

Racewalk – Q2 2025

Overview

The second quarter of 2025 found me finally having a bit of a medical issue and in the long process of healing. This doesn't mean that some excitement for Colorado Racewalk didn't punctuate the quarter.

Being that this is the last year of judged Racewalk in the National Senior Games, we had a decent turn out at the Colorado Senior Games. While I was under a canopy doing recording paperwork, I worked to inspire the non USATF members who competed to join. A friend, and official, was staying with me and this made up 3 proper Racewalk judges for the event. Unfortunately, we had several DQ's due to technique learned either from questionable internet sites or simply not understanding the technique driven event. This showed the glaring issues of not enough Racewalk opportunities and judges to make them worthwhile.

The glaring need to invest in more offerings for Racewalk and the non USATF PowerWalk in Colorado for both inspiring walkers and officials is obvious. With my being in 'healing mode,' I am trying to find cost effective ways to create sanctioned events to draw interested people. I also need to create the resources list that I had put off due to medical priorities. I am also interested in finding out who is listed as a Racewalker in Colorado to reach out to those who are in the area but not yet USATF members and catalog those who are USATF members, but I simply don't know. I am also interested in finding ways to get more youth interested in Walks but am limited on what I can do at this point.

Colorado has been represented by Carol Wilkinson, Marianne Martino and Lydia McGranahan to glittering success. Lydia's energy and enthusiasm was one of the Team USA, Masters shorts on the USATF series of posts!

For the next quarter – we have High Altitude Racewalk Team represented at USATF National Masters Outdoors, National Senior Games, and USATF Toyota Outdoors National & Para Championships. Future opportunities are October's Huntsman World Senior Games and the TBA Colorado Association Masters Outdoors.

Interesting Racewalk Data Below. Submitted by Liz Shepard, Racewalk Chair

Colorado Association Records and Podium

- ❖ Podium (Not including Team Medals):
 - World Masters Indoor Championships, Florida, 3/23-30
 - 3000m
 - Bronze – Carol Wilkinson 75-79
 - 4th – Marianne Martino 70-74
 - Gold – Lydia McGranahan 45-49

- 10K
 - Gold - Carol Wilkinson 75-79
 - Silver – Marianne Martino 70-74
 - Gold – Lydia McGranahan 45-49
- Colorado Senior Games, Colorado, 6/7
 - 5000m
 - Gold – Craig Foreman 75-79
 - 1500m
 - Gold – Craig Foreman 75-79
 - Gold – Mary Gilbert 75-79
- 2025 Chula Vista International Invitational 35000 WA Bronze Level, California 6/22
 - Bronze USA; 4th Overall Female – Lydia McGranahan
- ❖ Potential Records:
 - 2025 USATF 35K Racewalk Championships – World Athletics Bronze Level, Santee California 1/12/25
 - 35K – Lydia McGranahan 45-49
 - 2025 Chula Vista International Invitational 35000 Racewalk – World Athletics Bronze Level, Chula Vista, CA 6/22/25
 - 2 Hour – Lydia McGranahan 45-49
 - 25000m – Lydia McGranahan 45-49
 - 30000m – Lydia McGranahan 45-49
 - 35000m – Lydia McGranahan 45-49

Upcoming & Registrants:

- ❖ 2025 USATF National Outdoors Masters - July 17/20
 - 5000M
 - Marianne Martino
 - Carol Wilkinson
 - 10K
 - Marianne Martino

- Carol Wilkinson
- ❖ National Senior Games – Last year of USATF Racewalk - July 28/29
 - 1500m – 7/28
 - Mary Gilbert
 - 5k – 7/29
 - Mary Gilbert
- ❖ 2025 USATF Toyota Outdoors & Para National Championships - August 1
 - 20K
 - Lydia McGranahan
- ❖ 2025 Colorado Association Masters Outdoors - Unknown

Learned a lot – Respectfully Submitted – Liz Shepard, Racewalk Chair