Ohio Race Walker
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OHIO RACEWALKER

VOLUME XLII, NUMBER 5 COLUMBUS, OHIO JULY 2006

A Monthly Compendium of Results

5.3 Miles, Brunswick Maine, July 2–1. Laruen Forgues 50:18 2. Dave Burns 52:42 3. Steve Vaitones 56:42 4. Bob Whitney 60:09 5. Tom Wilson 63:41 **Metropolitan 15 Km, New York City, July 23**–1. Leo Romero 1:18:54 2. Jussi Koski 1:19:34 3. Lisa Marie Vellucci 1:24:34 4. Bruce Logan (41) 1:32:27 5. Alexis Davidson (50) 1:32:27 6. Dave McGovern (41) 1:38:17 7. Edoardo Sorrenti (53) 1:38:18 8. Barbara Shimasaki (52) 1:50:04 9.Alan Sangeap (44) 2:00:12 (1 DQ) **10 Km, same place**–1. David Lee (51) 61:57 2. Andres Fernandez (53) 72:15 **5 Km, same place**–1. Alice Tan 32:38 2. Barbara Salzell (51) 34;55 (5 finishers) **3 Km, Clermont, Fla., May 27**–1. Sandy DeNoon (50+)18:45.63 Men–1. Bob Fine (70+) 20:19 **Florida 5 KM, Clermont, June 10**–1. Steve Renard (45+) 28:28.49 2. Jim Carmines (60+) 29:23 3. Lynn Robinson (50+) 31:43 4. Robert Carver (45+) 32:54 5. Pete Beyer (65+) 33:28 6. Bob Fine 35:35 7. Winston Crandall (65+) 36:13 Women–1. Sandy DeNoon 32:32.30 2. Sandra Hults (60+) 34:46 **5 Km, Plain City, Ohio**–1. Rob Crouse 31:06 Women–. Karen Edwards 35:05 2. Laura Modisette 36:13 **5 Km, Cleveland, Ohio, June 10**–1. Joyce Probaska 31:54 2. Libby White 33:47 **2 Mile, Mentor, Ohio, June 14**–1. Joyce Prohaska 19:09 **3 Km, Cleveland, June** 17–1. Joyce Prohaska 18:50 **5 Km, Dublin, Ohio, June 24**–1. Rob Crouse 32:02 **Minnesota 10 Km, Minneapolis, July 8**–1. Felix Davies 58:58 2. Phil Rogosheheske (60+) 60:47 3. Dave Daubert (60+) 68:49 4. Lori Holcomb 69:40 5. Bernie Finch (65+) 70:54 6. Kathy Finch (50+) 73:53 **1 Mile, Houston, June 23**–1. Lojza Vosta (67) 9:40 2. Sydnie Kleinhenz (51_ 9:55 3. Dave Gwyn (54) 10:54 **1 Mile, Houston, July 1**–1. Ari Callis (13) 9:54.2 2. Sydnie Kleinhenz 9:55.9 3. Dave Gwyn 10:54 (There's consistency from week to week.) **1 Mile, Houston July 7**–1. Robert Vergara 6:37.98 (Shooting for Zach Pollinger's high school sophomore class record of 6:27.34) 2. Ricardo Vergara 7:04.16 3. Adrian Jaime 7:34.34 4. Sydnie Kleinhenz 9:58.1 5. Lojza Vosta 10:07 **5 Km, Denver, May 6**–1. Marianne Martino (55) 29:58 2. Sherrie Gossert (53) 32:23 **5 Km, Denver, May 20**–1. Greg McGuire (57) 33:25 2. Eric Koppelman (49) 34:24 3. Monica Heimdal (46) 34:31 **5 Km, Thornton, Col., May 20**–1. Michael Blanchard (44) 27:33 2. Marianne Martino 29:36 3. Daryl Meyers (63) 32:13 4. Robert McGuire 34:06 **10 Km, Colfax, Col., May 21**–1. Mike Blanchard 55:39 **10 Km, Denver, May 27**–1. Mike Blanchard 56:35 2. Patty Gehrke 61:39 **5 Km, Denver, June 10**–1. Jerry Davis (42) 32:05 **5 Km, Los Angeles, May 29**–1. Donna Cunningham 30:05 2. Alan Ede 30:19 3. Carl Acosta 32:06 **California Senior Games, Los Angeles, June 3:** 1500 meters–1. James Beckett (65+) 8:19.37 2. Rick Campbell (60+) 8:34 3. Carl Acosta (70+) 9:47 4. Bill Moremen (75+) 9:56 33:11 (9 finishers) Women–1. Reiko Duba (60+) 9:51 (5 finishers) 5 Km--1. Larry Walker (60+) 27:32.72 2. Stan Chraminski (55+) 28:55 3. Rick Campbell 30:29 4. Alan Ede (65+) 31:45 4. Carl Acosta (10 finishers) Women–1. Donna Cunningham 31:07.08 (5 finishers) **5 KM, Pasadena, Cal., June 17**–1. Rick Campbell 30:33 2. Carl Acosta 33:54 (7 finishers) Women–1. Donna Cunningham 31:35 (5 finishers)

