

Ohio Race Walker
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OHIO RACEWALKER



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Nunn Over Seaman As Veterans Prevail In Olympic Trial

Santee, Cal., Jan.22 (An edited USATF release)- John Nunn won the 2012 U.S. Olympic Team Trials Men's 50 km Race Walk in 4:04:38 to lead a fast race that saw new course records. Both Nunn and Tim Seaman bettered the Olympic "B" standard (4:09), but only Nunn is now eligible for the Olympics. To send more than one athlete requires that all two or three exceed the "A" standard of 4:00.

Olympians at the 20 km distance, Nunn (in 2004) and Tim Seaman (in 2000 and 2004)), both of San Diego, pushed each other throughout the race with several changes of the lead as both walked well under the Olympic "B" standard. Seaman finished second in 4:05:50. The duo led the way for the top five men to better the previous course record of 4:28:53 set in 2009 by current race director Philip Dunn.

"You know it has been a long road to get back," Nunn said. "I didn't make the team in '08 and it was a hard push. My daughter was 6-months-old when I went in '04, and I really wanted to give her a chance to come and see it again. It is a dream come true to make it again, and to know she can experience that and have it in her mind for the rest of her life to go and see me compete in the Olympics."

The athletes were greeted to near perfect conditions (43 to 55F) as they covered the 1.25 km loop on the streets of Santee. The 50 kilometer distance required the athletes to complete 40 laps on the course. This 31 mile distance is the longest track and field event offered in the Olympics.

From the early stages of the race a pack of five men emerged as the lead pack including Nunn, Seaman, Ben Shorey, Patrick Stroupe and Erich Cordero. The men remained within feet of each other with no one separating from the others. The group pushed the pace to come through the half-way point well under the pace for 4:09. At 25 km, the top four men split 1:38:50, with Cordero falling back slightly to 1:39:23.

At 35 km, the race began in earnest as Nunn surged ahead of his competitors to quickly build a 20-30 meter lead over Seaman. Nunn held his lead for nearly 10 km before Seaman was able to reel him back in to take the lead at the 45 km mark. From there it was a two man race as the two walked shoulder-to-shoulder for the next two laps of the course. The two veterans pushed one another and extended their lead as the pulled out of sight of Shorey and Stroupe.

Going into the bell lap, Nunn pulled away by nearly 50 meters over Seaman and never looked back as he extended his lead by one minute and twelve seconds to win the Olympic Trials and set the course record of 4:04:38. Nunn's time improves his personal best by nearly ten minutes (4:14:16 in 2006)...

Seaman finished as the runner-up in 4:05:50, only 15 seconds off his best dating all the way back to 1998, while Shorey rounded out the top three in 4:17:40, close to his best of 4:16:08 from two years ago. Stroupe set a PB by more than seven minutes to finish fourth in 4:19:43, and Cordero finished fifth in 4:28:04.

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"Very few people believed in me, the boys from Cuyamaca were out here today and they really, really motivated me and I couldn't have done it without them," said Seaman. "I'm 39 years old, I almost got my PR. I did the best I could, and I couldn't have done better."

Nunn added; "About 38 Km in, I pulled away from Tim, then he pulled away at 43 km and made it look like I was standing still. When I caught him, it was like 'what the heck, who is going to pull this off'. It was a long walk to be that close in the end." Shorey noted: "It went well. I wanted to and see what I could do. We went walking for a 'B' and I tried to go as long as I could with the other guys, but they both have way more training years on me. It is just going to be few more years for me. The people were awesome today and the course was great."

The fast pace of the day also produced numerous American records. Erin Taylor-Talcott not only became the first woman allowed to compete as a guest in the 50 Km Olympic Trial, but also recorded three American records en route to her historic finish in sixth place with 4:33:23, nearly 6 minutes under Susan Armenta's previous record. On the way, she set U.S. women's records at 25 Km (2:13:38) and 35 Km 3:08:33.

Afterwards she said: "It is pretty cool to set the records. I was hoping for two of them, but I didn't even know about the third—the 25 km. But that's mostly because it hadn't been in the books. I'm most proud of getting here, it was a fight to get here and luckily there were enough people that saw the bigger vision. It was a chance for women to show that we can do this too. There is inequality in our sport and it is time to see if we can get that fixed."

Allen James also added his name to the record books for the 45-49 division with his 35 Km split of 3:06:35. He went on to finish seventh in 4:39:24. An unfortunate absentee on the day was Jonathan Matthews who was stranded in a snowstorm in Salt Lake City on his way from Montana.

The results:

1. John Nunn (33), San Diego 4:04:41 2. Tim Seaman (39) 4:05:50 3. Ben Shorey (29), Kenosha, Wis. 4. Patrick Stroupe (27), Amrstrong, Io. 5. Erich Cordero (36), Pompano Beach, Fla. 4:28:03 6. Erin Taylor-Talcott (33), Oswego, N.Y. 7. Allen James (47), Sanborn, N.Y. 4:39:25 8. Ray Sharp (52), Houghton, Mich. 4:41:46 9. Michael Mannozi (25), Boardman, Ohio 4:48:19 10. Dave McGovern (46), Locust Valley, N.Y. 5:24:19 DNF—Yandy Alvarez and Dave Talcott.

