early in the race.

On Day #2 Cameron Haught overwhelmed the opposition in both the 15-16 and 17-18 divisions. Cameron left in his dust both defending champ Andy Vasquez (14:33) from Nebraska and the Elgin Shark's 17-18 division champ Anthony Peters (13:49.80). Peters won the 15-16 division in 2012 in 14:15. Cameron's winning time of 13:28.62 is the fastest since 2007. His winning time was also faster than 3 time Olympian Philip Dunn's best at his age of 13:47.

And the club was twice Golden on Day #2 as Ashleigh Resch won the 17-18 girls division over USA Junior Team members Katie Michta, Monika Farmer and Anali Cisneros. Resch's winning effort in 14:30.60 also bettered the standing National Junior Olympic Meet record of 14:49.26 held by California's Robyn Stevens since the 2000 nationals.

Dani Worsham came close to earning All American recognition (top 8 finishers) with her 9th place finish in the 15-16 girls division. Worsham's time was 19:56.03. 16 athletes finished with 1 DQ.

~~~

Congratulatory Kudos also go out to a few of our distance brethren from the track club. In the 15-16 division Ben Ewert defended the title he won in 2013 when he repeated in the 2,000m Steeplechase. His Gold came with the awesome time of 6:09.23 (his winning to in 2013 was 6:25.08). And then he added a 2nd medal, silver, in the 3,000m run, finishing in 9:04.26. Both of Ben's times were PRs.

One of the truly most exciting races I witnessed this summer (second to Cameron race at Youth Athletics Nationals) was the barrier attack that Andy Gemmaka had in finishing 6th in the 17-18 Men's steeplechase. His time of 6:26.09 was a big PR!

Two other efforts also deserve special mention. In the 11-12 Girls Julz Williams

competed in the 800, 1500 and 3000 meter runs. But it was in the 3000 where she achieved her most success, finishing 12th overall in the USA. I know a lot of HS girls who would be envious of her 11:18.95. And in the 13-14 girls 3,000, Taylor Ewert went for a second medal. In a valiant effort from the slow section she finished 15th overall in the USA in 11:13.86.

And my cameraman at the meets this year, Connor Ewert, had a successful first go at the JO Nationals. it is said that if he knew that competing at nationals would be so much fun he wouldn't have been nervous before his race. In his first trip to Nationals Connor placed 35th in the 11-12 division 3000 in 11:51.13.

~~~~ ~~~ ~~~ ~

Finally, congrats go to all of the coaches this summer: Peter [Dierauer](#), [Kolby Watson](#), Jake [GunderKline](#), [Reini Brickson](#) and [Niki Worsham](#). Thanks!

===== THE END =====