

Vaill, McGovern Nail National 30 Km Titles

Valley Cottage, N.Y., Oct. 3--Setting a new American record in the process, Teresa Vaill won the USATF National 30 Km today in a swift 2:31:10, nearly eight minutes ahead of men's winner Dave McGovern. Vaill bettered the American record of 2:34:37 set by Michelle Rohl in 2001. Both Vaill and McGovern also won National Masters titles. While winning the U.S. title, McGovern actually finished sixth in the race behind five guest walkers from Ecuador, Colombia, and France.

Second in the men's title race was Chris Schmid with an impressive 2:48:04, taking down U.S. age 60-64 records at both 25 and 30 Km. He edged out Mark Green for the second spot. Despite the one-two finish of World Class Racewalking's McGovern and Schmid, Pegasus AC, out of Michigan, won the team title, with Leon Jasionowski and Rod Craig joining Green.

Maria Michta, while overshadowed by Vaill, walked a strong race in her first attempt at anything over 20 Km as she slipped under 2:40 and finished 5 minutes ahead of third place Solomiya Login.

In an accompanying 20 Km, John Nunn walked his fastest time since 2006, winning in 1:25:08, more than three minutes ahead of Ecuador's Maruicio Arteage. Dan Serianni was a solid third in a personal best 1:34:15. The results:

Men's 30 Km: 1. Andres Chocho, Ecuador 2:21:12 2. Mesias Zapata, Ecuador 2:23:06 3. Samuel Babativa, Colombia 2:28:03 4. Fausto Quinde, Ecuador 2:28:52 5. Aurelian Vadant, France 2:37:12 6. Dave McGovern, World Class RW 2:39:23 (1st 45-49) 7. Enrique Bustmante, Ecuador 2:39:59 8. Chris Schmid, World Class RW 2:40:04 (1st 60-64, U.S. Age Group record) 9. Mark Green, Pegasus AC 2:48:25 (1st 50-54) 10. Leon Jasionowski, Pegasus 2:57:55 (1st 65-59) 11. Omar Nash, Miami Valley TC 3:03:17 12. Rod Craig, Pegasus 3:09:03 13. Bill Vayo, unattached 3:17:24 14. Bruce Logan, Park RW 3:20:06 15. Bill Reed, Pegasus 3:22:36 16. Edoardo Sorrenti, World Class RW 3:35:15 17. Ronald Salvio, Freehold Area Running Club 3:37:52 18. John Starr, Phil. Masters 3:53:18 (1st 80-84, U.S. 80-4 record at 25 and 30 km) 19. John Backlund, So. Cal. TC 3:57:08 (1st 70-74) Teamss: 1. Pegasus A.C. 8:55:20 2. World Class Racewalkers 9:02:39

Women's 30 Km: 1. Teresa Vaill, Walk USA 2:31:30 2. Maria Michta, unattached 2:39:45 3. Solomiya Login, Southeastern PA 2:44:51 4. Rebecca Benjamin, Pegasus AC 3:09:26 5. Debbie Topham, Pegasus 3:55:09 (1st 50-54) 6/ Rebecca Garson, World Class RW 3:38:07 7. Darlene Backlund, So. Cal. TC 3:42:52 (1st 65-59) 8. Maryanne Harvey, World Class RW 4:08:04 (1st 50-54)

20 Km: 1. John Nunn, US Army 1:25:08 2. Mauricio Arteage, Ecuador 1:28:22 3. Dan Serianni, World Class RW 1:34:15 4. Edison Cayambe, Ecuador 1:58:22 **Women:** 1. Pamela Alva, Southeastern PA AC 1:54:44

