

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER



VOLUME XLVIII, NUMBER 11

COLUMBUS, OHIO

JANUARY 2013

To begin this next to last issue of the ORW's 48th year, let us have some.
RESULTS!

USATF Indoor Masters and Open 5000 meters, Rochester, N.Y. Dec. 30—Masters men—1. Allen James 23:12.02 2. Dave Swarts 23:28.92 3. Dave Talcott 24:16.14 4. Ed O'Rourke 26:14.88 5. Vince Peters 29:09.66 6. Jim Miner 29:19.83 7. Bruce Logan 29:21.90 8. Charles Boyle 45:12.57 Women—1. Susan Randall 24:33.48 2. Carol Bendall 34:25.10 3. Jill Behr-Medved 40:04.34 Open Men—1. Michael Mannozi 22:31.31 2. Dan Serianni 22:31.63 3. Jonathan Hallman 22:47.66 4. Joel Pfahler 24:23.45 Open Women—Erin Taylor-Talcott 23:58.16 2. Katie Burnett 24:23.27 3. Erika Shaver 25:30.56 Open 10,000, same place—1. Dan Serianni 45:32.09 2. Jonathan Hallman 46:49.50 (I assume this was carrying on from the 5000 finish. There was also a note about James and Mannozi walking 24:53 in the second section of the race.) **Indoor 1 Mile, Hanover, N.H., Jan. 13**—1. Erin Taylor-Talcott 7:12.52 2. Katie Burnett 7:18.27 3. Kelsey Barret, NY HS 9:06.26 4. Laura Turner, Maine HS 9:08.59 4 5. Valentina Vaitones, N.H. HS 9:16.04 6. Kahyla Gray 9:23.47 7. Mandy Roach, Canada 9:29.85 8. Christina Sipior, NY HS 9:34.28 9. Briona Luthart, NY HS 9:45.41 10. Morgan Staskiewicz, NY HS 10:18.64 Men—1. Dan Serianni 6:26.30 2. Marek Adamowicz, Canada 6:34.48 3. Dave Talcott 7:17.50 4. Ed O'Rourke 7:43.60 5. Spencer Dunn, Maine HS 7:43.67 6. Dominic Chartier, Canada 8:38.84 7. Larry Epstein 9:14.65 **Indoor 3000 meters, Boston, Jan. 20**—1. Dan Serianni 12:29.32 2. Katie Burnett 13:45.53 3. Ed O'Rourke (51) 15:11.81 4. Spencer Dunn (14) 15:21.40 5. Stephen Peckiconis (53) 16:36.30 **Indoor Girl's HS 1500 meters, New York City, Dec. 1**—1. Sophia Mahin 7:19.93 2. Gabriela Kluzinski 9:00.47 3. Janie Yang 8:01.93 4. Mei Yin Wu 8:12.72 5. Jessica Szela 8:13.74 6. Rebecca Lio 8:19.35 (18 finishers) **Indoor 1600 meters, Brentwood, N.Y., Dec. 21: Women**—1. Maria Michta 7:00.30 2. Jenna Monahan 8:26.98 3. Sher Armstrong 9:02.84 **Young Women**—1. Annica Penn 7:26.51 2. Holly Lindoe 7:46.39 3. Brittany Collins 7:58.07 **Masters Men**—1. Bil Vayo (45-49) 8:02.96 2. Michael Korol (50-54) 8:49.73 **Indoor Girls HS 1500 meters, New York City, Dec. 29**—1. Sophia Mahin 7:21.33 2. Wan Qi Kong 7:41.94 3. Jessica Szela 7:55.39 4. Janie Ou Yang 7:57.00 5. Mei Yin Wu 8:10.30 6. Luo Qi Kong 8:10.72 (18 finishers) **Indoor Girls HS 1500 meters, New York City, Jan. 4**—1. Annica Penn 6:53.72 2. Holly Lindoe 7:06.08 3. Ji Won Kang 7:11.26 4. Stephanie Saccene 7:14.84 5. Sophia Mahin 7:17.53 6. Maria Gorecki 7:23.45 7. Courtney Kiernan 7:27.95 8. Natalie Dequarto 7:32.23 9. Jessica Szela 7:33.94 10. Kristi Lucursi 7:40:40 (46 finishers, 1 DQ) **Freshman Girls**—1. Monika Farmer 7:19.41 2. Allie Bennett 7:43.42 3. Danielle Carson 7:46.95 (23 finishers, 2 DQ) **1 Mile, Long Island, Jan. 12**—1. Curt Clausen (45-49) 7:52.27 2. Bill Vayo (45-49) 7:56.25 3. Robert Campbell (65-69) 9:42.48 **Women**—1. Brittany Collins 7:46.91 2. Maryanne Daniel (50-54) 8:05.36 Sarah LaPorta (17-18) 8:40.08 **N.J. Indoor Open and Masters 3000 meters, Jan. 26**—1. Richard Luetichau 13:42.14 2. Dave Talcott (52) 14:15.94 3. Bill Vayo (48) 15:46.16 4. Bruce Logan (48) 16:49.98 5. John Fredericks (65) 18:13.02 6. Peter Warren (62) 28:49.66 7. Fred Linkhart

Dave Talcott
566 Mclean
Owego, NY 13827
C



The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$15.00 per year. Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit Street, Columbus, OH 43202. E-mail address is: jmortlan@columbus.rr.com. Approximate deadline for submission of material is the 24th of each month.

