

## A Few Results

**Eastern Regional 10 Km, Atlantic, City, Sept. 22--**1. Jeff Slavage 48:26 2. Josh Ginsberg 49:32 3. John Soucheck 50:16 4. Curt Sheller (1st 40-49) 51:05 5. Dave Lawrence (2nd 40-49) 51:26 6. Eric B Ooth (3rd 40-49) 51:52 7. Bob Barrett (1st 60-69) 57:13 8. Marcus Kantz (1st 50-59) 58:39 9. Manny Eisner (2nd 50-59) 59:21 10. Ed Gawinski (2nd 60-69) 61:23 Women: 1. Phyllis Hansen 54:55 (1st 40-49) 2. Gloria Rawls 55:49 3. Lesley Kolva 59:53 **10 Km, Washington, DC Nov. 23--**1. Tim Good 56:08 2. Victor Lktwinski (53) 60:54 **5 Km, Doraville, Georgia, Nov. 30--**1. Mike Rohl 22:30 2. Bohdan Bulakowski (46) 23:42 Women: 1. Denise Jacobson 31:05 **5 Km, Atlanta, Dec. 14--**1. Victoria Herazo 22:44 2. Melissa Horn 26:30 3. Denise Jacobson 28:57 Men: 1. Tim Seaman 20:17 2. Mike Rohl 21:32 3. Bohdan Bulakowski 22:37 4. Bob Torstrick (49) 28:11 5. Keith White (58) 30:48 **1/2 Marathon, Miami, Nov. 17--**1. Lee Duffner (60) 2:12:40 Women: 1. Roswitha Sidelko (43) 2:14:20 **10 Km, Miami, Dec. 1--**1. Tim Nicholls 49:44 2. Frd Vargas (47) 56:47 Women: 1. Linda Stein (49) 59:31 2. Roswitha Sidelko 60:41 3. Donna Pape (44) 61:47 **5 Km, Miami, Dec. 14--**1. Dave McGovern 21:05 2. Rod Vargas (47) 27:08 3. Donald Matuszak (49) 29:25 Women: 1. Moneetta Roberts 27:11 2. Linda talbott 31:10 **5 Km, Coral Springs, Florida, Jan. 11--**1. Tim Nicholls 21:58 2. Robert Fine (65) 28:56 3. Don Matuszak 30:10 Women: 1. Linda Stein 27:44 2. Roswitha Sidelko 28:10 3. Donna Pape 29:51 **50 Mile (track), Hellow Springs, Ohio, Sept. 13--**1. Chris Knotts 10:59:23 2. Jack Blackburn (60) 11:19:21 (Jack reports that Sharps non-alcoholic beer worked well for him over the last 10 miles) **5 Km, Denver--**1. Christine Vanoni (45) 28:04 2. Daryl Meyers (54) 28:14 **4 Miles, Ft. Collins, Col., Dec. 14--**1. Lonnie Schreiner (53) 37:29 2. Roger Rybicka (48) 38:40 **4.4 Miles, Denver, Dec. 8--**1. Christine Vanoni 41:46 2. Marianne Martino (46) 42:29 **5 Km, Denver, Dec. 15--**1. Daryl Meyers 27:56 2. Christine Vanoni 28:02 3. Lori rupoli (45) 28:24 4. Bob DiCarlo (62) 28:42 5. Don Lake (52) 29:49 **Half-Marathon, Seattle, Nov. 29--**1. Stan Chraminski and Bob Novak 2:07:45 2 Miles, Seattle, Dec. 14--1. Stan Chraminski 17:22 2. Terie-Lee Taylor-Smith 19:00 3. Bev LaVeck 19:11

## Race Walking--The Beginnings

(From *The Sport of Race Walking*, Race Walking Association, Middlesex, Eng.. 1962)

"Walking", we are told by an earaly 19th Century medical authority, "is the most salutary and natural exercise, is in the power of everybody; and we can adapt its degree and duration to the various circumstances of health. By this exercise, the appetite and perspiration are promoted; the body iskept in proper temperament; the mind is enlivened; the motion of the lungs is facilitated;



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and the rigidity of the legs arising from too much sitting, is relieved. The most obstinate diseases, and the most troublesome hysteric and yppocigibrial complaints, have been frequently cured by perservance in walking."

Such was at least one medical opinion some 150 years ago, and we may be sure that most of our ancestors, willy-nilly, were compelled to take plenty of this exercise. They walked to their (continued on page 14)



**Colorado Gothic.** Two classy walkers, Debby Van Orden and four-time Olympian Carl Schueler, strike a classic pose in the backyard of their new digs somewhere in Colorado. (Photo from Bob Carlson's *Front Range Walkers News*.)

### 1996 World Lists

Last month we did our annual World Rankings, but did not yet have sufficient information to complete World Lists that always accompany these lists. So, as promised, here they are, a month late. Thanks to Bob Bowman and *T&F News* for the lists.

#### 1996 World 10 Km List

41:04 Helena Nikolayeva, Russia	43:25 Vera Makolova, Russia
41:31 Yelena Gruzinova, Russia	43:27 Erika Alfridi, Italy
41:46 Olimpiada Ivanova, Russia	43:27 Maria Rosza-Urbaniak, Hungary
41:47 Kerry Saxby-Junna, Australia	43:29 Aiko Szebensky, Hungary
41:49 Larisa Ramazanova, Russia	43:30 Svetlana Tolstaya, Kazakhstan
41:51 Beate Gummelt, Germany	43:33 Natalya Trofimova, Russia
41:56 Yelena Sayko, Russia	43:37 Susana Feitor, Hungary
42:01 Irina Stankina, Russia	43:37 Marina Smyklova, Russia
41:09 Elisabetta Perrone, Italy	43:40 Margarita Nazarova, Russia
42:16 Gao Hongmiao, China	43:41 Kathrin Boyde, Germany
42:17 Katarzyna Radtke, Poland	43:42 Graciela Mendoza, Mexico
42:19 Wang Yan, China	43:43 Svetlana Nifontova, Russia
42:20 Rossella Giordano, Italy	43:43 Valentina Savchuk, Ukraine
42:24 Gu Yan, China	43:57 Ikiko Ilyes, Hungary
42:32 Maya Sazonova, Kazakhstan	43:59 Feng Halyan, China
42:36 Tamara Kovalenko, Russia	44:01 Valentina Pavlova, Russia
42:45 Olga Kardopoltseva, Belarus	44:05 Yuka Mitsumori, Japan
42:51 Tatyana Ragozina, Ukraine	44:06 Michelle Rohl, USA
42:54 Sari Essayah, Finland	44:20 Ileana Salvador, Italy
42:55 Norica Cimpean, Romania	44:22 Vera Nacharkina, Russia
43:04 Annarita Sidoti, Italy	44:26 Janice McCaffrey, Canada
43:05 Valentina Tsybulskaya, Belarus	44:27 Anne Manning, Australia
43:11 Nina Alyushenko, Russia	44:27 Cristiana Pelino, Italy
43:13 Natalya Misyula, Belarus	44:28 Yelena Alkesayeva, Russia
43:18 Li Hong, China	44:29 Emi Hayashi, Japan