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Other Results

Connecticut 10 Km Championship, Nov. 14—1. Barry Fowler (52) 66:16 2. Panse Geer, (64) 66:38 3. Ann Percival (52) 66:46 4. Ginger Armstrong (48) 67:50 **New York Marathon, Nov. 7**—1. Alexis Davidson (55) 4:47:56 2. Frank Stonitsch (65) 4:56:33 . . . 5. Elliott Denman (76) 6:59:29 (32nd consecutive year he has completed the NYC Marathon)—Actually, I guess, these are just the New York City area walkers who finished—and beat World record holder Haile Gebrselasie in the process. He dropped out with a knee injury and then announced his retirement from running. Alexis Davidson notes that the last time he lined up against the Ethiopian ace, in Berlin, he was beaten by 2:38:39. “Revenge is sweet”, he reports. **100th Coney Island 10 Mile Handicap, Brooklyn, Nov. 21** (Actual times shown)—1. Alex Davidson (55) 1:36:31 2. Bill Vayo (50) 1:33:37 3. Maryanne daniel (50) 1:38:55 4. Loretta McGovern (33) 1:31:42 (Fastest time) 5. Bruce Logan (45) 1:44:08 6. Lisa Vellucci 1:41:21 7. John Morrison (62) 1:51:54 8. Barry Fowler (64) 1:47:47 9. Cher Armstrong 1:47:55 10. David Wolf (51) 1:41:53 (16 finishers) **5 Mile, same place**—1. Lorie Steinwald (44) 47:07 2. Shannon Murphy 53:03 3. Mynam Rangon (43) 53:12 (53 finishers) **1 Hour, Virginia Beach, Vir., Nov. 13**—1. Paula Graham (48) 8,664 meters 2. Diane Cory (49) 8117 3. Heidi Sleasman (38) 7789 (6 finishers) Men—1. Tom Gerhardt (59) 9787 2. William Lipford (58) 9319 3. Steve Durrant (71) 8295 4. Hartley Dewey (63) 8164 **National USATF Masters 20 KM, Coconut Creek, Fla., Nov. 14**—1. Ric Holt (46) 1:46:54 2. Chris Schmid (63) 1:47:54 3. Leon Jasionowski (66) 1:55:39 4. Juan Moscoso (38) 1:57:35 6. Andrew Smith (61) 1:58:30 6. Max Walker (64) 2:01:30 7. Norm Frable (65) 2:05:30 8. John Frederick (62) 2:11:40 9. Ron Salvio (62) 2:18:49 10. Jack Starr (82) 2:25:50 11. Peter Bayer (78) 2:27:07 12. John Backlund (70) 2:29:33 13. Bernie Finch (70) 2:43:18 (5 DQ) **Women**—1. Teresa Vaill (47) 1:37:35 2. Carolyn Kealty (48) 1:54:10 3. Maite Moscoso (38) 1:59:40 4. Ann Hersh (60) 2:11:54 5. Susan Mora Fassett (47) 2:12:53 6. Cathy Mayfield (59) 2:19:30 7. Jolene Steigerwalt (66) 2:20:50 8. Darlene Backlund (65) 2:24:49 9. Rebecca Garson (46) 2:25:00 10. Heather Marshall (65) 2:25:40 11. Lynn Lewis (48) 2:31:10 12. Sandy Hulst (68) 2:34:40 (1 DQ) **15 Km, Tulsa, Okla., Oct. 30**—1. Bruce Roderick 1:34:33 2. Neal Dahlen (47) 1:38:50 3. Mark Wedmer (50) 1:34:47 (22 finishers) **Women**—1. Ann Domini (57) 1:47:16 2. Sheila Lauterbach (54) 1:47:46 3. Mimi Terrason (54) 1:51:09 (37 finishers) **1 Hour, Banks, Oregon**—1. Erin Gray 11,917 meters 2. Rob Frank (50+) 10,602 3. Dennis Robeson (60+) 10,276 4. Bob Novak (60+) 10,254 5. Stan Chraminski (60+) 10,075 6. Nana Bellerud (50+) 9610 7. Rebecca Stevens (45+) 9471 8. Bob Grable (60+) 9417 9. Louise Aalters (70+) 9323 10. Ron Walters (70+) 8817 11. Dora Choi (40+) 8795 12. Darlene Backlund (65+) 8622 13. Bev McCall (70+) 8583 14. Brian Peterman (60+) 8439 15. Ron MacPike (75+) 8356 **1 Hour, Pasadena, Cal., Oct. 17**—1. Pedro Santini (53) 9,933 meters 2. Rick Campbell (63) 9661 3. Pat Bivona (69) 8735 4. Mario Lopez (53) 8634 5. Carl Acosta (76) 8539 6. Bill Moremen (82) 8634 (11 finishers) **50 Km, Takahata, Japan, Nov. 6**—1. Mirooki Arai 3:56:22 **Women’s 20 Km, same place**—1. Kumi Ootoshi 1:32:46

Get thee To A Race

Sun. Dec. 5	5 Km, Universal City, Cal., 7:30 am (Y)
Sat. Dec. 11	2.8 Miles, Seattle (C)
	1 Hour, Los Angeles, Cal Tech track, 6:50 am (U)
	5 Km, Denver, Col., 9 am (H)
Sat. Dec. 18	5 and 10 Km, Washington, D.C., 8:30 am ((N)
Sun. Jan. 16	10 Miles, Pasadena, Cal., 7:30 am (Y)
Sat. Jan. 23	National USATF 50 Km, Tustin, Cal., 7 am (Y)
Sun. Feb. 20	Marathon and half-marathon, Pasadena, Cal., 6 am (Y)
Sun. Jan. 30)Masters Indoor 3000 meters, Providence, R.I. (X)

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From Heel To Toe

Mimm speaks. The following from Olympian, octogenarian, contrarian, humanitarian, disciplinarian, and whatever other “ans” you can think of, Bob Mimm: “When I first read your INFO on ending DQ’s, my first reaction was that this idea was very unlikely to happen. It does make evident though that there is a problem with the present racewalk rule. It was interesting to look at the results of the last three national championships. In the One Hour, there were 30 total finishers and only three were under 40. In the 30 Km, there were 22 finishers and none were under 40. (I remember a 30 in New York where I went by a male judge who remarked that I should have no problem with my form because of how I looked to

him. A few hundred yards later I received an official call from a female judge. It was the only call I received in that race. I'm still trying to understand that one). In the 5 Km, there were 25 women finishers with five being under 40. There were 29 men and only four were under 40. I also found it interesting to see on the DQ board that among the men there were only two who did not receive at least two calls. It do make one wonder about the future of racewalking????? Good question Bob. I deliberately avoided noting these facts in reporting on the races since I feel that I have been running that theme into the ground for the past several years. But, yes. Where have all the elite walkers gone? . . . **Standards.** Qualifying standards for the 2011 World Championships are: Men's 20 Km-A 1:22:30, B-1:24:00. Women's 20 Km-A 1:33:30, B-1:38:00 Men's 50 Km-A 3:58:00, B-4:09:00. At this time, Trevor Barron is the only U.S. walker with even a B standard time. Maria Michta was just 20 seconds off the B standard in her fastest race of the year. **International Judges.** The IAAF has approved a panel of International Racewalking Judges for the years of 2011-14.. The 31 person panel includes Maryanne Daniel and Gary Westerfield of the U.S. There are three other judges from North and Central America-Carlos Barrios, Guatemala; Daniel Michaud, Canada; and Candido Velez, Puerto Rico. The panel is heavily weighted with European judges-17, with four from Asia, three from Oceania, and one each from South America and Africa. . . **Trevor Barron.** Another honor for outstanding junior racewalker, Trevor Barron. Each year, Track & Field News names the outstanding high school T&F athletes as chosen by a panel of 20 experts. Trevor finished eleventh in this year's voting, the first racewalker ever chosen to the list. . . **Another junior honored.** Readers of the Rusathletic.com website voted for newcomers of the year in Russian athletics. The biggest vote getters were 400 meter runner Kseniy Ustalova (European silver individually and gold in the relay) and young walker Valeriy Filipchuk who won bronze at the IAAF Racewalking World . . . **Fernandez out of Olympics.** Alejandro Blanco, president of the Spanish Olympic Committee, confirmed that Francisco Fernandez, who has World Championship, World Cup, and European gold medals at 20 Km, will not be able to compete at the London Olympic Games in 2012. He is currently banned for two years and under new IOC rules he is out of the next games. His ban ends on February 10, 2012. . . **The three-legged walker.** A message posted on the Yahoo racewalking site: "I just got home after being DQ'd for three "bent legs" (after completing 15 km of a 30 km race). This is the first time that this has happened to me in 12 year of racewalking. I have no excuses or complaints; my only worry is that this is a sign of things to come as I get older. I must be more careful next time." . . . **Salonen named coach.** Reima Salonen has been named the coach of the Finnish national racewalking team by the Finnish Athletics Association, as of Oct. 1. His appointment is for one year. Salonen, 54, was the European 50 Km Champion in 1982 and was fourth at 50 Km in the 1984 Olympics. Following his retirement from active racewalking he has been coaching promising and leading Finnish walkers. . . **Vaill honored.** Teresa Vaill was named USA Track & Field Athlete of the Week following her win at the National 30 Km. Now in its ninth year, USATF's Athlete of the Week program is designed to recognize outstanding performers at all levels of the sport. USATF names a new honoree each week and features the athlete on the USATF website. Selections are based on top performances and results from the previous week.

