

## FAC RACE WALKING NEWSLETTER – MARCH, 2010

With this initial attempt, my first in writing/editing a newsletter, I will endeavor to report on our members RW activity, including performances, significant awards, plus upcoming events, training tips and the occasional member bio. The goal is 3-4 newsletters a year, for the first year, providing our club RW members can generate enough headlines, medal activity, PR'S and whatever else might be of interest to our special group. And yes, we are special, as witnessed by the world, national, regional and local races in which our members consistently demonstrate their prowess in winning the gold, both indoors and out - track & road.

Just as important to maintaining our strong RW club stature is the on going need to attract new members. We encourage all with an interest in RW to continue to support our club with your annual membership dues, and, just as important, encourage newcomers to join our ranks. Race walkers who live outside Florida , when renewing their USATF membership, can declare their intent to compete for Florida Athletic Club. Our strength is in numbers, elite or beginner, active or post competitive. All who share our common interest are always welcome. We salute all members who stand at the starting line, whether a local or a national championship, wearing our club colors. And, if you are not competing, consider volunteering or becoming a judge.

### 2009 - A Look Back

Here is a brief summary of some of the significant USATF & WMA performances of our out-of state race walkers last year:

#### Master's Final Grand Prix Results (Age Graded)

Jack Starr	Age 80	Wallingford , PA	3rd
Paul Johnson	Age 71	Ft. Smith, AR	4th
Al Dubois	Age 77	West Allis , WI	8th

#### Indoor Championships: 3,000 meter - Landover, MD (March)

Paul Johnson won the gold in his group by almost 1 minute in 18:27.79

Al DuBois (M75 20:38:64) and Jack Starr (M80 20:40:20 ) also won gold.

While not Florida residents all three competed for FAC last year. Jack Starr, however, with his move to Wallingford , PA , is now affiliated with the Philadelphia Masters Club. We wish him well as he continues his assault on age group records at all championship distances.

#### Outdoor Championships: Oshkosh, WI (July)

Again, Johnson and Starr won their age groups in both the 5 & 10K races with Johnson breaking 30:00 in the 5K at 29:31.20 and going on to win the 10K in 1:02:21.74 Starr posted times of 33:57:72 & 1:08:47.23

Others medaling were DuBois, 2nd in the 5K at 33:02:83 and 3rd in the 10K at 1:07:51.00. Peter Bayer was a distant 2nd behind Paul Johnson in both races finishing in 33:57.46 and 1:09:40.58. Kathy Finch had two silvers - 37:19.40 and 1:116:19.67 while husband Bernie won 5th place ribbons in both races with times of 37:40.73 and 1:18:54.33

World Outdoor Championships: Lahti, Finland (July)

Sandra Hults represented the USA in the 5, 10 and 20K races taking 8th place in the 20K in 2:32.24 and then dropped down to W55 to win the team silver. Al DuBois (first WMA Championship appearance) was 3rd in the 5K and 4th in the 10K. Paul Johnson again turned in stellar performances. Also competing in Lahti was club member Bernie Finch.

Florida Senior Games State Championships – Ft. Meyers, FL (December)

Two club members were recognized for their 2008 efforts following gold medal performances in 2009. Sandra Hults of Leesburg and Peter Bayer of Jupiter were presented with the Bob Fine Excellence in Race Walking Award. Both Hults and Bayer had gold medals in the 1,500 meter and 5K race walks in 2008 and followed up in 2009 with the same awards.

James Corbeil M65-69, Winter Haven , FL , a new club member, won both the 1,500m and 5K in 8:34.33 and 29:23.27

Other 2009 Notable National & State Performances:

Sandra Hults finished 2nd in the 5K National Championship at Kingsport , TN in 36:04.

Stirling Klinger, M50-55, was first in the SFRW sponsored 5K in March with a 28:44 time.

Jerry Gomes race walked the Chicago Marathon in October in addition to posting a first place age group time of 1:45:29 in the 15K race staged by the South Florida Race Walkers at Coconut Creek , FL in November.

Ann Harsh recorded an impressive 1:36:53 in the same race winning the F55-59 age group.

Paul Johnson won the National Master's 15K Championship at Riverside, CA in 1:35:08

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## 2010 - Club Activity

Scott Manas, age 43 of Miami , who on occasion can be found at the starting line in some of the south Florida race walks, was one of three Florida Masters Long Distance runners in 2009 to receive a USA Track & Field/ Florida Association Phidippides Award. A Gold level achiever, Scott's road races were 5K (5); 10K (5); ½ Marathon (2) and Marathon (1). Congratulations Scott!

World Indoor National Championships - Kamloops , BC ( Canada ) 3000 m

Bernie Finch (M70-74) - 21:16:76 5th Place

Al Dubois (M75-79) – 20:04:35 1st Place

Bob Cella is now coaching young race walkers in the Houston area in addition to competing. Bob won the 5K race at the recent John Evans 50K with a time of 32:54.

Peter Bayer race walked the Sarasota ½ Marathon in March, surviving the challenging Ringling Causeway, in 2:44:38 .

FAC USATF Indoor Race Walking Record Holders – March 1, 2010

Three club members are 3000 meter record holders! FAC Club President, Don DeNoon, holds four: M45, M50, M55 and M60 dating from February 1993 through March 1994.  
Summary:

M45-49	12:38.71	Don DeNoon	Hillside , IL	2/20/93
M50-54	12:34.9	Don DeNoon	Carbondale , IL	2/4/94
M55-59	13:09.0	Don DeNoon	Carbondale , IL	3/28/04
M60-64	14:22.23	Don DeNoon	Boston , MA	3/28/04
M65-69	15:30:50	Paul Johnson	Boston , MA	3/30/03
M80-84	20:38:49	Marvin Goldenberg	Boston , MA	3/30/08

## 2010 Florida Race Walk Schedule

April 11 - FL 10K State Championship (CFU Campus in Orlando) Information and application at [www.centralfloridawalkers.com](http://www.centralfloridawalkers.com)

May 2, 2010 Florida USATF Open & Masters 5K Championship at the National Training Center, Clermont, FL. FAC, in Honor and Memory of Bob Fine, is one of three sponsors. Information and entry form at [www.usantc.com](http://www.usantc.com).

July 22-25 – USATF Masters Outdoor Championships (5K & 10K)  
Sacramento State University, Sacramento, CA. Mark your calendars now and plan to compete.

I hope to see several club members at one or more of these races. Your comments, news etc. are always welcome.

Please e-mail to: [pbayer@creativemarketingproducts.com](mailto:pbayer@creativemarketingproducts.com)

Sincerely,

Peter Bayer  
Race Walking Chair

**I need e-mail addresses for the following if available:**

DuBois Goldenberg Gomes Harsh Kauffman Klinger Mitusina Sidelko