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1600 meters, Los Angeles, June 27–1. Chris Rael (46) 8:01.72 2. Rick Campbell (60) 8:57 3. Carol Bertino (59) 9:51 (5 finishers) **1600 M, LA, June 28**–1. Larry Walker (63) 8:15.08 2. Carl Acosta (72) 10:20 (5 finishers) **1600 M, LA, July 5**–1. Jaravata Deo (41) 9:39.1 2. Carl Acosta 10:18 (4 finishers) **1600 M, LA, July 11**–1. Rick Campbell 9:02.20 2. Chris Rael 9:10 3. Raul Emmett 9:33 4. Carol Bertino 9:39 (6 finishers) **1600 M., LA, July 12**–1. Andrew Hecker (51) 9:21.9 2. Jason Hasse (18) 9:24.4 3. Jaravata Deo 9:43 11 finishers) **1600 M, LA, July 18**–1. Carol Bertino 9:40.1 2. Raul Emmett 10:09 ((3 finishers) **1600 M, LA, July 19**– 1. Carl Acosta 10:27 2. George Hincapie (17) 10:30.4 (Not the cyclist, who was busy in France.) (13 finishers) **10 Km, Los Angeles, June 25**–1. Peter Armstrong (61) 63:30 2. Ray Billig (49) 68:55 **5 Km, same place**–1. Pdero Santoni (49) 27:08 2. Rick Campbell (60) 30:10 3. Carl Acosta (72) 32:53 (7 finishers, 1 DQ) Women–1. Donna Cunningham (59) 30:48 2. Jolene Steigerwalt (62) 32:43 (11 finishers) **USATF National Club Championships 5 Km, Walnut, Cal., July 16**–1. Ian Whatley, Varsano's Chocolates 24:25.27 2. Dave McGovern, VC 24:21.55 3, Steve Pecinovsky, VC 25:34.79 4. Ray Billig, S. Cal. Walkers 31:04 5. Al Cazas, Inland Empire 32:24 Women–1.Sylvia Elli, SW 35:08.49 2. Jane Cullins, Greater Boston 36:52 3. Kathleen Franczak, SCW 39:33 4. Margaret Fields, SCW **Pacific Assn. Masters 5 Km, Sacramento, Cal., July 1**–1. Mark Green (50) 23:16.93 2. Bill Penner (59) 30:19 3. Alex Price (24) 31:30 4. Dick Petruzzi (73) 33:08 5. Stu Kinney (60) 33:16 6. Ron Walters (68) 33:44 Women–1. Kelly Wong (30) 27:03.06 2. MJ Baglin (59) 32:13.14 3. Susan Mears (51) 32:27 4. Andree Enos (36) 32:47 5. Louise Walters (66) 33:16 **1 Mile, Davis, Cal., July 9**–1. Kevin Killingsworth (50_ 7:57 2. Alex Price 8:22 3. Ted Moore (67) 8:25 4. Joe Berendt (50) 8:26 5. James Beckett (67) 8:28 6. Jack Bray (73) 8:36 7. Dick Petruzzi (73) 9:50 7. Jon Price (56) 9:56 8. Stu Kinney (66) 10:13 Women–1. Nicolle Goldman (47) 8:58 2. Karen Stoyanowski (51) 9:26 3. Kelly Grogan 9:34 4. Louise Walters (66) 9:43 5. Andree Enos 9:48 6. Doris Cassels (66) 10:12 7. Terri Brothers (49) 10:16 (10 finishers) Pacific Assn. 3 Km, Reno, Nevada, July 16–1. Mark Green 13:46.58 2. Alex Price 17:11 3. Joe Berendt 17:14 4. Ted Moore 17:25 5. David Crabbe 17:43 6. Bill Penner 18:01 7. Jon Price 18:50 8. Dick Petruzzi 19:38 (11 finishers) Women–1. Leslie Sokol 17:40.53 2. Susan Mears 17:40.60 3. Nicolle Goldman 18:42 4. Louise Walters 19:21 5. Terri Brothers 20:03 6. Andree Enos 20:28 (11 finishers) **1 Hour, Kentfield, Cal., June 11**–1. Kevin Killingsworth 11,074 meters 2. Jack Bray 9821 m 3. Jami Boxhaven 9276 4. Peter Corona 8883 5. Doris Cassels 8813 6. Shirley Dockstader 8811(13 finishers **1 Hour, Kentfield, June 25**–1. Jack Bray 9504 m 2. Jami Boxhaven 9344 3. S. Desmond Canning 9321 4. Ann Lee 9833 5. Stu Kinney 8795 6. Shirley Dockstader 8784 7. Doris Cassels 8580 (10 finishers) **5 Km, Eugene, Oregon, June 24**–1. Kelly Murphy-Glenn (45) 28:35 2. Carmen Jacinsky (43) 29:21 3. Marianne Martino (55) 29:52 4. Mary (MJ) Baglin (59) 32:10 5. Bev McCall (59) 32:10 5. Bev McCall (formerly LaVeck) (70) 32:45 6. Maureen Robeson (57) 33:16 (9 finishers, 2 DQ) Men–1. Michael Blanchard (45) 25:21.81 2. Steve Renard (45) 26:53 3. Tommy Aunan (47) 27:06 4. Bob Novak (57) 27:24 6. George Opsahl (64) 28:45 7. Charles Robeson (59) 32:11 (9 finishers) **1 Mile, Eugene, June 30**–1. Michael Blanchard 7:34.84 2. Rob Frank (53) 8:04.48 3. George Opsahl 8:43.85 4. Doug VerMeer (52) 8:59 5. Charles Robeson 9:37 6. Ron MacPike (73) 10:28 Women–1. Carmen Jacinsky 8:51.84 2. Marianne

Martino 8:52:53 3. Maureen Robeson 10:16 (5 finishers) **State Games of Oregon 3 Km, Gresham, July 8**–1. Rob Frank 16:01.11 2. George Opsahl 16:43 3. Doug VerMeer 17:28 4. Ron MacPike 20:21 5. Dick Vaughn (75) 21:03 **State Gaems of Oregon 5 Km, July 9**–1. Rob Frank 27:31.63 2. George Opsahl 28:53 3. John Backluncd (66) 30:33 4. Ron MacPike 34:20 5. Dick Vaughn 35:57 Women–1. Carmen Jacinsky 30:47.77 2. Darlene Backlunc (60) 33:39 3. Karen Karavanic (43) 34:29 4. Susan Bristow (59) 36:12
North American and Carribean Under 23 Women's 10 Km, Santa Domingo, Dom Rep., July 9–1. Veronica Colindres, El Salvador 50:29 2. Leyci Rodriguez, Cuba 50:51 3. Tatiana Gonzalez, Mexico 51:06 4. Rachel Lavallee, Canada 51:53 5. Maria Michta, U.S. 52:26 6. Tania Achondo, Mexico 53:36 7. Yolanda Quezada, Dom. Rep. 56:51 8. Lauren Davis, U:S. 64:26 **NCAC Men's 20 Km, same place**–1. Salvador Mira, El Salvador 1:31:42 2. Alejandro Rojas, Mexico 1:32:01 3. Juan Guerrero, Mexico 1:33:27 4. Walter Sandoval, El Salvador 1:37.50 5. Zachary Pollinger, U.S. 1:41:17 6. Patrick Stroupe, U.S. 1:43:02 (2 DNF, 1 DQ)

