

Parrot, Johnson Join Exclusive U.S. Centurions Group

Grapevine, Texas, November 17-18—Centurions! Those who walk 100 miles in 24 hours or less can claim membership to this exclusive group. Before today, only 63 athletes had accomplished this feat on U.S. soil. Now, there are six more, including two U.S. athletes—Ed Parrot and Doug Johnson. They were joined by three Dutchman and an Austrian. Six others started the race. Marcelino Sobczak of the Netherlands won 20:11:57 with Parrot in second, just over 1 hour behind. Johnson finished fourth in 23:25:02, just 12 seconds ahead of Austria's Geoff Hain. They were walking as part of a 24-hour running race that had more than 100 participants.

The first U.S. Centurions were J.B. Gillie, M.J. Ennis, and J. Schmidt who accomplished the feat on May 10, 1878. That was it for 89 years. Then in September of 1967, a 100-miler was held in Columbia, Missouri with 60-year-old Larry O'Neil coming down from Montana to become U.S. Centurion Number 4 in a record 19:24:34. (Gillie had done 21:00:42. The Columbia race became an annual fixture for many years and Larry O'Neil eventually became a six-time Centurion, though never matching his initial time.

In 1971, Larry Young did his only century and his time of 18:07:12 still stands as the fastest in this country. The Columbia races were always held on the track, but torrential rains that year forced them indoors on a 220-yard track circled 800 times. Larry bettered 8 minutes on each of his final two miles. There were National Championship races from 1978 to 1987 and in 1993 and several races have been held at other sites. Alan Price, who first won in Columbia in 1978 with an 18:57:01 went on the finish 23 centuries with his fastest at 18:46:13 in 1984. Twice, he completed three centuries in a single year—1980 and 1982 and did doubles in seven other years. The first female Centurion was Elsie McGarvey in 1978 and three others have joined her since. Besides Price's 23 centuries and O'Neill's six, Leonard Busen did eleven, Chuck Hunter eight, Bob Cragg six, and Jack Blackburn (our own Jack Blackburn) five. The results of this year's race:

1. Marcelino Sobczak, Netherlands 20:11:57 2. Ed Parrot 21:13:58 3. Frank van der Gulik, Netherlands 21:21:51 4. Doug Johnson 23:25:02 5. Geoff Hain, Austria 23:25:14 6. Marcellinus Dekker, Netherlands 23:53:07 DNF—Marcel Lambiotte, Belgium 62 miles in 14:47:01; Jerry Kerr 60 miles in 21:23:28; Eugene Kitts 58 miles in 13:08:10; Ollie Nanyes 58 miles in 23:58:57; Lawrence "Buffalobear" Block 20 miles in 5:38:40; and Dorit Attias 18 miles. (Note that a straight leg rule is not strictly enforced during Centurion events but the competitors are judged for contact.)

Here is how Ed Parrot described his experience:

The other five finishers all used something closely resembling racewalking technique the entire time. Doug probably would have passed strict bent knee judging, while the others mostly walked with a "late straightening" technique such as was legal years ago in racewalking. I did something a little different, in that each mile I alternated about 3/4 mile of legal racewalking with 1/4 mile of something like fast "street" walking. I discovered that this worked well in training and kept the pressure off the back of my knees, and I've always been able to street walk pretty fast.

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Right away, things didn't go as planned. I went out a bit fast the first mile, but was settled into pace by 2 miles. The thing was that my heart rate was a bit higher than I had experienced at the same pace in training. It wasn't until about 15 miles that we found out that the 2 mile loop course had been measured on the straightest line around turns but that cones prevented us from actually walking that straight line. We were told we could start cutting the corners, but with people coming both ways on the out and back, that proved difficult, so we all probably walked an extra 50 yards every 2 mile loop. That aside, I started to realize by 20 miles that I would need to slow down, so I did. The temperature hit just over 80 degrees, and while my training in Florida prepared me for it, it certainly didn't feel good. The positive news was that my plan of eating 50-150 calories every 2 mile loop and hydrating several times per loop was working perfectly. My stomach only rebelled one time, right around forty miles, but I felt better within about 3 miles after that. By this time I had slowed down from my early pace of between 11 and 11:30 per mile to more of a 12:00-12:30 per mile pace. I was still alternating racewalking with street walking, just more slowly.

Up to 60 miles, I had traded the lead several times with the eventual winner, Dutchman Marcelino Sobczak. He was an experienced Centurion, with a 50K time 25 minutes faster than mine, and after a fast first ten miles, he took a couple of breaks during the heat of the day. But after 100K, it was already dark, and he took the lead for good. I was solidly in second, but the blisters on my feet were starting to affect my stride. I could no longer walk with a straight knee, so I was doing solely bent knee walking. I wasn't out of energy, but I just couldn't "push" at all. At mile 70, I took a ten minute break to stretch, hoping this might help, but it didn't. I was never really in doubt about finishing, but the visions of walking 16 minute miles the whole last 30 miles were not pleasant. It wasn't until 80 miles that three things happened to get me going well again.

First, I finally sat down in the port-a-john. Without going into detail, I'll just say that if I ever do another one of these races, I will not leave this until 80 miles again! Second, I changed my shoes into a pair with a bit more cushion in the heel - not running trainers, but heavier racing flats. Finally, the third place walker, another Dutchman, passed me. This was around 82 miles, and I picked it up from a 16 minute mile back to about 13:30. But I could not stay with him, and he soon was 3 or 4 minutes ahead. The thing is, I was feeling better, and I kept up the miles around 13:00. By 90 miles, I had the gap down slightly to the Dutchman, and I passed him around 93. I kept pushing harder and harder, not wanting to lose to him. In the end I beat him by 7 minutes, but I wasn't sure until the last mile or so. I didn't have a straight knee and my legs were tight, but my hips were back into the racewalking motion. It was the oddest feeling, knowing I'd been going for 20 hours and 95 miles but feeling better than I had since the middle of the race. The last lap was tough, but I made around the last turn and forced my knees into a legal racewalk for the final straightaway.