Other Results

H.S. Indoor 1500 meters, New York City, Jan. 7–1. Kelly Maranchuck 7:13.47 2. Molly Josephs 7:19.40 3. Stephanie Saccente 7:19.65 4. Meghan Keetley 7:21.07 5. Ji Won Kang 7:25.58 6. Brittany Collins 7:26.27 7. Sophia Mahin 7:28.14 8. Caitlin Lardaro 7:28.65 9. Kristi Licursi 7:29.39 10. Amanda Catherell 7:33.50 11. Alsa Furlani 7:33.64 12. Holly Lindoe 7:40.80 (56 finishers, 17 under 8:00, 3 DQ) **H.S. 1500, New York City, Dec. 23–1.** Sophas Mahin 7:19.17 2. Ji Won Kang 7:26.57 3. Aimy Yu 7:42:23 (9 finishers) **H.S. 1500, New York City, Dec. 28–1.** Sophia Mahin 7:41.13 2. Ji Won Kang 7:47.82 3. Aimy Yu 7:50.63 (22 finishers) **H.S. 1500, New York City, Jan. 16–1.** Ji Won Kang 7:20.92 2. Aimy Yu 7:43.05 3. Sophia Mahin 7:43.73 4. Karen Zheng 7:52.78 45. Jessica Zalph 7:58.33 (27 finishers, 5 DQ,

but for track violations-not technique.) **Polar Bear 10 Mile, Asbury Park, N.J., Dec. 31–1.** John Soucheck 1:29:08 2. Bill Vayo 1:35:20 3. Bruce Logan 1:40:38 4. William Meixner 1:46:19 6. Tim Chelius 1:47:12 7. Gerald Richards 1:47:02 8. Ron Salvio 1:51:14 9. Fred Linkhart 1:52:30 10. Dr. Pat Bivona 1:56:20 11. Avtar Tinna 1:57:52 13. Ben Ottmer 2:01:00 (18 finishers) **Women–1.** Panse Geer 1:49:41 2. Maria Paul 1:52:12 3. Brigitta Graf 2:09:47 4. Stephanie Akers 2:16:29 5. Elizabeth Thompson 2:16:31 6. Karen Freeman 2:17:19 (13 finishers) (Soucheck scored his 11th Polar Bear win, his first coming in 1995. He surpassed the mark of 10 Polar Bear wins established by Ray Funkhouser from 1983 through 1994. This was the 48th edition of the race. The records for the event are 1:10:18 for men, set by Andres Chocho, Ecuador, in 2009 in one of his three wins and Dorit Attias for the women with her 1:28:26 in 1991. **Indoor 3000 meters, Rochester, N.Y., Dec. 30–1.** Michael Mannozi 12:42.53 2. Dan Serianni 13:24.45 3. Miranda Melville 13:44.07 4. Katie Burnett 14:03.77 5. Rachel Tylock (19) 15:21.10 6. Chelsea Conway 15:51.73 7. Kyle Rapp 20:00.05 DNF—Rachel Zoyhofski **Indoor 1 Mile, Cedarville, Ohio, Jan. 6–1.** Josh Wiseman 6:27.6 2. Michael Mannozi 6:31.5 3. Joel Pfahler 6:48.3 4. Erika Shaver (19) 7:03.0 5. Jill Cobb 7:05.6 Susan Randall 7:21.9 7. (leading a second section) National RW Chair Vince Peters (57) 8:35.9 8. Russ McMan (57) 8:45.7 9. Sydney Beal (12) 9:25.9 10. Erika Graves (41) 10:01.5 (13 finishers) **National Masters 50 Km, Houston, Texas, Jan. 7–1.** Omar Nash (38), Ohio 513:14 2. Tammy Stevenson (410), Utah 5:16.20 3. Katie Grimes (48), Oregon 5:19.52 4. Bruce Logan (47), N.Y. 5. Sherry Watts (58), Ontario, Can. 6:44.05 6. Darlene Backlund (66), Cal. 6:45.09 (Stevenson and Grimes both set National records for their age groups. Watts recorded a Canadian record for her age group. For their efforts Nassh and Stevenson collected \$300, Grimes and Logan \$200, and Watts and Backlund \$100.

Arab Games, Doha Qatar Dec, 15 Men's 20 Km–1. Hassanine Sebei, Tunisia 1:28:20 (42:49 at 10 Km) 2. Mahook Mohammed, Qatar 1:31:02 (43:07) 3. Ali Daghini, Morocco 1:34:59 (5 finishers, 1 DQ) **Women's 10 Km–1.** Chaica Trebelsi, Tunisia 48:17.91 2. Olfa Lafi, Tunisia 50:07.49 3. Nazha Ezzhani, Morocco 54:08.72 (1 DQ) **5000 meters, Lisbon, Portugal, Jan. 15–1.** Joao Vieira 19:30.6 2. Pedro Isidoro 20:43.2 (6 finishers) **Women's 3000, same place–1.** Vera Santos 12:55.2 **Women's 3000, Algarva, Portugal,–1.** Ana Cabecinha 13:06.5 (and went on to 5000 in 21:48.75) **Women's Indoor 3000, Santarem, Portugal–1.** Ines Henriquez 13:02.24 **3000 meters, Poland, Jan. 15–1.** Dawid Tomala 11:32.25 2. Wojciech Halman 11:42.23

What's Up On The Racing Scene

Fri. Feb. 3	Indoor 1 Mile, Cedarville, Ohio (M)
Sat. Feb. 4	Indoor H.S. 1 Mile, Cedarville, Ohio (M)
Sun. Feb. 5	Indoor 3000 meters, Kenosha, Wis. (I)
Fri. Feb. 10	Indoor 3000 meters, Goshen, Indiana (M)
Sat. Feb. 11	Millrose National USATF Indoor 1 Mile, New York City (D or M) Indoor 1 Mile, Reading, Pa. (E) 5 Km, Dover, Del. (T)
Sun. Feb. 12	Masters Indoor 3000 meters, Colorado Springs, CO (H) 21 st Connecticut 3 Km Mallwaork, Milford, Conn., 9:30 am (L)
Sat. Feb. 18	1 Hour, Pasadena (U) 1500 meters and 3 Km, Indio, Cal. (U) Indoor 3 Km, Milford, Conn. (L) 10, 15, and 20 Km, South Florida (B)
Sun. Feb. 19	New England USATF Indoor 3000 meters, Boston (X)
St. Feb. 25	USATF National Indoor 3000 meters, Albuquerque, NM (D)
Sun. Feb. 26	Indoor 1 Mile, Widener College, Pa. (E)