Canada Loses One of Her Greats

One of Canada's all-time great racewalkers, Alex Oakley, passed away on October 24 after a brief illness. He was cremated with a private memorial and celebration planned for a later date.

Roger Burroughs reports: "Alex age was given as 84, supporting a 1926 birth; the

exact year had become somewhat of a mystery that Alex liked to perpetuate! While there was no doubt that Alex (was (and still is) the oldest Canadian male Olympian in track and field, both 1926 and 1928 were recorded in reputable sources as his year of birth. It looks like this remarkable man really did stride into Montreal's Olympic Stadium in the 20 Km walk a few months after his 50th birthday."

Clarifying Roger's comments, Sherry Watts reported: "Alex actually lied about his age before the Montreal Olympics -he made himself younger because it would be embarrassing for the sport to have someone his age competing-which has confused the story."

1976 was Oakley's fifth Olympics, beginning in 1956. He missed only Mexico City in 1968. His best Olympics was in Rome where he finished ninth in the 20 with 1:38:46 and came back with a sixth in the 50 in 4:33:09.6. I raced against Alex several times as he used to come down for many of our national races. I think the only time I ever beat him was in Tokyo at the 1964 Olympics where he dropped out of the 20. (He was 18 seconds ahead of me at 10 Km (47:26), however, before dropping out shortly thereafter. He came back in the 50 to finish 14th in 4:27:24.6.

Finally, this from Elliott Denaman: "Alex was truly a wonderful guy, a contemporary and colleague and lively spirit. He often came to the USA races from his home in Oshawa, Ontario and in fact won the 1956 Olympic Trials 20 Km in Pittsburgh. The three Americans who finished 2-3-4 behind him, Jim Hewson, Henry Laskau, and Bruce MacDonald, of course, were among his best friends. Only Bruce is now still with us. I will always remember Alex's trip to Long Branch, N.J. for a 10-miler in 1964. That was one of the first events we staged on my arrival in this vicinity in the early 1960s. Alex, of course, won it. At Melbourne in 1956, certain he could medal and seeing the Europeans' technique, Alex made major style changes of his own, soon causing his own problems with the judges and a DQ at 4 Km. He later made the changes which got him right up there with the best in the world."

Annual Award Winners Announced

USATF Racewalk Chair Vince Peters has announced the winners of racewalking awards for 2010. The awards will be presented on Dec. 4 during the annual USATF convention in Virginia Beach. Here are the awards:

Ron Zinn Award to the year's outstanding walker:

Male-Trevor Barron

Female-Maria Michta

Mike Riban Award for the Outstanding Contributor-Stella Cashman and Maryanne Daniel

Henry Laskau Award to the Outstanding Junior:

Male-Trevor Barron

Female-Nicolette Sorensen

Outstanding Association-Minnesota

End of DQ's, Penalty Box, etc.

We pretty much closed the door on this topic last month with a few comments we had received following a lengthy discussion of the supposed proposal before the IAAF RW Committee. As noted last month, it turned it wasn't really a proposal at all but it did elicit

some interesting discussion. Since then, we received the following little essay from Canada's Racewalking Chair, Roger Burrows, and feel it is well worth airing. Roger says:

I have been following the "penalty box" discussion with interest. I certainly see the problem – why is the only option in our rules to remove a competitor?

But the problem goes deeper. Racewalking is the only event in track and field where a competitor can be removed before it is over. (OK, false starts I will concede. But, even there, a quick-thinking athlete or coach can get the race run "under protest, with the sorting-out to be done afterwards.")

There are historical reasons for the exception, but that's a different discussion. The topic would make a decent Master's thesis in sport history or sociology.

But are those reasons valid in the modern sport? DQs are discussed afterwards in all other events. "All relevant persons" are consulted and "other available evidence" is considered. Why? To "preserve the rights of all concerned". (Quotes from IAAF Rule 146: Protests and Appeals).

Once a walker is hauled off the course, any talk of "rights" is pretty academic! The "penalty box" discussion addresses a valid concern, but perhaps in the wrong way. I think it would be more productive to rearrange a couple of the present rules in order to put race walking on an equal footing with all other events. Here's how.

(i) First, delete rule 230-6(c), requiring a disqualified athlete to leave the race. The present penalty for not doing so is further punishment under rules governing "unsportsmanlike conduct" and "conduct that brings the sport into disrepute". Other events would see that as outrageous!