I wish I could say that I was euphoric, but the fact is that I went so hard at the end that I was doubled over collapsed with stomach cramps and dizziness within minutes of finishing. This lasted for two hours that I would just as soon forget. There's a price you pay for asking a lot of yourself, and I paid. I still have no doubts that it was worth it, not even as I sit here sixty hours later with my blistered feet up on a chair. It doesn't take a massive talent to walk 100 miles in 24 hours. It doesn't take large volumes of training (I did roughly 25-45 miles per week starting in mid-September, focused solely on this race, after largely cycling for the months before that). And it doesn't take someone with the ultimate mental toughness,

either. But it is far from easy, especially having never done it before. I did all I could to minimize how much I'd have to stop for food and other things, and I methodically planned my calorie intake so I'd have 6000 calories by the end. I'm sure that helped, but the biggest thing was that I knew there was no way I was going to give up. I'm not the fastest or the slowest of the now 69 American Centurions, but I suspect nearly all of us shared the same feeling of accomplishment after finishing our first one.

Addendum: Another Endurance Feat

Since we are on the subject of tests of racewalking endurance, here is another bit from that other world. I have just finished reading a fascinating book, *C.C. Pyle's Amazing Foot Race*, by Geoff Williams, 2007, which covers the 1927 Bunion Derby, a foot-race from Los Angeles to New York, which was repeated in 1928. The following excerpt from that book relates to racewalking.

Meanwhile, Dan O'Leary, an 87-year-old world-champion long-distance walker, was scheduled to tell the athletes what he knew about keeping their feet in proper shape.

Of all the guests and speakers, O'Leary, a wiry, mustached man, was the most unique. The Irishman had been walking in contests for almost 75 years. He considered it his greatest accomplishment when, at 66 years of age in 1907, he decided to walk 1000 miles in 1000 consecutive hours. It was a stunt that had been attempted before by other champion walkers, but always by people much younger than O'Leary. (*Ed. This feat was first accomplished by famous Scottish walker Robert Barclay in 1809. I believe we have included a description of that event sometime in the past, but perhaps we will repeat it in the future.*) And it was quite a stunt. O'Leary would walk 1 Mile, usually in about 15 minutes, and then have 45 minutes to recover. In the beginning of his stunt, at a walking track adjacent to the Norwood Inn in Cincinnati, this obviously wasn't a difficulty, but the continuous nights of broken sleep eventually took their toll. In the middle of the night, O'Leary might sleep for 40 minutes but then be aroused by the Norwood Inn staff and volunteers, trudge outside to the track and walk a mile while judges and timekeepers monitored him, and then retire to his room, only to be woken up at the start of the next hour.

When O'Leary began his walk on September 8, 1907, he was at 144 pounds. When he finished on October 20, he weighed just 122 pounds. By the last week O'Leary was periodically suffering from some form of dementia--when woken up in the middle of the night, he thought he was a younger man, back in the mid-1880s. Then one Tuesday at 3 am, as the Ogden Standard in Ogden, Utah, described it, O'Leary "was suddenly attacked by spasmodic derangement of the intestines, which threatened to prostrate him and from which he was relieved by the administering of restoratives." It was the most polite way possible of observing that O'Leary had diarrhea. On his last day of walking, sores formed on his left foot.

For his troubles, O'Leary received \$5,000 from the International Tuberculosis Association, which asked him to conduct the stunt to raise awareness of their organization.

As difficult as that walking trip had been, in 1921, at the age of 80, O'Leary tried something more ambitious. He decided to walk to every state capital in the country (Alaska and Hawaii hadn't yet been admitted into the Union, making his feat slightly more possible). O'Leary spent the next decade periodically tramping from one capital to another, or sometimes starting anew from his home in Chicago. Eight years into his journey, almost finished with his goal, he introduced himself to the runners of the Bunion Derby to provide insight and inspiration.

And now for wome racealking results from around the world.

Connecticut 10 Km Championship, Clinton, Nov. 4-1. Theron Kissinger 49:11 2. Eeb Huberty 56:29 3. Panse Geer (61) 62:04 4. Ginger Armstrong (45) 66:03 5. Bob Watkins (59)