#### 1996 World 20 Km List

1:18:18 Yevgeniy Misyulya, Russia	1:19:55 Valeriy Borisov, Kazakhstan
1:18:36 Mikhail Schennikov, Russia	1:20:07 Jefferson Perez, Ecuador
1:18:41 Igor Kollar, Slovakia	1:20:10 Robert Ihly, Germany
1:18:48 Ilya Markov, Russia	1:20:11 Tomas Kratochvil, Czech Rep.
1:18:50 Daniel Garcia, Mexico	1:20:16 Jiri Malysa, Czech Rep.
1:19:05 Bernardo Segura, Mexico	1:20:31 Nick A'Hern, Australia
1:19:11 Vladimir Andreyev, Russia	1:20:31 Grigoriy Komev, Russia
1:19:23 Alejandro Lopez, Mexico	1:20:32 Aleksey Kronin, Russia
1:19:30 Rishat Skafikov, Russia	1:20:36 Nichan Daimer, Germany
1:19:31 Andrey Makarov, Russia	1:20:40 Aigars Fadjevcs, Latvia
1:19:34 Li Mingcai, China	1:20:40 David Kimtai, Kenya
1:19:38 Yu Guohui, China	1:20:51 Robert Korzenowski, Poland
1:19:40 Mikhail Khmel'nikitskiy, Belarus	1:21:01 Yevgeniy Shmalyuk, Russia
1:19:41 Li Zewen, China	1:21:06 Constantin Balan, Romania

1:21:12 Liu Yunfeng, China  
 1:21:19 Sandor Urbanik, Hungary  
 1:21:20 Artur Meleshkevich, Belarus  
 1:21:22 Julius Sawe, Kenya  
 1:21:22 Vladimir Stankin, Russia  
 1:21:24 Daisuke Ikejima, Japan  
 1:21:29 Gyula Dudas, Hungary  
 1:21:30 Aleksandr Voyevodin, Russia  
 1:21:31 Filberto Pantoja, Mexico  
 1:21:35 Hubert Sonnek, Czech Rep.  
 1:21:36 Mikhail Orlov, Russia

#### 1996 World 50 Km List

3:40:58 Thierry Toutain, France  
 3:40:58 Andrey Plotnikov, Russia  
 3:42:30 Nikolay Matyukhin, Russia  
 3:42:40 Robert Korzenowski, Poland  
 3:42:52 Viktor Ginko, Belarus  
 3:42:52 Zhao Yongshen, China  
 3:43:00 Valeriy Spitsyn, Russia  
 3:43:41 Zhang Huigiang, China  
 4:43:46 Mikhail Schennikov, Russia  
 3:44:19 Valentin Massana, Spain  
 3:44:33 German Skurygin, Russia  
 3:44:52 Aleksandr di Mezza, Italy  
 3:45:19 Valentin Kononen, Finland  
 3:45:37 Aleksandr Voyevodin, Russia  
 3:46:07 Ignacio Zamudio, Mexico  
 3:46:08 Rene Piller, France  
 3:46:59 Jesus Garcia, Spain  
 3:47:04 Yuriy Andronov, Russia  
 3:48:19 Vitaliy Popovich, Ukraine  
 3:48:42 Sergey Korepanov, Kazakhstan  
 3:48:59 Mao Zinyuan, China  
 3:49:07 Milos Holusa, Czech Rep.  
 3:49:17 Giovanni De Benedictis, Italy  
 3:49:19 Sylvain Caudron, France  
 3:49:30 Tomasz Lipiec, Poland

1:21:45 Hatem Ghoula, Tunisia  
 1:21:47 Michele Didoni, Italy  
 1:21:47 Daniel Plaza, Spain  
 1:21:48 Fernando Vazquez, Spain  
 1:21:50 Miguel Rodriguez, Mexico  
 1:21:50 Robert Valicek, Slovakia  
 1:21:53 Thierry Toutain, France  
 1:21:55 Denis Langlois, France  
 1:21:57 Roman Bilek, Czech Rep.  
 1:22:02 Satoshi Yanagisawa, Japan  
 1:22:05 Axel Noack, Germany

3:50:04 Anton Trotskiy, Belarus  
 3:50:05 Daniel Garcia, Mexico  
 3:50:10 Fanir Shaykhudinov, Russia  
 3:50:54 Roman Mrazek, Czech Rep.  
 3:51:02 Jaime Barroso, Spain  
 3:51:14 Craig Barratt, New Zealand  
 3:51:22 Peter Tichy, Slovakia  
 3:51:25 Tadahiro Kosake, Japan  
 3:51:28 Tim Berrett, Canada  
 3:51:31 Aleksandr Rakovic, Yugoslavia  
 3:51:46 Ronald Weigel, Germany  
 3:51:51 Martial Fesselier, France  
 3:51:55 Axel Noack, Germany  
 3:52:01 Fernando Vazquez, Spain  
 3:52:03 Dmitriy Savaitan, Belarus  
 3:52:31 Giovanni Perricelli, Italy  
 3:52:47 Robert Ihly, Germany  
 3:52:29 German Sanchez, Mexico  
 3:53:26 Jacek Muller, Poland  
 3:53:36 Jane Lehtinen, Finland  
 3:53:37 Fumio Imamura, Japan  
 3:53:44 Antero Lindman, Finland  
 3:54:12 Massimo Fizialetti, Italy  
 3:54:35 Stanislaw Stosik, Poland  
 3:54:48 Thomas Wallstab, Germany

#### Additions/corrections U.S. Lists

As usual, we had a few mistakes and omissions on our U.S. lists published last month. On the 50 Km, list, we missed Andrew Hermann's 4:05:34 (and also misspelled his name), but he remains in the fourth slot. Mike Rohl's 4:37:56 should be 4:37:36. There enough changes on the 10 and 20 Km lists that we will just repeat them. Valerie Silver, who has been added to the 10 Km list, lives in Paris and races in France, but its a U.S. citizen, aged 33.