(ii) Then, create a new 230-6(c) with the sentence: "An athlete who is disqualified by the Chief Judge shall be allowed to finish the race." These words would simply be moved from their present place in 230-3(a) (the rule giving the Chief Judge the power to DQ unilaterally in the last stages of a race) and would apply to all DQs. Eventually, this clarification could be dropped, since no other event needs it. But we have over a century of removing athletes to de-program ourselves from first!

Nothing else would change: the judging system would operate as at present. But race walking would now be subject to the same procedures as every other event under which athletes have a perfect right to ask for officiating decisions to be examined after the race.

Aren't RW judging calls non-protestable? Well, even many knowledgeable people think so, and I did too for years. Then Bob Bowman, the wise Chair of the IAAF RW Committee at the time, gently corrected me: you can protest them. I scoured the rule book for words that said otherwise, and Bob was clearly right. But, he went on, such protests are rare; you will never win with any form of the argument that "the judging sucks"! (Since then, I have taken Bob's advice and picked my battles: I rarely protest judging calls, but when I do, there is a good reason and I am batting 1000!)

I am fully convinced by the case that some ORW correspondents have made that, on balance, our judging system is darned good, has excellent checks and balances, and is a lot more objective than casual observers tend to think. I believe that about track and field officiating generally. That's why I feel that post-race DQs in race walking would fit well with the sport's processes designed to "protect the rights of all concerned".

Would walkers simply make a mockery of the rules if they knew they could not be removed? I suppose it's possible; but that could also happen in any other event. That's where the "unsportsmanlike conduct" and "bringing the sport into disrepute" rules come in – and how seldom do we need them, in all the myriad competitions held around the globe every year?

But the "penalty box" argument is also asking if there is an alternative to outright removal. Of course there is. Why should an athlete be so drastically penalized simply for trying too hard or getting tired, the sources of most judging calls?

For example, why not add the ability to keep a three-red-card athlete in the results, but with a "dq" notation where the time would normally be? If the issue is essentially about the athlete's own technique and doesn't directly affect other competitors, then it would just mean "sorry, buddy, no ranking or standard for you today, better luck next time". If other competitors are affected (say by a minor position change) then put the "dq" notation where the place would normally be: no awards, no contribution to a team score.

Removal would still be possible, but it would be reserved for downright cheating or when a method of progression is clearly and demonstrably unfair to other competitors throughout the race. How to tell? Well, the sport already has assessment criteria for judgement calls in other events. I have also used those words "clearly and demonstrably" as tests in other formal decision-making in the sport, and I can assure you they provide remarkably clear and resilient outcomes.

Incidentally, in the smaller competitions that our club organizes, disqualifications are virtually unheard of. This is because we also have what we call "Common Sense Judging (CSJ)" rules that allow our power walkers and our learners to compete without worrying. The three CSJ rules are more elegant in the full form we announce, but they can be summarized as (1) lifting is a no-no, (2) it won't kill you to TRY to straighten your knee, and (3) don't mess with us – this is a walking race and we can tell when you are faking!

You declare IAAF or CSJ when you register. In the rare case where someone falls afoul of IAAF judging, we just move them to CSJ as the race proceeds. Then, unless someone is downright abusing the spirit of the race, we use CSJ as a tool for coaching, and, if we don't know the competitor, maybe for recruiting!

Two Hundred Years of Competitive Walking A History of Racewalking

by Glenn Artur Sweazy, December 1981

(Glenn Sweazy is a Canadian and a prominent racewalking competitor at the time he wrote this. This is the first installment of a paper he wrote in 1981.)

If there were an award for sport anonymity, competitive walking would surely be one of the first sports to be so honored. Indeed, speed walking, which is officially recognized as racewalking, is a poor second cousin to the more popular sport of running. Most people have witnessed the rapid germination of running as a sociological sporting phenomenon, but racewalking remains that vaguely familiar sport that is best associated with the quadrennial competitions of the modern Olympiad.

The "heel-and-toe" sport is not well understood and the athletes who practice it are often the target of many jokes. Although it is "recognized as a specialized and even esoteric off-spring of the parent sport of track and field" (per Martin Rudow), racewalking has suffered much criticism. As recently as the 1976 Olympic Games, the sport has been threatened with removal from major international sports competitions. In the Montreal Olympiad, the standard 50 Km event for racewalking was dropped from the program and only the 20 Km event was contested. The event has since been reinstated into the Olympic program and was contested in the 1980 Moscow Games; however, the sport continues to be unappreciated by most people.

The elimination of traditional racewalking events from the track and field competitions remains a constant threat to the sport's future. In his book *A Brief History of Race Walking*, published in 1975, Robert Osterhoudt noted in referring to racewalking events:

"In fact, few athletic endeavors have been more maligned and less appreciated than these. Though attracting a small, but enthusiastic coterie of adherents, they have been generally among the least highly regarded categories of event on the standard international track and field program. . . nor so much as well tolerated even among members of the track and field community, let alone others"

It is interesting to note, however, that the neglect and anonymity that racewalking now suffers was not always a problem. Although competitive walking is a relatively recent development in sport history, there have been periods when there was great public interest in it. By examining the exciting history of competitive walking and then associating the various sport forms that have been a part of its history, there can be a better understanding of racewalking as an amateur track and field event. (Ed. Note that this was written when track and field was still considered an amateur sport although the elite athletes were hardly amateurs.)

Racewalking has been associated with various styles of walking activities during the past 200 years. There have been competitions designed to test walking speed and there have been others modeled to test endurance. "In all these activities, there is an element of challenge, of competition. The walkers pit themselves against nature, against other walkers, against their own physical capacities." (Quote from John Man, in his book *Walk! It Could Change Your Life*)

It is hoped that by analyzing the changes that have taken place in this sport, a solution to the problem of its alienation in the sports community can be tendered. A perspective history of this sort will include any significant references. There will be an examination and analysis of the periodic, social significance that competitive walking has had. The quality of athletic performances will also be given consideration and there will be a comparative review of the predominant athletes and their celebrated status as "sport heroes". With this historical perspective well-in-hand, it is then wise to consider the constructive changes that the sport might be advised to take.