69:23 6. Janice Watkins (56) 75:02 7. Gus Davis (69) 77:32% **Km, New York City, Nov. 18**—1. Mrian Rangon 51:39 2. Staphanie Yronec 64:07 3. Jodell Shields 64:09 (11 finishers) Men—1. Gary Brynes 54:44 2. Lynn Levy 57:43 3. Dino Riojas 57:43 (8 finishers) **10 Mile Handicap, same place** (Actual times shown)=1. David Wolf 1:34:31 2. Dave McGovern 1:24:59 3. Loretta McGovern (nee Schuellein) 1:30:12 4. Alexis Davidson 1:36:45 5. Edoardo Sorrenti 1:37:44 6. Maria Paul 1:51:22 7. Leo Romero 1:32:06 8. Lisa Marie Vellucci 1:40:42 (Romero and Vellucci received awards for the best style, male and female. For several years and many years ago, the Ohio Racewalker awarded style prizes at all National races. I guess for reasons of expense (they came out of my pocket), logistics, and perhaps fading interest they were dropped. Another consideration was that I started to feel who can say what is the best style. One answer could be that the person who gets to the line first without being disqualified has the best style.) (17 finishers) **5 Km, New York City, Nov. 25**—1. Erin Taylor 26:59 2. Justijana Roseman 27:39 3. Alexis Davidson (52) 28:37 4. Edoardo Sorrenti (64) 28:51 5. David Lee (51) 30:19 6. Myrian (40) 31:10 7. Frank Stonitsch (62) 32:46 8. Andres Fernandez (54) 33:33 9. Juan Veitia (56) 33:36 10. Ruth Gersh (53) 33:43 (26 finishers) **National Masters 20 Km, Clermont, Florida, Nov. 4**: Women 40-44—1. Rebecca Garson 2:05:16 2. Dora Choi 2:25:55 Men 40-44—1. Dave McGovern 1:45:57 2. Ivan Hernandez 1:48:11 Women 45-49—1. Carolyn Kealty 1:58:02 2. Yvonne Allmaras 2:16:46 Men 45-59—1. Alberto Medina 1:59:28 Women 50-54—1. Debbie Spears 2:27:47 2. Janine Campbell 2:29:16 Men 50-54—1. Klaus Thiedmann 2:03:06 2. Robert Carver 2:29:16 Women 55-59—1. Cathy Mayfield 2:09:51 2. Donna Graham 2:15:44 3. Ann Gerhardt 2:17:44 4. Monica Moczek 2:23:00 Men 55-59—1. Andrew Smith 2:11:59 Women 60-64—1. Jolene Sterigerwalt 2:12:23 2. Darlene Backlund 2:23:19 Men 60-64—1. Leon Jasionowski 1:53:16 2. Max Walker 1:54:54 3. Edoardo Sorrenti 2:07:47 Women 65-59—1. Kathleen Balser 2:15:39 2. Sandy Hulst 2:32:58 Men 65-59—1. John Backlund 2:15:01 2. Peter Bayer 2:21:57 3. Paul Pessa 2:26:38 Men 70-74—1. Paul Johnson 2:13:26 Men 75-79—1. Jack Starr 2:21:24 **5 Km, same place**—1. Maite Moscoso (12) 29:37 2. Sylvia Ellis (60) 30:36 **1 Hour, Planation, Fla., Oct. 21**—1. Peter Bayer (65+) 8792 meters 2. Bob Fine (75+) 8075 3. Sterling Klinger (45+) 7984 4. Essie Faria (70+) 7930 5. Cathy Miller (45+) 7410 6. Miriam Gordon (80+) 7408 **5 Km, Orlando, Fla., Oct. 27**—1. Ray Jenkins 33:56 2. Greg McGowan 34:55 Women—1. Cheryl Rellinger 27:15 2. Edna Ramsey 33:31 **10 Km, Celebration, Fla., Nov. 11**—1. Juan Moscoso 58:20 2. Ray Jenkins 66:05 (7 finishers) Women—1. Cheryl Rellinger 52:48 2. Sandra DeNoon 68:59 (4 finishers) **Florida State 20 Km, Coconut Creek, Nov. 18**—1. Carolyn Kealty 1:51:38 2. Cheryl Lemons 1:53:10 (Speculation on my part, but either this is someone suddenly emerging from complete anonymity to an impressive time, or Cheryl Rellinger got married during the week since the Celebration 10 Km.) 3. Juan Yanes (58) 2:02:43 4. Luc Bussieres (48—not eligible for Florida championship) 2:08:03 (7 finishers) **Indiana 1 Hour Championship, Indianapolis, Nov. 8**—1. Drew Swonder 11,274 meters 2. Max Walker 10,749 3. Cathy Mayfield 9342 4. Mike Crumbo 8075 5. Dave Moebs 7988 **5 Km, Columbia, Missouri**—1. Dave Coutts (51) 25:30 2. Craig Kolb (45) 33:04 3. Bill LaPaige (51) 34:00 (10 finishers) **5 Km, Albuquerque, Sept. 9**—1. Greg Jochems 27:42 2. Laura Draelos 28:40 4 **1 Hour, Albuquerque, Oct. 13**—1. Patrick Collier 12,809 2. Joe Armbruster 7913 3. Leslie Hermann 7826 **5 Km, Albuquerque, Oct. 21**—1. Greg Jochems (50+) 28:47 2. Teresa Aragon (45+) 28:57 3. Laura Draelos (45+) 30:08 4. Eric Steinbach (14_ 31:10 5. Peter Armstrong (60+) 32:06 (306 finishers) **20 Km, Rio Rancho, N.M., Nov. 3**—1. Patrick Collier 1:34:02 (Patrick continued on after winning a 10 Km, which he won in 46:58. Laura Draelos was the women's winner at 10 in 62:19 and Peter Armstrong won a 5 Km in 31:07

Austria and Poland Combined National Championships, Bad Deutsch Altenberg, Aus., Oct. 7: 50 Km—1. Grzegorz Sudol, Poland 3:55:22 2. Artur Brzozowski, Pol. 3:59:27 3. Maciej Rosiewicz, Pol. 4:03:01 4. Laszlo Novak, Hungary 4:13:35 Jr. 10 Km—1. Lukasz Nowak, Pol. 44:15 2. Pawel Krawczyk, Pol 45:35 3. Mateusz Kozlowski, Pol. 47:07 4.

Mieczyslaw Romanowski (16), Pol. 47:47 **Russian Winter Championships, Adler, Feb. 17 (a result that just surfaced to the world at large)**: Men's 20 Km—1. Valeriy Borchin 1:18:56 2. Igor Yerokhin 1:19:21 3. Viktor Burayev 1:19:57 4. Andrey Ruzavin 1:20:7 5. Andrey Krivov 1:20:33 6. Ivan Kuznetsov 1:21:11 Women's 20 Km—1. Yelena Nartova 1:28:31 2. Tatyana Sibileva 1:28:51 3. Olga Kaniskina 1:29:02 4. Lyudmila Arkhipova 1:29:10 5. Tatyana Kozlova 1:30:07 6. Larisa Yemelyanova 1:30:22 7. Tatyana Gudkova 1:31:26 8. Svetlana Solovyova 1:31:50 9. Olga Mikhaylova 1:31:52 Men's 35 Km—1. Vladimir Kanaykin 2:26:09 2. Sergey Kirdyapkin 2:28:47 3. Oleg Kistkin 2:30:28 **Junior 10 Km, Wuhan, China, Nov. 2**—1. Gaobo Li 1:20:11 72 (World Jr. Record on track. Li has at least three faster times on road) 2. Hao Wang 1:21:21 3. Yafek Chu 1:22:12 4. Xuezh Zhang 2:22:30 5. Ziangdong Bo 1:23:46 6. Tao Yang 1:23:50 7. Rui Zhang 1:23:55 8. Yang Wei 1:24:06 (17 finishers, 4 DQ) Women: 1. Hong 1:31:17 2. Ziboling Song 1:31:19 3. Yammin Bai 1:31:48 4. Shansan Wang 1:31:53 5. Jingjing Hie 1:32:20 6. Limin Sun 1:32:31 7. Xue Chai 1:34:13 8. Xue Wang 1:34:22 (18 finishers, 1 DQ, 2 DNF)

