

August 2025

## Racewalk Report

**August 2:** High Altitude Racewalk Team (HART) athlete Lydia McGranahan represented the



Colorado Association at the famed Hayward Field in Eugene, Oregon at the 2025 Toyota National and Para Outdoor Championships.

Lydia, F45, walked a strong race where Lauren Harris, Open, set a blazing pace and broke several her previous potential records set earlier in the year.

Lydia went into this event deciding to walk her own race in an event packed

with Elite athletes. Lydia, clicked off some amazing splits: 5000m (53:28.5), 10000m (53:28.5), 15000m (1:20:49.7) and 20000m (1:48:14.1) to make her first year extending HART's reach into Wyoming and being a part of the Colorado Association a great return after a short hiatus from racewalk.

Lydia came in a very strong 6<sup>th</sup> female ahead of some younger athletes. Her family went to Oregon to support her with Colorado teammates cheering her on from a few states away. She came home with a very pretty 6<sup>th</sup> place medal and looking forward to 2026!

**September:** HART Powerhouse Marianne Martino is on her way to Canada to take another shot at lowering the 10k record she potentially set in Huntsville last month. Her training and experience is leading her into an amazing start to her entry into the F75 age group!

**October:** Huntsman World Senior Games, St George, Utah. Liz Shepard will be marking her return to racewalk after a medical issue has stymied her training. "I've got to get used to the new normal," smiled Liz as she represents HART in track events – Female Only: 1500m and 3000m.

See you all at the races!