

Ohio Race Walker
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OHIO RACEWALKER

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30 Km Titles To Michta and Stroupe; Fast 50s For Visiting Walkers

Valley Cottage, N.Y., Oct.28 (From Jamie Kempton with your editor's additions)—Patrick Stroupe strode to victory and Maria Michta fended off a pair of pursuers to capture the women's crown at the USATF 30 Km Racewalk Championships held at Rockland Lake State Park. An accompanying 50 Km race saw three visitors from other lands dip under the 4 hour mark.

Stroupe, 28, of Armstrong, Mo, completed the 30 in 2:18:34 to win by nearly a full mile over runner-up Nick Christie of San Diego, who clocked 2:25:11. The meet record of 2:14:31 was set by Allen James in 1993. Olympian John Nunn was third in 2:26:22. Stroupe, who missed the Olympic 20 Km trials, appears to be back to racing fitness with his decisive win and ready again to be a force at 20 Km and perhaps 50 in 2013.

Michta, 26, opened up a slight lead over Katie Burnett and Susan Randall and maintained a 200-meter advantage to the finish to win in 2:40:44. Burnett wound up second in 2:41:46 and Randall took third in 2:42:48.

Dan Serianni, who finished fifth, Ian Whatley, and Chris Schmid combined to lead World Class Racewalking to the team title with an aggregate time of 8:24:36.

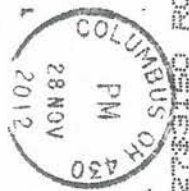
In a concurrent 50 Km race, contested to achieve qualifying marks for the 2013 Pan Am Cup in Lima, Peru and the 2013 World Championships in Moscow, the top three finishers posted "A" qualifying standards. Andres Chocho of Ecuador, came back from the disappointment of a DQ at the London Olympics to win in a South American record 3:49:26. Andreas Gustafsson of Sweden, who does much of his training with Tim Seaman in Southern California, was second in 3:50:47. Gustafsson is the son of Bo Gustafsson who won silver at 50 Km in the 1984 Los Angeles Olympics. Canada's Evan Dunfee debuted at 50 Km with a 3:59:58 to also make the "A" standard. It was the first 50 completed by a Canadian in several years..

Serianni and 52-year-old Ray Sharp qualified for the U.S. Pan Am Cup team, finishing fifth and sixth in 4:38:26 and 4:44:14.. On their way to the 50, Sharp was fourth ahead of Serianni at 30. Sharp won back to back titles at 30 way back in 1980 and 1981

The day's activities also included races at 10 and 20 Km as shown in the results below.

Women's 30 Km—1. Maria Michta, Walk USA 2:40:44 2. Katie Burnett, un. 2:41:46 3. Susan Randall, Miami Valley TC 2:42:48 (1st 35-39) 4. Loretta Schuellein-McGovern, World Class RW 2:59:40 (2nd 35-39) 5. Tammy Stevenson,, Wastach Walkers 3:14:03 (1st 40-44) 6. Debbie Topham, Pegasus AC 3:29:22 (1st 55-59) 7. Dorit Attias, Walk USA 3:50:52 (1st 50-54) 8.

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Darlene Backlund, So. Cal TC 3:51:09 (1st 65-59) (3 DQ)

Men's 30 Km—1. Patrick Stroupe, un. 2;18:34 2. Nick Christie, San Diego Pole Vault Club 2:25:11 Guest—Alan Segura, Costa Rica 2:26:18 (National record) 3. John Nunn, U.S. Army 2:26:22 (1st 35-39) guest—Francisco Pantoja, Mexico (and Colorado, non-citizen resident) 2:29:27 4. Ray Sharp, Pegasus AC 2:37:46 (1st 50-54) 5. Dan Serianni, World Class RW 2:43:49 6. Ian Whatley, World Class RW 2:49:42 (2nd 50-54) 7. Omar Nash, Miami Valley TC 2:50:12 8. Dave Talcott, Shore AC 2:51:44 (3d 50-54) 10. Pablo Gomez, Chicago Walkers Club 2:52:49 (1st 40-44) 11. John Soucheck, Shore AC 2:54:36 (2nd 45-49) 12. Chris Schmid, World Class RW 3:00:55 (1st 55-69) 13. Andrew Smith, Pegasus AC 3:07:11 (1st 60-64) 14. Bill Vayo, Shore AC 3:20:52 (3rd 45-49) 15. Bruce Logan, Park Walkers 3:25:10 (2nd 40-44) 16. John Backlund, S00 Cal TC 3:55:33 (1st 70-74) 16. Ron Salvio, Freehold Area RC 4:03:55 (2^d 60-64). (1 DQ) Teams—1 World Class RW 8:34:26 2. Shore AC 9:07:12

Women's 20 Km—1. Magaly Bonilla, Ecuador 1:41:53 2. Mereth Alba, Mexico 1:47:02 3. Brittany Collins, Walk USA 1:58:20