Places For Races

Sat. Dec. 8	5 Km, Florida Senior Games, Cape Coral (F) 1 Hour, Red Bank, N.J., 10 AM (A)
Sun. Dec. 9	1500 meters, Florida Senior Games, Cape Coral (F)
Sun. Dec. 9	25 Km, New Orleans (L) 5 Km, New York City, 8:30 am (G)
Sun. Dec. 16	5 Km, New York City, 8:30 am (G)
Sat. Dec. 22	1 Hour, Red Bank, N.J., 10 am (A)
Sat. Dec. 29	Polar Bear 10 Km, Asbury Park, N.J., 10 am (A) 5 Km, Pharr, Texas (O) 5 Km, Aurora, Col. 9 am (H)
Sun. Jan. 6	National Women's and Masters 50 Km, also 5 and 20 Km, Houston (L) 9 Km, New Orleans (L) Indoor 1600 and 3000 meters, Arlington, Vir., 7:45 am (S)
Sat. Jan. 12	Indoor 3 Km, Franklin, Indiana (B) 2.8 Miles, Seattle, Wash. (C)
Sun. Jan. 13	Marathon and Half-Marathon, Mobile, Ala. (K)
Sun. Jan. 20	Indoor 1600 and 3000 meters, Arlington, Vir. 7:45 am (S)
Sat. Jan. 26	Indiana Indoor 3 Km Championship, Frankon (B) 5 Km, Denver, 9 am (H)
Fri. Feb. 1	National USATF Indoor 1 Mile, New York City (D)
Sun. Feb. 3	5 Km, Denver, 9 am (H) Indoor 1600 and 3000 meters, Arlington, Vir. (S)
Sat. Feb. 9	Indoor 5 Km, Franklin, Indiana (B) 2.8 Miles, Seattle (C)
Sun. Feb. 10	5 Km, Denver, 9 am (H) 50 Olympic Trials, Planation, Florida (E)
Sun. Feb. 17	5 Km, Denver, 9 am (H)
Fri. Feb. 22	National USATF Indoor 3 Km Women, 5 Km Men, Boston (D)
Sat. Feb. 23	Indiana Indoor 5 Km Championship, Franklin (B)

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Three months ago, we had to report the death of the first lady of racewalking in Ohio, Corinn Blackburn. Two month ago, it was the death of a legendary figure in Southern California racewalking circles, Bob Brewer. Sadly, there are two more deaths of well-respected members of our clan to report this month-Wayne Yarcho and Lori Maynard.

1

Wayne Yarcho

Wayne's death was reported in the Oct. 29 Dayton Daily News. A resident of Kettering, Ohio, Wayne passed away October 26 at Hospice of Dayton. He was a retired engineer at Wright Patterson Air Force Base with 44 years of service and was a U.S. Air Force veteran of World War II. He attended the University of Illinois and starred on their track and cross country teams. He was a 12-time Ohio racewalking champion in the 1940s and 1950s, past president of the Ohio River Road Runners Club, and a 1988 inductee into the Dayton Athletic Association's Running Hall of Fame (*Ed. At some point, Wayne became at odds with the politics of racewalking and gave it up, but continued to compete in running road races.*) He is survived by a son Almon, three grandchildren, and six great-grandchildren.

Jack Blackburn (Publisher Emeritus of the Ohio Racewalker) sent us this remembrance of Wayne:

Wayne's date of birth was not listed in his obituary, but my recollection is that he was at least 10 years older than me, which would make him about 82. Both he and Clair Duckham walked for the Dayton Athletic Club for years. (*Ed. Along with the late Dale Arnold, who eventually walked for the Ohio Track Club along with Jack and I.*) These were the first two racewalkers that my dad and I became acquainted with. We all competed in the the Fort Thomas, Kentucky to Cincinnati Thanksgiving Day 6 miler for many years. (See photo). It after was the 1956 or 1957 race that Elliott Denman won that we all went to Clair Duckham's house in Dayton. I had competed in the running division of the race and didn't do too well, so I was primed to be talked into racewalking rather than running. (*Ed. A good decision, although Jack was sixth in the 1956 Olympic Trials 10,000 meter run, a race of attrition in the extreme heat of Bakersfield, Cal. I was eliminated in the first heat of the first*

race of the night-the 400 meter hurdles-and then watched Jack's great performance in a race that started at 11 pm, trying, unsuccessfully, to beat the heat.)



A Motley crew of racewalkers. Gathered after the Thanksgiving Day race from Ft. Thomas to Cincinnati, probably in 1973 (this picture was first published in the ORW in Feb. 1974) are: Rear left to right: Wayne yarcho, Jack Blackburn, and Bob Smith. Front left to right: Jim Teague and Stu Nester (Good Ol' Stu). The guys sitting down are unidentified runners.

I remember a trip that Wayne and I took to the Chicago area to compete in an indoor 1 Mile walk at the Calumet Relays. It was the winter of 1957 or 1958 and very cold. This event was not quite what we expected as the entire meet was held in a big gymnasium with portable wooden turns at both ends. I recall that it took 20 some laps to make a mile and it was a little tough to figure out how far we had gone until the finish line appeared. I won the race in 6:28 and Wayne was second. My time was much faster than I had walked to that time (and somewhat faster than he ever walked again), which led me to believe that they probably put the finish up too early.

On our way to the race in Wayne's old Chevy going through Van Wert, Ohio (where Jack later resided for two or three years), we got broad-sided on my side (passenger). The blow turned us completely around and broke all the windows on that side. My door wouldn't open. Luckily, neither of us were hurt much. I had a black eye and bruised leg and hip and Wayne got some minor cuts from the broken glass.

Wayne told me how he met his wife. He and his plane crew were shot down early in the War over the mountains in Northern Italy. Wayne was seriously injured, particularly about his face and head. An Italian family rescued Wayne and nursed him back to health enough to travel to a local hospital. The recovery process, as I understand, took several

months. Apparently by that time, Italy was defeated and he was able to come out of hiding. He eventually married one of the daughters in the family that rescued him and brought her back to the U.S. I remember the great passion with which told Wayne told this story. He was a man of passion, strong principals, and high moral values. *(Ed. Such that he eventually could not stomach some of the much too liberal views Jack and I expressed in this rag and dropped us from his reading list.)* He was also a fierce competitor. When you got to know him well he also showed a great sense of humor. The world needs more men like Wayne Yarcho.