German Women's 5 Km, Ulm, July 15–1. Sabine Zimmer 21:05.49 2. Jenny Grasse 23:18.23 3. Kathrin Schulze 23:44 4. Bianca Schenker 24:43 **German Men's 510 Km, Ulm, July 15**–1. Andre Hohne 39:27.33 2. Andreas Werm 40:43 3. Maik Berger 40:46 4. Carsten Schmidt 40:55 5. Hannes Tonat 41:13 6. Steffen Borsch 43:59 **British 5 Km, Manchester, July 17**–1. Ann Loughnane, Ireland 22:54.97 2. Johanna Jackson 23:28 3. Fiona McGorum 28:43 Men–1. Colin Griffin, Ireland 19:43.40 2. Jamie Costin, Ireland19:54.72 3. Dominic King 21:22 4. Daniel King 21:29 5. Nick Ball 21:57 6. Luke Finch 22:28 7. Andrew Penn 22:37 8. Ben Wears 22:44 **Italian Men's 10 Km, July 7**–1 Ivano Brugnetti 39:48.52 2. Marco Giungi 40:19.46 3. Jean Jacques Nkouloukidi 40:33 4. Daniele Paris 40:57 5. Lorenzo Civallero 42:22 6. Pasquala Sabino 42:25 **Italian Women's 5 Km, July 8**–1. Rossella Giordano 21:28.74 2. Guiseppina Bottero 23:18.41 3. Emanuela Perilli 23:22 4.Tatyana Gabellone 12:28 5. Valentina Garofalo 23:41 6. Valentina Trapletti 23:48 7. Tatiana Betta 23:50 8. Francesca Balloni 23:52 9. Marta Marcolini 23:55 **10 Km, Ghana, July 1**–1. Stanley Braimah 45:44 2. Abdullah Abdul-Fatawu 45:48 3. Kofi Ali 46:56 4. Andrew Quanseh 47:30 (9 finishers, 4 DNF, 2 DQ) **Lithuanian Championships, Siauliai, July 1:** Women's 20 Km–1. Kristina Saltanovic 1:34:39 2. Sonata Milusauskaite 1:36:16 3. Brigita Virbalyte 1:38:59 4. Neringa Aidietyte 1:39:50 Men's 20 Km–1. Tadas Suskevicius 1:26:41 2. Donatas Skarnulis 1:30:18 3. Vilius Mikelionis 1:31:41 4. Marius Siukas 1:32:43 Jr. 10 Km–1. Ricardas Rekst 45:03 2. Tomas Gaidamavicius 46:58 3. Valerijus Grinko 47:35 **Polish National 20 Km, Bydogoszcz, July 22**–1. Benjamin Kucinski 1:23:45 2. Colin Griffin, Ireland 1:24:16 3. Rafal Augustyn 1:24:56 4. Rafal Fedaczynski 1:25:01 5. Roman Magdziarczyk 1:25:09 6. Tadas Suskevidius, Lithuania 1:27:03 7. Grzegorz Sudol 1:27:37 8. Kamil Kalka 1:31:46 9. Maciej Rosiewicz 1:31:46 10. Pawel Grzonka 1:33:42 Wo;men–1. Neringa Aidietyte, Lithuania 1:41:46 2. Agnieszka O:lesz 1:43:04 3. Agnieszka Swarno;g 1:43:58 **20 Km Leamington, Eng., June 17**–1. Yohann Diniz, France 1:23:19 2. Rafal Augustyn, Poland 1:24:31 3. Denis Langlois, France 1:25:04 4. Colin Griffin, Ireland 1:25:09 5. Hannes Tonst, Germany 1:29:18 6. Harve Davauz, France 1:29:26 7. Jamie Costin, Ireland 1:29:35 8. Mik Berger, Germany 1:31:59 Women–1. Elisa Rigaudo, Italy 1:29:11 2. Rossella Giordano, Italy 1:33:00 3. Vera Santos, Portugal 1:34:13 4. Ann Lahghnane, Ireland 1:35:18 5. Monica Svensson, Sweden 1:36:18 6. Johanna Jackson, England 1:41:00 **Victorian 10 Km, Melbourne, Aust., July 22**–1.Tom Barnes 44:47.8 2. Chris Erickson 47:12.7 3. Andrew Jamieson (60) 47:16.9! (New World Age 60 record breaking the 49:22.7 by New Zealand's Gary Little, which seemed amazing at the time he did that So how do we regard a time more than 2 minutes quicker?)

Plant A Heel, Push A Toe, As A Racing Thou Doth Go

Thur. Aug 3	1 Mile, Los Gatos, Cal.)5:45 pm (J)
Fri. Aug. 4	5 Km, Littleton, Col., 6:30 pm (H)
Sat. Aug. 5	3 Km, Arlington, Va. (S)
Sun., Aug. 6	**National USATF Masters 10 Km, Charlotte, NC**
	Ohio 5 KM, Cincinnati, 8am (M)
	5 Km, Evergreen, Col., 8 am (H)
	5.3 Miles, Brunswick, Maine (D)
	Canadian National 20 Km, Ottawa (open to foreign athletes) (R)
Mon. Aug. 7	5 Km, Long Branch, N.J. (A)
Thu. Aug. 10	1 Mile, Los Gatos, Cal.. 5:45 pm (J)
Sat. Aug. 12	2.8 Miles, Seattle, 9 am (C)
Mon. Aug. 14	5 Km, Long Branch, N.J. (A)
Wed. Aug. 16	Colorado Masters 5 Km, Fairmount, 6;30 pm (H)
Sat. Aug. 19	3 Km, Arlington, Va. (S)
Sun. Aug. 20	**USATF National 15 Km, Minneapolis Minnesota (I)**
	Metropolitan 5 Km, New York City 9 am (G)
Mon. Aug. 21	5 Km, Long Branch, N.J. (A)
Sun. Sept. 3	5.3 Miles, Brunswick, Maine
Sun. Sept. 10	Pacific Assn. And Western Regional 20 Km, Oakland (J)
	National USATF 40 Km, Ocean Twp., N.J., 8 am (A)
Fri. Sept. 15	5 and 20 Km, St. Louis Park, Minn. (I)
Sun. Sept. 17	1 Hour, Langley, Vir. (S)
Sun. Sept. 24	Michigan 1 Hour, Royal Oak (W)
	1 Hour, Fair Oaks, Cal. (P)
	Metropolitan 3 Km, New York City, 9 am(G)
Sun. Oct. 1	1 Hour, Langley, Vir. 9 am (G)
Sat. Oct 7	**USATF National 5 Km, Kingsport, Tenn. (K)**
Sat. Oct. 14	5, 30, 40, and 50 Km, St. Louis Park Minn. (I)
Sun. Oct 15	North Regional 10 Km, Dearborn, Mich. (W)
	National Masters 1 Hour, Waltham, Mass. (X)
	1 Hour, Langley, Vir., 9 am (G)
	10 Km, Seaside, Cal. (J)