(60) 19:21.89 8. Ronald Salvio (64) 19:45.36 9. Barry Blake (58) 19:54.57 10. Pat Bivona (71) 20:02.86 (1 DQ) Women—1. Erin Taylor 13:48.08 2. Elissa Endy (13) 18:04.40 3. Maria Paul (48) 19:51.13 4. Panseluta Geer (66) 20:04.83 **Indoor HS Girls 1500 meters, New York City, Jan. 21**—1. Ji Won Kang 78:01.20 2. Gabriela Kluzinski 7:54.10 3. Janie Ou Yang 7:56.30 4. Mei in Wu 8:08.70 5. Michelle Szerko 8:26.00 6. Winnie Yu 8:34.10 (29 finishers, 4 DQ) **10 Km, Asbury Park, NJ., Dec. 31** (Scheduled 10 mile shortened because of brutal cold and fierce wind gusts)—1. Bil Vayo 58:33 2. Alexis Davidson 64:13 3. Bruce Logan 65:19 4. John Morrison 66:30 5. Fered Linkhart 66:50 6. Tom Quattrocchi 70:18 (11 finishers, 1 DQ) Women—1. Maria Paul 67:59 2. Sue Lockhart 78:07 (5 finishers) (Note: Bruce Logan also competed in the 5 Km run. This after competing in the National 5000 meters walk in Rochester (see above) the day before and riding a bus home through a major snow storm. Three races in 28 hours with the long bus ride between.) **Indoor 1500 meters, Albany, N.Y., Jan. 20**—1. Dave Talcott (52) 6:45.1 2. Maryanne Daniel (54) 7:25.0 3. Don Lawrence (53) 7:49 4. Meaghan Podlaski (16) 8:37 5. Bridget O'Malley (18) 8:52.5 (9 finishers, 4 DQ) **5 Km, Biloxi, Mississippi, Dec. 22**—1. Ptnya Drake 30:34 **Gulf Coast Marathon, Biloxi, Miss., Nov. 17**—1. Paul Cunningham 4:20:25 2. 5 Km, Long Beach, Miss., Dec. 1—1. Tanya Drake 30:39 **10 Km, Pass Christian, Miss, Dec. 8**—1. Tanya Drake 64:11 **3000 meters, Daytona Beach, Fla., Jan. 20**—1. Trey Willaims, Embury-Riddle U. 14:54.43 Women—Teresa Vaill 13:53.38 2. Nicole Bonk, Embury-Riddle 15:09.74 **Indoor 3000 meters, Findlay, Ohio, Jan. 25**—1. Susan Randall, Miami Valley TC 14:09.50 2. Abby Dunn, Goshen College 15:32.02 3. Erin Helmlth, Goshen Col. 15:45.12 4. Monica Lawrence, Cornerstone U. 16:16.93 5. Brianna Griffiths, Cornerstone 16:41.14 6. Mercedes Mancha, St. Xavier U. 17:40.99 7. Kayla Ovokaitya, Cornerstone 18:17.15 8. Niki Worshan, Miami Valley TC 18:55.30 9. Barb Hensley, Miami Valley TC 23:01.03 Men—1. Cody Risch, Cornerstone U. 12:25.87 2. Michael Manozzi, Shore AC 12:45.12 3. Joel Pfahler, Mimai Valley TC 13:53.31 4. Mitchell Brickson, Goshen Col. 14:36.90 5. Omar Nash, Miami Valley TC 14:42.94 6. Isaac Withrow, Cornerstone U. 15:24.10 7. Russ McMahon, Miami Valley TC 16:30.43 8. Travis Flach, Rio Grande U. 16:49.18 **Indoor 3000, Jacksonville, Ill., Jan. 19**—1. Patrick Stroupe 11:52.06 2. Nick Christie, Missouri Baptist 12:07.25 3. Alejandro Chavez, Miss. Baptist 12:12.47 4. James Hafner, Evangeline 14:01.58 Women—1. Mereth Zalba, Miss. Baptist 24:59.23 2. Molly Josephs, Miss. Baptist 15:29.74 3. Nicole Court-Menendez, Dakota Wesleyan 16:28.72 4. Leann Young, un. 15:46.68 5. Kaitlyn Loeffler, Central Methodist 16:50.32 **1 Hour, St. Louis, Nov. 17**—1. Alejandro Chavez 13,280 meters (National Junior record) **3000 meters, Pharr, Texas, Dec. 27** (Site of the Junior RW Camp)—1. Tim Seaman (39) 12:24 2. Holly Lindo (17) 15:53 3. Brittany Collins (18) 15:53 4. Nehemiah Cionelo (12) 16:22 5. Alex Peters (16) 16:22 6. Alexa Kluepfel (16) 16:36 7. Steven Berry (13) 17:13 8. Anthonyh Peters (16) 17:43 9. Leann Young (23) 17:46 10. Mercedes Mancha (22) 17:47 11. Cassandra Delgado (17) 17:47 12. Rachel Seaman (26) 17:48 (17 finishers) **1 Mile, same place**—1. Geraldo Flores *16, Texas 7:32 2. Natgalia Alfonso, Venezuela (18) 7:33 3. Ian Rixon (14, Maine 8:06 4. Magtias Serna (14), Texas 8:12 5. Brenda McCullum (17) Kansas 8:24 6. Fiona Dnleavy (16), Texas 8:29 7. Jonathan Aguilar (12), Texas 8:29 8. Sarah LaPorta (17), New York 8:30 9. Julisa Juarez (12), Texas 8:31 10. Amberly Melendez (15), Texas 8:35 11. Camila Vicens (10), Texas 8:38 12. Kasandra Rodriguez (14), Texas 8:46 (14 finishers, 1 DQ) **U.S. Junior 10 Km Pan American Cup Trials, Pharr, Texas, Dec. 29: Men**—1. Steven

Washburn (18), California/Australia 49:34 2. Alex Peters (15, Illinois 49:52 3. Anthony Peters (16), Illinois 50:41 4. Geraldo Flores (15), Texas 53:06 5. Ian Rixon (18), Maine 60:20 6. Matias Serna (14), Texas 61:05 **Women**—1. Molly Josephs (18), Missouri Baptist U. 53:49 2. Brittany Collins (18), New York 54:24 3. Brenda McCollum (17), Kansas 54:29 4. Holly Lindoe (17), New York 58:26 5. Cassandra Delgado (17), Illinois 60:12 6. Fiona Dunleavy (16), Texas 60:12 7. Alexa Kluepfel (16), New York 61:07 8. Jennifer Lopez (16), Illinois 61:52 9. Moriah Cionelo (16), New Mexico 64:37 10. Sarah LaPorta (17), New York 64:37 **Open 10 Km, same place, Men**—1. Nick Christie, Miss. Bptist 43:33 2. Tie Seaman, NYAC 43:33 3. Alejandro Chavez, Miss. Baptist 43:44 **Women**—1. Nirvana Zalba (19), Miss. Baptist (Mexico) 50:01 2. Jessica Chang (25), Miss. Baptist (Hong Kong) 50:43 3. Natalia Alfonso (18), Venezuela 52:10 4. Rachel Seaman, Canada 54:48 5. 5. Leann Young, St. Louis 54:48 6. Mercedes Mancha, Illinois 62:00 7. Aadrian McCollum (19), Kansas 65:28 8. Sukvua Carduek (60), Mexico 78:28 **Youth Boys 10 Km, same place**—1. Nehemiah Cionelo (12), New Mexico 59:55 **5 Km, same place**—1. Jonathan Aguilar (12), Texas 28:20 2. Kasandra Rodriguez (14), Texas 29:17 3. Julisa Suarez (12), Texas 29:18 4. Anali Cisneros (15) Texas 30:26 5. Meghan Keetley (16), New York 30:27 6. Amberly Melendez (15) Texas 30:27 7. Camila Vicens (10), Texas 30:51 8. Ellerie Lagerhausen (19), Arizona 30:51 9. Gisela Fores (12), Texas 31:36 10. Gina Benleey (13), California 31:44 11. Itzel Gonzalez (12), Texas 32:31 12. Nayali Cisneros (14), Texas 32:35 13. Emery Antuna (11), Texas 32:31 14. Janesa Campos (11), Texas 33:09 15. Desiree Espericueta (14), Texas 43:32 (24 finishers) **50 Km, Houston, Jan. 6**—1. Bruce Logan (48), Park Walkers, NYC 6:19:58 **5 Km, same place**—1. Jonathan Aguilar (12) 30:29 2. Julisa Juarez (12) 30:36 3. Amberly Menendez (15) 31:00 4. Camila Vicens (10) 32:48 5. Desiree Espericueta (14) 6. Itzel Gonzalez (12) 33:52 **10Km, sameplace**—1. Natalia Alfonso (18), Venezuela 60:27 2. Geraldo Flores (16) 60:27 **5 Km, Nov. 17, Brighton, Col.**—1. Francisco Pantoja 21:14 2. Mike Blanchard (50+) 30:37 3. marianne Martino (60+) 30:48 4. Malcolm MdGee (50+) 31:30 5. Daryl Meyers (60+) 34:26 6. Marci Rschke (60+) 35:13 7. Rita Sinkovec (70+) 35:20 (12 finishers) (In the Pan Pacific Masers Games in Gold Coast, Australia in early November, Mike Blanchard taking an age group bronze at 5 Km with 30:10.76, a silver at 10 Km with 61:10, and a bronze at 3 Km with 17:44.56 **3000 meters, Moorpark, Cal., Oct. 23**—1. Alex Kaarvan (57) 16:39.59 2. Julia Townsend (19) 16:52.43 3. Charles Tucker (57) 18:06.54 4. oko Etcheley (65) 18:36.49 5. Gina Bentley (13) 18:41.62 6. Ray Billig (55) 18:48.71 7. Rick Campbell (66) 18:58.71 (14 finishers) **Indoor 3000, Irvine Ca., Jan. 19**—1. Julia Townsend 17:03.85 2. Joseph Nieroski 17:13.67 3. Ryan Thong 17:17.93 4. Patsy Hurley 17:43.77 5. Rick Campbell 18:09.72 6. Janelle Zamora 18:27.48 7. Shara Leche 18:27.48 **Indoor Meet, Chelyabinsk, Russia, Jan. 6: 5000 meters**—1. Yuriy Andronov 19:44.8 2. Aleksandr Zhigalov 20:12.6 **Women's 5000**—1. Natalya Makarova 21:52 2. Lina Bikulova 22:09.8 **Jr. Women's 3000**—1. Olga Shargina (16) 12:38 **Women's 3000 meters, Portugal, Jan. 12**—1. Ana Cabecinha 13:09.45 **Women's 3000 meters, Portugal, Jan. 13**—1. Ines Henriques 12:43.35 **Indoor 5000, Russia, Dec. 30**—1. Valeriy Borchin 18:07 2. Vladimir Kanaykin 18:15 3. Igor Yerokhin 18:22 **Women's 5000, same place**—1. Olga Kiniskina 19:47 **5000 meters, Portugal, Jan. 13**—1. Joao Vieira 20:30.85 2. Sergio Vieira 20:36 3. Pedro Isidora 20:37.11 **Women's 3000, same place**—1. Vera Santos 13:47.27 **Indoor 5000, Volga District, Russia, Jan. 18**—1. Irina Yumanova 21:12 2. Olga Soranova 21:37.09 3. Marina Pandaliva 21:40.41 Men—1. Pyotr Trofimov 19:15.5 2. Alexandr Yargunkin 19:26.51 3. 4. Aleksey Archipov (14) 20:3.31! **Portuguese Indoor Jr. 5000**—1. Miguel Carvalho 21:27.58 2. Rui Coelho 21:33.77 **Portuguese Indoor Women's 3000**—1. Filipa Ferreira 14:11.07 2. Edna Barros 14:13.29 3. Mara Ribeiro 13:14.27 **Indoor 5000, Eaubonne, France, Jan. 19**—1. Antonin Boyez 20:14.90 **Indoor 3000, Montpelier, France, Jan. 19**—1. Corinne Baudoin 13:52.18 **Indoor 3000, Bordeaux, France, Jan. 19**—1. Violaine Averous 13:41.31 **5000 meters,**