Sun. March 4 10 Miles, Yellow Springs, Ohio (M)
 Indoor 5000 meters, Kenosha, Wis. (I)
 Sat. March 10 5 Km, Dover, Del. (T)
 Sun. March 11 20 Km and 5 Km, Huntington Beach, Cal. (U)
 1500 m and 5 Km, Palo Alto, Cal. (J)
 March 16-18 **National USATF Masters Indoor 3000 m, Bloomington, IN (D)**
 Sat. March 17 5 Km, Dover, Del. (T)
 Sun. April 1 20 Km and Jr. 10 Km World Cup Qualifiers, Men and Women, Eugene,
 Oregon
 5000 and 10,000 meters, Nyack, N.Y.(R)

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IAAF Year-End Racewalking Reviews

Men

Racewalking in recent years—especially at the international championships—has been dominated by Russia. In the last three global championships—2008 Olympics and 2009 and 2011 Worlds—Russia has won five of six gold medals at stake. However, it should be noted that all the three 20 Km triumphs have been courtesy of one athlete—Valeriy Borchin—and only this year in Daegu did Russia have the backup in the form of also the silver medallist (Vladimir Kanaykin).

Borchin's current supremacy at the shorter walking distances was underlined by the fact that he, in addition to the World title, also won the international 20 Km events in Rio Maior in April and Sesto San Giovanni in May. He finished off his perfect year by securing the IAAF

Racewalking Challenge title after dominating also the final 10 Km event in La Coruna a couple of weeks after Daegu.

But the 25-year-old Borchin still ought not to become complacent with the 2012 Olympics coming up as China's Wang Zhen—five years younger than Borchin—improved substantially in 2011. Finishing fourth in Daegu Wang just missed the podium in his international championships debut. Before that, he had compiled an impressive season winning in both Lugano and Taicang in 1:18 as well as in Dublin in 1:19. Wang capped his breakthrough year by finishing second fairly close behind Borchin at 10 Km in the Challenge Final.

The new World 50 Km Champion, Sergey Bakulin, just like Borchin was born in 1986, which signals that he probably is still in the beginning of his career at this distance, which he first tested just two years ago. Look, for example, at silver medallist Denis Nizhegorodov, who at 31 did his sixth global championship and who scored his fifth top-five finish. And remember that legend Robert Korzeniowski won his first global title at age 18 and last at 36.

The 50 Km walk is probably still the least "global" of all athletics events. In Daegu, only 22 of the IAAF's 200+ member federations were represented; of those 15 were European. But that is not preventing Australia from arguably being the top 50 Km nation after Russia, thanks to the trio of Jared Tallent (bronze in Daegu, silver in Beijing Olympics), Luke Adams (fifth in Daegu, his seventh global top-10 placing combining 50 and 20 Km) and Nathan Deakes (DNF in Daegu, but winner at the 2007 Worlds).

The Russian golden domination is also present in the junior and youth categories where the reigning World Junior Champion from 2010 is Valery Filipchuk and reigning World Youth Champion from 2011 is Pavel Parshin. So even though the 2011 World Champions Borchin and Bakulin are just 25, Russia seems already well equipped to keep its success well into the next decade. Something that is not possible to say of some other traditional walking powers.

Actually, one reason behind the increased walking success is that nations like Italy, Spain, and Mexico seem to have problems with finding and nurturing new athletes capable of challenging for the top positions. In Italy it seems that everything now rests on Alex Schwazer, the Olympic 50 Km winner in Beijing. This year, he didn't compete at that distance and at 20 Km he finished ninth, almost two minutes behind the winner.

As for Spain, their finish in the 20Km in Daegu was 17th and in the 50 none of their three entries finished the race. Typically their top-three men statistically of the year at 50 Km were 42,38, and 32 years old in 2011. In Mexico, Eder Sanchez is the only man capable of seriously challenging for podium positions, but he failed in Daegu having to be content with a very discrete 15th place in the 20 Km.

(Written by A. Lennart Julin, Sweden, for the IAAF.)

Women

Although there was a World Record (pending) set in the women's 20 Km, the athlete in charge of that performance, Russian Vera Sokolova, was nowhere near being the best walker of the season. In racewalking, winning the major championships is everything and at the moment there is only one walker winning and that is another Russian Olga Kaniiskina.

The 26-year-old has won every major championship since finishing in silver medal position in Gothenburg at the 2006 European Championships; three successive World titles, the Olympic title in 2008, and, of course, the 2010 European Championships as well. Kaniskina knows how to prepare for major meets. She only competed twice before Daegu, winning both times, first in April in Rio Maior and on May Day in Sesto San Giovanni. She was nowhere near the fastest time of the year and still added as easy title in Daegu winning in 1:29:42.

The number two walker seems to be quite clear too as 24-year-old Chinese Liu Hong has won a medal in the last two World Championships. Following a bronze medal in Berlin, she walked a balanced race in Daegu for a clear second place 18 seconds behind Kaniskina. She only lost twice during the season, both times to Kiniskina. (She did finish in fourth place in London in a test race on the Olympic course, but that was not a real competition.) *(Ed. I doubt that the promoters of that race or the other competitors would agree that it was not a real competition.)*

2010 European silver medallist Anisya Kirdyapkina won her first worldwide medal finishing third in 1:30:13, but new World record holder Sokolova did not do as well finishing the race in 11th place, well behind the medals. In the early results, Kirdyapkina was second in the same race where Sokolova set the World Record in Sochi in February with a 1:25:09 result, just a second behind the winner.