#### 1996 U.S. 10 Km List

44:06 Michelle Rohl  
 45:02 Victoria Herazo  
 45:07 Deborah Van Orden  
 45:21 Teresa Vail  
 45:32 Debby Lawrence  
 45:56 Sara Standley  
 46:09 Dana Yarbrough  
 47:46 Susan Armenta  
 47:54 Joanne Dow  
 47:58 Kim Wilkinson  
 48:54 MaryKirk Cunningham  
 48:56 Danielle Kirk  
 49:33 Maryanne Torrellas  
 49:38 Cheryl Rellinger  
 49:42 D.A. Walker  
 49:46 Lyn Brubaker  
 49:48 Kristen Mullaney  
 50:00 Maria Moulton  
 50:06 Molly Lavacek  
 50:29 Lisa Sonntag  
 51:03 Sally Richards  
 51:04 Nanette Reilly  
 51:12 Kerry Mostalik  
 51:41 Fran Bustos  
 51:41 Chris Sakelarios

51:51 Kaisa Ajaye  
 52:11 Kelly Watson  
 52:26 Gretchen Eastler  
 52:37 Deborah Iden  
 52:38 Anne Lankowicz  
 52:39 Becky Comeaux  
 53:08 Lauren Eastler-Farkash  
 53:16 Therese Inknoian  
 53:24 Margaret Ditchburn  
 54:11 Kelly Murphy-Glenn  
 54:29 Barbara Duplichain  
 54:34 Diane Podisadlik  
 54:40 Lisa Chumbley  
 54:44 Patty Gehrke  
 54:55 Phyllis Hansen  
 55:41 Peggy Miiler  
 55:43 Valerie Silver  
 55:49 Gloria Rawls  
 56:07 Marianne Martino  
 56:14 Susan Heiser  
 56:41 Monette Roberts  
 57:04 Julie Hecksell  
 57:24 Linda Stein  
 57:28 Jeannette Smith  
 57:47 Pat Weir

#### 1996 U.S. 20 Km List

1:24:14 Tim Seaman  
 1:24:29 Dave McGovern  
 1:25:05 Allen James  
 1:25:41 Curt Clausen  
 1:26:48 Andrzej Chylinski  
 1:27:05 Philip Dunn  
 1:27:18 Ian Whatley  
 1:27:30 Jonathan Matthews  
 1:27:50 Rob Cole  
 1:29:12 Al Heppner  
 1:29:14 Dave Marchese  
 1:29:56 Chad Eder  
 1:30:10 Ioan Froman  
 1:31:00 Gary Morgan  
 1:31:25 Warrick Yeager

1:31:39 Marco Evoniuk  
 1:33:07 Curtis Fisher  
 1:33:25 Mark Green  
 1:34:07 Herman Nelson  
 1:35:18 Mike Rohl  
 1:35:41 Andrew Hermann  
 1:36:23 Marc Varsano  
 1:38:29 Dan O'Brien  
 1:39:56 Dave Michielli  
 1:40:31 Sean Albert  
 1:40:44 John Soucheck  
 1:40:54 Don Lawrence  
 1:42:36 James Carmines  
 1:43:06 Steve Pecinovsky  
 1:43:11 Curt Sheller



While we are doing lists, here are the:

# 1996 Commonwealth Racewalking Lists (From the Canadian publication Athletics)

## 20 Km

1:20:31 Nick A'hem, Australia	1:25:40 Steve Partington, Isle of Man
1:21:40 David Kintai, Kenya	1:25:50 Scott Nelson, New Zealand
1:21:22 Julius Sawe Kenya	1:26:09 Richard Nyawanba, Kenya
1:22:21 Chris Britz, South Africa	1:26:15 Chris Maddocks, England
1:22:27 Tim Berrett, Canada	1:26:27 Nathan Dakes, Australia
1:22:52 Arturo Huerta, Canada	1:26:37 Martin St. Pierre, Canada
1:23:04 Dion Russell, Australia	1:26:50 Brent Vallance, Australia
1:23:22 Justus Kavayanya, Kenya	1:27:03 Dorel Firica, Canada
1:23:41 Daniel Terer, Kenya	1:27:18 James Tangi, Kenya
1:23:58 Darrell Stone, England	1:28:05 Duane Cousins, Australia

## 50 Km

3:51:14 Craig Barratt, New Zealand
3:51:28 Tim Berrett, Canada
3:55:46 Simon Baker, Australia
3:56:21 Duane Cousins, Australia
4:05:41 Mike Harvey, Australia
4:06:29 Dominic McGrath, Australia
4:07:30 John Moerdyk, South Africa
4:13:24 Shane Pearson, Australia
4:18:41 Chris Maddocks, England

## Women's 10 Km

41:47 Kerry Saxby-Junna, Australia	46:36 Holly Gerke, Canada
44:26 Janice McCaffrey, Canada	46:56 Pascal Grand, Canada
44:27 Anne Manning, Australia	47:01 Linda Coffee, Australia
45:08 Tina Poitras, Canada	47:05 Vicky Lupton, England
45:21 Jane Saville, Australia	47:39 Jenny Jones-Billington, New Zealand
45:25 Wendy Muldoon, Australia	47:54 Verity Snook, Scotland
45:31 Jill Barrett-Maybir, Australia	48:00 Alison Baker, Canada
45:47 Anastasia Raj, Malaysia	48:00 Carolyn Partington, Isle of Man
45:51 Jane Barbour, Australia	48:23 Joan Bender, Canada