Sydney, Australia, Jan. 19–1. Nathan Brill (17) 20:09.02

2012 National Postal 1 Hour Results (Sponsored by the Shore AC and compiled by Dave Talcott. Races conducted at various locations throughout the year, but it appears perhaps all in Washington—either Washington state or Washington, D.C. area.)—1. Erin Gray, Bowerman AC 12,554 meters 2. Ian Whatley (52), World Class RW 12, 503 3. Rob Frank (60), Racewalkers Northwest 10,546 4. Steve DiBernardo (60) Club Northwest 10,347 (First we've seen of this U.S. International--World Cup 20 Km in 1977--in a long time.) 10,347 5. Dennis Robeson (65), RW Northwest 10,151 6. Rebecca Stevens (48), Vancouver, Wash. 10,117 7. Bob Novak (63), Club Northwest 9863 8. Melissa Bosserman, RW Northwest 9685 9. Tom Gerhardt (61) Tidewaters Striders 9649 10. Debra Bridges (46) RW Northwest 9252 11. Nana Bellerud, RW Northwest 9235 12. Tim Good (52), Potomac Valley TC 9205 13. Irene Fletemeyer (17), Germantown, Maryland 9060 14. Maureen Robeson (63), RW Northwest 8924 15. John Morrison (63), Potomac Valley TC 8791 16. Stan Chraminski (64) Club Northwest 8508 17. Mary Ann Fowler (54) Potomac Valley TC 8397 18. Diana Thurman (65) Club Northwest 8331 19. Megan Holley (27) RW Northwest 8221 20. Tom Augustine (62) Potomac Valley TC 8189 (27 finishers)

Those are the official results for those who submitted applications for the race. However, Dave also compiled a list of all 1 Hour performances during the year, which includes many additional performances. Here are performances of others not officially entered: Dan Serianni 12,931; Jonathan Hallman 12,884, Jill Cobb 12,326; David Swarts 12,290 (and 12,068; Teresa Vaill 12,053; Omar Nash 11,890; Joel Pfahler 11,590; Chris Schmid 11,460 and 11,070; Katie Burnett 11,332; Mark Green 11,306; Dan O'Brien 11,151; Spencer Dunn 11,066; Andrew Smith 11,064; John Soucheck 10,800; Stephanie Saccente 10,501, Ed O'Rourke 10,375; Brittany Collins 10,335; Alex Price 10,333; Caitlin Palacio 10,286; Alexa Kluepfel 10,250; Rebecca Stevens 10,117; Lila Haba 10,037 (That's all who went past 10 Km. In all, there were more than 100 who completed a 1 Hour race during the year.)

Looking for a race? Find a place

Fri. Feb. 1	National USATF Indoor 1 Mile, New York City (D)
Sat. Feb. 9	Southwest 30 Km and 10 Km (K)
Sat. Feb. 16	H.S. 1 Mile, Albuquerque, N.M. (E)
	National USATF Indoor 1 Mile, New York City (D)
Sun. Feb. 17	New England Indoor 3000, Boston, 11 am(T)
Mon. Feb. 18	3.7 Miles, Brockton, Mass. (T)
Wed. Feb. 20	Youth, H.S. 800 meters and 1 Mile, Boston, 11am (T)
Sun. Feb. 24	1 Mile and 3000 meters, Asustin, Texas S))
March 1-3	National USATF Indoor 3000 meters, Albuquerque, N.M. (D)
Sun. March 10	Florida State races at 5 to 50 Km (B)
	20 Km and 2 Miles, Houston, Texas (G)
Fri. March 16	3000 meters, Columbia, Missouri (V) 1 Mile, Houston, Texas (G)
Sun. March 17	Pan-Am Cup Trials and U.S. Masters 20 Km, Huntington Beach, CA(D)
Fri. March 22	USATF Masters Indoor 3000 meters, Landover, Maryland (D)
	Indoor 1 Mile, New York City
Sun. March 24	Ron Zinn Memorial 10 Km, Wall Twp. N.J. (A)
Sat. March 30	5000 meters, Shawnee, Oklahoma (G)
Sat. April 6	5000 meters, Fayette, Missouri (V)
	5 Km, New Orleans ((W)
Sun. April 7	5000 and 10,000 meters, Upper Nyack, N.Y.
Sun. April 14	1 Hour, Ottawa, Ontario (N)