Third on the world list was Lou Hong, who equaled her 1:27:17 personal best with a win in Taicang in April, having previously walked the same time in the Beijing Olympics where she was fourth. China continues to dominate this event with 28 athletes in the world top 100. Russia is a clear second with 16 and Spain third with seven.

(Written by Mirko Jalava, Finland, for the IAAF)

The Racewalking Grand Prix Series

(An explanation provided by Dave Talcott.)

The USA Race Walking Grand Prix is a year-long series of Olympic Development competitions through which USATF crowns an overall champion for each competitive year based upon the National Championship schedule of events. Over \$50,000 in prize money is awarded annually. Races are contested from 1 mile to 50 kilometers for men and women.

Individuals who are members of USATF in good standing prior to the start of each event are eligible to compete, however only US Citizens are eligible for awards. Athletes may compete as individuals and/or as members of a team. For individuals, the top 10 overall U.S. finishers, male and female, can score in each race in the Series (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1). A bonus of 2 points will be given to the winner if he or she breaks the national record at the race distance.

The wide range in distances gives the top race walkers in the U.S. an opportunity to compete against each other all year long and aids in developing the next group of international-level athletes. The events selected provide athletes with a geographically diverse racing schedule and sponsors with national exposure for their products. 2007 saw the addition of a junior division, for athletes under 20 years of age. In 2009 a Masters Grand Prix circuit joined the junior series.

The top three individual men and women in the open, junior, and master divisions, and the top three men's and women's teams overall, will be presented with awards and recognized at USATF Race Walk meeting at the Annual Convention in December.

And, here are the rules for the 2012 USATF Race Walking Grand Prix - Masters.

USA Race Walking Grand Prix Series: Masters

The USA Race Walking Grand Prix continues in the Masters Division with 9 venues and 10 races this year. Individuals aged 35 or older who are members of USATF in good standing prior to the start of each event are eligible to compete, however only US Citizens are eligible for awards.

This year USATF will crown the top overall man and woman champions as well as awarding certificates to the top 10 individuals.

At each race individual performances will be age graded using the WMA 2010 age

grading tables. Points will be awarded to the top 10 overall U.S. finishers, male and female (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1).

From Heel To Toe

Goofing big time. Last month we published our annual rankings, both World and U.S., and there were the usual small typos. Careless, but not world shaking. But far behind mere typos, our U.S. Women's 20 Km had an Erin Casey ranked No. 6. There is no such person. It's Erin Gray, as shown in the list of top performers that followed. I have no idea where Erin Casey came from. There is a Stephanie Casey, who last year ranked just behind Erin Gray, but didn't compete this year. But, why would her name have popped into my head when I was intending to type Erin Gray? It couldn't be my age, could it? (Vince Peters tells me that Stephanie Casey may yet put in a qualifying time for this year's 20 Km Olympic Trials, but that she is finding it difficult to find the time to train.) Beyond that major goof, there were two errors of omission in the women's list of top performers. Maite Moscoso had a 1:46:16, which doesn't move her up on the list, but tops the 1:48:38 I had as her best time. And Jill Cobb had a 1:46:23, in a race I witnessed but still managed to leave out, which puts her 11th on the list. And finally, there is Susan Randall, ranked ninth, but who shows up on the list of top performers as Sisam Rada;;, the result of a right hand placed one key too far to the right and the omission of an "n", which would have appeared as an "m" with the had thus misplaced... Well, not finally, I also missed Jonathan Hallman, whose 1:49:05 places him 20th on the men's list. Apologies to all of those involved, to my readers, and to my journalism instructors from way back. . **Talcott honored.** The 50 Km race in Yellow Springs, Ohio, reported last month, earned Dave Talcott USATF Athlete of the Week honors for the week of Nov. 30. Dave finished second behind Mike Mannozi, but his 4:42:21 effort qualified him for the Olympic Trials at age 51. Dave became the fifth racewalker so honored this year, joining Tyler Sorensen, Jan. 12; Ben Shorey, Jan. 26; John Nunn, April 6; and Trevor Barron, June 29. Dave has been competing for more than 30 years and seems to be on the upswing. Earlier this year he qualified for the U.S. Nationals at 20 Km for the first time since 1983 and broke 1:40 in that event. . **Dr. Molina.** Juan Manuel Molina, Spanish bronze medalist at the 2005 World Championships 20 Km, has graduated with his doctoral thesis titled "Vision of Olympism and Its Implications of University Students As Teacher of Physical Education". The 32-year-old Molina is a 13 times Spanish champion. . **More Essayah.** We recently mentioned Sari Essayah's candidacy for Finnish president. Here is the latest from a Finnish press release supplied by Harry Siitonen: "All the eight Finnish presidential candidates took the fitness walking test at Helsinki's Olympic Stadium. The fastest was Sari Essayah, 44, who is a former World and European women's 10 km racewalking champion. Her time was 12:30 for the two kilometers. In a competitive racewalk she would have employed a different arm action (than that shown in a YouTube video)." . **Knifton travels.** A communicatin from John Knifotn, a former U.S. international, who learned the sport in England before embarking for our shores: "In reading the Decembeissue of the oHio Racewalker, I was amazed to learn abot the super-human effortsof 75+ year old Shalul Ladany and other on pages 11 and 12. While my own racewalking efforts pale to insignificance, there are area where being an active retiree still pays dididends. When Marty and I visit Cuba next month, I will have racewalked in a total of 70 countries around the globe. Most likely others in our racewalking community can, or already have exceeded that number. But what appeals to me about such a "record" list is that: It does not require blazing speed or super-human endurance; and it clearly favors the super-aged, such as myself, over the far more talented 20+ year olds in our midst. Of course this effort begs the question: Have we visited a country where I did not get a chance to racewalk? Yes, Liechtenstein; we were only there for

about 15 minutes and the traffic was very heavy!! With a little luck, Marty and I hope to extend my list in 2012 to include Slovakia, The Czech Republic, Botswana, and Zimbabwe.”. . .
Millrose Games. The 105th Millrose Games to be held Feb. 11 at the Armory in New York City will include the USA 1 Mile Racewalk Championship. The women's race will start at 4:30 and the men's at 5:58. The meet records are: Women-6:41.32 by Canada's Rachel Seaman in 2011; Men-5:33.53 by Tim Lewis in 1988. . .