## RACE OFFERINGS ACROSS THE LAND

Sat. Feb. 8	5 Km, Boca Raton, Fla., 7:30 am (Q)
	Indoor 3 Km, Carbondale, Illinois, 9 am (T)
Sun. Feb. 9	Indoor 880 yd and 3 Km, Arlington, Vir., 8:15 am (J)
	5 Km, Denver, 10 am (H)
	Half-marathon, Las Vegas, 7 am (P)
Sat. Feb. 15	Indoor Women's Mile, Men's 3 Km, Carbondale, Illinois, 9 am (T)
	5 Km, Boca Raton, Florida, 7:30 am (Q)

	Indoor Master's 1500 meters, Indianapolis, 6:45 pm (V)
	Indoor 3 Km, Men and Women, Columbia, Missouri, 8:30 am (CC)
Sun. Feb. 16	<b>USATF National 50 Km and World Cup Trial, Palo Alto, Cal. (R)</b>
	Indoor 3 Km, Milford, Conn., 9:30 am (AA)
	1/2 Marathon and 5 Km, Lake Worth, Florida, 7:30 am (Q)
	Master's Indoor 3 Km, Reno, Nevada (P)
Mon. Feb. 17	6 Km, Brockton, Mass. (G)
Tue. Feb. 18	5 Km, Denver, 6:15 pm (H)
Sat. Feb. 22	Indoor 1500 meters, Brunswick, Maine (G)
	5 Km, Miami, 7:30 am (Q)
	8 Km, Roseville, Cal. (P)
	5 Km, Denver, 10 am (H)
Sun. Feb. 23	5 Km, Miami, 7 am (Q)
	Indoor 3 Km, Colorado Springs, 10 am (H)
Fri. Feb. 28	5 Km, Miami (Q)
Sat. March 1	<b>USATF Indoor 3 Km and 5 Km Championships, Indianapolis (BB)</b>
Sun. March 2	5 and 10 Km, Davie, Florida, 7:30 am (Q)
Sat. March 8	3 Mile, Seattle, 9 am (C)
	4 Mile, Miami, 7:30 am (Q)
Sun. March 9	Eastern Regional Indoor Masters 3 Km, New York City (F)
	15 Km, Palo Alto, Cal. (R)
Sun. March 15	5 Km, Georgia (D)
	5 Km, Miami, 7:30 am (Q)
Sun. March 16	5 and 10 Km, Miami, 8 am (Q)
	7 Km, Denver, 9:30 am (H)
	5 Km, Pasadena, Cal., 8 am (B)
Sat. March 22	<b>USATF National Masters Indoor 3 Km, Brookline, Mass. (G)</b>
	5 Km, Miami, 7:30 am (Q)
Sun. Mar. 23	<b>National Invitation and World Cup Trials: 10 Km Women, 20 Km Men (plus open and junior events), Washington, DC. (J)</b>
	4 Mile, Denver, 8:30 am (H)
Sun. April 6	5 and 10 Km, Miami, 8 am (Q)
Sat. April 12	3 Mile, Seattle, 9 am (C)
Sun April 13	Mt. SAC Relays 10 Km and 5 Km, Walnut, Cal., 7:30 am (B)
Sat. April 19	100 Km, Yellow Springs, Ohio (M) (or call Jack Blackburn at 937-323-6047)

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## FROM HEEL TO TOE

For you ultra-distance buffs who have been craving action for some time, Centurion, ORW Publisher Emeritus, old buddy, and great guy Jack Blackburn has one cooked up for you. Show up in the delightful little village of Yellow Springs, Ohio at 8 am on Saturday, April 19 and you can have a bit of a go at the 100 Km distance. You have until midnight to finish. The race will be held on the track at Yellow Springs High School. The school has been the starting point for the Jack Mortland Invitational (on the road) the past two years, so some of you know where to go. Jack notes that, "for the sake of reality the rules will be--1. Front foot touching the ground before the back foot leaves the ground, and 2. The knee must be straight or locked at sometime during the stride (supporting leg that is!)." Walkers should try to bring a helper, but if they can't the organizers will try to have someone to help them. There will be a three-person (mixed gender) team race based on the best combined time. Call Jack at 937-323-6037 or write him at 455 E. McCright, Springfield, Ohio 45503 for further information. He will have entry blanks available shortly. . . *Track and Field News* notes that a total of 29 track athletes have made and/or competed on four or more U.S. Olympic teams. (The and/or is because 1980 athletes did not get to compete because of the Carter boycott--see our editorial on the subject in February 1980, if that copy of the ORW should happen to be laying around). They then list them and that list includes racewalkers Carl Schueler and Marco Evoniuk. Missing, however, is racewalker Ron Laird (1960, 1964, 1968, and 1976). So, I guess the number should be 30 track athletes. . . There will be big money available to the very best walkers this summer, with the IAAF now offering prize money at World Championship events. This means a double payday for walkers who can excel, since they have both the World Cup of Racewalking and the track and field World Championships. The World Cup will offer a total of \$150,000 in prize money, with \$20,000 for each of the three winners (Women's 10 Km, Men's 20 and 50 Km). At the World Championships, gold medals will bring \$60,000, silver \$30,000, and bronze \$20,000. . . Speaking of the World Championships, they will be held in Athens, Greece from August 2 to 10. The 20 Km will be held on the opening day, and the 50 on August 9. For the first time, the Women's 10 Km will have qualifying heats, to be held on August 4. The final is scheduled for August 7. The qualifying standards are: 20 Km--A. 1:23:30 B. 1:26:00 50 Km--A. 4:00 B. 4:10 10 Km--A. 45:30 B. 48:00. A nation can enter one athlete in an event if that athlete has met the "B" standard. To enter two or three athletes, they must all have met the "A" standard. . . At the USATF Convention in San Francisco last month, Rich Torrellas was elected as the new chairman of the racewalking committee, replacing Bruce Douglass, who did not seek reelection. Rich, who's original interest was in the throwing events,