England's Earliest Competitive Walkers

In his book, John Man said: "There have always been long-distance walkers, of course—like the Elizabethan eccentric, Tom Coryat, who walked across all Europe and finally headed for the Holy Land and on to India, where he died. There were medieval friars who would wander back and forth across Europe for the whole of their lives. But the idea of walking competitively really only took hold in the latter half of the eighteenth century, when the main interest of the sport was in gambling."

Walking was a predominate form of transportation during the eighteenth century, and it was during this period that long-distance walking became popular. After time, long distance walkers would establish reputations based upon the notable walking achievements; then there would be challenges offered to encourage these men to walk phenomenal distances. These activities served the gambling interests of sportsmen and it was in this way that competitive walking began.

Man noted that organized walking competition had its start in England, when town-to-town walking events drew large and enthusiastic crowds of both spectators and competitors. A number of these walkers became "celebrities" because of their walking, and their appearance in a small town would bring out many spectators. Quoting from Man:

"An eighteenth-century gentleman named Foster Powell correctly clad in frilled shirt, long waist coat, full-skirted coat, wig and three-cornered hat, walked the 402 miles from London to York and back again in five days and eighteen hours. A more athletically clad

champion named George Wilson set himself to walk 50 miles a day for ten consecutive days and completed his 500 miles in eleven. An early nineteenth-century gentleman, Captain Robert Barclay, walked 1000 miles in a thousand consecutive hours."

There was usually a substantial amount of money wagered upon the outcome of these walkers and the men who walked these long-distance events would most often race against themselves. The competitions were an individual test of endurance and will power.

It was Foster Powell who was the first of the celebrated distance walkers in England. His walk from London to York and back again was accomplished in 1773. According to Man, "The feat made him something of a national hero. . . His return to town was heralded by a crowd of 3000 people on horseback and in carriages, which kept him company from Highgate."

By the turn of the century, there were two new "champion" walkers. George Wilson and Robert Barclay were the famous long-distance men of the early 1800s. Captain Barclay, in particular, gained a major reputation for his competitive feats and his accomplishments during this time were legendary.

"In 1801, he undertook to walk 90 miles in 21 ½ hours for 2000 guineas, but brandy and nausea stopped him. He failed again and then, when a third attempt was suggested, this time for 5000 guineas at stake, he decided to take the matter seriously. He trained remorselessly, once covering the whole 90 miles through heavy rain and often up to his ankles in mud. On the day of the event a mile was measured out on the York-Hull road; observers were stationed to notch the rounds and Barclay accomplishing the feat. . . with 1 hour and 8 minutes to spare." (Man)

Barclay's most famous achievement was accomplished in 1809. He was the first person to complete 1000 miles of walking in 1000 successive hours. A sum of 100,000 pounds was wagered on the result—a staggering amount for those days. The match began at Newmarket at midnight on July 1, 1809, and lasted for 42 days. He completed the course at 3 pm on July 12 to the sound of church bells.

It was the town-to-town walks by Powell, Wilson, Barclay and others distance men of the late 1700s and early 1800s that was the beginning of competitive walking. Their accomplishments served as inspiration to many walkers during later years. These men were the pioneers of competitive walking and the events that they took part in are the genesis of contemporary racewalking. The efforts of Barclay and the others from this period were inspired by a sense of challenge and the gambling stakes that sporting enthusiasts wagered. These long-distance men were undeniably professional participants; however, it is important to note that without the gambling and financial gain to be had, it is doubtful whether these competitive events would have lasted for any length of time.

The Local Races

The exploits of the long-distance walkers near the turn of the century became an inspiration for more organized events in the 1820s and the 20 years to follow. The popularity of the earlier events encouraged small towns to organize walking competitions between local athletes and traveling champions. Advance men would arrive in a town and there would be challenges made to anyone willing to race against the celebrity walkers.

"Beginning in the 1820s and reaching a peak in the '40s and '50s, pedestrianism or walking races became a craze that attracted many persons in the town, villages, and at fairs. Walkers or pedestrians moving from town to town and acquiring a reputation, would challenge the best walker of a community to a race from a quarter of a mile to ten, twenty, or thirty miles." (Betty Spears and Richard Swanson in a book *History of Sport and Physical Activity in the United States.*)

The popularity of these events grew to such an extent that the walking races were among the most significant of sporting events. The special races between local aspirants and the traveling "champions" became so popular that pedestrianism held a position of social significance equal to horse racing, boxing and cock fighting. Essentially these sports were based on a clearly visible competition between one man fighting another or upon competition among horses of men for speed. Gambling continued to be an accompaniment to these activities and it was a major reason for their popularity. The long-distance type of events that had been the fashion of earlier were for a short time overshadowed by these shorter, local events. Although the performances of Powell and Barclay had served as the encouragement for these localized events, the competitions were no longer the reserve of a few. As a result, pedestrianism was one of the most widely reported of sports activities by the middle of the nineteenth century. These local pedestrian competitions proved to be a preview of what was to become of walking competitions. The last half of the nineteenth century was to become popularized as "the golden age of pedestrianism".

Training in a Heat Chamber

(From the British website spikesmag.com)

England's Jo Jackson struck gold in the women's 20 Km walk at the Commonwealth Games in New Delhi with the help of preparing in a heat chamber to simulate the conditions in India. So, spikesmag.com decided to find out more. When Jo Jackson crossed the finish line after a grueling 1;34:22 effort to win the Commonwealth Games walk, she had shattered Australia's stranglehold over the event. In fact, prior to the English woman's success the Aussies had won each and every previous edition of the women's walks since it was introduced at the 1990 Auckland Games.