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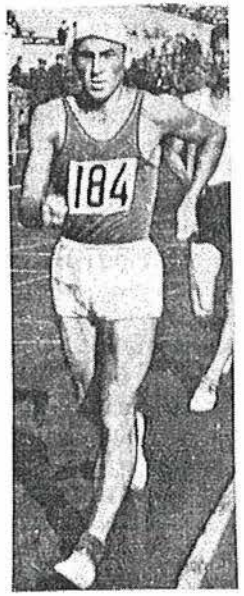
From Heel To Toe

Daniel reminisces. Ron Daniel writes to let me know that "Looking Back" is his favorite ORW feature. One of his own memories you will find under July 1966 in this month's feature. And he adds: "Another 'Looking Back' moment came on the weekend of the World Cup in LaCoruna. That was the 47th anniversary of my first official racewalk. From my journal–my first race was May 15, 1959 at McCoombs Dam Park (across the street form Yankee Stadium.) It was a Met AAU Development meet. The race was a 1 Mile handicap. I had 200 yards on the scratch guys. Bruce MacDonald was one of them. I won with a time of 6:54.2 (approx. 7:44 had I gone the full mile). One month later, June 14 (9 days before my 18th birthday), I was in the National 20 Km in Baltimore, Maryland. My time on that short course was 1:51:44. I wasn't last. Rudy Haluza won with 1:31+. On June 28, I won the Met. AAU Jr. Championship 1 mile in 7:53.3. And on another July 4, I finished second to Wayne Nichol in the AAU Jr. Championship 2 mile , a tenth behind his 6:37.2. Yep, real busy schedule. My officiating/judging at the World Cup was the completion of a Racewalking World Cup 'hat trick' of sorts. In 1970, I competed in Eschborn as the Lugano Cup, 1983 in Bergen I was a team leader, and 1991, San Jose, I was the technical director." And then referring to last months's Looking Back for June 1966, Ron notes: "On that McKeesport 20 Km, my recollection is that with one lap to go, I was told I had two laps. It wasn't until I saw Rudy stopping at the finish that I realized that I was also finishing and then started to push...almost had you." *(Editor addendum: My first official race was also a 1 Miler about 9 months before Ron's. But I was already an ancient 23. This was on Aug. 17, 1958 at the annual Irish Day Meet at Cincinnati's Coney Island Amusement Park, a meet I had run in before. I finished third in 7:50 and also was second in the 220 dash with 24.4–on a really lousy cinder track. My second official race was three weeks later at the National 25 Km in Philadelphia, where I struggled to 14th place finish in 2:42–my first walk of more than 6 miles. Then, after 6 months on active duty with the US Army, my third race was at the Ohio AAU ! Mile in Dayton, where I was second to my buddy Jack Blackburn in 7:32.4. (I also finished sixth in the 440 yd.hurdles in a blazing 63.0, not really being prepared for that event at that time.) (Another parenthetical insert: I had also traveled out to Staten Island for the National 10 Km on May 3, only to be told that they had not received my entry–which had been sent–and I couldn't compete. Jack got third in the race while I hopped into a 3 1/4 mile handicap run–I had to start from scratch since they knew nothing about me–and got third in 17:22). And then, the Baltimore 20 Km Ron refers to was my fourth racewalk competition, which resulted in a 14th place finish in 1:43:25. Two recollections from that race: I was*

walking much of the way with legend John Deni When wes passed Jack Blaciburn's mother on one of the middle laps, she made some pointed remark to John about the legality of his style. John said to me: "That god dammed Mrs. Blackburn. Doesn't she know I walk the European style." Second memory was that one of those I passed late in the race was Bob Mimm. The next year, same course in the Olympic Trial I saw Bob Mimm not far ahead of me about halfway through the race and thought to myself, "Well there's at least one more I am going to pick up." Never happened and he soon disappeared. After finishing (in tenth), I inquired about who made the team–"Halusa, Zinn, and Mimm", I learned to my amazement. Congratulations to Bob who certainly improved more in that year than I did.). . .**Ray Sharp explains.** I'm not sure that 46-year-old athletes need to apologize for performances that show up much younger competitors, but Ray Sharp has given me the scoop on his "...spotty performances this spring. Turns out I was anemic in Spain (at the Lugano Cup). Explains why I walked 4:30 there, and even worse, 47 minutes at Niagara Falls. I got back on track with a 1:34:58 for sixth at the 20 in Indianapolis, not great but at least moving in the right direction. . .This recent health problem of mine–easily resolved–is a good example of how an athlete training hard can come up empty at the worst of times. Now I'm monitoring my blood and am back to normal after three weeks of iron supplements." . . .**Chorpek?** Received a query from T&F statistaical guru Hal Bateman wonering if I had any information on a racewalker from the '70s named Jo-Ann Chorpek. The name didn't ring any bells with me nor did it turn up when I searched my file of results of natinal races from that period. So now I ask Readerland–does anyone know anything about a Jo-Ann Chorpek. IF so, let me know and I will pass the information on to Hal. . .**Wedding bells.** Victoria Herazo, who won 21 U.S. racewalking titles between 1989 and 2001, is getting married on August 5. Only Sue Brodock and Teresa Vaill, each with 32, have won more nationals than Victoria. Michelle Rohl also had 21. Besides all thost titles, Victoria was a member of two Olympic teams, two World Championships teams, and three World Cup teams. Victoria is currently working full time at the Colorado State University Veterinary Teaching Hospital inn small animal surgery. .**A birthday celebration.** The city of Sumy, Ukraine held a 70th birthday celebration for native son Vladimir Golubnichiy (pictured at right), who many consider the greatest 20 Km racewalker of all time. Golubnichiy, who competed for the Soviet Union, had a long career that spanned five Olympiads–with notable success. He won gold in 1960 and 1968, silver in 1972, and bronze in 1964. In 1976, at age 40, he was still good enough to finish seventh in the Montreal Olympics. He first came on the scene in 1995 with a stunningworld record of 1:30:02.8 and broke that in 1958 with a 1:27:05. . .