has been very active in racewalking activities since his wife Maryanne emerged as a top athlete in the mid '80s. He can bring a great deal of interest, dedication, administrative talent, and innovative thought to the sport. In other Committee action, Ron Zinn Awards for excellence went to Curt Clausen at 20 Km, Allen James at 50, and Michelle Rohl as the top female. Darlene Hickman was named contributor of the year and the Georgia Association as the outstanding local affiliate. Darlene was also elected as the USATF Secretary. Racewalker Steve Vaitones received the Scott Hamilton Award for leadership in men's long distance running. The list of championship races for 1997 appears at the conclusion of this feature. As we reported in an earlier issue, Henry Laskau once again missed out on election to the Track and Field Hall of Fame. We now learn he was just 2 votes short. Four were elected, and the fourth place finisher, Cleve Abbott, long-time track coach at Tuskegee Institute, had 159 votes. Henry was next among the 10 candidates with 157. . . Dave McGovern has a busy schedule of his World Class Clinics in early 1997. He will be in Broward County, Florida on February 22-23. You can contact Rosie Sidelko, 954-349-1984, for information. Indianapolis is on for March 7-9 with the contact Bob Sunman 317-836-0161. Finally, for New York on April 5-6, contact Sherwin Wilk 212-724-0135. The clinic fee of \$95 includes all individual and group instruction; use of Polar Heart Rate Monitors; a free copy of Dave's book, *Precision Walking*; and all pertinent handouts. In Dave's clinics, Saturdays are primarily devoted to technique work and Sundays to training. You can get more in depth information by calling Dave at 334-342-4057, or try his e-mail address: <http://home.sprynet.com/sprynet/Marietta>. . . Viisha Sedlak and the American Walking Association also plan a busy camp and clinic schedule: March 22--Training Day at Cave Creek, Arizona, 9 am - 4pm; May 24--Technique Clinic at Boulder, Colorado, 9 am to noon; June 27-29, 9th Annual Walkers Training Camp, Paonia, Colorado; October 11--Training Day, Boca Raton, Florida; and November--Walkers Get-A-Way at Cabo San Lucas, Mexico. For more info, contact Viisha at P.O. Box 4, Paonia, CO 81428, 970-527-4557. . . Bob Carlson has the latest entry on the list of walking books. *Walking for Health, Fitness and Sport* was published late last year by Fulcrum Publishing in Golden, Colorado. I haven't had time to read it yet, but a quick perusal marks it is an excellent effort. Bob, together with O.J. Seiden, had published *HealthWalk* in 1988, a book that won high praise from many quarters. After retiring from a career in architecture in the mid '70s, Bob has promoted his life to health promotion and physical fitness. He gravitated from marathon running to racewalking in the early '80s, and in 1985 founded the Front Range Walkers Club in Denver. He edits their newsletter, which he packs with nutritional, health, and physiological information. His latest book is written to show walkers of all levels, from beginners to active racewalkers, how to achieve total body fitness. It offers comprehensive advice on all aspects of walking, from practicing good nutritional habits to learning correct walking form and technique and building endurance for competitive racewalking. He has divided it into three parts--Walking for Health, Walking for Fitness, and Walking for Sport and has included more than 100 pages of informative appendices covering a variety of topics. He has even included small racewalking figures on the lower right-hand corner of each right page, which become animated when you flip through the pages. (Those of my generation will remember the big-little books that featured such action figures. Also, Daniel Levesque did this earlier in his 1990 book *La Marache Sportive*, except he had male figures on the left and female on the right so you could get animated action both ways.) Finally, the book has a beautiful cover--two attractive, healthy young ladies racewalking through a lush, green setting with flowers at their feet. The price is \$15.95 and you can order it directly from Fulcrum by dialing 1-800-992-2908. If you want a signed copy, order directly from Bob at 2261 Glencoe Street, Denver, CO 80207, 303-377-0576. . . From the *New England Walkers Newsletter*: If you have an e-mail account (your ORW Editor does not), you might want to join the automated racewalking mailing list. The list generates about 50 messages per week. Participants include several nationally ranked walkers as well as walkers from Canada, Australia, France, the Netherlands, and South Africa. Subscribers have the option to post messages



to the entire group or send private e-mail. To subscribe, send an e-mail message to: majordomo@reed.edu Subject line may be left blank. In the body, simply type: Subscribe racewalk You will receive an automated confirmation and a letter of welcome. . I am trying to collect as much information as I can on Olympic racewalking, with the thought that I may put a book together. If any of you have accounts of Olympic racewalking events, particularly pre-1964, I would appreciate copies. Or, if you can direct me to source material, that would be appreciated. Old photos would also be nice. And, if any Olympians would care to reminisce about your experiences on a few pages and provide accounts of the events you participated in, I would be happy to receive such. If the effort doesn't evolve into a book, it will at least provide some ORW content. . Now Steve Vaitones has apparently turned his attention from ancient issues of *Long Distance Log* to early issues of *Distance Running News*, the forerunner of *Runner's World*. He sent along an article from the July 1966 issue by Don Jacobs, then Vice-Chairman of the National Racewalking Committee, entitled "An Introduction to Race Walking." The following paragraph bears repeating: "Billy Mills, the 1964 Olympic Games 10,000 meters run champion, when interviewed for the Amateur Athlete had these comments. 'I know I was inspired in Tokyo by our racewalking team. In fact, I'm fascinated by the walk now. Not that I intend to become a walker, but when I saw how those boys trained, when I saw how they dedicated themselves to this thing that's even more difficult than running (because Americans, unfortunately, scoff at walkers), well, I realized all over again the great value of discipline--of striving for a goal.'" As one of "those boys", your editor can take a bit of personal satisfaction from that statement, which I don't recall having seen before. On behalf of Ron, Ron, Chris, Bruce, and Mickey, I thank Billy for his keen perception. Actually, we had good rapport with most of the distance runners, particularly Billy, Pete McCardle, and Buddy Edelen, throughout the Olympic experience, which included about 4 weeks in California and 3 in Tokyo. And I can say that the inspiration of his magnificent performance in winning the 10 was in part responsible for Ron Zinn's sixth-place finish in the 20 the following day. Thanks to Steve for passing this tidbit along. Even over the all the years, I think the entire racewalking community can take heart from it.