Yet, in the wake of Jo's victory, there was much attention thrust on the fact she had trained in temperatures of 31 C (90F) and a humidity of 60 percent in a heat chamber at the Carnegie Leeds Metropolitan University to prepare for the oppressive conditions she was likely to face in New Delhi. Of course, she is not the first athlete to use a heat chamber to prepare for an athletics challenge, but we thought it would be good to find out a little bit more.

First, a heat chamber is, strictly speaking, an environmental chamber and it can be used to simulate altitude as well as extremes of temperature whether hot or cold. Mountaineers preparing to climb Mount Everest have used it and it is used for various high-end athletic purposes.

Andi Drake, one of Jo Jackson's two coaches, is the Carnegie Director of Racewalking at Leeds Metropolitan--supported by UKA--saw the opportunity to use the heat chamber in preparation for New Delhi as too good to turn down, especially with hot and humid conditions expected in the Indian capital. He believes there are psychological advantages to training regularly in such conditions but the main benefit is physiological.

"The main aim of training in such conditions is Jo starts to sweat more quickly," he explains. "The principle mechanism to cool the body is through sweat evaporation from the skin, but to do that effectively the blood flow has to be distributed effectively. By training more in such conditions, the plasma volume will increase, which allows the delivery of heat to the skin and this helps athletes keep their core body temperature lower. Once athletes hit a body temperature of 38 C (100 F), they start to struggle."

Drake then put in place a three-week program to maximize the benefit. Every other day, Jo walked for one hour on a treadmill in the heat chamber. The temperature was at 32 C and 60 percent relative humidity because after extensive research of the New Delhi climate in

October for the scheduled start time of the women's 20, it was found the average was about 19-20 C and the highest would be 32 C.

However, the work on the treadmill needed to be steady to balance the overall needs of the training regime. "The aerobic endurance sessions we would do would be at an aerobic speed of 70 percent of her speed at maximum oxygen uptake," said Drake. "We would then do a second session that day in much cooler conditions normal conditions at full speeds for particular sessions. In that way, the heat chamber work didn't impact on training too much."

The results at the end of the three-week program proved positive. A 1.8 percent improvement in her 60-minute heat performance trial was discovered, but as Drake freely admitted, tiny percent changes at elite sport can prove decisive. In fact, the coach said of training in the heat chamber: "It allowed Jo to race optimally in the conditions when she got to New Delhi. I know her main rivals were doing an almost identical procedure to us in their preparation."

However, despite the importance of training in the heat chamber--the temperature at the start of the women's race was about 20 C, rising to the high 20s by the end of the race--he warns we should not overplay the significance. "Mind, you have to be super-fit in the first place," he added. "It's an accumulation of many years hard work."

USATF Grand Prix Standings

(compiled by Dave Talcott as of Nov. 4, 2010)

Women

1. Teresa Vaill, Walk USA	59
2. Maria Michta, Walk USA	57
3. Erin Taylor-Talcott, Shore AC	42
4. Lauren Forgues, Maine Racewalkers	29
5. Susan Randall, World Class Racewalking	27
6. Solomiya Login, Southeastern PA RW	27
7. Loretta Schuellein-McGovern, World Class	24
8. Debbie Topham, Pegasus AC	22
9. Miranda Melville, U. of Wisconsin-Parkside	19
Rebecca Benjamin, Pegasus AC	19
11. Joanne Dow, unattached	17
12. Erin Gray, Track City AC	16
13. Rachael Phillips, Huntingdon College	15
14. Erin Bresnahan, Walk USA	14
15. Stephanie Casey, unattached	13
Rebecca Garson, World Class Racewalking	13

Men

1. Dave McGovern, World Class Racewalking	60
2. Dan Serianni, World Class RW	54
3. Tim Seaman, New York AC	38
4. Patrick Stroupe, Kansas City Smoke	37
5. Chris Schmid, World Class RW	32
6. Dave Talcott, Shore AC	31
7. Ray Sharp, Pegasus AC	22
8. Allen James, Bond Lake AC	18
9. Mike Manozzi, Notre Dame College	7

10. Ben Shorey, unattached	15
Matt DeWitt, Parkside AC	15
John Soucheck, Shore AC	15
13. Jose Moncada, Southeastern PA AC	14
Leon Jasionowski, Pegasus AC	14
15. Mark Green Pegasus AC	13

(Sort of brings home Bob Mimm's point—only seven of the first fifteen are under age 40.)

Men's Team

1. Pegasus Athletic Club
2. World Class Racewalking
3. Shore Athletic Club

Women's Team

1. Pegasus Athletic Club
2. World Class Racewalking
3. Maine Racewalkers

Junior Men

1. Alejandro Chavez, South Texas WC	41
2. Jonathan Hallman, unattached	40
3. Tyler Sorensen, unattached	28
4. John Randall, Miami Valley TC	27
5. Matthew Forgues, Maine Racewalkers	23
6. Evan Vincent, Maine Racewalkers	21
7. Trevor Barron, New York AC	20
8. Mitchell Brickson, Miami Valley TC	17
Joshua Haertel, unattached	17

Junior Women

1. Abby Dunn, Maine Racewalkers	43
2. Rachael Phillips, Huntingdon College	32
3. Nicolette Sorensen, unattached	28
4. Rachel Zoyhofski, unattached	26
5. Erika Shaver, Miami Valley TC	20
6. Maite Moscoso, Lake Brantley HS	17
7. Molly Josephs, Walk USA	15
8. Nicole Court-Menendez, Maine Racewalker	14
Reine Brickson, Miami Valley TC	14

American Racewalking Records (Track)

(As of Dec. 23, 2009)