Sat. April 27 Penn Relays 5000 women and 10,000 men, Philadelphia (L)

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Daniel Koch, South Florida Racewalkers, 954-970-9634, racewalker@bellsouth.net
 C--FranciCash@aol.com
 D--www.USATF.org
 E--Brian Clarke, bgscgw@hotmail.com, 508-263-7599
 F--Frank Soby, 4157 Colonial Drive, Royal Oak, MI 48073, franksoby@comcast.net
 G--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072
 H--1933 West Plum Street, Fort Collins, CO 80521, 970-493-3425
 I--Matt DeWitt, ccwalker-uwp@yahoo.com
 J--Art Klein, 324 Alta Vista, Santa Cruz, CA 95060
 K--RunNOTC.org
 L--Jeff Salvage, www.racewalk.com
 M--Vince Peters, 607 Omer Circle, Yellow Springs, Ohio 45387 (937-767-7424)
 N--www.nyackracewalks.webspawner.com
 O--A.C. Jaime, acjaime@sbcglobal.net
 P--Lon Wilson, 1020 Grand Concourse, Suite 15X, Bronx, NY 01451
 Q--New Mexico Racewalkers, P.O. Box 90111, Albuquerque, NM 87199
 R--574-535-7495, dourgy@goshen.edu
 S--www.Trackforlife.com
 T--svatones@usatfne.org
 U--Elaine Ward, 945 S. Orange Grove Beaach, Paasadena, CA 91105
 V--Cmueagles.com/schedule
 W--www.runnotc.org
 X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
 Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201

From Heel To Toe

Mexican Olympic medalist dies. A little more than two weeks after being shot, Mexico's Noe Hernandez died at age 35. On Dec. 30, three gunmen burst into the Queen of Kings nightclub in Los Reyes La Paz and then shot and killed two people and seriously injured two more. Hernandez was one of the two, losing his left eye. He underwent three surgeries and his condition was listed as serious. He had been recovering at home and appeared to have suffered a heart attack when he died on Jan. 16. It was unclear whether Hernandez was targeted in the attack or was a random victim, but he had said after the attack he had told reporters that it appeared to have been premeditated. With his silver medal, Hernandez was ranked number two in the world at 20 Km in 2000 and was also ranked fifth in 2002. He had a lifetime best of 1:18:51 in 2005. At the time of his death he was sports secretary of the executive committee of the ruling Institution Revolutionary Party in the state of Mexico... **Hal McWilliams.** From Jim Hanley: "It is with great sadness that I report the passing of another racewalk legend. Hal McWilliams, like John Kelly and Murray Rosenstein, who both passed last year, was an icon of the sport in Southern California. During the 1960s, '70s, and '80s, Hal, a professional surveyor, measured every racewalk course in Southern California. In those days—to increase the exposure to the sport—we had races everywhere so he was very busy. In the four years leading up to the 1984 L.A. Olympics, Hal measured 200 possible courses for the 20 and 50 Km events as well as the marathon course. After the marathon course was laid out it was rechecked by the IAAF with EDM (lasers). It was "the most accurately measured marathon course in history" according to Commissioner Bill Bedford, who stated that Hal's wheel

measurements were just 1 cm different than what was obtained by the lasers. . . I (that is, Jim) first met Hal on April 25, 1964 during the two-mile walk at the Mt. SAC Relays in a packed-to-capacity stadium in the middle of the meet. Being a cocky, young UCLA runner, I was certain that I'd beat two "old guys" standing on the line next to me. Hal McWilliams, 48 at the time, and an even older Bob Long beat me. Worse, in an attempt to catch them, I lost form and was disqualified. Without the support and encouragement from Hal after the race, it is possible that I would not have continued to be involved in racewalking. Fast forward to March 4, 1972. In an attempt to provide exposure to the sport, we set up an exhibition racewalk in the Duarte Invitational high school track meet. Once again, the stadium was filled to capacity. While many thousand fans packed the Citrus College stadium, only three walkers showed up. They were Larry Walker (who would later make two Olympic teams, Hal McWilliams and me. To avert a public relations disaster, I came up with the last minute idea of Larry Walker going for the American record at the two-mile distance, with Hal, then 55, attempting to make the National Championship qualifying standard. I would be the announcer and later announcing the various records, I informed the audience that the 16 minute qualifying standard was comparable to the 4:01 mile run standard. They quickly got involved in the race. By being alerted to race progress via a pace chart and lap times, the crowd went crazy and started cheering. Larry just missed the American record. When Hal dipped under the hoped for 16-minute mark, the 10,000 plus spectators erupted in very loud applause. On the way to my car after the meet, I overheard several strangers talking about Hal and Larry. 'I never knew a racewalk could be so exciting,' said one. In later years, Hal had many health problems, surgery, heart valves, etc. After one especially tough surgery, while in the recovery room, the doctor told Hal that 'there are three ways we can get you back to your room. We can roll you back on the gurney, we can carry you back, or you can walk? Hal jumped up and said 'I'll walk' The panicked doctor said 'I was only joking' Hal loved to walk and walkers all loved Hal." Thanks to Jim for providing this peek at a legend. . **Clark honored.** Long-time ORW subscriber and great friend of racewalking, Bill Clark has been elected to the Missouri Sports Hall of Fame. How a scout for Major League baseball teams fell in love with our sport, I don't know, but racewalking has been the better for it. Noting first that Bill was the founder of the Heart of America Marathon in 1960 (a race still going strong), Joe Duncan, also a great friend of racewalking, notes that: "He started the Columbia (Mo.) Track Club in 1968 and organized the annual National 100-Mile Racewalk. That was in 1967 before there was a CTC. CTC took over that race, keeping it alive for 20 years. What to me was the most remarkable feature of that first 100-mile walk was not the performance of Larry O'Neil (Kalispell, Montana) in walking 100 miles in less than 20 hours, although that was some feat, but the performance of Bill Clark, alone, recording each and every quarter-mile split for each of the dozen or so walkers—400 laps (it was a 440-yard track then) for O'Neil. I was at that event as a spectator, off and on, not as a volunteer. Every time I was there, Bill Clark was sitting in his chair, in a T-shirt; he did that for 24 hours through a chilly October night. I'm not sure he ever took a break. I don't know how he could have because he recorded each and every split. O'Neil was clocking off those quarters in a consistent three minutes, so Bill had 3 minutes, at most, for a break." We fondly remember Bill for referring to Jack Blackburn, co-founder of this publication, as the "Big Red Duck" following a very cold and wet National 30 Km in Columbia sometime 40 or 45 years ago. Jack was wearing his bright red Ohio TC sweats as he sloshed along in that race. . **And honors to Gomez.** Canada's Inaki Gomez, 15th in the Olympic 20 Km, received Athletics Canada's Fred Begley Memorial Trophy for the outstanding athlete of the year in off-track events. . **Morozov and Saransk.** Last month we reported the lifetime ban of Russia's Sergei Morozov for doping. Ireland's Pierce O'Callaghan notes that Morozov is the ninth athlete from the Saransk training group to have tested positive since 2005. . **Errata.** Thanks to Richard Wing for alerting us to a mistake in our list of the 2012 top 50 performers in

last month's issue. In the women's 20 Km, we listed Mirna Ortiz as being from Spain. She's from Guatemala. We don't need to give this hemisphere's good walkers away to Europe. Apologies to Mirna and to Guatemala. . .