### 1997 National Racewalk Championships

- Feb. 16 50 Km and U.S. Trials for World, Cup, Palo Alto, Cal.. (Also a non-championship 30 Km.) Contact: Ron Daniel, 1298 Balbo Court, #149, Sunnyvale, CA 94086, 415-964-3580
- Feb. 28 Indoor Women's 3 Km, Men's 5 Km, Indianapolis. Contact: USATF, P.O. Box 120, Indianapolis, IN 46206. 317-261-0500.
- March 23 Master's Indoor 3 Km, Boston. Contact: TRACKS, Inc., 79 Manet Road, Chestnut Hill, MA 02167. 617-964-8356.
- March 23 World Cup 10 and 20 Km Trials, Washington, D.C.. Contact: Sal Corrallo, 3515 Slate Mills Road, Sperryville, VA 22740. 540-547-4355.
- May 18 15 Km, Juniors, Seniors, and Masters, Men and Women, Elk Grove, Illinois. Contact: Diane-Graham-Henry, 442 West Belden, Chicago, IL 60614. 773-327-4493.
- May 25 Youth Road Walk Championships, Madison, Wisconsin. Contact: Tom Colby, 6618 Piping Rock Road, Madison, WI 53711. 608-273-0989.
- June 11-16 Men's 20 Km and Women's 10 Km, Indianapolis. Contact: P. Duffy Mahoney, USATF, P.O. Box 120, Indianapolis, IN 46206. 317-261-0500. (Don't yet have the exact dates for the walking events.)
- June 20-21 Junior Men's 10 Km, Women's 5 Km, Indianapolis. Contact: USATF, P.O. Box 120, Indianapolis, IN 46206. 317-261-0500.

- June 22 Men's 30 Km, Junior and Women's 20 Km. Albany, N.Y. Contact: Elaine Humphrey, 7048 Suzanne Lane, Schenectady, NY 12303. 518-473-9117.
- July 12 Men's 10 Km. Niagara Falls, N.Y. Contact: David Lawrence, 94 Harding Avenue, Kenmore, NY 14217. 716-875-6361.
- August 7-11 Masters 10 Km and 20 Km. San Jose, Cal. Contact: Steve Haas, San Jose Sports Authority, 99 Almadenn Blvd., Suite 975, San Jose, CA 95113. 408-288-2935.
- August 24 5 Km, men and women. Wilkes-Barre, Penn. Contact: Jim Wolfe, c/o Sallie Mae, 220 Lasley Ave., Wilkes-Barre, PA 18706. 717-821-6504.
- Sept. 13 Masters 5 Km, men and women. Kingsport, Tenn. Contact: Bobby Baker, 318 Twinhill Drive, Kingsport, TN 37660. 423-349-6406.
- Sept. 14 40 Km men and master's women. Ft. Monmouth, N.J.. Contact: Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ. 908-222-9080.
- Oct. 12 1 Hour women, 2 Hour men. Cambridge, Mass. Contact: Justin Kuo, 39 Oakland Road, Brookline, MA 02146. 617-731-9889.

### Sermon for the Month

*Last spring, the associate pastor at our church was reassigned as senior minister at another United Methodist church in suburban Columbus. Before leaving, he asked me if I would come to his new church later in the summer and deliver a short message regarding what the Olympics had taught me about life. "Of course", I said. So it was that on the morning of the closing day of the Atlanta Olympics, I was addressing the congregation at two services at the Church of the Redeemer in Reynoldsburg. The remarks were well received--I was even invited back to talk along the same lines to a gathering of the elementary Sunday School classes--and I thought I might share them with you, although the Olympics are long gone for this time around.*

Most of us have been immersed in the Olympics for the past two weeks, subjected to the over dramatization of NBC commentators. They would have us believe that the Olympics are bigger than life. In reality, we know that the Olympics are at best a reflection of life--the zenith of the games we play. But there are ideals associated with the Olympics that seem to offer the promise of a better world if we could only grasp them and put them to work in the "real" world. To one who was blessed with the opportunity to participate in these Games, the Olympics offer hope for a better tomorrow. For these few days, the whole world watches, the whole world cheers, and we are inspired by performances of athletes from around the globe. The Olympic village is a cheerful community of people of all races and faiths, playing, laughing, and working together as they celebrate the gifts God has given them. How much better this is than our continuing social strife driven by our self-centeredness and petty prejudices.

In the February issue of a newsletter on racewalking I have published for the past 31 years, I commented on President Carter's proposed boycott of the Olympic Games in Moscow that summer. As we know, this boycott came about. It was regarded as an answer to the Soviet invasion of Afghanistan. In concluding my remarks, which reviewed pros and cons of the proposed boycott, I discussed: "... a gut feeling that there is still something to be gained from healthy competition in the athletic arena and from interaction among people from throughout the world as part of that competition." It was something I had experienced, both in Tokyo and in other international competitions, including two trips to the USSR. I said: "I recognize that everything is not perfect even in an Olympic Village. There is no utopia. But, I think that athletes sense and feel things about community that our wise leaders throughout the world seem unable to grasp. Maybe someday the message will come through. Bogged in political morass and commercialization though they may be (and it seems to get worse), the Olympics still represent an

ideal worth pursuing, one that comes a lot closer to being fulfilled on the individual--the athlete-to-athlete level--than in the international bickering that catches the headlines--and maybe that individual level is where it's all at in the long run."

And that brings me to what Terry asked me to talk briefly about this morning--what did participation in the Olympics teach me about life. What I carried from the Olympic experience, of course, is tied up with all I have drawn from a lifelong participation in sports. But, in trying to answer that question specifically, I thought first of the principle that the founder of the modern Olympics, a French aristocrat Pierre de Coubertin, set forth as he conceived this celebration of sport: "The important thing in the Olympic Games is not to win, but to take part." It seemed to me that this is a principle for all life. Then, I realized that Coubertin thought so too, because he added to that principle: "The important thing in life is not the triumph, but the struggle."

We continue to pay lip service to Coubertin's principal, but there are two bits of what has become conventional wisdom, I call them myths, things that we hear constantly from the commentators and from many competitors, that seem to contradict that principle, and also contradict each other. I don't want to disillusion any budding athletes or destroy dreams--dreams are important, as I will suggest, though maybe we follow them too obsessively--but what I have learned seems to fly in the face of those two bits of wisdom.

First, we are repeatedly told: "If you work hard enough and believe strongly enough, the gold medal, or whatever else, can be yours." And we see inspiring stories of those who succeeded despite some dramatic obstacles. Of course it happens. But, how many people finish behind that individual having worked equally hard, maybe harder, wanting it just as badly, and also believing? It can't work for everyone. Most of us are not blessed with the speed of a Michael Johnson, and regardless of how hard we work and how badly we want to, we will not match that speed. And that is not to deny his work to develop that gift and reach the top.