Men

3000 meters	11:19.2	Tim Seaman, Chula Vista, Cal., March 7, 1999
5000 meters	19:28.66	Tim Seaman, La Jolla, Cal., June 7, 2003
10,000 meters	39:43.85	Tim Seaman, Philadelphia, Pa., April 14, 1999
15,000 meters	1:02:30.2	Tim Seaman, San Diego, Ca. Aug. 19, 2000
20,000 meters	1:23:40.0	Tim Seaman, San Diego, Cal., Aug 19, 2000

15,000 meters	1:50:01	Andrew Hermann, Chula Vista, Cal., Jan. 23, 2000
30,000 meters	2:11:00.4	Curt Clausen, Chula Vista, Cal., Jan. 23, 2000
35,000 meters	2:47:11	Herm Nelson, Edmonds, Wash., June 9, 1996
40,000 meters	3:11:02	Herm Nelson, Edmonds, Wash., June 9, 1996
50,000 meters	3:59:41.2	Herm Nelson, Edmonds, Wash., June 9, 1996
100,000 meters	10:19:00	Augie Hirt, Lafayette, Col, May 28, 1978
100 miles*	18:49:52	Paul Hendricks, Chula Vista, Cal., Nov. 1, 1980
1 Hour	14,292m	Curt Clausen, Bergen, Norway, May 6, 2000
2 Hours	27,360m	Curt Clausen, Chula Vista, Cal., Jan. 23, 2000

* Note: Larry Young did 18:07.12 in Columbia Missouri on Sept. 18-19, 1971 but on a 220 - yard indoor track when torrential rains made the outdoor track unusable. Official records must be on a 440-yard or 400-meter track, so Larry's outstanding performance is not recognized. Hereby, we recognize it. He did his final 2 miles both under 8 minutes.

Women

3000 meters	12:39.62	Sara Stevenson, Abbotsford, Canada, May 26, 2000
5000 meters	20:56.88	Michelle Rohl, Philadelphia, Pa., April 27, 1996
10,000 meters	44:41.87	Michelle Rohl, St. Petersburg, Russia, July 26, 1994
15,000 meters	1:09:14.62	Teresa Vaill, Carson, Cal., June 25, 2005
20,000 meters	1:33:28.15	Teresa Vaill, Carson, Cal., June 25, 2003
30,000 meters	2:51:49.5	Cheryl Rellinger, Chula Vista, Cal., Jan. 25, 2003
1 Hour	13,194 m	Victoria Herazo, Santa Monica, Cal., Dec. 6, 1992

Road

Men

5 Km	19:09,	Tim Seaman, Hildesheim, Germany, Sept. 13, 2003
10 Km	39:22.7	Tim Seaman, Storetveilmarsjen, Norway, April 20, 2004
15 Km	1:01:30	Tim Seaman, Phonixmarsjen, Denmark, May 23, 2004
20 Km	1:22:02	Tim Seaman, Phonixmarsjen, Denmark, May 23, 2004
25 Km	1:49:36	Tim Lewis, Seattle, Wash., April 15, 1984
30 Km	2:12:53	Kevin Eastler, Chula Vista, Cal., Jan. 15, 2006
35 Km	2:38:45	Curt Clausen, Edmonton, Can., Aug. 11, 2001
40 Km	3:02:18	Curt Clausen, Seville, Spain, Aug. 25, 1999
50 Km	3:48:04	Curt Clausen, Deauville-Mazidon, France, May 2, 1999
1000 Km	9:36:33	Dan Pierce, Houston, Texas, Dec. 20, 1987

Women

5 Km	22:15	Debbi Lawrence, Hamden, Conn., Sppt. 8, 1991
10 Km	44:17	Michelle Rohl, Goteburg, Sweden, Aug. 7, 1995
15 Km	1:08:35	Michelle Rohl, Kenosha, Wis., May 13, 200
20 Km	1:31:51	Michelle Rohl, Kenosha, Wis., May 13, 2000
30 Km	2:34:37	Michelle Rohl, Kenosha, Wis., July 22, 2001
40 Km	3:32:08	Susan Armenta, Ocean Twp., N.J., Sept. 1, 2001
50 Km	4:49:47	Susan Armenta, Manassas, Vir., March 31, 2001

LOOKING BACK

45 Years Ago (From the Nov 1965 ORW)—In the Ohio Track Club's annual Distance Carnival, Jack Mortland won the opening racewalking event, a 7 miler, in 55:45 with Chuck Newell

second in 60:21 and Wayne Yarcho third in 61:32. A couple of hours later, Jack Blackburn was looking for a 14-minute effort in the 2 miler, but fell 12.3 seconds short. However, he left Mortland 44 seconds back with Newell third in 16:38. Canada's Bert Life edged Yarcho for fourth, with both at 17:12. On Sunday, Jeanne Bocci was an easy winner in the women's 5 mile in 48:38. Mortland had little trouble in the 15 miler, as Blackburn had finished a 4-mile run only about 15 minutes before the start. Mortland had a 2:09:10 to Blackburn's 2:24:57, with Yarcho third in 2:26:44. Ron Laird won his seventh National title of the year, taking the 35 Km in Detroit in 3:07:09. Ron Daniel was 5 minutes back and Dan Calef third in 3:14:47. Elliot Denman took 28th in the annual London-to-Brighton race (52 1/2 miles) in 9:32:14, 3:18 off the best ever by a U.S. walker (Paul Schell in 1963). The race was won by Italy's 1964 Olympic 50 Km gold medalist, Abdon Pamich, in 7:37:42 ahead of 1950 Olympic 50 Km winner Don Thompson (7:45:04). Laird also won the 25 Km national in Seattle in 2:01:42, better than 12 minutes ahead of Karl Johanson and Bill Ranney.