Forgues receives "all state" honors. The *Maine Sunday Telegram* selected Lauren Forgues to their "All State" track and field team for 2006. Unlike many state honors that select one or more athletes per event, the *Telegram* picked 14 boys and 14 girls regardless of event. Thus, there was a single thrower for the three throws, one jumper for long/triople/high, but four hurdlers. No racewalkers were named to the boys All State team, either first or second team, but racewalker Padric Gleason received honorable mention as a hurdler. Forgues is a three-time state champion and will attend the University of Maine. She finished second in both the USATF Junior National

10 Km and the Nike national high school 1 mile in June. **Derek update.** It's been a few months since I updated readers on the status of our oldest son, Derek and I get inquiries from time to time. For recent subscribers, Derek is a paraplegic as a result of a motorcycle racing accident in 1997. Last fall, following a serious infection that caused e large abscesses in his side, went septic, and got into his spine, he underwent five surgeries to remove the abscesses, fuse his spine further down than it had been previously, replace hardware, fuse even further, and install more hardware. It was January before he was through with hospitals and infusion of antibiotics. Having moved to Morgantown, W.V. a year earlier, he gave up his job there and came to live with us until for a while as he decides where he goes from here.. Since I last reported, he has driven out to New Jersey for a pranic healing weekend seminar (he has been active in that for several years), flown to Washington, D.C. to perform at the VSA Arts Festival (he plays 12-string acoustic guitar, you can check it out on his website www.derekmortland.com), played several gigs locally and out of town, spent many hours with his handcycle on bike paths, and last week served on the staff at the Governor's Youth Leadership Conference for high school students with physical or developmental disabilities. So, as you can see, he is back to an active life with many avenues open to him. We thank you all for your thoughts and prayers through some trying times for Derek and for Marty and me.

National Prowess In Walking At the World Championships

The IAAF has compiled tables for each group of track and field events (sprints, hurles, throws, etc.) showing which nations have faired best at the World Championships. The meet was first held in 1983 and repeated at four-year intervals through 1991 and two-year intervals since. Last year's meet in Helsinki was the 10th edition. The tables show the how many each nation has placed at first through eighth through those ten editions. Then, scoring 8 for first, seven for second, and so on through 1 for eighth, a total score is derived. Follwoing are the tables for both men's and women's racewalks. Men have competed at both 20 and 50 Km in all ten World Championships. There were no women's racewalks in 1983. Womwn competed at 10 Km from 1987 through 1997 and at 20 Km since. (The figures for Russia include those who walked for the Soviet Union before its breakup.)

Women

Nation	1st	2nd	3rd	4th`	5th	6th	7th	8th	Pts.
Russia	6		1	2	2		1	1	75
Italy	1	2	1	2	1	4	1	1	57
Belarus		3	2						33
China	1	1	1	1			2	2	32
Spain			1	2	1				20

Men

Nation	1st	2nd	3rd	4th	5th	6th	7th	8th	Pts.
Russia	4	7	7	5	2	2		2	164
Spain	2	6	3	3	4	2	1		115
Italy	4	2	1	2	2	3	5	4	93

Mexico	2		3	2	2	2		3	61
Germany	2	1	2	2	1	1	1		54

Korz Keeps Busy In Retirement

What does a four-time Olympic gold medalist do in retirement? The following article, written by Tim Watt for the IAAF Magazine let's us know what the only racewalker to achieve that status is doing two years down the line.

Korzeniowski, passing on his knowledge

by Tim Watt

As a TV executive, Robert Korseniowski is busy maximizing the ratings of the sports output of Polish public television. He's also recently officially embarked on a secondary career as a coach, so far succeeding by making his athletes trust their own objective data.

Robert's philosophy for coaching is that training must progress 'step-by-step'–achieved by analyzing physiological data such as heart rate and blood lactate levels to understand each athlete's training response.

Aware that he is coaching humans rather than machines, he also aims to inspire athletes to have confidence in their training response to his schedules. Rather than trust passing feelings, he makes sure they know that objective measurement shows when they are ready to perform in big competitions.

Since the beginning of 2005, Robert has been the head of sports editorial for TVP. Later that year, he also took on the responsibilities for coaching some of his former adversaries–including Francisco 'Paquillo' Fernandez, a partnership that resulted in a breakthrough World Cup victory this year in La Coruna for the Spaniard.

It may seem that this success might be due to the inspirational effect of Korzeniowski's legendary status within racewalking, but it is a partnership derived from academic study, and rigorous application of the latest science-based training methods.

Indeed, every detail of Paquilllo's training response is e-mailed to Poland for Robert's analysis–partly to ensure the IAAF World Cup 20 Km winner "takes it easy, but not so easy".

Robert's achievements in racewalking were unprecedented–and he is acknowledged as the greatest in the event by three-time World Cup winner, and Paquillo's frequent nemesis, Jefferson Perez.

As, not only did Korzeniowski win an unprecedented four Olympic gold medals–including the 50 Km walks at Atlanta 1995, Sydney 2000, and Athens 2004–he also won every major championship 50 Km title except one, from 1996 to 2004.

This consistency was a manifestation of his perfectionist approach to training optimization and avoidance of over training.

Robert was on hand in La Coruna to cheer Paquillo to his major goal of 2006, but he had less influence over his national team at the FIFA World Cup (soccer) a month later. He was driving home from Germany, direct from Poland's last group game, when interviewed about his transition from athlete to coach.

It may seem that this transition has happened overnight, but, in reality, it's more of a change of job description. "Actually, it wasn't so quick!: he laughs. "I coached myself from just before the Atlanta Olympics. In 1993, I graduated with a diploma in coaching from the Katowice Academy of Physical Education. I then had ten years putting my knowledge into practice and refining my methods in my athletics career. I also coached young French athletes and started a walking section at my athletics club in France US Tourcoing."

"Also, I've always coached my sister Sylwia. She started racewalking when she was 13 and now she's 26. What was a new experience is combining coaching with a full-time job. Unofficially, I coached the Polish Olympic walkers at Athens. Benjamin Kucinski, Roman Magdziarczyk, and Grzegorz Sudol, as well as my sister. It was only after Athens, and I was retired as an athlete, that I was officially recognized as a coach. My recognition by the Spanish Federation as Paquillo's coach was more a consequence of my professional education rather than 10 years as coach or 20 years in sport.:"

Matching his professional approach as an athlete, Robert's coaching methods are derived from his academic studies, honed by a humble assessment of his early failures, as well as later successes.

"For my education, I studied at the Katowice Academy for 6 years (with a year out for the Barcelona Olympics) and my thesis was on 'Training Factors in Racewalking'. This included studying physiological and endurance testing of athletes, and training factors related to walking such as lactate testing. I also studied marathon and middle-distance runners. This all really helped me understand my own training and allowed me to analyze my own training response."

Robert had planned to write a book on his training methods before he became so busy in his TV job. He considers it important for coaches to keep up-to-date with the latest theories so prefers his thesis to gather dust in Katowice library until he gets the time to such a publication justice.