A Bit Of History

An archival article sent to me by Steve Vaitones provides an interesting bit of history as we are immersed in indoor races. This appeared in the program for the 1950 BAA (Boston Athletic Association) Games, an indoor meet.

Advocates Heel and Toe in B.A.A. Meet Competitor in First B.A.A. Games Still Going Strong

There is no exercise for a young man which will stand him in good stead in later life like heel and toe walking. It provides lots of the proper exercise of every part of the body without undue strain on the heart.

That is the advice to all young men from a former heel and toe plodder, 78-year-old Joseph Doyle of Chestnut Hill, who participated in this event in the first B.A.A. meet, staged at Mechanics Building back in February, 1899. (Ed. Interesting that I am typing this the day following my own 78th birthday.)

All anybody needs for proof of that advice is to look at me or any other old-time walker, declares the spry septagenarian who is still carrying on his law practice after 44 years.

"Why I play 18 holes of golf every Sunday and carry my bag, too. My legs are lots stronger than many younger men I know."

Doyle didn't win the B.A.A. walk that first year of the Unicorn meet, and he didn't have a chance to participate in it again because the event was discontinued.

Sharp corners

"They had sharp corners in those days, not the smooth track they have now," Doyle explained. "The sharp corners caused the walkers to stumble and this caused spills, so they dropped the event."

Doyle is an advocate for the return of the heel and toe competitors to the B.A.A. program because he feels it not only would be a novelty but would add variety to the program.

"I'd say, have a half-mile handicap walk," he advised. "Send the walkers off at five seconds apart, which would keep each man on the pole. That wouldn't cause any spills and the distance would be just right. I think the people would like it. I know lots of my law friends have asked me why I don't suggest it."



JOSEPH DOYLE
As he appeared in the First B.A.A. Meet

Still Interested

The Newton barrister still take an active interest in walking races. Only recently he judged a 31-mile walk in Providence and is singing the praises of the youthful winner.

"He's a yong lad, 18 or so, named McCarthy form Dorchester," enthused Doyle. "He showed great promise. I think in five years or so he'll be down to a 9-minute mile pace for a 30-mile walk, and will be able to compete with the Europeans, who excel in this sport."

(Ed. This can't be anyone but Chris McCarthy, who had New England roots before serving in the U.S. Army and then matriculating to the U. of Chicago. It took more than 5 years, but in 1964 he won his second U.S. 50 Km title, to go along with two at 40 and one at 35. He was then the first U.S. finisher in the 50 at the Tokyo Olympics, coming in 21st in a personal record 4:35:41.6—better than the 9-minute mile pace that Mr. Doyle predicted for him and beating some Europeans in the process. Good prognostication.)

Although walking was his first event in athletics, Doyle, who is a graduate of Boston English High and Northeastern University night schools, also competed as a runner and did considerable rowing. As a runner, he raced in every B.A.A. cross-country run between 1890 and 1998. He also was won the cross-country championship of America under the colors of the Trimont A.C. at Morris Park, New York in 1891.

Set Record

"I'm still wearing the medal I won in that race," he said proudly, "also have six watches won during my athletic career."

One of Doyle's fondest achievements is a record he set for towing three miles in an ordinary rowboat back in 1896 in Marranacook, Maine. He, to win a bet that he couldn't accomplish this feat under 50 minutes, covered the distance in 34 minutes and 15 seconds.

"There were more than 200 witnesses there in barges and boats," declared Doyle. "I don't know of anybody who has ever beat that time. In fact, I'll give any an who can beat that time rowing in an ordinary rowboat right here on the Charles or any other place a \$25 silver cup as a prize and shake his hand."

(Ed. Beginning in 1961, Chris McCarthy published a monthly newsletter on our sport, which went under various named during its three years plus life. That newsletter was instrumental in holding us together and building our sport. A gadfly at heart, Chris was outspoken and often satirical—yes, even impish—in his comments on the administration of the sport, on judging issues, and on anything that came to his fertile mind. He didn't pull his punches. For example, in one of his final issues, referring to the 1964 Olympic 20 Km Trial scheduled for July 4 in Pittsburgh, he said: "Zinn and Laird are both 'sweating' out the 20 Km—but nothing like they will on the day of the race, when it's going to be 90 in the shade! Pretty damn silly isn't it? To put a trial on the 4th of July for a race in October. Oh well, it's par for the course for the so-called walking committee.")

Bob Carlson's Running and Racewalking Journey

(I imagine some of you have read one or both of Bob Carlson's books on racewalking. For many years, Bob edited and published the Front Range Race Walker Club News out of Colorado., a highly entertaining monthly newsletter filled with all sorts of tidbits about health, nutrition, exercise, philosophy, humor, sex and anything else—also a bit about racewalking. He gave that up about a year ago and turned th reins over to Craig Foreman. For those who want to know a bit more about Bob, Craig penned the following tribute in the Dec. issue.)

A year has gone by since I offered to take over the newsletter and I thought it was a

nice time to give some space in this Newsletter to Bob and his athletic career.

Bob was born in December, 1924 in Denver and attended school at Park Hill, Smiley, and East High. He played baseball in a youth league while in junior high. He heard of a ski bus that took kids up skiing each Saturday during the winter from East High. Bob ended up being a regular on the ski bus during the winter months. Through this program, he had received the three required letters of recommendation and was inducted the 10th Mountain Division at Camp Hale near Leadville, Colorado.

After discharge, he enrolled at Colorado University to study architectural engineering. Bob would go to school in the summer and take the winters off to be on the first paid Ski Patrol at Winter Park, Colorado for the winters of 1946-47 and 1947-48. The next three years, he competed on the Colorado University Ski Team in four events, but was the best at cross country.

Bob married, had five great children, and settled into a fairly sedentary life style. It was during this time that Bob read two books that changed his life. One was *Jogging* by Bill Bowerman who had been the commanding supply officer ot the 10th Division's 86th Regiment (also Bob's regiment) and also the co-founder of Nike *(Ed. And longtime track and cross country at the U. of Oregon, hence Bowerman Field, site of many national meets and Olympic trials.)* The other was *Aerobics* by Dr. Kenneth Cooper of the Dallas aerobics center. A jogging program ensued and Bob's fitness was regained by following the advice in those two books. A successful running/walking career ensued, most importantly enhanced by three weeks of racewalking instruction in Boulder by Coach Bruce MacDonald, who had his racewalking candidates there training for the Munich Olympic Trials in October, 1971.

Bob has always been grateful that Coach MacDonald offered the runners in Boulder free technique lessons each evening after letting his athletes go. What Bob discovered was that his running stride was markedly enhanced by increased hip flexibility and looseness that running alone did not provide. It culminated in changing the usual 40 minutes running times in 10 Km races to a personal record of 36:38 at the 1977 Colorado Governor's Cup at 53 years of age.