Denman To Receive Saplin Award

(We are delighted to bring you the following press release of the Armory Foundation. Elliott Denman is an icon to those of us who might be considered "veterans" of the sport. If there is ever a Racewalking Hall of Fame, Elliott should be in the first class, perhaps along with Henry Laskau, Ron Laird, and Larry Young. My two cents worth.)

Ever since Elliott Denman walked his way to the Olympic Games as a young man in the 1950s, he has been serving the sport of track & field. Now the Bronx native will be the 2012 recipient of the Stan Saplin Sports Media Award, presented annually by the Armory Foundation to a journalist, public relations professional, executive, film maker or broadcaster who has made a significant contribution to the promotion of the sport.

"Elliott Denman is one of the icons of those who have covered our sport over many, many years. Even better he remains one of the best active reporters who we can count on to be at every major track & field event worldwide," said Dr. Norbert Sander, the President of the Armory Foundation.

Denman - who will receive the Saplin Award at the Eastern States Championships on Feb. 28 - has been writing about track & field and playing an active role in the sport since his days at William Howard Taft High in the Bronx, N.Y., where he covered the Taft track team for the school newspaper and did double duty as manager of the track and field team.

He'd done some running in PAL meets and ventured into the Junior Mets indoor and outdoor mile walks in January and June of 1953, but everything multiplied when he became a full-time student at New York University in the fall of '53. He joined the track team under legendary coach Emil Von Elling and came under the coaching wing of racewalking great Henry Laskau and NYU alumnus Bruce MacDonald.

He began medaling in major racewalks, was elected captain of the NYU indoor team as a senior in 1956, won the initial IC4A mile walk at Madison Square Garden and began training for the longer Olympic racewalking distances. All the while, he continued covering the sport for NYU's Commerce Bulletin.

In September 1956, following graduation (with a degree in business administration) and now competing for the NY Pioneer Club, he beat very long odds by qualifying for the USA Olympic team in the 50-kilometer walk at the trials event held in Baltimore, Md. Amazingly, this was the first 50k race of his life; he'd never competed in a race beyond 40k.

At the Melbourne Olympic Games of 1956, he placed 11th in the 50k walk as the second American finisher. On a brutally hot day Down Under, he toughed it out in a race won by Norman Read of New Zealand.

Following Army service - where he was a member of the All-Army team - he returned to civilian life in January 1959 and won National AAU titles at the longest and shortest events on the annual calendar - the 3,000-meter event in Boulder, Colo., and the 50k race in Pittsburgh, Pa. *(Ed. And the races were just a week apart.)*

By December 1960, he was a full-time journalist based in New Jersey, first as a staff writer and sports editor at the Long Branch Daily Record, then moving to the Asbury Park Press as a writer and columnist in July 1964, as the paper grew into one of the nation's top 80 in circulation. Denman covered all sports and was honored four times as New Jersey's sportswriter

of the year. He was also honored with "Jesse Abramson Memorial" awards presented by the Track and Field Writers of America, the U.S. Olympic Invitation Meet and the Penn Relays.

Along the way, he has covered every Summer Olympic Games (excepting 1980) since 1968 and the Winter Olympic Games of 1988 and 1994. All this plus numerous World Series, NCAA Final Fours and major college football and basketball. The first edition of the World Outdoor Track and Field Championships was held in Helsinki in 1983 and he has covered all 13 of the world meets, including the most recent in Daegu, South Korea.

He was also a founding father of the "new" Shore Athletic Club in 1964, and has seen the club's athletes go on to an array of major achievements, many Olympic berths and team titles. He also ventured into longer distance events and set an American citizen's record for the 52.5-mile London to Brighton walk in England. He continues to compete as a racewalker in local and Masters events, and has racewalked the NYC Marathon for 33 straight years, every edition since 1979. He stays active as an official at high school, college, national and international meets; and is a former member of the IAAF panel of international racewalking judges.

For many years, he has also been a director of the N.J. International Track & Field Meet, the Asbury Park Polar Bear Races, the USATF National 40k Racewalk and the Shore AC Summer All-Comers Series. He also served as first track and field coach at Monmouth College (now Monmouth University) 1966-68 and his top athlete, Augie Zilincar, won Penn Relays, NAIA and NCAA College Division hammer titles with record throws.

He served as president of Track and Field Writers of America 1996-98, and continues his busy role as a writer, including reporting for Armory Track.com. Elliott and Jo Denman, who live in West Long Branch, N.J., will celebrate their 50th wedding anniversary in July 2012. They are the parents of three married daughters and grandparents of eight.

Denman is the sixth recipient of the Saplin Award, named after the late athletics journalist and statistician Stan Saplin who died in 2002. The previous recipients were writers Frank Litsky and Bill Miller of the New York Times; photographer Bill Moore of the New York Amsterdam News; New Jersey Track editor Ed Grant and Eastern Track founder Walt Murphy.

Commentary

(The following communication comes from long-time subscriber PalaKash Mendell.)

Seasons Greetings and a Happy 2012. Thanks for all the issues packed with info and doings in the world of racewalking. It's hard to believe that February marks the beginning of my thirty-sixth year of racewalking and that I have read over 430 issues of the ORW!!!

Two kudos I had running in my head but was unable to get to you in a timely manner:

1. Those of us on the PTC (Portland to Coast) Team "Beware a Sierra "would like to give our second standing ovation to Erin and Dave (*Talcott*). What your readers may not have known was that less than two weeks prior to their outstanding 40 and 50K performances they teamed to walk over 127 miles in the PTC relays - taking 2nd team overall. They walked over 100k each in 6-14 k stints, up and down hills. We stood and clapped for them on the beach in Seaside then, and again on Sept. 11! (Having only walked approx 21k to their 100k+ and not fully recovered when I did a 20k the same day as their longer national race-I am truly in appreciation of their feet's feats!...)

2. Way to go to Jolene, Darlene and Kathleen for scoring an amazing number of points for their team at the National Masters 2011 Track and Field Championships. Not only did they take 1-2-3 in the 5 and 10k w65 walks but they scored points in the 400m-w65 run (Jolene 2nd, Kathleen 3rd, Darlene 4th), 800 meter run w65 (Jolene-1st, Kathleen-2nd) and

4x100 w60-69 (all three on the team) 4x 400 w40-49-2nd (Jolene anchor) and 4x800 w40-49-1st (Jolene anchor)

As I read your article about Erin Taylor-Talcott, it really sparked my interest. I found myself saying "Why Not!" It is not farfetched at all—in fact it seems right and a natural conclusion." She should be allowed to compete at the 50K trials (looks like the U.S. racewalk committee is progressive enough and in support of this) and if she wins she should be allowed to represent us. Women in high school compete with men in certain instances in sports like wrestling and softball and are limited by expectations and cultural inclinations more than by ability. Officials who pulled K. Switzer from the marathon in 1974, when they discovered she was a woman regretted their actions a few years later and became big endorsers of women's long distance events. Out on the trails for a long workout you'll notice that the ultra and marathon runners are out in coed groups. Houston is even having men and women competing at the same time for the marathon trails and we do it in master racewalk events as well. Wasn't it hypothesized that women were supposed to have an advantage at the longer distances anyway? Women have also broken the glass ceiling in other areas as well and if you are under sixty it's the norm most have grown up with. Go Erin!

Historical perspective:

Having witnessed a change already this doesn't seem like a huge leap. Around the time Erin was born, the longest Olympic distance for women was 800 meters—so when women competed for the first time at the Racewalking World Cup in 1979—the Eschborn Cup 5km was the longest event allowed for women. Also some of you may recall that that time frame marked the breakup of the AAU and the beginning of title 9. Hard to believe but in 1979, while you could speak to points on the floor during "The Race Walk Committee" meetings at the convention—you still had to be a male in order to cast a vote! (Women's racewalking was then a stepchild of women's track)

In those early days of the Athletes Advisory Committee we made all sorts of resolutions to try and get long distance events opened for women—3000m (which has now been lengthened to 5k and 10k and the steeplechase was also added), marathon (I know many who now do ultras and triathlons), 5k racewalk (now quadrupled to 20k). I also remember various conservative speakers arguing against a triple jump or a pole vault for women—those same pundits I'm sure would be hard pressed to admit to it now. It just isn't unusual anymore to see women vaulting—especially when the major requirement beside boldness is core strength—the same muscle group that has improved racewalk times. (I should also add that athletes are now allowed to drink.)

At about the same time as events were opening up for women, the other shift in athletics was the change from amateur sport to one that allowed earning a living through sport—thus paving the way for those to earn a living by giving racewalk clinics...and racewalkers everywhere have benefited by the excellent job that these younger teachers do to inspire and help others to reach their potentials.

Racewalking—The Beginnings

(Excerpted from the book *"The Sport of Race Walking"*, published by the Race Walking Association (Great Britain) in 1962.)

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

lungs is facilitated; and the rigidity of the legs arising from too much sitting, is relieved. The most obstinate diseases, and the most troublesome hysteric and hypochondriacal complaints, have been frequently cured by perseverance in Walking."

Such was at least one medical opinion some 150 years ago, and we may be sure that most of our ancestors, wily-nilly, were compelled to take plenty of this exercise. They walked to their work and home again in the evening, they walked to Church on Sundays, the nearest Market Town, to the Fairs in the neighborhood, to the Sports and Festivals as they took place. And as London and the other large towns began to grow, as the industrial Revolution permeated the country, so our great-great-grandparents trudged their way to the great towns and the promise of a prosperous future. A recent Lord Mayor of London has told how his grandfather walked to London from Cornwall to set up in business, and this story may be repeated a thousand-fold and may well be the reason why so many town dwellers make for the country in their leisure hours and use their feet on the roads, the footpaths, and to climb the Downs and traverse the moorland.

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

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

Let us now look at some of the reputed performances of our athletic ancestors, and, incidentally, it is interesting to note how some of the names recur in our own generation. The reader must be cautioned, however, that no definition of the means of progression seems to have been attempted, although sometimes the expression "fair heel and toe" was used. It is commonly understood that in long distance events, a pedestrian was allowed to trot, as necessary, to ward off cramp. With all these reservations, and having regard to the lamentable road surfaces of their day, and the clothing they affected for their trials of speed and stamina, we may well feel we had worthy progenitors on the athletic path.

The 18th and 19th Centuries

Now for just a few names and performances that have gone before, and a thought for

our athletic ancestors in their top hats and knee-breeches striving against the twin demons of Time and Distance.

Thus, Robert Barclay of Hutford, Norfolk (born in 1790) when an old man frequently walked from Thetford to London (81 miles), and returned the next day.

In 1702, Child, a miller of Wandsworth, walked 44 miles in 7 hours 57 minutes on Wimbledon Common, and in the same year a Mr. John Hague covered 100 miles in 23 hours 15 minutes.

A Hampshire pedestrian named Reed ran 10 miles in the hour in 1774. Thirteen years later he walked 100 miles in one day at Gosport and four years later he covered 50 miles on the sands at Weymouth in just over 9 hours.

Mr. Joseph Edge of Macclesfield in 1806 at the age of 62 walked 172 miles in 49 hours 20 minutes. In July 1788, John Batter (55 years of age) walked 700 miles in 14 days and finished the distance within five hours of the time allowed. His daily distances were covered as follows—59 miles, 55 3/4 miles, 52 3/4 miles, 51 miles, 51 miles, 51 miles, 43 miles, 42 3/4 miles, 44 3/4 miles, 51 miles, 51 miles, 54 1/2 miles, 51 miles, and on the fourteenth day 36 1/4 miles to complete the distance.

In 1792, Mr. Eustace at 77 years of age walked from Liverpool to London (more than 200 miles) in four days. When a younger man, he had covered 90 miles in the first day of journey from Chester to London.

In the spring of 1808, a Mr. Podgers walked 400 miles in eight successive days for a 200 guineas wager. Starting at Basingstoke, he traversed the counties of Wiltshire, Gloucestershire, Somerset, Sussex, and Kent, finishing in Maidstone. He walked for 12 hours each day and slept for eight hours. He was a 14 stone man and showed no fatigue at any time, we are told.

In the same year, Captain Howe walked 346 miles in six days. A fortnight later, the same gallant Captain won a match against Captain Hewetson for 200 guineas by walking 83 miles in less than 24 hours. We also learn that Captain Howe beat a Mr. Smith in October 1809 in a 20 miles race on the Uxbridge Road by half a mile in 2 hours and 20 minutes. In 1812, Howe pledged himself to cover 60 miles in 12 hours and won his wager with ten minutes to spare.

A Mr. Canning walked 300 miles in less than five days. We are told that he was little fatigued but lost 26 pounds in weight. Farmer Rimmington, from Dorchester, walked 80 miles a day for seven days for a 200 guineas wager, but in his case, we are told, "he was much emaciated by his extraordinary exertions and became very lame towards the close."

Lieutenant Halifax, of the Lancashire militia, walked two miles an hour for 100 successive hours near Tiverton, Devon in March 1808. He could never have more than 50 minutes rest at one time during four days and nights and he became very distressed, but his personal courage pulled him through.

Mr. Glanville, from Shropshire, in 1806 walked 142 miles on the Bath Road in 29 3/4 hours. He found himself with 25 miles to do in 5 3/4 hours on the final stage from Reading whence he had arrived at 6:15 am. After 20 minutes rest, he resumed his task and, although very, very tired, his perseverance enabled him to overcome the 7 to 4 and 2 to 1 odds against bets that were taken, and he won with great difficulty with fifteen minutes to spare.

Once again, we wonder if any definition of walking was applied to the pedestrians of long ago. Particularly is this so when we read of Captain Thomson of the 74th Regiment who in 1908 undertook to walk 21 miles in three hours, and did so with a margin in hand of 4 1/2 minutes, and of James Watson, who for a wager of 10 pounds, walked from Whitechapel Church to Romford and back, an alleged 23 miles, in less than three hours. We are told that he started at 6 am and reached Romford at 7:20 am. Having refreshed for ten minutes, he restarted and completed the distance in four minutes under the stipulated time!

Many are the accounts of wagers, matches, and trials of endurance over a

miscellaneous collection of distances and times in the early 1800s, and it is very obvious that the border line between walking and running was masked under the general term of Peestrianism. Accordingly, much of the interest in many of these undoubtedly very fine performances can emanate little to us with our modern standards of definition.

LOOKING BACK

45 Years Ago (From the January 1967 ORW)—The Athens AC (San Francisco) won a National Postal 20 Km walk with a total time of 5:03:43 for the 3-man team. The Ohio Track Club was nearly 9 minutes back. Taking individual honors was OTC's Jack Blackburn with a 1:38:12. Canadians Karl Merschenz and Alex Oakley were the only others under 1:40, with your editor, also representing the OTC fourth in 1:40:30. The Athens group of Goetz Klopfer 1:40:49, Tom Dooley 1:40:59, and Bill Ranney 1:41:55 took three of the next four spots. Ron Laird finishing just ahead of Ranney. The races were walked on local tracks during a specified time in 1906 with results compiled by mail. . . Ron Daniel won a series of four 1 mile races in New York, all in winning times between 6:44 and 6:48.

40 Years Ago (From the January 1972 ORW)—Fast early-season miling—Ron Daniel had the third fastest mile in history (to that time) with a 6:12.8 in Philadelphia. Ron Kulik, Todd Scully, and Dave Romansky followed in 6:17.7, 6:21.7, and 6:28. Ten days earlier, Kulik had beaten Daniel 6:28.8 to 6:29. On the West Coast, Tom Dooley did a 6:30.5 to beat Esteban Valle (6:38) and Larry Walker beat Don DeNoon 6:41.4 to 6:44. Bill Ranney was a close third in both races. . . San Rafael high school student Jerry Lansing won the National Junior 35 Km title in 3:18:21. . . On the local scene, your editor celebrated his 37th birthday by covering 6 miles 176 yards in 48:56, but failed by 66 seconds to make up a 17 1/2 minute handicap to Doc Blackburn. The odd distance was because we did exactly four laps of an accurately measured natural loop (there was no official certification in those days, but we were meticulous)—the same course was used to host the 1969 National 15 Km. . . In the Rockies, Jerry Brown showed fine form with a 13:55 for 2 Miles and Bill Weigle covered a marathon in 3:33:53. . . Ron Laird was wintering in England and did a track 20 Km in 1:33:35 as well as a couple of 7 milers in 50:05 (finishing first) and 50:53 (second).

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

30 Years Ago (From the January 1982 ORW)—Heiring was simply tearing around indoor tracks across the country. He had a 5:55.1 for the mile in Milwaukee, a world best 5:27.1 for 1500 meters in New York City, a 12:40 for 2 miles in Chicago, and a 12:20.6 for 2 Miles in Kansas City. Todd Scully was just 5 seconds back in the 1500.-

25 Years Ago (From the January 1987) ORW)—American records fell at the Hoosier Invitational indoor meet in Indianapolis as Maryanne Torrellas did 13:29.82 for 3 Km and Paul Wick 20:29.67 for 5000 meters. Teresa Vaill was just 3 seconds behind Maryanne with Lynn Weik third. Gary Morgan trailed Wick by 6 seconds and Doug Fournier also went under 21 minutes. . . At West Point, N.Y., Pal Schwartzburg did a mile in 6:06.8 ahead of Mike Stauch's 6:27.65. . . The following week, Stauch edged Fournier 6:13.52 to 6:13.61. . . Marco Evoniuk captured the Hawaii Marathon Racewalk division in 3:33:35.

20 Years Ago (From the January 1992 ORW)—Walking at the Spectator Indoor Games in Hamilton, Ontario, Debbi Lawrence set a world indoor best for 1500 meters with her 5:54.31. She was 7 seconds under the old mark set by Maryanne Torrellas. Victoria Herazo missed the old record by less than 2 seconds, finishing just ahead of Canada's Janice McCaffrey. Torrellas was sixth in the race. . . In Oakland, Cal., Jonathan Mathews did 20 Km in 1:33:29, beating Richard Quinn by 42 seconds.

15 Years Ago (From the January 1997) ORW)—Victoria Herazo did 22:44 to win a mid-December 5 Km in Atlanta and Dave McGovern did 21:05 for a 5 in Miami on the same date. . . In a track 50 miler in Yellow Springs, Ohio, (which was really contested way back in September but unreported earlier), Chris Knotts did 10:59:23 ahead of Jack Blackburn's 11:19:21. Jack reported that Sharp's non-alcoholic beer worked well for him over the last 10 miles.

10 Years Ago (From the January 2002 ORW)—.Busy Dave McGovern won the Mobile Marathon on Jan. 1 in 4:33:36, the Disney Marathon in Orlando on Jan. 6 in 4:40:31, the Mississippi Marathon on Jan. 12 in 3:50:57, and a 30 Km in Jefferson, La. on Jan. 20 in 2:28:30. . . Curt Clausen took the Disney ½ Marathon in 1:51:52. . . In Findlay, Ohio, indoor 3 Km races went to Jill Zenner in 14:18.80 and Matt Boyles in 13:19.57. . . Indoor 3 Km races in Kenosha, Wis. went to Amber Antonia in 14:21.93 and Jim Heys in 12:54.02, less that a second ahead of Lachlan McDonald. . . Philip Dunn won the San Diego Marathon in 3:31:20 ahead of Sean Albert (3:37:45), and Curt Clausen 3:45:50).

5 Years Ago (From the January 2007 ORW)—In Chula Vista, Cal., Tom Eastler had a most successful 50 Km debut as he did 4:05:44 to beat Philip Dunn (4:09:54) and John Nunn (4:14:16) to win the U.S. Championship. Guest walker Erik Tysse, of Norway, led them all with a 3:57:35. Another guest, Mecias Zapata of Ecuador did 4:06:19. Ray Sharp, at age 47, was fourth in the title race with 4:26:07, just ahead of U.S. record holder and semi-retired Curt Clausen. . . At the same site, Joanne Dow (42) blitzed a 1:34:21, finishing 20 seconds of Teresa Vaill, with Canada's Rachel Lavalley (now Seaman) third in 1:40:04. Ecuador's Andres Chocho won the mean's race in 1:32:14 ahead of Allen James (also 42) who had 1:36:04. . . In Canberra, Australia, Jared Tallent did 20 Km in 1:21:32, beating Luke Adams by 48 seconds. On the women's side, Jane Saville did 1:34:32, just 8 seconds ahead of Cheryl Webb.

A few original limericks from your editor's fetid brain that first appeared in these pages in a 1970 issue:

Devoting his life to the ace
Training to keep up the pace
Adds to 100 gold.
and memories untold
For Ron Laird, who others still chase.

Though meat never touches his lips
Fruits, nuts, and stuff keep his hips
Movin' along out in front
In the racewalking stunt
As most of us walkers Goetz whips

What's become of our old friend Jose
Who ran past the Russians, Ole
Cost our Rudy third place
Made the judge hide his face
But for the natives, he sure made the day.

After taking two years on a spree
Of high living, debauchery, and glee
Larry Young came right back
And caught up to the pack
Using walking to get college free.

Explanations for the hounster in our readership: Ron Laird had won his 100th gold medal (individual and team) in National Championships races. Mexico's Jose Pedraza had won the

silver medal at 20 Km in the 1968 Mexico City Olympics with highly questionable style in the closing stages, as Rudy Hala, of the U.S., captured fourth place. Goetz Klopfer went on to make the 1972 U.S. Olympic team at 20 Km. Larry Young took bronze in the 1968 Olympic 50, then took a couple of years off before accepting a rare racewalking scholarship at Columbia College in Missouri. He then came back to repeat his bronze medal finish in the 1972 Munich Olympics. Larry got a fine arts degree at Columbia and is a nationally recognized sculptor. Both Laird and Young are in the Track & Field Hall of Fame.

Pictured below: Canada's George Goulding hits the finish line to win gold in the 1912 Stockholm Olympics. Goulding's winning time was 46:28.4. Great Britain's Ernest Webb was second in 46:50.4.