Lori Maynard

Lori, who resided in Redwood City, Cal., was a national class racewalker in the late '70s and early '80s. Already in the master's category when she took up the sport, she was, nonetheless, ranked in the top ten in the U.S. at both 5 and 10 Km for several years with a 10 Km best of 52:00. She was third in the National 20 Km in both 1981 and 1982 with a best of 1:54:52 in 1981. She finished second in the World Masters meet in Hanover, Germany in 1979 and was the first women in the 1980 New York City Marathon and first overall in the 1982 Hawaii Marathon. She was a Chairman of her Association RW Committee for several years, became a national and international judge, and, with husband Sonny, organized officials for Northern California T&F meets for many years. She served as Team Leader, Coach, or Manager for numerous U.S. national teams and held numerous USATF positions on the national level. Following are several remembrances of Lori from others in the racewalking community.

I knew Lori when she was a competitor and later when she was a judge and official. I met her when I was 19 and she in her 40s, at races in northern Cal like the Partridge Memorial 10k in Mountain View and in SoCal at the TAC nationals at Mt SAC. She walked spectacular times for her age, with beautiful technique, upright with light quick steps, during the infancy of women's walking, a time when a sub-50 for 10k was world-class and only walked in America by Sue Brodock and young Sue Liers. More impressive was her kindness, her gentle manner, the way she made time for a friendly word of encouragement. She was a terrific role model for younger walkers, men and women.

Ray Sharp

Lori was an outstanding competitor. She stopped competing at the peak of her competitive career. Usually, when that happens the individual leaves the sport. However, Lori continued to be active as a judge and organizer. She was a "giving" person and will be missed.

Bob Fine

It was with great sadness that Ron and I read of Lori Maynard's passing. Having seen her last year, it was not a surprise, but it certainly hits hard when our small racewalk community loses such an incredible person. When Lori walked into a room there was instant brightness, she had such a warm welcoming way. She and Sonny seemed indefatigable, working an incredible amount of meets, always handling everything with a smile on their faces, finding levity in tough moments.

My fondest memory of Lori was after a searing hot race (early 80's??) when Lori introduced a motley crew (of Viisha Sedlack, Karen Rezack, Debbi Lawrence, Mary Howell...and I can't remember who else) to Long Island Ice Tea. We went around the table wanting to know a short story of each others lives. Lori captivated all of us with her experiences...we laughed, we cried, and with a few more Long Island Ice Teas, we laughed ourselves silly. She had such a great sense of humor. I can still hear her special laugh. Watching her officiate, I remember being so inspired by her, I thought to myself if I can give back to the sport just a fraction of what she does, I'll be happy. She truly was a beautiful

person and gracious competitor who tirelessly gave her time and wonderful energy to Track and Field.

Maryanne Daniel



In this photo first published in the Jan. 1980 ORW, Lori enters the stadium during the 1979 World Masters Meet in Hanover, W.G. where she finished third in 26:10.

The following tribute to Lori, sent by Dick Petruzzi, was written by Mary Jo Alexander, the Stanford Director of Operations Track & Field/Cross Country, and read at the 2007 Stanford Invitational.

On behalf of the Stanford Track and Field Family, Friends and Staff, we would like to recognize Lori Maynard for her 25 years of dedicated service to Stanford Track and Field. As a result of her accomplishments, Lori was selected in the masters athletes hall of fame in

2005. After many years of competition, Lori volunteered her time at the 1984 Olympics. In 1990 she was a World Junior Champs Race Walker Judge in Bulgaria. And at the 1996 Olympics, Lori pulled double duty and was the Head of Discus and Hammer crew and was the trial referee of hurdles, long jump, sprints, and race walk. In 2000, Lori was an international race walk judge at the Sydney 200 Olympics. On top of all this, Lori has given countless hours to the Stanford Track and Field program, as the field events coordinator. Lori's work ethic has been a vital part of the Stanford Track and Field home meet's success. Her ongoing contributions for the past 25 years have been solely from the goodness of her heart, expecting nothing in return. She embodies the meaning of a true volunteer. Lori, your resume of achievements and dedication to the sport of Track and Field are inspiring to all of us. You have given us all something to strive for; you are a remarkable woman.

New Leadership For NARI

The North American Racewalking Institute was founded in 1992 by Elaine Ward in Southern California and has flourished for 15 years under her leadership and management. She is now handing over the reins. She outlines future plans in the following communication to the Institute's supporters.

A wonderful "happening is in progress at NARI—a happening that insures the Institute's continuing contribution to the development of promising young racewalkers. During the last 15 years, NARI has provided grants to support the coaching and training of America's top aspiring athletes at the Arco Olympic Training Center in Chula Vista, Cal. It has provided grants for high altitude training as well as travel to international competitions. More recently, the Institute has provided assistance to high school and college athletes by supporting training camps in Maine and Texas, and by helping with travel expenses to national championships and this year, to the Junior Pan Am Cup in Brazil.

How is this possible? The answer lies with you. Your generous donations to the Institute over the years has been a significant source of funding for youth development and for the future of American racewalking. You have truly given back to the sport that enriches your lives.

As the founder of the Institute in 1992, it is hugely exciting to be able to pass the Institute's leadership on to those who share NARI's purpose. With their consent, the present Board of the Institute has unanimously elected Tom Eastler President, A.C. Jaime Atreasures and Chief Financial Officer, and Susan Eastler Secretary. These officers will be responsible for bringing additional members to the new Board. As most of you know, Tom and A.C. and will probably know the others who work with them, you can share my confidence, enthusiasm, and appreciation for the continuity they bring to the Institute.