"That was at the beginning of sports testing and optimization. Since 1993, there have been new tools, including heart rate monitors and from about 1994/95 I started to involve more intelligence in my training methods."

Robert has 12 years worth of electronic data on his racing and training, used to analyze what went right and wrong. He is choosy in which athletes he takes on. "Any athlete I coach must decide to invest in their own training optimization," he said. "They must know why they are doing any particular session, on what basis they are training and be involved in an open discussion about it. I make a rule that athletes are responsible for their training."

This science-based approach seems infectious as athletes training in his group can recount interval session splits, altitude above sea level and blood lactate levels in key training sessions devised by Robert.

Robert also gained a coaching diploma for which his thesis described methods of altitude training based on observation of himself. "From my studies, I learned that optimizing my training meant training just enough–it's most important to make it easy–but not so easy!"

"Individual training methods will differ with age and training level–but athletes can only maximize their potential by analyzing their own training data over previous years. For example, I found the reason for my disastrous 1999 season (he was disqualified in the Seville World Championships 50 Km) was that I trained too hard when altitude training in Alamosa, Colorado, and racing too frequently in unimportant events. When I looked back, it was objectively clear. With my group, we plan altitude training on an accrued basis. So an athlete needs to record training data, as documentation is a key part in developing a proper strategic plan."

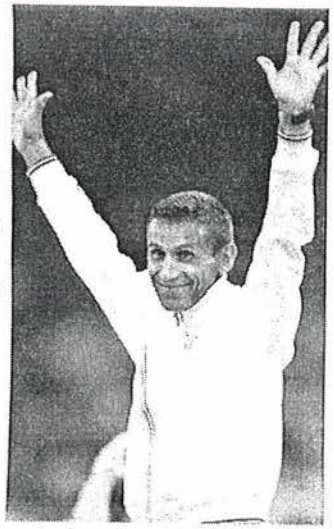
It's no coincidence that some athletes can keep competing for many years at a high level. The reason for that is 'intelligent training'. For instance, Valentin Kononen should have been at his peak after Atlanta and in 1997 I know he walked 9000 kilometers that year.

I never walked more than 6500 kilometers in a year. I also preferred to walk at or near my anaerobic threshold.

Kononen was the 1995 World Champion over 50 Km, seventh at the 1996 Olympic Games and ninth in the 1997 World Championships. He came back to win the silver medal at the 1998 European Championships, but his performance in major championships declined after that, as he failed to finish at the 1999 World Championships and was disqualified at the 2000 Olympic Games.

Another important aspect of Robert's approach is to transfer confidcence in his athletes training responses to his schedules. "Too many coaches, in my view, train based on an athlete's feelings or perceptions, with no scientific reasoning. I tell my athletes never to walk by feeling. I feel that's a trespass for a coach. There are too many factors involved."

"For instance, there's a tendency for athletes in the last weeks before a competition to lose confidence or enthusiasm but the coach should be able to point to the objective facts, such as heart rate or blood lactate data, and say 'OK, you'r ready'."



A victorious Korzeniowski.

I teach my athletes to be confident in their training response. I try to transmit total confidence in the training purpose, objectives, and data–not perception. The only stage that the athlete needs to be ready is a moment before the main competition–so there's no need to panic ahead of time."

"Paquillo was a very good example of the right type of confidence. Only in the week before La Coruna was he 100 percent ready–not before and not after. He had the right mixture of confidence, training methods, and motivation."

"Without confidence, athletes can't perform to their potential–I'm not an engineer–athletes are not machines. I don't coach bodies but train humans."

How Robert manages his dual role is a tough task. "My contribution is intellectual, not a physical presence. It's a big effort, but manageable. I'm not a full-time coach, but it's not my hobby either. It's a big responsibility. I coach at weekends, plan my holidays around it and take days off." And the result is that "I have zero time for myself!"

A Real Walk In the Park

by Chris Larick
Ashtabula, Ohio Star Beacon, May 13, 2006

(Last month we reported on Shaul Ladany's 100 Mile effort in Ashtabula. Here is an article about Shaul that preceded that effort.)

Drivers who regularly travel Route 84 east and Route 7 south may have noticed a man walking briskly down those roads for the past month or so. If someone became curious and decided to follow the racewalker, he would see him head east on Route 84 from his starting point–Roan and Don Laird's home on Diane Drive in Ashtabula Township.

Three hours or so later, the walker would reach Route 7, where he would turn south, then eventually east again until he reached Springfield, Pa. Then he'd head back to Ashtabula Township and arrive back at the Laird home 11 ½ hours or so after his journey began.

The man will make that trip every other day. On his "off" days, he'll walk for only three hours or so. "I walk on roads that aren't so busy with traffic,", the man, Shaul Ladany said.

Yes, Ladany loves walking (specifically racewalking), but his primary motivation is training–training to become the first man over the age of 70 to walk 100 miles in a 24-hour period. *(Ed. As noted last month, Shaul accomplished the 100, but Larry O'Neil had beaten him to being the first over 70 about 29 years ago.)*

On Thursday, Ladany, a professor from Israel and a world-renowned racewalker, will make his attempt, racewalking as many circuits of Smith Field in Ashtabula necessary to make up the 100 miles. Ladany will begin at noon that day and keep walking until noon Friday. He and Ron Laird have measure the course and have calculated that Ladany will have to circle Smith Field 285 times, plus 85 more feet to cover the required 100 miles.

"Everyone, especially those who walk, run, or jog is invited to come and walk around with me as much as they want", Ladany said. Those who are able to walk 100 miles in one 24-hour period or less are called "centurions". They aren't exactly rare.

In the United Kingdom, Ladany says, there are more than 2,000. In Mainland Europe about 1000 more. There are additional centurions in Australia, New Zealand, Malaysia, and the U.S. (Which has fewer than 60).

Ladany himself became a centurion back in 1973, covering the 100 miles in 19 hours and 30-plus minutes under less-than-ideal conditions. "I did it on a cinder track in Columbia, Missouri,: said Ladany. "It had rained and three lanes were covered with 2 inches of water. It was muddy and slippery. Afterward, I left immediately for the Yom Kippur War (which had just broken out).

"I went back to New York in an airplane. People (in the Israeli army) who were willing to fly back paid their own way. I reached my unit and was in charge of an artillery battery."

Ladany was born in Belgrade, Yugoslavia, in 1936. When he was 8 years old, he and his family were sent to a concentration camp, Bergen-Belsen.

"It was a concentration camp, not an extermination camp," he said of the difference between Bergen-Belsen and other camps like Auschwitz. "Still, more than 60,000 Jews perished there, from starvation and illness. It was liberated on April 15, 1945 (six months after the Ladany's were interned there) by the British military.