40 Years Ago (From the Nov. 1970 ORW)—Goetz Klofer walked an American record 2:34 for 20 miles in Seattle. On the way, he set records at 15 miles (1:54:47), 25 Km (1:58:32), 2 Hours (15 miles 1192 yards), and 30 Km (2:23:14). In the annual Thanksgiving Day 6 miler (short) in Cincinnati, Wayne Yarcho edged Doc Blackburn (48:45 to 49:10) with Dale Arnold and Clair Duckham following. Always billed as a 6-miler, the course was actually about 5 1/2 miles, as I recall. Primarily a running race with a racewalking category, the race started in Ft. Thomas, Kentucky, crossed the Ohio River and finished in downtown Cincinnati. It had a 50 to 60-year history at that time. Gerry Bocci won two races at the OTC Distance Carnival with 1:25:40 for 10 Miles and 15:44 for 2. Dave Romansky beat Ron Daniel in a short 15 miler (certified courses weren't in vogue in those days) in Long Branch, N.J., 1:56:55 to 1:58:33. East Germany's Christoph Hohne won the Lugano 100 Km race in 9:26:31, missing his own course record by 10 minutes.

35 Years Ago (From the Nov. 1975 ORW)—Larry Young easily won the National 30 Km title in 2:25:36, with Paul Ide nearly 13 minutes back and Augie Hirt in third. Two weeks later, John Knifton edged Young in the National 35 Km in Pittsburgh. John had 2:53:04 and Larry 2:53:36. Ide was third. Bernd Kannenberg (West Germany) set a World 50 Km record on the track with 3:56:51 and Italy's Vittorio Visini bettered the 20 Mile record with a 2:27:38.

30 Years Ago (From the Nov. 1980 ORW)—In San Diego, Paul Hendricks walked brilliantly to beat Allen Price and Price's American record in the National 100 Mile race. Paul finished in 18:49:52. Price was also beaten by surprising newcomer Jonathan Rem (has he ever been heard of again?) who did 19:19:46. Allen snuck under 20 hours and five others finished the distance in under 24 hours. The National 40 Km in Long Branch, N.J. went to Dan O'Connor in 3:24:21. Ray Sharp led with 10 Km to go, but trailed by more than 4 minutes at the finish. Randy Mimm was third. Nikolai Vinnetschenko cruised to a 1:21:47 20 Km in the Soviet title race as 13 walkers bettered 1:26. Another Soviet walker, Boris Nikolayev, won the 9-day, 9-stage Tour de Romandi in Switzerland, covering the 289.7 Km in an elapsed time of 25:28:27.

25 Years Ago (From the Nov. 1985 ORW)—Sweden's Bo Gustafsson was the first walker home in the New York City Marathon with a time of 3:15:55. Marco Evoniuk was next in 3:23:56 and Sweden's Ann Jansson led the women, finishing third overall in 3:39:43. Tom Edwards edged Curtis Fisher in the Metropolitan 10 Km Championship, 45:35 to 45:36. Fisher also won the Henry Laskau 5 Mile in Mineola, N.Y. in 36:51. Mexicans swept the first four place in a Los Angeles 10 Km. Bilduilfo Andavio had 39:57 and Martin Bermudez 39:58. Paul Wick

was the first U.S. walker in 41:46 and Larry Walker led the masters division in 43:51. In Czechoslovakia, Josef Pribilinec did a track 10 Km in 38:02.61. Roman Mrazek was a full minute behind.

20 years ago (From the Nov. 1990 ORW)—Mexican walkers were dominant in the Pan American Cup races. In the women's 10 Km, Graciela Mendoza (46:07) was well clear of Canada's Janice McCaffrey (46:41). Teresa Vaill was first for the U.S. in 47:18. Led by Ernesto Canto (1:21:46), Mexico swept the first four places at 20 Km, with Canada's Guillaume Leblanc (1:23:26) finishing fifth. Carl Scheuler had 1:28:12 in seventh. And at 50, Martin Bermdez (3:51:30) beat teammate Francisco Reyes by 8 minutes. Gene Kitts was fifth in 4:19:27. Mexico won the team races in all three events with the U.S. third in each, behind Brazil at 20, Guatemala at 50, and Canada at 10. Canada's Tim Berrett was the first walker in the New York City Marathon in 3:24:12. Following were Carlos Mercenario, Mexico 3:36:28, Bo Gustafsson, Sweden 3:30:31, Ronald Weigel, Germany 3:35:11; and Stefan Johansson, Sweden 3:36:05. Tim Lewis was eighth in 3:45:37.

15 Years Ago (From the Nov. 1995 ORW)—Carlos Mercenario won the NYC Marathon in 3:24:48, ahead of Allen James (3:30:47), Marco Evoniuk (3:35:01), Curt Clausen (3:43:48), and Gary Morgan (3:46:12). The Southern Regional 15 Km went to Herm Nelson in 1:11:43. Mark Green won the Western Regional 8 Km in 37:52. Andrzej Chylinski won a 50 Km in Rotterdam in 3:58:25 with Rob Cole fourth in 4:13:22. Personal bests for both. Chylinski thus joined Allen James in meeting the Olympic Qualifying Standard for the 1996 Games.

10 Years Ago (From the Nov. 2000 ORW)—Viktor Ginko, Belarus, walked 100 Km in 8:43:30 to win an Italian race, ahead of Latvia's Modris Liepins (8:59:14). In an accompanying women's 50 Km, Natalia Brumiko did 4:52:29. The Italian 50 Km went to Francesco Galdenzi in 4:01:34 and the French 20 to Denis Langlois in 1:23:20.

5 Years Ago (From the Nov. 2005 ORW)—Overall winners at the National Masters 20 Km in Clermont, Florida were Carolyn Kealty in 1:50:26 and Ed Parrot in 1:44:51. Marshall King became the 61st U.S. Centurion, finishing a 100-miler in Addison, Texas in 23:42:15.



One of several racewalking badges someone sent me years ago.