Even those espousing this myth don't really believe it, because the second bit of wisdom constantly thrown at us as we watch these and previous Games is about the tragedy of those who have worked single-mindedly for four long years, or longer, and don't make the final, or have to "settle" for the silver, or suffer an injury, or fall. Two nights ago, we heard that "Jackie Joyner-Kersey maybe got only the bronze, but . . ." Third best in the world at anything is more than an only! The emphasis on these two myths, at the expense of Coubertin's principle, leads to such shoe company slogans as "Go for the gold" and "Second place is the first loser." There is nothing wrong with going for the gold, but neither is there anything wrong with not getting there. The important thing is the struggle. Unfortunately, too many of us, and too many athletes, buy into those myths and miss that final point.

I have learned that nothing is guaranteed in athletics, or in life, regardless of how hard you work, how badly you want it, or even how hard you pray. But, I have also learned that falling short of a goal despite your best efforts, even over four years, is not the end of life. It is not a tragic circumstance. It is a lesson of life.

I had a goal of making an Olympic team and was fortunate to achieve it. But that was just icing on the cake. The real rewards, as Coubertin knew and sought to instill in the Olympic ideal, come along the way, in the striving, in the continuing sense of accomplishment. These rewards include:

- Appreciation of the gifts we have been given and in taking these gifts and using them in the best way we can to glorify God's creation.
- The nurture--from family, mentors, friends--that we receive along the way.
- Achievement of self-discipline through out efforts.
- Gaining greater self-assurance and confidence.
- Finding the joy of competition, camaraderie, and community.
- Discovering the joy of training and developing a healthier mind and body. Hard work with a purpose is not drudgery, regardless of the outcome.

These are all lessons of life as well as sport that can be learned in whatever we strive for. And the greatest lesson to be carried from all of this is just that--this is all part of life. If we don't recognize that, the pursuit of excellence and the obsession with a single goal--a gold medal--becomes another form of idolatry. That, not losing, is the tragedy and the waste. When I hear athletes say that they will have wasted four years of training if they don't get the gold, I feel sorry for them; not because they don't win the gold, but because their obsession blinds them to the real worth of their efforts.

As I walked into the Olympic Stadium in Tokyo for my event, I realized that this was entirely different than any other competition I had experienced. I was used to pre-race nerves, but as I stepped out of the tunnel and in front of more than 80,000 people, I was more than nervous. I was scared. "What am I doing here?" I was facing something different, and no matter how well prepared we are, the new and the unknown can be frightening. We encounter such times in life, and it is then that faith in a loving, just, and compassionate God can bring us through. I don't remember if I said a prayer at that point beyond my usual--I hope so, and I should have. Before competitions, I normally pray for strength and confidence to do my best, but not to win. I don't think that God has a great interest in the outcome of athletic contests and doesn't intervene in their outcome, but a strong faith is a source of strength.

The Olympic experience, along with other international competitions, has also reinforced my belief in community, in connectedness of all the earth's people, and in how small our differences are in comparison to this oneness.

To conclude, I would like to quote the athlete's oath that is recited by a selected participant during the opening ceremonies of each Olympic Games. "In the name of all competitors, I promise that we will take part in these Olympic Games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams." Let me paraphrase that as an oath for life: "In the name of all humanity, I promise that we fully participate in this earthly life, respecting and abiding by the rules that God's enduring love makes evident, in the true spirit of justice for all, for the glory of God's creation and the honor of all God's creatures." If all Olympians would truly live up to their oath, the Olympics would come even closer to Coubertin's ideal, and if all humans could truly live by this paraphrase, we might truly experience peace on earth.

## LOOKING BACK

**30 Years Ago** (From the January 1967 ORW)--The Athens AC (San Francisco) won a National Postal 20 Km walk with a total time of 5:03:43 for the 3-man team. The Ohio Track Club was nearly 9 minutes back. Taking individual honor's was OTC's Jack Blackburn with a 1:38:12. Canadians Karl Merschenz and Alex Oakley were the only others under 1:40, with your editor, also representing the OTC, fourth in 1:40:30. The Athens group (Goetz Klopfer 1:40:49, Tom Dooley 1:40:59, and Bill Ranney 1:41:55) took three of the next four spots, Ron Laird finishing just in front of Ranney. The race was walked on local tracks during a specified time in 1966 with results compiled by mail. . . Ron Daniel walked a series of four 1 Mile races in New York, all between 6:44 and 6:48.

**25 years Ago** (From the January 1972 ORW)--Fast early season miling--Ron Daniel had the third fastest mile in history (to that time) with a 6:12.8 in Philadelphia. Ron Kulik, Todd Scully, and Dave Romansky followed in 6:17.7, 6:21.7, and 6:28. Ten days earlier, Kulik had beaten Daniel 6:28.8 to 6:29. . . On the other coast, Tom Dooley did 6:30.5 to beat Esteban Valle (6:38) and Larry Walker beat Don DeNoon, 6:41.4 to 6:44. Bill Ranney was a close third in both races. . . San Rafael high school student, Jerry Lansing, won the National Junior 35 Km title in 3:18:21. . . On



the local scene. your editor celebrated his 37th birthday by covering 6 miles 276 yards in 48:36, but failed by 66 seconds to make up a 17 1/2 minute handicap on Doc Blackburn. (The odd distance was because we did exactly 4 laps of a natural loop, which was carefully measured--the scene of the 1969 National 15 Km)... In the Rockies, Jerry Brown showed fine form with a 13:55 for 2 miles and Bill Weigle covered a marathon in 3:33:53. Ron Laird was wintering in England, and did a track 20 Km in 1:33:35 as well as a couple of 7 miles in 50:50 (finishing first) and 50:53 (second). (And if you haven't ordered your copy of Ron's recent book, *The Art of Fast Walking*, you had better rush \$19.95 plus \$2.00 for shipping and handling to Ron at 4706 Diane Drive, Ashtabula, OH 44004, or call him at 216-998-1371.)

**29 Years Ago** (From the January 1977 ORW)--In final 1976 races, Larry Walker won the National 1 Hour, covering 7 miles 1373 yards and Rudy Haluza won the Master's 15 Km in 1:15:21. Haluza was third in the 1 Hour, just 14 yards back of Ed Bouldin's 7 miles 1030 yards. Susan Liers turned in two fast miles--7:22.5 and 7:27.9. Jim Heiring won a mile in 6:25.6, ahead of Chris Hansen (6:32.4) and also had a 2 Mile win in 13:36. Larry walker was faster, with a 6:16.8 in Los Angeles.