"That was the first time the world saw the horrors of a concentration camp. They brought in a team of British military photographers. One of the team was a very famous actor, Peter Ustinov."

Though Ladany says he was never beaten or tortured at Bergen-Belsen, it was still a miserable, life-threatening experience. "We were always hungry and had to stand in the rain and cold for hours. They made us count off and recount. Up to this day, I have an urge to eat tomatoes. Just outside the electric fence, near the watchtower, one tomato plant started to grow wildly. My eyes were able to look at it out of th holes in the fence, but I was never able to reach the plant.

When the state of Israel was created in 1948, the Ladanys emigrated there. Out of eight grades, he had attended less than five in four different languages prior to starting high school. Today, he speaks eight languages. He earned several college degrees–bachelor's and master's degrees in mechanical engineering and a master's in business administration. Then,

he went on to get his Ph.D. in industrial engineering from Columbia University in New York.

In 1967, he started teaching at Columbia while he was doing his Ph.D. work. "I've spent 39 years in academia," he said. "I'm a chairholding, tenured, full professor of mathematical and statistical subjects in industrial engineering and operations research (at Ben Gurion University of the Negev). After getting my Ph.D., I went back to Israel. Several times, I've taken sabbaticals to Columbia, the City University of New York, Georgia Tech, the University of Capetown, Singapore, and Berlin."

Ladany has published more than 100 scientific papers and wrote or edited 10 books. He has been married (to Shoshana) for 45 years. The couple has one daughter, Danith, 35, and two granddaughters.

Ladany is probably known better for what he terms his "hobby", racewalking, something he's done at a world-class level. "I set a world record in the 50 mile in 1972 in New Jersey and won the 100-kilometer in the world championships in 1972 in Lugano, Switzwerland," he said.

His world record was set at Ocean Township, N.J. in April 172. He represented Israel in the Olympic Games at Mexico City in 1968 and at Munich in 1972,).competing in the 50 Km racewalk. He finished 24th in 1968 and 19th in 1972.

"I was one of the Israeli participants that didn't come home in a coffin," he said in reference to the Munich terrorist massacre. "In both of those Olympic Games, I was the only male track and field representative from Israel."

In some ways, Ladany might feel blessed to be alive. In addition to the concentration camp and a close call at Munich, he was in the Israeli army on reserve duty during several wars.

I've had many close calls," he said. "I was released because of my age when I was 52. Once, a shrapnel shell almost hit me. I broke into a 100-meter sprint that could have been a world record until I reached a safe place. Some Bedouins and Arabs tried to run me over, but I;m still here."

Ladany won seven U.S. national championships during the time foreigners were allowed to enter them, a practice that has now been discontinued. "If that rule had existed then, Ron Laird would have won more national titles," Ladany said.

In addition, Ladany also won championships in South Africa, Belgium, Switzerland, and (of course) Israel. "I've won many other long-distance racewalks," he said. "For a certain period of time, two or three years, I think I was the best in the world between 5o miles and 100 kilometers. I think I was considered one of the best in range of distance. With they years, I added a little weight. I'm still training for long distances."

Ladany's next big project (other than his attempt to at the 100 miles) is a four-day walk from Paris to Tubize (just outside Brussels), a distance of 300 kilometers, or about 180 miles. "It's a grueling event," he said. "I have done it five years in a row. I might be the oldest person there, so I'm training long distances. Ashtabula's citizens have seen me walking, with a small pack on my waist with water and bananas in it."

Ladany walks for about 11 ½ or 12 hours, covering about 48 miles. He considers his lifelong pursuit of his sport a hobby, foe easily understood reasons.

"Racewalking is grueling," he said. " It's more popular in Europe, but what's starting to be very popular is non-competitive long-distance walking, multiple-day events. The biggest was in Holland, 50,000 people. It's a carnival."

In Ashtabula Township, Ladany is staying with Ron Laird, a man he considers underappreciated in America. "Why come here? I've known Ron for 41 years since a race in Atlantic City in 1965. Laird wrote the journal of racewalking. He's one of the leaders in total racewalking. Ron has won 65 senior U.S. national titles (the second -highest total is 42, which Laird said took years to pass). He's a legend. Laird participated in four Olympic games and has been inducted into the U.S. Track and Field Hall of Fame."

Ladany is in his last stage of sabbatical from teaching, after which he'll retire to status of Professor Emeritus. 'I have some long-distance events coming up in June." Ladany said. "This is an excellent solution for me, to come to live for a short time with someone who is the most important racewalker in U.S. history.

LOOKING BACK

45 Years Ago (From Chris McCarthy's July 1961 Midwest Walker)--.1960 Olympian and West Point cadet Ron Zinn won the National 20 Km in Buffalo in 1:41:51, 26 seconds ahead of the Ohio TC's Jack Mortland. It was a race long dual between pair with Zinn Spurting away anytime Mortland came close. Mortland's teammate Jack Blacibrun from well back in the pack to take third in 1:44:07 with Ron Laird another 44 seconds back in fourth. John Allen and Bob Mimm rounded out the top six. . .On the Ohio Scene, Blackburn beat Mortland in the Ohio Assn. 1 Mile, 6:43.4 to 6:49. . .Zinn walked a 6;43.7 in New York. . .The National 2 Mile on Randall's Island, N.Y. went to Zinn in 14:46.8 with Rimas Vacaitis (14:55) second and Mimm (15:04.4) third. . .And, in the National 10 Km on a crummy cinder track in Pitsburgh, also went to Zinn in 49:35, 3 seconds ahead of Mortland after another race long dual. Mimm, Blackburn, and Laird followed.

40 Years Ago (From the July 1966 ORW)--.Ron Daniel won the National 30 Km in Columbia, Missouri in what seems a ridiculously slow 2:57:07. However, those of us who were there know different. It was 95 degrees, sunny, humid, and no shade on the course. Larry Young was about 4 minutes back in second and Jack Mortland a couple of minutes behind him in third, Early leader Ron Laird wound up 13th in over 4 hours. Indicative of the conditions, Jack Blackburn walked out of a shoe when it became stuck in the nearly boiling tar on a spot in the road. . . An addendum from Ron Daniel—see From Heel to Toefeature for more memories from Ron: "Two weeks ago as I prepared to head to Santo Domingo for the NACAC U23 Championships, I realized that I was celebrating the 40th anniversary of the infamous Columbia, Mo. 30 Km. Still the slowest winning time on record–you had to be there. Details are fuzzy, but I remember Laird going out fast...as usual...only to be street walking by around 2 Miles. I am not sure who grabbed the lead at that time, but Larry and I caught Bowman just after 15 km and went into the lead side-by-side. To offset the heat and sun, I wore a long-sleeved white dress shirt with the collar and cuffs cut off and a ball cap with a handkerchief down the back–I think I saw a photo of Don Thompson dressed like that. *(Ed. I think I did too.)* We poured water all over ourselves and just hoped to survive. Not knowing what to expect from Larry, I decided to take a risk and push the 5 km between 20 and 25. It worked. I was so shot afterward that I never made it the awards luncheon.