Governor Lamm gave Bob credit for making a suggestion at a ski championship at Frisco in February 1977 that he form a Governor's Council for physical Fitness as a number of othtr states had already done. That Council was formed in October 1977 with Bob as a charter member. There were very few walking races in those days with a championship here and there. *(Ed. But note that there had been a very strong racewalking program in the area just a few years earlier. In the late '60s and early '70s, the Colorado TC contended for National team titles, led by Jerry Brown and Floyd Godwin, and Colorado hosted several natoiinal races.)* But by alternating running and walking training, excellent efforts seemed to happen in Bob's running career. But then, in about 1980, all that running started to take its toll on his legs, Bob having completed 28 marathons during the '70s. Racewalking came to the forefront as the way to stay in top condition. That was his main exercise for the future, along with cross-country skiing, telemarking, and downhill skiing.

The avid racewalkers around at the time joined the Phidippides Track Club around 1981 for organized interval training sessions. Realizing racewalking was not a sprinting event, about 12 enthusiasts got together in August, 1985 at the Tivoli Building at Metro State College in downtown Denver and formed the Front Range Walkers. Credit for suggesting the name goes to our fellow walker, Friday Green

Wood Brothers Homes and one of its officers, Joe Louis Barrow, Jr., gave the local racewalking scene a great boost by bringing a string of National 5 Km Championships to Denver in 1984-86. The related press coverage jump-started a great interest in racewalking in Colorado and the Front Range Walker membership grew rapidly. To their delight, the demand for technique lessons was high and several members, including Bob, started to teach lessons.

Since 1985, the Club has taken on the traditional Doc Tripp Race, which is now the Colorado Association USATF 10 Km Championship Event.

In 1989, Bob was given the honor of being named on the top 10 rated walking leaders in the U.S. by the Rockport Walking Institute.

In 1989, Bob had his first book published entitled *Health Walk*, followed by *walking for Health Fitness and Sport* in 1996—both published by Fulcrum Publishing of Golden, Col. He has been a member of the Colorado Author's League since 1989. Research over the past 30 years has prompted Bob to adopt a very healthy lifestyle habits, which he shared through the FRW Club Newsletter to inform readers what he had learned about diet, exercise, and just plain healthy living habits.

It is probable that if Bob had not taken those racewalking lessons from Bruce MacDonald over 40 years ago that he might have continued running until he tired of it or got injured and quit. Walking has opened up a great number of doors that would not have been open if Bob had continued running.

The Long Walks

(Reprinted from the March 1973 Ohio Racewalker.)

For those who like long walks and detest sleeping, you might go after the record for non-stop walking, which was recently set in Albuquerque by 33-year-old Jesse Castenada, a Spanish teacher at Albuquerque Academy. Castenada covered 302 miles in 102 hours and 24 minutes on a quarter mile track. The old mark of 300 miles 145 yards had been set in Pembroke, Ontario in October by Canadian Army Warrant Officer Phillippe Latulippe, age 53. Latulippe, however, required only 78 hours on his walk, which makes it look more commendable from the standpoint of racewalking, but I suppose less challenging from the standpoint of staying awake.

Latulippe is very big on this sort of thing having first set the world's record in September, 1971 with 218.65 miles in 63 hours. Nine days later, a New Zealander, John Sinclair, did 230.8 miles and Latulippe began earnest training by jogging 45 miles three times a week. In April, he set off after the record again, with 250 miles as a target, only to learn after he was already under way that a member of the British Parliament, Richard Crashaw, had just covered 255.84 miles. So, he proceeded to do 256 miles in 81:55 to again take the record.

Guidelines for these records are laid down by the Guinness Book of Records: independent corroboration by local press clippings, signed authentication by an organization of standing, and a signed log showing the attempt has been subject to constant surveillance and stating the times and duration of rest breaks taken. The guidelines state that a walker may stop only 5 minutes per hour for eating, changes of footwear, etc. (This would have allowed Latulippe 6 hours and 27 minutes off the track, but he used only 2:21:20.)

On the experience, Latulippe stated: "From past experience, I figured my most serious moments against sleep would come some 24 hours after the start. But incredibly, the awful urge to quit and lie down blanketed me less than 6 hours after the start. I worried that something was wrong; certainly I couldn't visualize lasting at least 3 more days. But I finally shook myself out of it by spurts of jogging (Ed. Hey! C'mon!) And about 1 am, got my second wind. Never again did I feel seriously pooped."

Castenada had failed in two earlier attempts at the record, but in his record effort walked much faster than in the other two, although much slower than Latulippe. Following the race his heart rate, blood pressure, and temperature were all found to be within normal limits. He had deliberately put on about 4 ½ pounds of fat prior to the race, which was felt to be enough to go 75 to 80 hours without food.

As good as these two efforts are from the viewpoint of physical endurance, they do

not compare with has been accomplished by trained racewalkers. The Paris-to-Strasbourg race last year went in 67 plus hours and that is for a distance of more than 320 miles. However, they have three enforced rest stops of more than an hour each, as I recall, so times in that race do not qualify under the Guinness definition. Nonetheless, they are covering more distance in less time, and still with very little rest. Latulippe's performance would not leave him completely outclassed in this race, but Castenada would have a way to go.

2012 World Masters Rankings

(For complete lists go to www.mastersathletics.net. The lists below were are from a compilation by Dave Talcott that included only age categories where U.S. athletes were listed. From Dave's compilation, I am including only the first three and the first U.S. athlete in each category, Some amazing performances from the aging racewalking population.)

5 Km

Women 35-39: 1. Maria Vasco, Spain 21:15.57 2. Kelly Ruddick, Australia 22:18.00 3. Cheryl Webb, Australia 22:23.68. . .5. Jill Cobb, USA 22:59.38. . .10. Susan Randall, USA 24:21.11

Women 45-49: 1. Teresa Vaill, USA 23:41.46 2. Joanne Dow, USA 24:01.58 3. Patricia Garnier, France 25:43.84

Women 50-54: 1. Pam Tindal, Australia 25:28.63 2. Nadine Mazuir, France 26:13.49 3. Lesley Van Buuren, South Africa 26:16.06. . .5. Maryanne Daniel, USA 26:53.61

Women 60-64: 1. Heather Carr, Australia 27:31.47 2. Maria Alice Gernandes, Portugal 29:15.08 3. Marlene Gourlay, Australia 29:54.00. . .8. Betty Surratt, USA 30:31.93

Women 65-69: 1. Elsa Meyer, South Africa 29:14.44 2. Heidi Mader, Switzerland 29:48.13. Jean Hickey, USA 30:59.73 4. Jeanette Schaefer, USA 31:04.15. . .8. Panseluta Geer, USA 32:03.00

Women 75-79: 1. Denise Leclerc, France 35:12.35 2. Janina Fijalkowska, Poland 36:08.40 3. Peggy Reid, South Africa 36:19.88 4. Essie Faria, USA 36:59.6

Women 80-84: 1. Adeline Kephart 38:13.59 2. Heather Lee, Australia 41:25.35 3. Phyllis Kafrsten, USA 44:55.29

Women 85-89: 1. Heather Lee, Australia 40:06.97 2. Phyllis Karsten, USA 44:55.29

10 Km

Men 40-44: 1. Bernard Segura, Mexico 41:34 2. Jesus Angel Garcia, Mexico 41:51 3. Yuri Andronov, Russia 42:22 4. Tim Seaman, US 42:26.24