**15 Years Ago** (From the January 1982 ORW)--Jim Heiring was simply tearing around indoor tracks across the country. He had a 5:55.2 for the mile in Milwaukee, a world best 5:27.1 for 1500 meters in New York, a 12:40 for 2 miles in Chicago, and a 12:20.6 for 2 miles in Kansas City. Todd Scully was just 5 seconds back in the 1500.

**10 Years Ago** (From the January 1987 ORW)--American records fell at the Hoosier Invitational indoor meet in Indianapolis as Maryanne Torrellas did 13:29.82 for 3 Km and Paul Wick 20:29.67 for 5 Km. Teresa Vaill was just 3 seconds behind Maryanne with Lynn Weik third. Gary Morgan trailed Wick by 6 seconds and Doug Fournier also went under 21 minutes. Torrellas also had a 6:58.9 to win a mile in Hanover, N.H. with Weik second in 7:01. At West Point, Paul Schwartzburg did a mile in 6:06.8, ahead of Mike Tauch's 6:17.65. The following week, Stauch edged Doug Fournier 6:13.52 to 6:13.61 and Marco Evoniuk took the Hawaii Marathon in 3:33:35.

**5 Years Ago** (From the January 1992 ORW)--Walking at the Spectator Indoor Games in Hamilton, Ontario, Debbi Lawrence set a world indoor best for 1500 meters with her 5:54:31. She was 7 seconds under the old mark set by Maryanne Torrellas. Victoria Herazo missed the old mark by less than 2 seconds, finishing second, just ahead of Janice McCaffrey. Torrellas was sixth in the race. A week later, Lawrence did 5:56.29 in Ottawa. In Oakland, Jonathan Matthews did 20 Km in 1:33:29, beating Richard Quinn by 42 seconds.

### Race Walking--The Beginnings (from page 2)

work and home again in the evening, they walked to church on Sundays, to the nearest market town, to the fairs in the neighborhood, to the sports and festivals as they took place. And as London and the other large towns began to grow, as the Industrial Revolution permeated the country, so our great-great-grandparents trudged their way to the great towns and the promise of a prosperous future. A recent Lord Mayor of London has told how his grandfather walked to London from Cornwall to set up in business, and this story may be repeated a thousand-fold, and may well be the reason why so many town-dwellers make for the country in their leisure hours and use their feet on the roads, the footpaths, and to climb the Downs, and traverse the moorland.

These inherited instincts plus the deep-seated competitive spirit in man manifested itself in racing and in competing against time, and we may be certain that many thousands of such events

took place in the early days of our island story. We are told, for instance, of the feat of Sir Robert Carey who walked from London to Berwick in the year 1589 to win a handsome wager, and of King Charles II who was noted for his walking powers, and unexcelled in his favorite walk from Whitehall to Hampton Court. In October 1670, the King and his nobles watched Lord Digby attempt to walk 5 miles within the hour on Newmarket Heath for a wager of 50 pounds--and fail by half a minute walking barefoot! In the early 17th Century, athletics in the broadest sense were an essential part of the May games, wakes, fairs, and festivals that brought brightness into the lives of our ancestors. These celebrations and trials of strength continued for many years. In fact, they survive today in the form of the village flower show sports meetings and rural gatherings. At the same time, a class of professional pedestrians grew up in the service of the aristocracy of the day. They were employed as "footmen" to run messages in town, or to run ahead of the family coach on the awful roads of the period to make arrangements at the inns for a night's refreshment and sleep, or to advise the country house staff of the imminence of the family's arrival. Inevitably, in those days of high wagering, the gentlemen of gentility began to match their footmen against one another in races; and as a development they tended to employ only those men who could give proof of speed and stamina, after which they were trained as "gladiators" to carry the masters' confidence and stakes in the matches over varying distances that were arranged.

In addition to these two streams of athletic endeavor--the "amateur" in the rural areas and the growth of "professional" pedestrians in town service--was added a third category, the Army officers who embraced running and walking as a means of becoming physically fit as a matter of professional pride and to enable them to withstand the rigors of active service, and to acquit themselves well in the field.

\* \* \* \* \*

A few 18th and early 19th century feats from the following chapter:

- In 1762, Child, a miller of Wandsworth, walked 44 miles in 7:57 on Wimbledon Common, and in the same year, a Mr. John Hague covered 100 miles in 23:15.
- A Hampshire pedestrian named Reed walked 100 miles in one day at Gosport in 1774 and four years later covered 50 miles on the sands of Weymouth in just over 9 hours.
- In 1808, Captain Howe walked 346 miles in 6 days. A fortnight later, the same gallant Captain won a match against Captain Hewetson for 200 guineas by walking 83 miles in less than 24 hours. We also learn that Captain Howe beat a Mr. Smith in October 1809 in a 20 mile race on the Uxbridge Road by half a mile in 2 hours and 20 minutes. In 1812, Howe pledged himself to cover 60 miles in 12 hours and won his wager with 10 minutes to spare.
- Lt. Halifax of the Lancashire Militia walked 2 miles an hour for 100 successive hours near Tiverton, Devon, in March 1808. He could never have more than 50 minutes rest at one time during four days and nights and he became very distressed, but his personal courage pulled him through.
- Mr. Glanville, from Shropshire, in 1806, walked 142 miles on the Bath Road in 29 3/4 hours. He found himself with 25 miles to do in 5 3/4 hours on the final stage from Reading, whence he had arrived at 6:15 am. After 20 minutes rest, he resumed his task and, although very, very tired, his perservance enabled him to overcome the 7 to 4 and 2 to 1 against bets, and he won with great difficulty with 15 minutes to spare.
- We wonder if any definition of walking was applied to the pedestrians of long ago. Particularly is this so when we read of Captain Thomson of the 74th Regiment who in 1808 undertook to walk 21 miles in 3 hours and did so with a margin of 4 1/2 minutes; and of James Watson, who for a wager of 10 pounds walked from Whitechapel Church to Romford and back, an alleged 23 miles, in less than 3 hours. We are told that he started at 6 am and reached Romford at 7:20 am. Having refreshed for 10 minutes, he restarted and completed the distance in 4 minutes under the stipulated time!