35 Years Ago (From the July 1971ORW)--.Paul Nihill, England, edged Nikolai Smaga, USSR, in the USA-USSR-British Commonwealth 20 Km in San Francisco, as both recorded 1:30:08. Tom Dooley finished fourth in 1:33:59 for the U.S.. . .John Kelly won both the mile (7:06) and 20 Km (1:42:38) at the National Masters meet. . .Lynn Olson won the 1 Mile walk at the women's National T&F Meet (the race was being held for the first time and was termed an exhibition) in 7:53.8. Jeanne Bocci had 7:54 in second. . .Nihill had a 2:30:35 to win the British 20 Mile Championship, a world's best at the time.

30 Years Ago (From the July 1976 ORW)–.Mexico's Daniel Bautista moved away in the final 4 Km to win the Olympic 20 Km in Montreal with a 1:24:41. East Germans Hans-Georg Reiman, Peter Frenkel, and Karl-Heinz Stadtmuller took the next three spots. Ron Larid was 20th in 1:33:27, Larry Walker 22nd, and Todd Scully 29th for the U.S. . . Odd Jack Mortland won the National Masters 10 Km at Chicago's Stagg Field, as practically no one showed up. A blazing sun and temperature in the 90s put him in mind of the Columbia death march of 10 years earlier as he strolled to a 55:11.

25 Years Ago (From the July 1981 ORW)–.Todd Scully and Susan Liers-Westerfield captured National 15 Km titles at Niagara Falls. Todd finished 1 minutes ahead of Canada's Helmut Boeck in 1:08:56, with Pete Timmons and Tim Lewis taking third and fourth. Susan had a much easier time, also beating a Canadian, Joan Bender, but by more than 4 minutes. Susan had 1:15:27. Motor City Striders teammates Jeanne Bocci and June MacDonald were third and fourth. . .Liers-Westerfield also won the 10 Km title, this time in Maine, in 49:54. Catherine Flack was nearly 5 minutes behind in second, followed by Norma Arneson and Carol Brown. . .In the US-USSR 20 Km race, Jim Heiring stayed close for 15 Km and then was DQ'd. Pyotr Potschenchuk won in 1:25:08 a second ahead of Anatoiliy Solomin. Dan O'Connor finished in 1:32:40. . .The US took 1-2-3 in the Maccabiah Games 3 Km, with Evan Fox winning in 13:18.27, followed by Roger Brandwein and Bob Rosencrants.

20 Years Ago (From the July 1986 ORW) -.Canadian took four of the first seven places in the National 10 Km in Niagara Falls with Paul Turpin winning in 42:45. Gary Morgan was second in 43:17, just ahead of Daniel Levesque. Mel McGinnis was fourth and Dave McGovern fifth. Canada's Deborah Powell was the first woman in 49:52, 11 seconds ahead of Debbi Lawrence. . .Curt Clausen won the Junior 10 Km title in 47:38.44, followed by Doug Fournier and Jeff Salvage. The women's 5 Km went to Kerry Bratton in 25:13.45.

15 Years Ago (From the July 1991 ORW)–Dave McGovern scored an easy win in the National 10 at Niagara Falls in 43:18. Andrzej Chylinski (43:19) and Curt Clausen (43:45) followed. Nick Bdera won the Master's title in 46:26. Canadian women took the first four places, with Janice McCaffrey (45:51) winning and finishing eighth among the men.

10 Years Ago (From, the July 1996 ORW)–National Junior titles went to Anya-Maria Ruoss at 5 Km in 25:13.26 and Kevin Eastler at 10 in 47:57.82). . .Lisa Kutzing (25:35:03) and Brian Colby (48:48.87) were second. . .In the World Masters Meet in Belgium, Victoria Herazo won gold for the U.S. in 35-39 women's 20 Km with a 1:38:06 effort. Bob Mimm won gold in the Men's 70-74 30 Km with a 3:23:19. . .Russian's Viktor Ginko had a 3:42:52 for 50 Km in Germany. . .Winners at an International match in Moscow were Russia's Rusian Shafikov at 20 Km in 1:20:02, Italy's Arturo de Mezza at 35 Km in 2:28:42, and Russia's Irina Stankina at 20 Km in 42:13.

5 Years Ago (From the July 2001 ORW)–Another hot 30 Km, this time in Kenosha, Wis., saw Curt Clausen and Philip Dunn ignoring the conditions to go one-two in 2:19:32 and 2:22:53. Michelle Rohl won the women's race in 2:34:37, 12 minutes ahead of Debbi Lawrence. . .In the Francophone Games in Ottawa, Tunisia's Hatem Ghoula beat France's Denis Langlois in the 20 Km with a 1:22:56 effort. Romania's Norica Cimpean won the women's 10 Km in 44:31.30. . .European Under 23 20 Km titles went to Elisa Rigaudo, Italy in 1:29:54 and Spain's Juan Manuel Molina in 1:23:03.

And to close this issue, some important questions, that have nothing to do with racewalking:

Can you cry under water?

How important does a person have to be before they are considered assassinated instead of just murdered?

If money doesn't grow on trees, why do banks have branches?

Since bread is square, why is sandwich meat round?

Why do you have to put your two cents in, but it's only a penny for your thoughts? Where's that extra penny going?

What disease did a cured ham actually have?

Why is that people say they "slept like a baby" when babies wake up every two hours?

Why are you in a movie, but you're on TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at thins on the ground?

If a 911 operator has a heart attack, whom does he/she call?

Why is bra singular and panties plural?

Do illiterate people get the full effect of alphabet soup?

Who was the first person to look at a cow and say, "I think I'll squeeze these dangly things here and drink whatever comes out!"

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs.

If corn oil is made from corn and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Did you ever notice that when you blow in a dog's face he gets mad at you, but when you take him for a car ride, he sticks his head out the window.

Why is there a light in the fridge but not in the freezer?