Now for two items of business. The Institute has approximately \$25,000 in the Al Heppner Fund. This sum allows the 2007 Heppner Award to be \$2500 again this year—10 percent of the Fund as stipulated in the by-laws. There is approximately \$16,000 in the Youth Development Fund. (A recent grant of \$3000 was made to the South Texas Walkers for travel to National competitions)

As the Institute did not conduct an American Eagle Raffle this year, the Youth Program is particularly underfunded. I urge you to consider making a tax deductible donation again this year to help Tom, A.D., to continue the Institute's financial support of deserving young walkers. It is impossible to place too much emphasis on the very important role your contributions play. Please send donations to A.D. at: North American Racewalking Institute, 621 North 10th Street, McAllen, TX 78501-4513, Attention: A.C. Jaime. *(Ed. Might I suggest that a donation of \$50 from each ORW subscriber would provide a big boost to the NARI's support of our sport.)*

Though I am bowing out of a leadership role in the Institute, I remain very interested

and supportive of the new Board and its on-going programs. I see the Institute's potential expanding under the new leadership. I love the sport of racewalking and look forward to Americans excelling in future international competition.

From Heel To Toe

Racewalk Challenge. The IAAF Racewalking Challenge for 2008 has been announced. Dates and locations are: March 8-9, Men's and Women's 20 Km, Men's 50 Km, Chihuahua, Mexico; April 5, Men's and Women's 20, Rio Maior, Portugal; April 18-19, Men's and Women's 20, Men's 50, Beijing, China; May 1, Men's and Women's 20 Km, Sesto San Giovanni, Italy; May 10-11, World Racewalking Cup, Men's and Women's 20 km, Men's 50 Km, Jr. Men's and Women's 10 Km, Cheboksary, Russia; May 24, Men's and Women's 20 Km, Krakow, Poland; June 7, Men's and Women's 20 Km, La Coruna, Spain; August 14-18, Olympic Games, Beijing, China; Sept 20-21, IAAF Racewalking Challenge Final, Men's and Women's 20 km, Men's 50, site to be announced. . **Entry Standards.** Entry standards for the 2009 World Championships are: Men's 20:A-1:22:30, B-1:24:20 Women's 20: A-1:33:30, B-1:38:00 Men's 50: A-3:58:00, B-4:09:00. Performances must be achieved in the period September 1, 2007 to August 3, 2009 at IAAF International competitions or at other International or National races that have been pre-approved through application to the IAAF. Nations may enter up to four athletes who have met the A standard (four only if one is the defending champion); one athlete with the B standard along with 1, 2, or 3 with the A standard; one athlete with the B standard where none have met the A standard. . **The Duck.** Clair Duckham was mentioned in our tribute to Wayne Yarcho. Clair, well-known in Ohio racewalking, cycling, and running circles is still going strong. This from WHIO-TV (dayton) website: "At 101-years old, Clair Duckham, who co-founded the Dayton Cycling Club in 1961, pedaled his low-riding Whis-Wheel trike from Vandalia to Troy Sunday morning under ideal bicycling weather in celebration of his recent birthday. It's a trip that Clair said he has made hundreds of times over the year. Among those who rode with Clair was former Ohio governor Bob Taft. This made the sixth that Taft rode in this birthday celebration ride, five times as governor. 'It's a tradition,' said Taft. 'I'll be back next year if Clair rides.' The distance from Vandalia to Troy along the rural winding back roads of Montgomery and Miami counties is 18 miles." Clair once rode his motorcycle the 800 or so miles to Boston, ran the BAA Marathon, and hopped on his bike for the return trip. He was still riding 50 mile tours on his high-wheeler at least into his late 90s. . **2007 Racewalking Awards.** The 2007 Ron Zinn Awards went to Teresa Vaill and Kevin Eastler. The annual to the outstanding male and female walkers in the country commemorate the achievements of Captain Ronald Zinn, a West Point graduate, who lost his life in combat during the Vietnam War in 1965. Zinn was on Olympic teams in 1960 and 1964, finishing sixth in the 20 Km in 1964. He won numerous national titles in the first half of that decade. It was the sixth Zinn Award for the 45-year-old Vaill, the first coming way back in 1986. . The Henry Laskau Awards to the outstanding junior walkers in the country, now in their fourth year, went to Lauren Forgues and Vergara twins, Ricardo and Roberto. The Mike Riban Award to the outstanding contributor to the sport during the year went to Bart Hersey, a custom shoe maker in Wilton, Maine, who had crafted shoes specifically designed for racewalkers. . In a final USATF Racewalking Award, Maine received the award as the outstanding USATF Association in 2007.

Boyles, Moore Top U.S. Grand Prix Standings

Matt Boyles of Tupper Plains, Ohio and the Miami Valley Track Club and Jolene Moore of Northbrook, Illinois are the winners of the 2007 USA Racewalk Grand Prix Circuit. Pegasus Athletic Club of Michigan took first in both the men's women's team titles with Walk USA joining Pegasus in the winner's circle. For the junior men, Robert and Ricardo Vergara of Edinburg, Texas, and the South Texas Walking Club, tied for first with 48 points. Diana

Rado of the Southerastern, Pennsylvania Athletic Club took the junior women's title with 50 points. The Grand Prix circuit consisted of all National title races plus the Pan Am Cup Trials-11 races. For juniors it was National title races, Pan Am Cjup Trials, the Penn Relays, and the NACAC Cup-9 races. Here are the final standings:

Open Men

1. Matt Boyles 52
2. Kevin Eastler 39
3. Tim Seaman 38
4. Michael Kazmierczak 28
5. Ian Whatley 26
6. Ricardo Vergara 24

Open Women

1. Jolene Moore 53
2. Teresa Viall 50
3. Maria Michta 49
4. Sam Cohen 37
- Susan Randall 37
6. Lauren Forgues 30

Teams

1. Pegasus AC 46
2. Shore AC 26
3. Varsano's Chocolates 24

Teams

1. Pegasus AC 20
- Walk USA 20
3. Western Women Go the Distance 18

Junior Men

1. Roberto Vergara 48
- Ricardo Vergara 48
3. Evan Crowdis 30
4. Matthew Forgues 26
5. Trevor Barron 18

Junior Women

1. Diana Rado 50
2. Lauren Forgues 49
3. Pamela Alva 36
4. Le'erin Voss 28
5. Jenna Monahan 22

A Technical Discussion

An animation of Jefferson Perez walking at 6 minutes per mile that appeared on an internet web site sparked the following discussion among some learned observers.