Men 45-49: 1. Migel Angel Prieto, Spain 42:54 2. Walter Arena, Italy 44:06.86 3. Phillippe Bonneau, France 45:46.5. . .11. David Swarts, USA 48:49

Men 50-54: 1. Gilles Saliuc, France 46:46.4 2. Laurent Le Galle, France 46:48.18 3. Sergio Brenes, Costa Rica 47:57.64. . .5. Dave Talcott, USA 48:31

Men 55-59: 1. Alain Lemerrier, France 47:43 2. Fabio Ruzzier, Slovakia 48:39.1 3. Ignacio Melo Valis, Spain . .16. Mark Green, USA 53:28

Men 60-64: 1. Graziano Morotti, Italy 48:20.89 2. Ian Richards, Great Britain 48:26 3. Patrice Brochot 49:54. . .12. Andrew Smith, USA 55:07

Men 65-69: 1. Andrew Jamieson, Australia 48:38 2. Jean-Paul Masselin, France 52:23 3. George White, Australia 55:06. . .15. Bob Keating, USA 58:59

Men 80-84: 1. John Huston, South Africa 1:10:52 2. Alfredo Tonnini, Italy 1:12:11 3. John Starr, USA 1:13:00

Women 35-39: 1. Maria Vasco Gallardo, Spain 43:43 2. Olive Loughnane, Ireland 44:14 3. Melanie Seeger, Germany 44:32. . .9. Jill Cobb, USA 48:00.98. . .15. Susan Randall, USA 50:27.95

Women 45-49: 1. Teresa Vaill, USA 47:41 2. Joanne Dow, USA 47:59.10 3. Lisa Kehler, Great Britain 51:08

Women 55-59: 1. Siw Karlstrom, Sweden 48:43 2. Lynette Ventris, Australia 49:15 3. Marie-Astrid Monmesin, France 54:01.3 . . 14. Debbie Topham, USA 1:01:02

Women 65-50: 1. Elsa Meyer, South Africa 58:22 2. Heide Mader, Switzerland 1:00:44 3. Annatjie Greyvenstein, South Africa 1:01:54 . . 11. Panseluta Geer, USA 1:08:14

Women 75-79: 1. Denise LeClerc, France 1:11:56 2. Peggy Reid, South Africa 1:12:18 3. Janina Fijalkowska, Poland 1:12:27 4. Gerry Gomes, USA 1:14:18

20 Km

Men 35-39: 1. Joao Vieira, Portugal 1:20:41 2. Andriy Kovenko, Ukraine 1:20:51 3. Ivan Trotski, Belarus 1:21:23 . . 8. Tim Seaman, USA 1:25:58

Men: 40-44-1. Youri Andronov, Russia 1:24:38 2. Jesus Angel Garcia, Spain 1:25:50 3. Juan Antonio Porras, Spain 1:26:47 4. Tim Seaman, USA 1:27:29.48 (Tim had a birthday between this and the above performance.)

Men 45-49: 1. Miguel Angel Prieto, Spain 1:34:18 2. Rodrigo Moreno, Colombia 1:36:23 3. Philippe Bonneau, France 1:36:48 . . 12. Allen James, USA 1:45:06 . . 32. David Swarts, USA 1:49:57

Men 50-54: 1. Ian Whatley, USA 1:37:48 2. Laurent Le Galle, France 1:38:22.12 3. Harold Van Beek, Netherlands 1:42:20.4 9. Dave Talcott, USA 1:44:45 10. Ray Sharp, USA 1:45:21

Men 55-59: 1. Jonathan Matthews, USA 1:43:22.82 2. Mirroslaw Luniewski, Poland 1:43:59 3. Fabio Ruzzier, Slovakia 1:44:14

Men 65-59: 1. Andrew Jamieson, Australia 1:40:13! 2. Jean-Paul Masselin, France 1:47:22 3. Chris Schmid, USA 1:51:50

Women 35-39: 1. Maria Vasco, Spain 1:28:14 2. Olive Loughnane, Ireland 1:29:39 3. Melanie Seeger, Germany 1:30:44 . . 6. Jill Cobb, USA 1:37:00.17 . . 9. Susan Randall, USA 1:42:47

Women 45-49: 1. Joanne Dow, USA 1:37:10 2. Lisa Kehler, Great Britain 1:49:27 3. Corinne Henchoz, Switzerland 1:55:23 . . 7. Kathryn Grimes, USA 1:59:26

Women 60-64: 1. Maryvonne Joffin, France 1:59:12 2. Sandra Brown, Great Britain 1:59:37 3. Heather Carr, Australia 2:03:59 . . 7. Ann Harsh, USA 2:15:09

Women 65-59: 1. Elsa Meyer, South Africa 2:04:04 2. Heidi Mader, Switzerland 2:10:19 3. Mary Baglin, USA 2:14:26 4. Panseluta Geer, USA 2:18:05 . . 7. Jolene Steigerwalt, USA 2:28:32 8. Darlene Backlund, USA 2:33:37

Some Olympic History

The First Olympic Racewalks. Athens, 1906

1500 meters, April 30

1. George Bonhag, USA 7:12.6
2. Donald Linden, Canada 7:19.8
3. Konstantinos Spessiotis, Greece 7:22.0
4. Yorgis Saridakis, Greece
5. Harilaos Vasilokis, Greece
6. Alexandros Kouris, Greece
7. Gyorgy Sxtantios, Hungary
- 9 entries

The 1500 was the first walking ever for Bonhag and he took part because of disappointment at his efforts in the track events., where his best placing was fourth in the 5 mile. Linden had given Bonhag advice on how to walk competitively and the American took it to heart. During

3000 meters, May 1

1. Gyorgy Sztantics, Hungary 15:13.2
2. Herman Muller, Germany 15:20.0
3. Yorgos Saridakis, Greece 15:33.0
4. Pandalis Ektoros, Greece
5. Ionnannis Panagouloupouls, Greece
- 8 entries

the race Bonhag skipped (illegally)), but with friendly judging from James Sullivan I(*Ed. Egads! He sullied the Sullivan trophy before it came into existence.*) The U.S. official and Chief Walking Judge, the American was not disqualified. First past the post was Robert Wilkinson, Great Britain, and Eugene Spiegler, Austria, but they were disqualified for running. Initially, a re-run (re-walk) was ordered between Bonhag and Linden, but Bonhag never appeared and the original result was allowed to stand. (*Ed. A great way to introduce q walking to the Olympics. And people complain about judging now.*)

As in the 1500, Wilkinson and Spiegler became immersed in a struggle for first place in the 3000 and both began running, which ensured their disqualification. The third finisher Sztantics thus became the Olympic champion after crossing the line 20 meters ahead of Muller. All in all, not an auspicious start for racewalking on the Olympic stage.

And two years Later:

3500 meters, London, July 14, 1908

1. George Larnar, Great Britain 14:55.0
2. Ernest Webb, Great Britain 15:07.4
3. Harry Kerr, New Zealand 15:43.4
4. George Goulding, Canada 15:49.8
5. Edward Rowland, New Zealand 16:07.9
6. Charles Vestergaard, Denmark 17:21.8
7. Enar Rothman, Sweden 17:50.0
- 23 Entries

Larnar (15:32.0), Webb (15:17.2), and Goulding (15:54.0) were the heat winners and the only men under 16 minutes. In the final, Webb led for the first 800 meters and was then joined by Larnar. At halfway, Larnar began to pull away from Webb, and he won by just under 50 meters (12:47 pace for 3000 meters).

LOOKING BACK

50 Years Ago (From the January 1963 American Race Walker, published by Chris McCarthy in Chicago)—Indoor one-mile races were the order of the day. Alex Oakley (6:43.3) edged Felix Cappella (6:45), and Bill Grandy (6:46.3) in the Toronto Maple Leaf Games. Ron Laird was a subdued fourth in 7 minutes flat. . In New York, Alan Blakeslee (7:04.3) beat Ron Daniel (7:07) and Bruce MacDonald (7:10). . Bill Preston won the South Atlantic title in Baltimore with 7:58.7. . In Chicago, Ron Laird won in 7:03 ahead of Matt Rutyna (7:28) and then McCarthy beat Rutyna with a 7:27. . Laird walked 6:42.9 in that one, but not without a DQ.

45 Years Ago (From the January 1968 ORW)—Dave Romansky turned in a sparkling 1:15:50 for 10 miles in Asbury Park, N.J., leaving John Knifton 4 ½ minutes back. . The Metropolitan Indoor 1 Mile title went to Ron Daniel in 6:39.7 and Ron Laird won the L.A. Times Mile in 6:32.89. Laird also won the Athens Invitational in Oakland with a 6:28.2. Tom Dooley was second in 6:33.9. . Laird was named the 1967 recipient of the Ron Zinn Memorial Trophy, repeating his 1966 selection. . Publisher Jack Blackburn had some commentary on the national political scene (which subsequently cost us a subscriber) and Editor Mortland reviewed a Modern Jazz Quartet concert. Walking news was apparently a bit light. . The ORW's first Dr. John Blackburn Award for the year's outstanding single accomplishment went to Montana's Larry O'Neil for his 100 mile victory in a Columbia, Missouri race, his 19:24.:53 performance shattering a national record set in 1878.

40 Years Ago (From the January 1973 ORW)—The Colorado Track Club's 10-Man relay team covered 162 miles 275 yards for a world's walking record in a 24-hour relay. And they did it indoors. Jerry Brown led the effort with an average speed of 7:05.2 for his 17 miles (team members alternated 1 Mile stints). Floyd Godwin averaged 7:29 and Peter Van Aarsdale 7:37.4. . . The NAIA 2 Mile event went to Steve Tyrer in 15:04 with newcomer Augie Hirt fourth in 15:55. . . Ron Kulik was king of the boards in the East with a 6:40.5 win in the Mets and 6:35.2 in Philadelphia. Ron Daniel was second in both. In Philly, Howie Palamarchuk, known mostly for his libelous contributions to the infamous *Guano Press* (racewalking's underground paper of that era replete with such publications), was a close third. (Actually, we were mostly entertained, not offended by that paper, which was not done in a mean-spirited fashion.) Later a prominent podiatrist, Howie contributed much to the sports medicine aspects of our sport.

35 Years Ago (From the January 1978 ORW)—The first page and-a-half were devoted to the editor's discussion of Columbus in the blizzard of '78 and its effect on training and such. . . Steve Pecinovsky edged Chris Knotts for fast time honors in the New Year's Eve 6 Mile Handicap in Springfield, Ohio (a week prior to the blizzard) with a 48:21. Chris had 48:30. However, the handicapping was tough on the fastest walkers as those two finished sixth and seventh behind those with generous handicaps and handicapper Jack Blackburn (50:27) brought up the rear, except for Jack Mortland (50:42).

30 Years Ago (From the January 1983 ORW)—In the Millrose Games, Ray Sharp edged Jim Heiring, covering the mile in 5:46.21—the fastest ever to that date. Heiring was just a second back, and Tim Lewis also broke 5:50 (Five years later, Lewis got down to 5:33.53, which, I believe, remains the world's best, indoors or out.) Tom Edwards had 5:57 in fourth and Jim Mann, way back in ninth, still had a 6:17. . . Edwards earlier had winning efforts of 6:04 and 6:12, and did 13:55 for a 2 Miler.

25 Years Ago (From the January 1988 ORW— Dan Pierce won 1987's final National race, the 100 Km held in Houston on Dec. 21. Dan had a 9:36:33 after going through the first 50 in 4:47:26. Dave Waddle was second in 11:01:40 and Alan Price third in 11:11:42. Jeanie Bocci captured fourth in 11:30:28, breaking the Masters Women's 50 Km record (5:31:37) on the way. . . At the same site, Gene Kitts, (40) did 50 Km in 4:23:29. . . Tim Lewis won the Honolulu Marathon Racewalking division in 3:36:23, leaving Randy Mimm 15 minutes back.

20 Years Ago (From the January 1993 ORW)—Dave McGovern was a prominent figure with 3 Km indoor times of 12:11.47 in New York City, 12:25.33 at West Point, and 12:04.56 in Cambridge, Mass. Marc Varsano was just 2 seconds back in the Cambridge race and Debbi Lawrence walked a 12:31.89 at the same site for a national record. . . In Princeton, N.J., Ray Funkhouser had a 12:25.9 3 Km win over Sean Albert, whose 12:28.8 was a U.S. junior record. . . Philip Dunn won a Salem, Oregon 5 Km in 22:53.410 with Andrew Hermann second in 22:53.411. (We noted that timing rules don't recognize thousandths of a second, but that apparently they wanted to emphasize that it was a close race. Point made.) . . Debbi Lawrence also had a 5:53.49 for 1500 meters in Montreal, 11 seconds ahead of Canadian Janice McCaffrey.

10 Years Ago (From the January 2003 ORW)—Another great ORW typo. In a cover photo of Larry Young, the caption told us that he was racewalking's third member of the T&F Hall of Fame and that he was 'deducted' on Dec. 2, 2002. Gosh, that's the same date that he was inducted. But, in reality, he was not deducted and never will be. . . Curt Clausen won the National 30 Km in Chula Vista, Cal. in 2:15:56, more than 9 minutes ahead of Sean Albert.

Kevin Eastler was third in 11:26:58. Cheryl Rellinger won the women's title in 2:51:49. . . Tim Seaman walked 19:50 for 5 Km in Pharr Texas and Maria Michta showed promise of things to come, winning a high school 1 Mile in Providence in 7:34.17 and a 1500 meters on Long Island in 6:44.4. . . Michelle Rohl edged Joanne Dow in a Cambridge, Mass 3 Km race, 12:57.72 to 12:58.84. In the men's race, Adam Staier did 12:35.54, beating Zach Polilinger's U.S. age 17-18 record of 12:42.06. Pollinger also had a 6:32.82 mile in Hanover, Mass, finishing behind Canadian Patrick Bonclair (6:06.29) and Ben Shorey (6:21.89).

5 Years Ago (From the January 2008 ORW)—Joanne Dow won the Dartmouth Relays Indoor Mile in 6:53.44, well clear of Lauren Forgues. . . Dow also won a 3000 meter race in Cambridge, Mass. in 13:27.12

From the British humor magazine Punch, Jan. 10, 1968 issue.