International & US Pan-Am Cup Trials 50 Km—1. Andres Chocho, Ecuador 3:49:26 2. Andreas Gustafsson, Sweden 3:50:47 3. Evan Dunfee, Canada 3:59:58 4. Samuel Babatava Colombia 4:10:39 5. Dan Serianni, World Class RW 4:38:26 6. Ray Sharp, Pegasus 4:44:14 7. Ian Whatley, World Class RW 4:49:05 8. Omar Nash, Miami Valley TC 4:57:47

Men's International 20 Km: 1. Estean Soto, Colombia 1:28:25 2. Jocelyn Rues, Canada 1:38:48

Men's 25 Km: 1. Alejandro Chaves, South Texas WC 2:04:17 (US Junior record)

Men's 50 Km 1. Jonathan Hallman, World Class RW 22:30 2. Robert Marchand, Canada 31:15

Women's 10 Km—1. Molly Josephs, Walk USA 53:50 2. Monika Farmer, Walk USA 59:50 3. Mayra Vilacorte, Ecuador 64:45 4. Melissa Endy, Shore AC (13) 64:50
(Judges: Ron Daniel, Debbie Frederick, Shawn Frederick, William Pollinger; Reggie Weissglass, Gary Westerfield—a distinguished crew indeed, with four IAAF accredited judges among them.)

National Masters 20 Km, Coconut Creek, Fla., Nov. 11: Mem—1. David Swarts (47) 1:49:57 2. Chris Schmid (65) 1:51:54 (age group record) 3. Klaus Thiedmann (58) 2:11:33 4. John Backlund (72) 2:34:25 6. Peter Bayer (74) 2:35:03 (3 DQ's) Women—1. Ann Harsh (62) 2:15:09 2. Sandra DeNoon (57) 2:22:09 3. Jolene Steigerwalt (69) 2:28:32 4. Yvonne Gridzono- Glaser (58) 2:30:01 5. Darlene Backlund (67) 2:33:37 6. Lynn Lewis (5) 2:34:15 7. Fran Emanuel (67) 2:36:51 (1 DQ)

5 Mile, Vicksburg, Mississippi, Oct. 13—Lary Robinson, Jr. 48:53 2. Steve Sullivan (50+) 50:57 (11 finishers) **5 Km, Biloxi, Miss., Oct. 21**—1. Tanya Drake 31:24 **5 Km, Birmingham, Ala., Nov. 3**—1. Beth Brodway 32:02 Men—1. Zachary Cox 27:12 **5000 meters, League City, Texas, Nov. 10**—1. Mario Alanis (49) 29:28 2. Scott Demaree (61) 32:43

20 Km, Edmonton, Can., Sept 13—1. Nicole Evangelista 1:37:32 2. Susan Brooke 1:55:39 Men—1. Ben Thorne 1:21:55 2. Glen Babet 1:47:53 **5 Km, Albuquerque, N.M., Oct. 21**—1. Teresa Arogon (51) 29:38 2. Jonathan Curran (51) 28:46 **20 Km, same place**—1. Larua Draelos (5) 2:09:50 2. Kenneth Fresquez (53) 2:13:27

57.2 Km, Bar duc Verdon, France, Nov. 4—1. Christophe Evard 5:41:26 2. Phillippe Morel 5:47:06 3. Cedric Varain 5:59:35 (19 finishers) **10,000 meters, Mkachero, Ukraine, Nov. 2**—1. A. Kovenko 39:14.6 2. Igor Hlavan 40:49.7 3. Aleksander Venhlovskiy 40:53.8 Jr. Women—1. Ldmila Olyanovska 45:26.8 **50 Km Takahata, Japan, Oct. 28**—1. Hirooki Arai 3:47:09 2. Takafumi Higumi 4:03:10 (17 finishers) **20 Km, same place**—1. Yusuke Suzuki 1:22:30 2. Ieki Takhashi 1:22:33 3. Takuya Yoshida 1:22:42 5. Hayatu Kaisuki 1:24:29 6. Takatesu Kutsuna 1:23:43 (18 under 1:30) **50 Km, France, Oct. 28**—1. Mariam Nicolas, Belgium 5:21:28 2. Dora Jakob, Switzerland 5:25:12 (7 finishers) **100 Km, same place**—1. Eddy Ruze 10:06:09 2. David Regy 1:08:43 (17 finishers) **Colombia National 20 Km, Nov. 18**—1. Sandra Arenas 1:36:33 2. Arabelly Ojuela 1:37:39 3. esaida Carrillo 1:40:21 4. Sondra Galvis 1:41:42 (7 finishers) Men—1. Eider Arevalo 1:25:00 2. Luis Lopez 1:25:49 3. Jose Montana 1:26:21 4. James Rendon 1:27:33 5. Andres Cardona 1:31:40 6. Julian Vargas 1:32:05 7. Esneyder Parra 1:32:16 (9 finishers) **50 Km, same place**—1. Ferney Rojas 4:06:24 2. Omar Sierra 4:10:04 3. Jorge Ruiz 4:14:04 **50 Km, Ivano-Frankivsk, Ukraine, Oct. 20**—1. Oleksiy Shelest 3:53:47 2. Ihor Saharuk 3:54:35 3. Ivan Banzerk 3:56:10 **Women's 10 Km, same place**—1. Lyudmila Olyanovska 45:45 Jr. **10 Km, same place**—1. Andri Hrechkovsky 41:50 **5 Km, Toledo, Spain, Nov. 24**—1. Alvaro Martin (18) 20:20 2. Luis Corchete 20:23 3. Jose Diaz 20:38 4. Marc Tore (18) 20:32 Women—1. Lorena Luaces 23:22 2. Ainhoa Pinedo 23:32 3. Lura Garcia (17) 23:45

Some Races For Your Pleasure

Sat. Dec. 1	5 Km, Dover, Del. (T)
Sat. Dec. 15	5 Km and ½ Marathon, New Orleans (E)
Fri. Dec. 28	1500 and 3000 meters, Pharr, Texas (O)
Sat, Dec, 29	Pan Am Cup Jr. 10 Km Qualifiers, Pharr, Texas (D or O)
	USATF Masters and Open Indoor 5000 meters, Rochester, NY (D)
Sun. Dec. 30	10 Miles, Asbury Park, N.J., 10 am (A)
Tue.. Jan. 1	5 Km, Dover, Del. (T)
Sat. Jan. 5	Southwest Region 50 Km and 5 and 20 Km, Houston (G)
Sun. Jan 13	Pan American Cup 20 Km Qualifiers, Huntington Beach, Cal. (D)
Fri. Jan. 25	Millrose Games Indoor 1 Mile, Dew York City (D)

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Racewalking World Loses A Legend

In our May issue, we ran an article from the Tipperary (Ireland) Star about one of their athletic sons and heroes, John Kelly, Olympic racewalker and all-around athlete. Sadly, we now have to report that John passed away on November 13 in Prescott, Arizona where he and wife Kati had lived for several years. John had celebrated his 83rd birthday in October. We reported last December that John had been battling a serious lung disease. That, and a weak heart, finally caught up with him. There was a service for John in Arizona and Kati will be traveling to Ireland in December for a mass in his hometown. Several days later, there will be a memorial service in England, where John's 91-year-old sister lives.

John was born on Oct. 6, 1929 and emigrated to Australia in 1949. Ten years later, he moved to the U.S. and has stayed here since, taking U.S. citizenship at some point. The article we ran in May was our tribute to John and his accomplishments and we won't repeat it here. But following is the story on one of his many achievements, which we first published in September 1973, a couple of months after he had completed his walk across Death Valley.. Also, by a couple of pictures of John in action.

Kelly Survives Oven For Record

I have been remiss in not covering this before and my apology to John Kelly, who certainly deserves some recognition for the feat. What feat you ask? Well, back in July, John trekked across Death Valley, all 120 miles of it, in 34 hours, breaking Bill Emerton's record by some 28 hours. In doing so, he survived temperatures that reached 156 F in the sun and 120 F in the shade. Temperature off the blacktop rose to around 190 F. As one reward for his effort, John made an appearance on the Johnny Carson show in early September and came off quite well. He proved such an able instructor in the technique that Doc Serverinson was able to take off in quite acceptable style. My thanks to Paul Chelson for a long-distance phone call alerting me to this appearance as I normally catch the Carson show for maybe 10 minutes once every three years, Past my bedtime, you know. (*Ed. Bill Emerton was an Aussie who lived in the L.A. area for a long while and spent a lot of time here in the Columbus suburb of Grandview Heights and competed in many of our races in the '70s. I haen't heard from or of him for many years and would guess he may be deceased.*)

For more on John's performance we quote from the "Evening Outlook", a paper from some city out Death Valley way.

"There were other notable statistics outside of the temperature. Kelly's entourage (Bill Armstrong, Steve Goff, Brian Blake, Dr. Paul McKenna, Michele Grumet, Pat Trobias, Robert Carlson, Richard Mackson) took along 64 bottles of beer. They returned with none. One gentleman driving a luxury car with one hand and holding a Coors in the other slowed down to ask Kelly what he was doing. He claimed he held the record and inquired how fast

Kelly was walking. Upon being told 5 miles per hour, the gentleman said 'Impossible' and drove on. Kelly's average speed, including stops was around 4 mph. He started at 5 am Saturday and finished at 2 pm Sunday. The Olympic walker from Ireland, who now is a U.S. citizen, collapsed 'only three times' according to his followers. He also had the dry heaves when he tried to pick up the pace.

"Another gentleman, who said he spends his summers driving over the desert, was a key factor in the record. He showed the Kelly party the correct rout to take, Armstrong, the cook, brought along some cooked meat to keep up Kelly's strength. The trouble was, he forgot to remove the garlic cloves and some of the desert folks mst have felt they were going to be served an Italian dinner instead of their rabbit stew.

"P.S.. Kelly dedicated the walk to Ireland's battle to boot English rule out of the country. Irishmen all over the world should name a brew after their new hero. Perhaps, 'Kelly's Suds, it's the kick'"



Kelly in action. John on the way to a win in the Master's Division of the Southern Pacific 20 Km in Long Beach in 1983. He is accompanied by Vicki Jones. John won in 1:46:18



Kelly in earlier action. John Kelly (right) and your editor round a turn during the 1975 U.S. Master's 20 Km in White Plains, N.Y. Competing in different sections (Mortland in 40-44 and Kelly in 45-49), they walked together for the last 9 miles or so and decided to across the line together in third place overall, well in back of England's Roy Thorpe and New Zealand's 1956 Olympic Norman Read, who were dropping by on their way to the World Masters meet in Canada the following week.

Reflections

by Martin Rudow

(Martin Rudow is the editor and publisher of Northwest Runner magazine and the author of Advanced Race Walking, a book first published in 1987. He has been involved with racewalking as a competitor, coach, and judge since the middle 1960s. The selection of Vladimir Golubnichiy to the first class of the IAAF Track and Field Hall of Fame (see September ORW) inspired him to write his own reflections on this all-time great of our sport.)

Reading about the long-overdue accolades coming from the IAAF for Ukrainian* walker Vladimir Golubnichiy, I thought about what the man meant to my generation of walkers. Following are some personal reflections on the career of Vlad Golubnichiy.

Years ago, I remember a young walker scoffing at Bruce MacDonald's Olympic-team-qualifying 50 Km marks of around five hours. "I'd have made all those teams," he rudely stated. No kid, you wouldn't have. And no kids, you would not walk 1:27 under the conditions Vladimir Golubnichiy did. And you would not beat him under those conditions, even with both hands tied behind his back.

It was old style racewalking, a style not necessarily better, but certainly different than what we do today. Double contact was actually enforced, and the tempo being slower, judges could more often detect it or loss of it. And they cared! Everyone cared. Nowadays, continual loss of double contact is no big deal. Then, it would result in disqualification and if a walker was found after a race on film to have broken that contact there was ridicule and criticism. Powerful men like Golubnichiy were kings of that technique. Could they have walked the times walkers are doing today if they had been trained and allowed to use today's flight phase technique? I'd like to think so, but perhaps not, the rugged builds that Vlad and his fellow top walkers of the day had may not have been easy to adopt to the quick tempo technique used today. But when rules were rules an athlete like Vladimir Golubnichiy was the one to beat.

Vladimir Golubnichiy could have been and was in the day often mistaken for a decathlete, with his wide shoulders and deep chest. He often made me think of the kind of Russian soldiers that beat the Nazis in WW2. Imagine legions of such tough men charging over frozen steppes, determined to rid their country of invaders. Now imagine a few top Russian walkers as well trained as anyone in the world at that time and possessing incredible tenacity and muscular strength. Strong and well trained enough to walk fast times in the rude shoes and rough courses of the day. That was Vlad.

Hell of a nice guy too from what I could tell, although I never spoke to him one-on-one. He was well liked by all walkers of the day who knew him, especially those who could speak Russian. Liked and well... "respected" does not cover it. Held in awe, really. You can easily look up his feats on the internet so I won't even try to recount them now. He remains to me the greatest athlete I ever saw in the sport and the epitome of sportsmanship and everything that makes athletic competition worthwhile. When men were men and the double contact phase was actually enforced, he was the master.

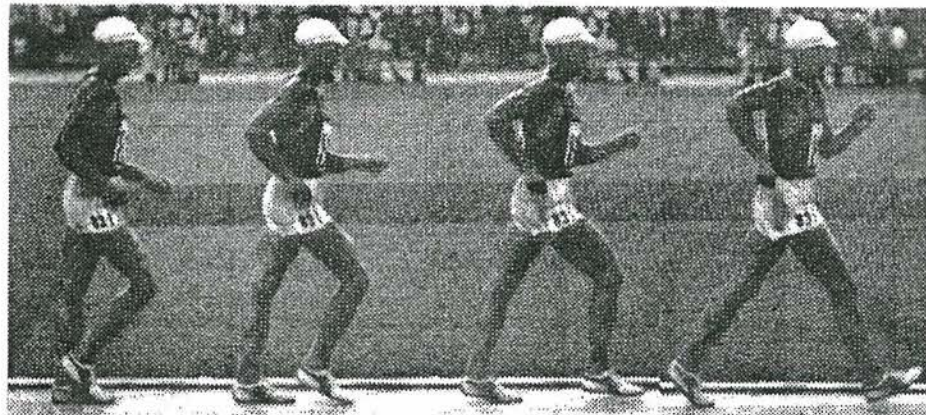
**Golubnichiy competed for the Soviet Union (USSR) but was Ukrainian, not Russian. I remember when the U.S. track team went to Kiev for the 1965 US-USSR track meet, we were told by the a state department representative not to refer to the residents of Kiev as Russians—they were proud Ukrainians, and Vladimir was one of them.*

(Martin reminds me that I was once of the "kids". In 1952, when the only Olympic racewalk was at 10 Km, Price King qualified for the U.S. team with a 51:39. So early in my career, I might walk an easy 10 in a workout in around 50 minutes and congratulate myself on having made the Olympic team. But, I came to realize that you can't really compare times over the years. I don't think that Paavo Nurmi would be lapped three times in a 10,000 meter run or Emit Zatopek lapped twice. Given the same conditions, the great athletes of the past would be great athletes today—Vladimir Golubnichiy, included. I might even venture to say that Ron Laird would not finish a mile behind Tim Lewis, Tim Seaman, or, now, Trevor Barron, as times would indicate.)

Martin says he will not try to recount Vladimir's feats but here is the brief recap I published in April 2000, along with a series of photos showing the great one in action:

Although his best times may pale in comparison with performances today, Vladimir Golubnichiy must still rank as the top 20 Km walker of all time. Consider the amazing competitive record and longevity of this Soviet ace, who also ranked as a true sportsman in every sense of the word. He first came on the scene in 1955, when, at the age of 19, he had the world's fastest time for the year—1:30:02.8. Three years later, he really made his mark when he broke the world's record on the track with a 1:27:05 of September 23. A year later (Sept. 15,

1959), he bettered that mark with a 1:25:13.2 in Odessa. Then began his amazing Olympic odyssey: 1960, Rome—1st in 1:34:07.2; 1964, Tokyo—3rd in 1:31:59.4; 1968, Mexico City—1st in 1:33:58.4; 1972, Munich—2nd in 1:26:55.2; and 1976, Montreal—7th in 1:29:24.6. The latter race was his swan song at age 40. In 1974, at age 38, he won the European title and was ranked No. 1 in the world. He was a frequent and popular competitor in the US-USSR meets of that era, winning six times. He competed in only two Lugano Cups (the Soviets did not enter until 1967) and finished second both times (1967 and 1970). The following sequence, taken from the book *Race Walking* by Julian Hopkins, showcases Vladimir's flawless style.



McGuire Also Passes

Australia's Frank McGuire, well-known in that country for his racewalking prowess in the first half of the 20th century and highly respected as a coach in the second half, died on September 28. He had celebrated his 100th birthday in March. He was appointed National Coach in 1959 and was known in racewalking circles around the world as an International Judge. He was respected world-wide for his numerous books on coaching and training, with an emphasis on junior walkers in many of his publications. His best known book, *Training For Race Walking*, was published in 1962. Among his many honors was the British Empire Medal awarded in 1982 for his services to athletics.

The *Training For Race walking* book included training schedules for racewalkers around the world including U.S. walkers Ron Laird, Bob Mimm, Ronn Zinn and surprisingly, John E. (Jack) Mortland. Ron L., Bob, and Ron Z. had all been on the 1960 U.S. Olympic, but I'm not sure how I got included, although it listed me as an Olympian, which wouldn't be true for two more years. Perhaps Frank was prescient. At this point, I don't really remember being contacted, but apparently I was and submitted some information on my training schedules, which looks a little laughable now.. I would question some of the information I provided. The schedules are largely for Australian walkers and Golubnichiy is not included. The only Soviet walker is V. Ukhov, who was 6th at 50 Km in the 1952 Olympics. The most notable international walkers are Great Britain's Don Thompson (1960 Olympic 50 Km gold) and Ken Matthews (1964 Olympic 20 Km gold) and Josef Dolezal of Czechoslovakia, a silver medalist at 50 in 1952, who, reportedly held 9 world records during his career.



Frank McGuire (third from left) in a 1949 race walking even with Alex Philpott and H. Horden with W. Knott and G. Smith trailing (and an unidentified walker blocked out by McGuire).

THE WAY IT WAS or THE TRIALS OF WE AMATEURS or A RACEWALKING ODYSSEY

(First published in the January 1970 ORW under no title whatsoever and rerun 30 years ago.)

Back in 1961, someone decided they would like to introduce racewalking to the Drake Relays in Des Moines, Iowa. (A historic track meet still going strong today.) So a 1 Mile Invitational was added to the program and Jack Blackburn I were fortunate to be invited. We used to have some rather hairy weekends of travel, but this invitation led to probably the all-time hairiest.

The invitation included expense money (mostly unheard of for racewalkers in those

days), but to say Jack and I, amateurs to the core, were naive about such things would be an understatement indeed. This is the only time we were offered travel expenses and they actually asked us what we needed. Boy, what would Ron Laird have done with that one? But, as far as we were concerned, the only way to get to a walking race was to get in the car and drive all night, or all day as the case may be.

Like to New York for the Indoor Nationals: Leave about 7 pm Friday, hit New York mid-morning (interstates were still to come, but the Pa. Turnpike helped), get a little sleep in the hotel room of someone you know, race that night, and then start home because you can't afford a room of your own. Or, to New York for a Sunday morning race: Drive all day Saturday, get the cheapest room you can find at 10 or 11 that night, race on Sunday, and then back on the road through half the night because you have to be at work at 8 Monday morning. Well, that's the way we did it back in "the good old days".

So, when we received the invitation from Drake, we made our plans along those lines. After all, Des Moines is about the same distance as New York (600 miles or so), although in the opposite direction. However, knowing there was a 25 Km race in Chicago on Sunday, the day after Drake, we figured we would "take advantage" of the Drake people and get enough money to make that race as well. So, we figured the cost for driving the 600 miles to Des Moines, home via Chicago, which may be 700 miles, Saturday lodging, and meals for two days. About \$75 for the two of us would do it. (For youngsters, gas was around 30 cents a gallon in those days and could get a decent room for about \$15.) The fact that there were planes flying in the skies never crossed out feeble minds.

We got our \$75 with no questions asked and on getting to the race found that the other two contestants, Rimas Vacaitis and Matt Rutyna, had gotten \$150 to come the 300 miles or so from Chicago, via the airways. We have the memories, however.

Our schedule was just a bit tighter than going to New York. Although the distance was the same, the race was in the afternoon, not evening, about 6 or 7 hours earlier. So, both being very conscientious about our jobs and wanting to keep them, we left at 7 or 8 pm Friday after work and supper. Taking turns driving, we both managed 1 or 2 hours sleep in the backseat during the drive out. Our only problem was a fuel gauge that registered empty at about 3 in the morning somewhere in western Illinois. A contribution to the "policeman's benefit fund" or something (more likely this particular constable's own pocket) opened a gas pump for us and on we went. (An expense we had not calculated in our careful budget.)

Arriving in Des Moines about 9 am, we hit the hotel room of Ohio Track Clubbers Bill Plummer and Harry McKnight for a little sleep. We were just in time for the Relays parade, which conveniently passed immediately under our window. So much for sleep. After the parade, a little lunch and then out the track for the big race.

Well, not so big really. It seems that the important thing was to make it a very good race for the spectators. Be competitive but extra sure of style so everyone could see the sport at its finest and cleanest and then get it on the program as a regular thing. (That didn't happen. That was the first and last Drake Relay 1 Mile Racewalk.) So, at the suggestion of Chief Judge Bill Ross, it is agreed that we will stick together at a fast, but safe, pace and then race at the finish. The result was a victory for Jack Blackburn at just over or just under 7 minutes, with Rimas second, myself third, Matt fourth, and on one really satisfied, although Jack didn't feel too bad with his nice Drake Relays watch.

Back in the car after supper and on to Chicago, with Rimas as our guest (allowing him to cash in his return ticket and lose his amateur standing for all time, if we told—which we didn't.) By the time we helped some attractive young ladies fix a flat, had some drunk run into our back end at a stoplight, got Rimas home, and found a motel it was 4 am. Our race was at 10, which gave us about 4 hours to sleep and less than 2 hours to eat and digest our breakfasts and find the race site.

Some way, off that preparation, I walked by far the best race of my career to that

point, bettering my 20 Km best on the way to 25, with Rimas again second and Jack third this time. My only regret was that Jack had that beautiful watch for a paltry 1 Mile and all I had for going 25 Km on two sleepless nights was a little medal.

Well we were back in Columbus by midnight and at work the next morning, as usual. And we still had \$18 of our \$75 to split between us (which, I suppose, allowed us to join Rimas in losing our amateur status for all time) Despite our small profit, such a trip and many others like it assured us that we were indeed competing in amateur sport. And, we cherish the memories.

Annual Awards

Retiring National Chairman Vince Peters announces and congratulates those being honored in the annual USATF Racewalking Awards and thanks Dave Talcott, Ray Funkhouser, and Ginger Mulanax for handling the data and voting than went into determining the winners.

And the winners are:

Ron Zinn Memorial Award, given to the year's outstanding male and female racewalkers. The award commemorates the achievements of Capt. Ron Zinn, who lost his life in combat during the Vietnam War. Ron was a member of the U.S. Olympic Team in the 1964 Games in Tokyo where he finished sixth in the 20 Km. The 2012 winners are **Maria Michta** and **Trevor Barron**, both repeating from 2011.

Henry Laskau Award, commemorating the achievements of Henry Laskau as an athlete and as a person, is presented annually to the USA's top junior racewalkers. Henry won 42 National titles and was a member of the 1948, 1952, and 1956 U.S. Olympic teams. The 2012 winners are **Maite Moscoso** and **Tyler Sorensen**.

Mike Riban Award given in memory of the longtime supporter, coach, and official Mike Riban of the Green & Gold A.C. in Chicago to the outstanding contributor to racewalking. The 2012 award goes to retiring chairman **Vince Peters**.

Outstanding Association Award, which goes to the **San Diego-Imperial Association**.

The Masters Male and Female Racewalkers of the Year presented annually to the top master (35 and older), which go to **Teresa Vaill** and **Tim Seaman**.

And finally, the **Masters Men and Women Age Group** winners were as follows:

35-39 Omar Nash (no woman qualified)
40-44 Tim Seaman and Tammy Stevenson
45-49 Dave Swarts and Teresa Vaill
50-54 Ray Sharp (no woman qualified)
55-59 Mark Green and Debbie Topham
60-64 Andrew Smith and Marianne Martino
65-69 Christoph Schmid, Panseluta Geer and Darlene Backlund
70-74 John Backlund and Louise Walters
75-79 none qualified
80-84 John (Jack) Starr and Ruth Ketron
85-89 none qualified

Separate from these awards determined by vote are the Annual Grand Prix winners determined by points accumulated in national title races and other designated races throughout the year. Final Grand Prix standings follow:

Women

1. Maria Michta, Walk USA 40
2. Katie Burnett, un. 39

Men

1. Dan Serianni, World Class RW 57
2. Tim Seaman, New York AC 46

3. Tamara Stevenson, Wasatch Walkers 34
4. Susan Randall, Miami Valley TC 33
5. Lauren Forgues, NYAC 31
Miranda Melville, un. 31
Erin Taylor-GTalcott, Shore AC 31
8. Teresa Vaill, Pegasus AC 30
9. Erin Gray, Bowerman AC 26
10. Darlene Backlund, So. Cal TC 14
Maite Piedra-Moscoco, Fla. AC 14
Debbi Topham, Pegasus 14
(53 with one or more points)

Junior Women

1. Abby Dunn, Maine RW 33
2. Maite Moscoso, Central Fla. Gliders 28
3. Kaitie Michta, Walk USA 25
4. Molly Josephs, Walk USA 21
5. Nicolle Sorensen, un. 18
6. Kaitlin Flanders, Maine RW 14
7. Nicole Court-Menendez, Maine RW 12
8. Patsy Hurley, Equalizers TC 10
Stephanie Saccente, Walk USA 10
Irene Fletemeyer 10

Masters Women

1. Marianne Martino, High Slititude RW
2. Debbie Topham, Pegasus 42
3. Darlene Backlund, So. Cal TC 34
4. Ann Harsh, Florida AC 32
5. Tamara Stevenson, Wasatch Walkers 28
6. Sandra DeNoon, Florida AC 24
7. Teresa Vaill, Pegasus AC 20
8. Cathy Mayfield, Pegasus AC 19
Panseluta Geer, Shore 19
10. Susan Randall, Miami Valley TC 16
(38 with one or more points)
(14 with 1 or more points)

LOOKING BACK

50 Years Ago (From the November 1962 American Race Walker, published by Chris McCarthy in Chicago)—A National Postal 20 Km went to Canada's Alex Oakley, who had walked 1:34:40.4 in Toronto. Ron Laird's 1:38:25.9 in Chicago was second and John Allen's 1:39:25.6 in Amherst, N.Y. was third. There were 42 finishers. Laird's time bettered the American record (track) of 1:40:36.5 set by Jack Mortland in the 1961 postal. Mortland had walked on his old high school in Upper Arlington, Ohio, a Columbus suburb. Oakley bettered his own Canadian record. . .Laird won the 10 Mile race at the Ohio Track Club Distance Carnival in 79:19, well clear of Jack Mortland. He then came back to take the 2 mile from Jack Blackburn with a 14:32 effort. Chris McCarthy won the 20 miler in 2:56:08. The Coney Island

3. Nick Christie, un. 40
4. Michael Mannozi, un. 38
5. Trevor Baron, NYAC 32
6. John Nunn, US Army 31
7. Ben Shorey, Shore AC 29
8. David Swarts, Pegasus AC 26
9. Christoph Schmid, World Class RW 25
Patrick Stroupe, un. 25
(43 with one or more points)

Junior Men

1. Jonarhan Hallman, un. 44
2. Michael Nemeth, Wings of Moon 28
3. Nataniel Roberts, Bowerman AC 22
4. Anthony Peters, Elgin Sharks 21
5. Alex Chavez, South Texas WC 17
6. Alexander Peters, Elgin Sharks 21
7. Lucas Borget, Lakers TC 10
Tyler Sorensen, un. 10
Mitchell Brickson, Goshen Coll. 10
Thomas Dunleavy 10

Masters Men

1. David Swarts, Pegasus AC
2. Andrew Pegasus AC 26
3. Max Green, Pegasus AC 26
4. Leon Jasionowski, Pegasus AC 23
5. Omar Nash, Miami Valley TC 21
6. Max Walker, Pegasus AC 29
Ray Sharp, Pegasus AC 20
8. Ian Whatley, World Class RW 17
9. Dave Talcott, Shore AC 16
10. Jack Bray, un. 12
(40 with one or more points)
(25 with one or more points)

10.5 mile handicap race went to Jerry Madden in 1:38:24 with Ron Laird taking fast time honors in 1:24:53

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

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

35 Years Ago (From the November 1977 ORW)—Not much exciting to report that month, although we did run an interesting profile of Great Britain's 20 Km great, Ken Matthews. . .Jack Blackburn beat Chris Knotts in a 3 miler on the Ohio scene. . .In England, Derek Harrison had 17:43:00 for 100 miles (I guess that's rather exciting), as 56 finished the race under the 24-hour limit. (Also exciting. Perhaps I should extract my opening statement.)

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

25 Years Ago (From the November 1987 ORW)—A three-race International series was wrapped up in Mezzid, France and San Giovanni, Italy. In France, Sweden's Bo Gustavsson won the 15 Km in 62:15, ahead of Roman Mrazek, Czechoslovakia and Querubin Moreno, Colombia. Australia's Kerry Saxby took the women's 5 Km in 21:58 with Sweden's Ann Janssen 48 seconds back. Finland's Reima Salonen won at 30 Km in San Giovanni with a 2:13:59, better than a minute ahead of Italy's Raffello Docceschi and Giovanni Pericelli. Moreno was fourth. Saxby was a winner here, too, taking the 10 Km race in 46:35 ahead of Janssen's 47:17 and Sue Cook's 48:25. Moreno was the men's series winner with 55 points, 1 ahead of Mrazek and 5 ahead of Docceschi. Saxby swept the women's series with 18 points to 15 for Janssen. . .Alan Price won the Columbia, Missouri 100 miler for the ninth time in 20:53:42. Chuck Hunter was

the only other finisher, doing 22:42:04. Hunter went the distance for the eighth time and the first since 1979, having been laid up with the loss of a kidney and gimpy knees. . In England, John Cannell won a 100 miler in 17:55:10 with five others under 20 hours and 38 under 24 hours.

20 Years Ago (From the November 1992 ORW)—In an unusual race, Don Bredle won an outdoor-indoor 2 Mile in Cleveland, finishing in 17:08. The race started outdoors in the snow and finished with the final half-mile on an indoor track. Veteran Ron Laird was third in 17:40. Jonathan Matthews had a 44:46 for 10 Km in Seaside, Cal. . The Paris-to-Colmar 518.5 Km race went to Poland's Zbigniew Klapa in 62:38. The women's Chaloms-to-Colmar 333.5 Km was won by France's Edith Couthe in 47:38. . In the World Junior Championships in September, Ecuador's Jefferson Perez won the 10 Km in 40:42.66 over Poland's Jacek Muller (40:1). Four years later, Perez won the Olympic 20 Km, and, of course, continued to rack up titles for several years thereafter. Hongmiao Gao of China won the women's 5 Km in 21:20.3, 38 seconds ahead of Australia's Jane Saville.

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

5 Years Ago (From the November 2007 ORW)—A 100 miler in Grapevine, Texas went to Marcelino Sobczak of the Netherlands in 20:11:57.2. Ed Parrot (21:13:58) and Doug Johnson (23:25:02) added their names to the list of U.S. Centurions, finishing second and fourth. There were two other Dutchmen and one Austrian among the six finishers. . Poland's Grzegorz Sudol walked a 3:55:22.2 for 50 Km in Austria with countryman Artur Brzozowski just over 4 minutes behind. . China's Gaobo Li wet a World 20,000 meters record of 1:20:11.72.

* Bob's time still leaves him as the fourth fastest American all-time, behind Larry Young, Paul Hendricks, and Alan Price. Hendricks and Price (who completed 23 centuries between 1978 and 1993) both had two times faster than Bob's. Just 15 seconds behind him was Jonathan Rem, who had completed a 100-miler in 1980. While Price, Hendricks, Young, and Keating are household names in racewalking circles, I have no idea who Jonathan Rem was, beyond the fact that he walked 19:19:46 in San Diego on Nov. 1, 1980 behind Hendricks' 18:18:42. He was 31 at the time and reportedly had been racewalking for just 9 months. Perhaps he got his fill in one shot. . Larry O'Neil, who won the first U.S. 100 miler of the 20th century at Columbia, Missouri in 1967 at age 60, remains fifth on the all-time list. That was Larry's first of six 100 milers.

A sample of the training schedules included in Frank McGuire's book, *Training For Race Walking*:

EDWARD JAMES ALLSOPP

Ted Allsopp. Williamstown A.A.C. and Victorian Amateur Walkers Club. Australian Olympic Team 1956. Ex Australian Champion 2 miles to 50 kilometers.

Best times: 1 mile, 6:28; 2 miles 13:32; 5 miles, 32:25; 10,000 meters, 44:24; 20,000 meters, 93:30; 2 hours, 16 miles 403 1/2 yards (world record 1956) Born December 15, 1926 at Edenhope, Victoria, Australia. Height 5 ft. 9 3/4 in. Weight 145 lbs. Started race walking in 1945 at age 18 years.

TRAINING FOR 3,000 METERS. Typical schedule:

Sun. 4x1 mile, 8 mins. pace. (2 mins. rest)
Mon. 12x440 at 1:50. (1 min. rest.)
Tue. 6x880 at 3:40 (2 mins. rest.)
Wed. 4x1 mile at 8 mins. mile pace. (2 mins. recovery)
Thu. 12x440 at 1:50 pace (1 min. recovery)
Fri. Rest.
Sat. Race.

TRAINING FOR 10,000 METERS. Typical schedule:

Trains 5 nights per week over repetition 440s, 880s, and 1/2 mile. Races each Saturday.
Sun. 1 hour on road.
Mon. 16x440 with 1 min. recovery.
Tue. 7 miles at 8 min. mile pace.
Wed. 5x1 mile at 8 min. mile pace. (1 min. rest)
Thu. 12x440 at 1:50 to 2:00. (1 min. rest)
Fri. Rest.
Sat. Race.

TRAINING FOR 50 KILOMETERS. Typical schedule:

Sun. 5 hours road. (9-9:30 mins. per mile)
Mon. 10 miles on road, 8:45 mile pace.
Tue. 12 miles on road, 8:30 mile pace.
Wed. 10 miles track 9 mins. mile pace.
Thu. 12 miles, 8:30 mile pace.
Fri. Rest.
Sat. Race.

Trains alone and has no personal coach now, but was helped early in career by ex-New Zealand champion, Ian Driscoll, and later by club coach Cliff Barling. Lost form for a year or so while undergoing a style change recommended by the writer. Is now back in top form specializing in long distance with great success. Does no calisthenics or weight training. During 50 kilometers event, takes tea and glucodin.