Gary Westerfield: Thank you for animating Jefferson Perez at 6 minutes per mile. Perez has impeccable technique even at that speed. Note his hip rotation. He adds inches to each step, without landing in front of his center of mass. Unlike other race walkers who push against the ground through full extension of the knee, Jefferson flexes at the knee before heel lift, allowing the accelerating swing leg to "pull" his foot from the ground. After heel lift, he pushes through the forefoot with minimal plantar flexion, allowing the swing leg to clear the ground as the foot dorsiflexes before heel strike. The impression of contact is maintained. The "motor" that makes Perez so fast is located at his hips. His core body strength and control is very evident.

Philip Dunn: I agree that Jefferson's technique is incredibly efficient, graceful and powerful. He is one of the most exciting and successful walkers in the world today. However, I have to disagree with you when you say, "Unlike other race walkers who push against the ground through full extension of the knee, Jefferson flexes at the knee before heel lift, allowing the accelerating swing leg to "pull" his foot from the ground."

Not only do I feel that a straight-leg push-off is beneficial, but I am looking at the still photos of Jefferson that are on Jeff's website and he quite clearly has a beautiful, long push-off with a straight leg). The heel of his back leg is well off the ground in Figure #5 & #9 and his leg is straight. If he bends his knee sooner, the energy he generates goes only into his leg, not into propelling his entire body forward. Most walkers, myself included, are unable to maintain such a long, efficient stride because we lack the muscle elasticity and strength that Jefferson has worked so hard to develop.

Wayne Armbrust: I agree with Philip. Perez, although short, is still able to walk with a step length of 1.25 m or greater due to his tremendous extension to the rear. It is very

difficult to combine this extension and its resulting step length with the 200 or greater steps per minute frequency required for a sub 4 minute per kilometer pace. This is because, as is well known from the work of A. V. Hill, force of muscular contraction is inversely proportional to the speed of contraction. This concept will have a prominent place in my long promised paper on the kinematics and dynamics of race walking which I hope soon to have the time to write.

Dave McGovern: In reading Gary's initial post, my first reaction was that it would be impossible to make any assessment of Jefferson's technique based on that small selection of clips in Phil's animation. I have a similar GIF animation on my web site and I believe it is made up of at most 10 frames repeated over and over. The shots were not the best; I did not have samples that depicted the ends of the range of motion. The human eye can fill in the gaps and create a smooth "movie" effect in the brain if the shots are flashed at a rate faster than

5 frames per second. But it can not create what isn't there. The shots of Jefferson do not include frames where he is right at the end of double-support when the rear foot is fully plantar-flexed. I have plenty of video of Jefferson in action over the years and it shows this quite clearly. In this regard I almost completely agree with Wayne. Gary makes excellent points based on what can be seen in the video, but the video is missing the right shots to make any assessment about the moments before toe-off. As Wayne points out, Jefferson gets a lot of leg behind the body before toe-off, leading to a nice long stride. (And, as Philip points out, this occurs before the rear knee bends to drive forward, otherwise much of the driving force of the support leg would be lost.) One point Wayne misses, I think, is that the feet are a very important part of the racewalking action. Wayne is looking at the motion of the leg through the classic "inverted pendulum" paradigm which allows a much easier vector analysis. Yes, as the angle between the rear leg and the ground decreases, the force vectors become more horizontal (and center of gravity sinks lower.) But as this is occurring there is an almost equal lifting of the c.g. due to the plantar-flexion of the rear foot (another pendulum, by the way...)

The point is, to get a long, fast stride, an athlete needs great strength and flexibility, as Jefferson clearly has. A long, powerful rear stride comes from A.) excellent plantar-flexion of the rear foot, B.) flexible hip-flexors that allow the body to advance forward to the end of the range-of-motion of the rear leg/foot C.) very strong quads/hip-flexors to provide the power/momentum to drive the body forward, and to some extent D.) powerful pelvic rotation, although this component of the stride seems to be more and more reduced in modern racewalking technique, especially among the top women in the world who demonstrate almost no pelvic rotation these days. (Jefferson, and Philip, are excellent examples of walkers who do benefit from powerful pelvic rotation; Olimpiada Ivanova, Gillian O'Sullivan, Jane Saville, all of the Chinese, and except for a few of the top Russian women, almost all of the top 20 or so women in the world use almost no pelvis rotation.)

Wayne Armbrust: I don't disagree with nor did I miss the part about the plantar flexion of the foot. I just didn't want to make things more complicated than necessary. The plantar flexion of the foot does keep the angle between the leg and ground greater, thus increasing the vertical component of force in the leg. In some respects this further increases the difficulty for the walker since the vertical component of the plantar extension force also has to balance his weight at high rates of muscular contraction. This is true for the entire chain of forces involved, plantar flexion, quadriceps extension, hip extensors (not flexors) and pelvic rotation.

Jeff Salvage: Can you elaborate on your muscular contraction comment specifically as it relates to whether Perez pushes off or not. I am not familiar enough to understand the relevance without more details. I assume most people are not as well.

Wayne Armbrust: To briefly outline my argument qualitatively:

1. Perez (and all other great walkers) get great extension to the rear. That is the only way they

can get their 1.25+m step length. A long stride in front at best is energy inefficient (introduces a breaking action each step) and at worst leads to disqualification (has the walker still reaching out in front for the ground after rear foot contact is broken and/or introduces a bending moment about the knee which tends to cause a bent knee, at least after the athlete tires).

2. As the athlete extends to the rear, the angle the leg makes with the ground decreases. The smaller the angle with the ground, for a given force exerted by the athlete, the greater the horizontal component of force and the less the vertical component.
3. The vertical component of force, averaged over the entire time a foot is on the ground (step, assuming no flight phase), must be equal to or greater than the athlete's weight.
4. High walking speeds require a combination of great extension to the rear and a high turnover.
5. As the angle that the leg makes with the ground decreases (making the horizontal component of force smaller) at high extension and turnover increases (reducing force due to the inverse relationship between force of contraction and speed of contraction) a speed limiting condition eventually results. The vertical component of force exerted by the athlete will be insufficient to support his weight. At that point the athlete will be unable to extend further or turn over faster.
6. Often walkers do not know when they have reached this limiting condition. They may try to increase turnover, but to keep their stride from breaking down completely will have to "snatch" their trailing foot off the ground before full extension is reached. This action often results in disqualification when the rear foot is visibly "snatched" off before the front foot makes contact.
7. Development of the required combination of great extension to the rear and high turnover requires highly specific training. Examples of this type of training might include repetitions of dragging a light weight at high speed or repetitions walking up a slight incline at high speed. The weights should be light enough and the grade slight enough so as to not greatly perturb normal walking technique. Jeff Salvage wrote:

LOOKING BACK

40 Years Ago (From the November 1967 ORW)—Ron Laird swept to victory in the National 30 Km in Columbia, Missouri, clocking 2:29:06. The Ohio TC's own Jack Blackburn was some 22 minutes back and won the name Big Red Duck from Bill Clark because the cold weather had him walking in his baggy, red OTC sweats. Howie (now Jake) Jacobson beat Ron Kulik for third. . . Shaul Ladany won a 50 Km race in Long Branch, N.J., his 4:35:02 leaving Dave Romansky, walking his first 50, 7 minutes in arrears. . . Promising Steve Hayden, an Olympian 5 years later, turned in a 1:16:28 for 10 miles in New York. . . In the Canadian 50, Karl Merschenz beat Ladany by 9 ½ minutes with a 4:33:03. . . And on the track in Walnut, Cal., Laird casually strolled to a 1:31:40 American record for 20 Km, with Larry Walker second in 1:37:10.

35 Years Ago (From the November 1972 ORW)—Bill Weigle walked off with the National 50 Km title in San Francisco, covering the distance in 4:22:00. He continued a pattern of very consistent times, having done 4:20:09 in the Olympic Trials and 4:22:52 in the Olympics themselves. Bob Kitchen was well back in second with a 4:35:43 and Bill Ranney came third. . The U.S. sent a team to the Airolò-Chiasso road relay in Switzerland. Bob Kitchen, Todd Scully, Bob Bowman, Bill Ranney, and Larry Young came second behind Italy. . . A few days later, Shaul Ladany won the Lugano 100 Km, also in Switzerland, in 9:38:57. A great result for Shaul, considering he had gone through the trauma of the Arab attack on the Israel Olympic dorm just a few months earlier. . . Sweden won the women's International 5 Km with Margareta Simu leading them with a first-place 24:54.

30 Years Ago (From the November 1977 ORW)—Not much exciting to report that month, although we did run an interesting profile of Great Britain's 20 Km great, Ken Matthews. . Jack Blackburn beat Chris Knotts in a 3 miler on the Ohio scene. . In England, Derek

Harrison had 17:43:00 for 100 miles, as 56 finished the race under the 24-hour limit.

25 Years Ago (From the October 1982 ORW)—In the Can-AM walks in Niagara Falls, N.Y., Jim Heiring beat Tim Lewis at 20 Km, 1;29:50 to 1:31:43, with Canada's Francois Lapointe a distant third. Ann Peel was an easy winner at 10 Km in 49:50, leading a Canadian sweep of the first five places. Her stiffest competition, Susan Liers and Teresa Vaill, were stuck at the airport in New York City. . . Peel also won the Canadian Championship in 48:04. Guillaume Lablanc won the 20 in 1:28:36 and Lapointe took the 50 with a brilliant 3:51:38. . . In Italy, Olympic 20 Km Champion Maurizio Damilano turned in a very fast time at an unusual distance—5 miles. He had 31:24. . . Bob Keating won the Nation-1 100 mile in 19:19:31, beating three-time champion Alan Price, who had 19:35:44. John Kelly was also well under 20 Hours and 46-year-old Bev LaVeck established a U.S. women's record in fourth with her 21:42:14.

20 Years Ago (From the October 1987 ORW)—A three-race International series was wrapped up in Mzidon, France and San Giovanni, Italy. In France, Sweden's Bo Gustavsson won the 15 Km in 62:15, ahead of Roman Mrazek, Czechoslovakia and Querubin Moreno, Columbia. Australia's Kerry Saxby took the women's 5 Km in 21:58 with Sweden's Ann Janssen 48 seconds back. Finland's Reina Salonen won at 30 Km in San Giovanni with a 2:13:59, better than a minute ahead of Italy's Raffello Ducceschi and Giovanni Pericelli. Moreno was fourth. Saxby was a winner here, too, taking the 10 Km race in 46:35 ahead of Janssen's 47:17 and Sue Cook's 48:25. Moreno was the men's series winner with 55 points, 1 ahead of Mrazek and 5 ahead of Ducceschi. Saxby swept the women's series with 18 points to 15 for Janssen. . . Alan Price won the Columbia, Missouri 100 miler for the ninth time in 20:53:42. Chuck Hunter was the only other finisher, doing 22:42:04. Hunter went the distance for the eighth time and the first since 1979, having been laid up with the loss of a kidney and gimpy knees. . In England, John Cannell won a 200 miler in 17:55:10 with five others under 20 hours and 38 under 24 hours.

15 Years Ago (From the October 1992 ORW)—In an unusual race, Don Bredle won an outdoor-indoor 2 mile in Cleveland, finishing in 17:08. The race started outdoors in the snow and finished with the final half-mile on an indoor track. . . Veteran Ron Laird was third in 17:40. . . Jonathan Matthews had a 44:46 for 10 Km in Seaside, Cal. . . The Paris-to-Colmar 518.5 Km race went to Poland's Zbigniew Klapa in 62:38. The women's Chaloms-to-Colmar 333.5 Km was won by France's Edith Couthe in 47:38. . . In the World Junior Championships in September, Ecuador's Jefferson Perez won the 10 Km in 40:42.66 over Poland's Jacek Muller (40:51). Four years later, Perez won the Olympic 20 Km and, of course, has continued to rack up titles, including this year's World Championships. Hongmiao Gao of China won the women's 5 Km in 21:20.3, 38 seconds ahead of Australia's Jane Saville.

5 Years Ago (From the October 2002 ORW)—In Italy, Elena Ginko of Belarus walked a woman's world best 50 km in 4:19:13, bettering the previous mark (which was also hers) by 15"03. Italy's Natalia Brunko was second in 4:29:56. . . At the same site, Viktor Ginko (Elena's hubby) broke his own world mark for 100 km, doing 8:43:30 after passing 50 in 4:17:49. Hungary's Zoltan Czukur was second in 8:58: