

OHIO RACEWALKER



VOLUME XLIX, NUMBER 8

COLUMBUS, OHIO

NOVEMBER 2013

Stroupe Leads U.S. at 50 Km Pan-Am Trials

World Cup Qualifier, National Masters, and South Region 50 Km, Coconut Creek, Florida, Nov. 25— 1. Luis Lopez, Puerto Rico 4:23.12 2. Patrick Stroupe, un. 4:25.06. 3. Creighton Connolly, Canada 4:28.22 4. Francisco Pantoja, Mexico 4:41:21 5. Erin Taylor-Talcott, Shore AC 4:50.40 6. Dave Talcott (53), Shore AC 5:00.26 7. Ian Whatley (54), World Class RC 5:02:09 8. Ray Sharp (53) Pegasus AC 5:14.46 9. Michael Mannozi, Shore AC 5:25.49 10. Pablo Gomez (42), Chicago Walkers 5:59.42. 11. Bruce Logan, Parak RW (48) 6:06.50 12. Vladimir Haluska, un. (61) 6:11.09. 13. Cathy Mayfield (62) 6:20.9 4; Darlene Backlund (68) 6:46.28; DQ—John Nunn, US Army; Omar Nash, Miami Valley TC; Dan O'Brien, Pegasus, and, Paul Terbrack (53), DNF—ohn Backlund (73) (See story on page 15.)

Other Results:

Connecticut 10,000 meter Championship, Clinton, Nov. 3— 1. Ed O'Rourke (52) 55:13.07 2. Jack Lazor (17) 55:34.15 3. Valentina Vaitones (17) 64:13 4. Barry Fowler (55) 68:40 5. Anne Percival (55) 69:56 6. Charlie Mansbach (69) 72:12 7. Ginger Amstrong (51) 77:27 8. Gus Davis (75) 91:12 **New Jersey 15 Km, Whiting, Nov. 2—** 1. Bill Vayo (49) 1:30:13 2. Vlad Haluska (61) 1:34:43 3. John Fredericks (65) 1:35:35 4. Tim Chelius (57) 1:41:02 5. John Morrison (65) 1:53:07 6. Pat Bivona (72) 1:54:47 7. Ben Ottmer (79) 2:02:58 **Potomac Valley TC 1 Hour, Arlington, Virginia, Oct. 6—** 1. Lubin Palmino 9625 meters 2. Peter Blank 8;;8:45 3. John Morrison 8643 4. Lois Dicker 7564 5. Victor Litwinski 7445 6. Marge Fatula 7043 (9 finishers. Haven't had any results from the D.C. area for a long time. A bit nostalgic to see some of these familiar names again. Good that the program is still going.) **Virginia 1 Hour, Virginia Beach, Nov. 9—** Guest—Lubin Palmino 10,060 meters 1. Tom Gerhardt (62) 9030 2. Steve Shapiro (59) 8504 3. Hartley; Dewey (66) 7947 4. Steve Durrant (74) 7382 5. Richard Pidgeon (654) 7218 6. Jordan "Buddy" Levitin (80) 6800 (1 DQ) **Women—** Guest—Irene Fletemeyer (18) 10,062 1. Paula Graham (51) 7947 2. Lori Sherwood (49) 7218 **Florida USATF 3000 meters, Plantation, Nov. 3—** 1. Carolyn Kealty (50) 16:24.3 2. Sandra Denoon (58) 18:28.8 3. Gerry Gomes (80) 21:40.9 (5 finishers) **1500 meters, same place—** 1. Sandra Denoon 8:43.9 2. Jania Sinclear (15) 9:35.2 3. Gerry Gomes 10:36.3 **½ Marathon, Tulsa, Oklahoma, Oct. 26—** 1. Mark Wedman 1:42:02 2. Bill Copper 1:42:06 3. Neal Dahlen 1:47:02 **Women—** 1. Donna Wilcox 1:57:52 2. Denise Polonchak 1:57:53 3. Jackie Shepard 1:58:43 **209 Km, Albuquerque, N.M., Oct. 20—** 1. Laura Draelos 2:06:24. Kenneth Fresquez 2:14:05 (128 finishers (In conjunction with Duke City Marathon) **5 Km, same place—** 1. Jonathan Curran 27:04 2. Mandy Owens 29:37 3. Art Kellner 32:26 (397 finishers) **Noethwest Regional 1 Hour, Banks, Oregon, Oct. 27—** 1. Erin Gray 12,828 meters 2. Katie Grimes 10,289 3. Dennis Robeson 9866 4. Ashley Hartmeier-Pigg 9815 5. Carmen Jacinsky 9669 6. Nona Ballard 9267 7. Maureen Robeson 8885 8. Diana Thurman 8437 9. Bertie August 8437 10. Catalina Tamez 8025 11. Ron McPike 7966 12. Dick Vaughan 7297 (1 DNF)

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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.

World Masters 20 Km, Porto Alegre, Brazil, Oct. 27 (5 and 10 Km results in last month's issue. Apparently the course used for the 10 Km was mismeasured and the race was approximately 500meters long. Using the same course for the 20, reported here, made that race about 1 Km long. But because of the cost involved, the officials refused to alter the course, which, reportedly they knew was long even before the 10. As an example, reported by Stafford Whalen, Canada's Susan Brooke walked about 1:55 for 20 Km measured by her GPS, but finished in a recorded time of 2:01:16. Back in the day, say 5 years ago and earlier, courses were notoriously inaccurate, but we figured the competition and where you placed was more important than the time, anyway. Not so today when it's all about records and personal bests. Another problem, according to Stafford, was high winds during the 20 Km for 35 to 59 age groups.): Men 35-1. Jose Rodriguez, Spain 1:51:43 2. Alonzo Sanchez, Mexico 1:53:04 Women 35-1. Erin Taylor-Talcott, USA 1:49:18 2. Editraine Rech, Brazil 2:11:23 Men 40-1. Normunds Ivzans, Latvia 1:42:07 2. Christger Svensson, Sweden 1:45:12 (2 DQ) Women 40-1. Lenka Borovickova, Czech Rep. 2:07:48 2. Lorena Sierra, Venezuela 2:10:36 (5 finishers) Men 45-1. Walter Arena, Italy 1:42:08 2. Royce Banda, Mexico 1:42:53 3. Petro Garayk, Ukraine 1:49:12 (11 finishers) Women 45-1. Susan Brooke, Canada 2:01:16 2. Esmeralda Tiray, Brazil 2:08:57 Men 50-1. Miguel Garcia, Spain 1:42:51 2. Guadalupe Angeles, Mexico 1:45:05 3. Sergio Brenes Costa Rica 1:46:04 4. David Talcott, USA 1:46:36 5. Klaus Dietsche, Germany 1:49:29 (11 finishers) Women 50-1. Lesley Van Buuren, South Africa 1:58:08 2. Pamela Tindal, Australia 2:05:13 3. Frances Kichenbrand, South Africa 2:09:52 (7 finishers) Men 55-1. Vladimir Barabash, Russia 1:54:27 2. Helmut Prieler, Germany 1:55:10 3. Sergey Lyzhin, Russia 2:00:20 (8 finishers) Women 55-1. Tetia Kryokhyzha, Ukraine 2:04:51 2. Monica Rish, South Africa 2:15:54 (6 finishers) Men 60-1. Mike Parker, New Zealand 1:55:00 2. Jose Camarferna, Mexico 2:00:57 3. Jose Baribaldi, Mexico 2:03:26 4. Petr Adam, Czech Rep. 2:07:35 4.5. Andrew Smith, USA 2:08:20 (15 finishers) Women 60-1. Heatger Carr, Australia 2:08:01 2. Donna Graham, USA 2:32:55 (7 finishers, 1 DQ) Men 65-1. Andrew Jamieson, Australia 1:48:30 2. Ian Richards, Great Britain 1:53:24 3. Gildardo Pineda, Mexico 2:03:03. . . 8. Norm Frable, USA 2:16:53 9. Richard Campbell, USA 2:22:16 (16 finishers) Women 65-1. Elsa Meyer, South Africa 2:11:06 2. Noewl Blatchford, Great Britain 2:15:56. . . 8. Darlene Backlund, USA 2:36:59 9. Kathleen Frable, USA 2:39:46 (10 finishers) Men 70-1. Ralph Bennet, Australia 2:08:37 2. Edmund Shillabeer, Great Britain 2:14:48. . . 5. John Backlund, USA 2:14:21 (6 finishers, 2 DQ, including Victor Sipes, USA) Women 70-1. Pigo Karstie, Finland 2:26:19 2. Hildegard Vey, South Africa 2:26:29 (5 finishers, 1 DQ) Men 75-1. Aglia Kuchumov, Russia 2:18:42 2. Mykola Panaselko, Ukraine 2:26:27. . . 4. Carl

Acosta, USA 2:37:03 (6 finishers, 3 DQ) Women 75-1. Ana Oretiz, Mweico 3:03:14 (2 finishers) Men 80-Ivan Pushkin, Ukraine 2:38:44 (1 DQ) Women 89-1. Denise Leclerc, France 2:42:7 Men 85-2. William Moreman, USA 2:51:39 (1 DQ, don't know who was first.)

Ukrainian Cup 10 Km-1. Igor Lyaschenko 40:25.9 2. Olaksandr Venglovskiy 40:542 Women-1. Inna Kashina 45:43.2 **French 50 Km, Oct. 27**-1. Xavier La Cruz 4:09:41 2. Johan Augeron 4:24:543 3. Luis Felipe, Brazil 4:29:37 4. Fabrice Ramon 4:30:18 (22 finishers, 9 DNF, 4 DQ) **Jr. 5 Km, Toledo, Spain, Nov. 24**-1. Julia Taakacs 21:4 2. Lorena Luaces 22:28 Men-1. Alvaro Martin 20:03 2. Diego Garaacia 20:11 3. Marc Tur 20:14 **Four Stage Race, Suzhou, China, Nov. 11**-1. Wei Yu, China 1:23:45 2. Dane Bird-Smith, Australia 1:24:07 3. Xianyu Ding, China 1:24:07 4. Petr Trofimov, Russia 1:24:14 5. Matej Toth, Slovak Rep. 1:24:32 6. Ihor Hlavan, Ukraine 1:24:35 7. Liu Xu, China 1:24:36 8. Inaki Gomez, Canada 1:24:37 9. Jianmin, Liu, China 1:24:37 10. Erik Tysse, Norway 1:24:52 11. Grzegorz Sudol, Poland 1:24:56 12. Shia Li, China 1:25:09. . . 25. Jared Tallent, Australia 1:28:16 **Stage 2 15 Km, Nov. 12**-1. Wei Yu 1:01:06 2. Zhendong Wang, China 1:01:30 3. Trofimov 1:01:23 4. Qi Zhou, China 1:01:46 5. Hlavan 1:01:50 6. Gomez 1:02:08 7. Jianmin Liu, China 1:02:10 8. Bird-Smith 1:02:18 9. Sichso Xu, China 1:01:19 10. Tysse 1:02:27 **Third Stage 15 Km, Nov. 13**-1. Trofimov 1:02:39 2. Yu 1:03:44 3. Hlavan 1:03:51 4. Tysse 1:03:52 6. Li, u 1:03:52 7. Gomez 1:03:51 8. Fugquian Men, China 1:04:58 8. Sergio; Vieira, Portugal 1:05:04 9. Enxi Hu, China 1:05:31 10. Zhou 1:05:38 **Stage Four 15 Km, Nov. 14**-1. Trofimov 1:03:18 2. Tysse 1:03:18 3. Yu 1:03:22 4. Sudol 1:03:12 5. Qui'an fogg Wu, China 1:03:22 6. Chris Erickson, Austria 1:03:28 7. Toth 1:03:33 8. Vieira 1:03:43 9. Jianzing Dai, China 1:03:57 10. Gomez 1:04:01 **Final Standings (cumulative times)**: 1. Wei Yu 4:31:57 2. Petr Trofimov 4:32:34 3. Erik Tysse 4:34:23 4. Ihor Hlavan 4:34:33 5. Inaki Gomez 4:34:39; 6. Matej Toth 4:36:49 7. Grzegorz Sudol, Poland 4:37:48 8. Jianmin Liu **Women Stage 1 20 Km**: 1. Yefang Ji, China 1:33:00 2. Hong Liu, China 1:33:48 3. Ines Henriques, Portugal 1:33:56 4. Vera Santos, Portugal 1:34:04 5. Xiuzhi Lu, China 1:34:17 6. Huamhuan Sun, China 1:34:20 7. Tongmei Zhou, China 1:34:36 8. Tatiana Korotkova, Russia 1:34:47 9. Liqin Xi, CXHina 1:34:54 10. Qieyang Shijie, China 1:35:30 11. Mingxia Yang, China 1:35:30 12. Hu'an Liu, China 1:35:30 13. Yingqiu Su, China 1:35:45 14. Sausana Makerl, Portugal 1:35:30 **Stage Two 15 Km**: 1. Liu 1:08:07 2. Lu 1:09:14 3. Sun 1:09:42 4. Irina Sushina, Russia 1:09:52 6. Santos 1:10:02 7. Xu 1:10:14 8. Su 1:10:32 9. Ji 1:10:35 10. Korotkova 1:10:38 **Stage 3 15 Km**: 1. Liu 1:10:39 2. Santos 1:10:43 3. Lu 1:10:44 4. **Stage 4 15 Km**: 1. Liu 1:09:02 2. Yung 1:09:05 3. Lu 1:09:08 4. Santos 1:09:11 Henriques 1:11:00 5. Mingxia Yon 1:11:50 7. Dandan Duan, China 1:11:50 8. Kortokova 1:12:01 9. Tongmei Zhou 1:12:04 10. Yongbo Hu 1:12:14 (For more about this race, here is pre-race story released by Elliott Denman on November 1.)

Chinese Relay Walk

by Elliott Denman

Jared Tallent is among the world's very best race walkers, and he's currently preparing for this month's Tour de France style event held in Suzhou, China. Imagine a peloton of cyclists riding for four days, over four stages in Eastern China. Similar to the Tour De France, only shorter... and not in France. Got it? Good. Now imagine there were no bikes and instead of cycling the competitors were race walking. Well that's exactly what you'll see this month in Suzhou, China at the Taihu Race Walking Rally.

Australia's Jared Tallent, 29, who won a 50km bronze medal at the Moscow

2013 World Championships, is set to compete in a four-man team of Commonwealth walkers, with countrymen Chris Erickson and Dane Bird-Smith, and Canadian Inaki Gomez (the eighth place 20km finisher in Moscow).

Tallent only heard about the event at the beginning of October, but he's clearly up for the challenge.

"It's a great idea. It is going to be very hard, and it is going to be testing" he says. "The skill will be knowing how hard to push on the first couple of days, to leave something for that third and fourth day."

Stage one is a 20km race on a point-to-point course, with stages two and three raced around a 3km circuit of 15km. The fourth and final stage is a point-to-point 15km course, and the overall winners will be determined by the fastest times across all 65km.

The prize money is pretty decent, too. A cool \$20,000 (USD) will be awarded to the winning team of four walkers, with \$10,000 for the fastest individual and \$1,000 for a stage win.

Tallent is bracing himself for a totally new experience in Suzhou, which is near to Shanghai on the east coast of China.

"The point-to-point course, used on the first and the last stages, is very different for us. Normally we would race on a 2km circuit. I'm not sure how the judges are going to follow the race. On a small circuit it is much easier to follow, but they might have to follow the action on moped"

"I'm definitely going to do ice baths every day, but I'll have no physio or massage therapist with me. Nutrition-wise, I'll make sure I take on board lots of protein as the event moves towards the fourth day."

A seasoned elite competitor, Tallent reckons that the Taihu Race Walking Rally will develop similar competitive nuances to tour cycling.

"Athletes who can 'back it up well [with good stamina and good recovery] will be well suited," he says. "I guess there will be walkers like the specialist time trialists in cycling, who could be good on one day and others are more consistent over a number of days. "I can do hard sessions consistently over a few days, whereas some other guys couldn't do that."

There can't be many places better than China to host a four-day festival of race walking, either.

"Race walking in China has done really well in the last couple of years, and they are working on promoting it a lot more," says Tallent, who will have to deal with the likes of 2012 world champ Wang Zhen. "The Chinese are going to be very hard to beat."

And finally, can Tallent see this Tour de France style competition catching on? "I can't see them holding a four or five-day race walking event at a world championships or Olympic Games," says Tallent. "But maybe outside of those events it could be the way to go." The Taihu Race Walking Rally takes place in Suzhou, China from the 11-14th November 2013.

(Editor's footnote: As seen in the results of Stage 1, Tallent didn't fare too well in his efforts. On the other three stages he did 1:07:09 for 38th; 1:10:03 for 34th; and 1:07:28 for 36th. Mexico's Eder Sanchez was another top international well back in the pack. He was 37th, 40th, and 43rd on the first three stages, saving his best for last with a 1:05:15 for 18th on the final stage.)

Competitive Opportunities

Sun. Dec. 1	1 hour, Red Bank, N.J., 10 am (A)
Sun. Dec. 8	1 Hour, Freehold, N.J., 10 am (A)
Fri. Dec. 13	Indoor 1 Mile, Milwaukee, Wis. (I)

Sun. Dec. 15	1 Hour, Red Bank, N.J., 10 am (A)
Sat. Dec. 21	5 Km, Hudson, N.Y. (S)
Sat. Dec. 28	USATF Open/Masters Indoor 5000 meter, Rochester, N.Y. (L)
Sun. Dec. 29	3, 10, and 15 Km, Pharr, Texas (O)
	Polar Bear 10 Mile, Asbury Park, N.J., 10 am
Fri. Jan. 3	1 Mile and 3000 meters, Pharr, Texas (O)
Sat. Jan. 4	5 and 10 Km, Pharr, Texas (O)

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Walking, Running, Cycling--Anezka Drahotova Excels At Them All

(An interesting release from the IAAF.)

The 18-year-old girl from Rumburk, which nestles on the Czech border with Germany, seems to be able to do everything. Maybe if Anezka Drahotova started to play football or learnt how to play chess, she could add those talents to her portfolio.

However, the 2013 European Athletics Junior Championships 10,000m Race Walk gold medallist in the Italian town of Rieti already manages to excel in several other sports. In addition to her walking ability, she is also an international standard runner, cyclist, triathlete and skier.

However, walking is her first love and possibly her most talented discipline, the one

she is likely to dedicate herself to in the next year with the IAAF World Racing Walking Cup and IAAF World Junior Championships on the horizon in 2014.

After her continental triumph in Rieti this summer, she surprised the athletics world, and herself, when finishing seventh in the 20km Race Walk at the IAAF World Championships in Moscow, after ambitiously leading the way until past the halfway point in the race.

I expected that the Russian walkers would go to the front in the end and I knew it was going to be tough," said Drahotova, who eventually clocked 1:29:05 to make a huge improvement to her personal best and equal the Czech record of Barbora Dibelkova from 2005.

"I was very surprised with the time. The pace was not that fast at the beginning, so I wanted to go the way I liked and not to squeeze into a group with the others, but I missed a bit of power in the finish. I think my big advantage is that I can go beyond my own (previous) limits.

Briefly, it looked like she would become the youngest man or woman to win a race walking medal at the IAAF World Championships.

"I still felt really great around the 13th kilometre and I told myself that it was not normal, but it was a 20km race and my tiredness started to show at around the 16th and 17th kilometre. I knew then that a medal was only a dream, but I was satisfied with my result."

Still a junior in 2014, her targets for next year are now clear: the IAAF World Race Walking Cup, the IAAF World Junior Championships and the European Championships in that order.

The seventh place from Moscow was great, and it is very promising, but the gap between myself and the top women is still huge. However, I am glad that my opponents know who I am now. The World Cup in China will be like a rehearsal for me ahead of the rest of the season.

Drahotova, coached by Ivo Pitak, has already decided to go for the junior 10km race in Taicang, together with her twin sister Eliska who finished third in Rieti.

"We were wondering also about the double (and racing in the 20km Race Walk) but we agreed on the junior race as a stepping stone towards the World Junior Championships. In Zurich, at the European Championships, I will focus on a place in the top eight."

Less than a month after her outstanding performance in the Russian capital against the rest of the best in the world, Drahotova showed her ability on the roads as a runner when she was the fastest Czech woman in the well-known Prague Grand Prix 10km international race. The next day she also improved her best over 3000m on the track.

The following weekend, she also won a national team title in cycling while later in September she competed at the World Cycling Championships in Florence, finishing 19th in the junior womens road race over 82.8km.

"She is good at everything which is longer than two minutes, said her coach Pitak. Into the bargain, it's also worth remembering that she finished seventh in the junior race at the 2012 World Mountain Running Championships in 2012.

With her abundance of talent in different spheres, and despite her success in Moscow, she has demurred from committing 100 per cent to one activity, but race walking looks like the area she will devote more of her resources and talent to in the immediate future.

"Everything is possible but after my results in race walking this year, I think I will focus on this event next year as well. But if all goes well also with my running, why not to try that too? One of the reasons (for concentrating on walking) is that I was a bit disappointed after my result in the Steeplechase in Rieti (where she finished ninth), so I look forward to race walking now," she smiled.

At least, as far as athletics is concerned, she does not think of herself as a cyclist. "I only spend a little time on the bicycle, which helps me during the volume training. I am more

an athlete than a cyclist. But cycling is a good motivation for the future."

However, as the only person to compete in both sports' World Championships this year, the inevitable question is how do the two match up? "You cannot compare them. In race walking, you have to keep a constant pace and hold on. On the other hand, in cycling, you have to estimate the right moment when to give your best performance. One moment you have to push it, and the other, you can rest a bit. I think the most exhausting event for me was in Moscow.

"The next World Championships in athletics are in 2015 and many things can happen in two years. I would also love to improve my PB at the Half Marathon in 2014," said the Czech teenager, who does not have the IAAF World Half Marathon Championships in Copenhagen next March in her diary.

"When I look at my results this year, I think I will try it with race walking," she added. "And if I do well also in running events, why not to try those too?" Zuzana Trojakova for the IAAF

Catching Up With the Greatest World Cup Races Ever

In the July issue, I published Nos. 10 through 6 on Paul Warburton's selection of the greatest World Cup races of all time, promising the top five in the next issue. That August issue passed and I neglected to live up to the promise. So, in the September issue, I thought I caught up by publishing the top 5. I know I input them. But somewhere between the time I finished that task and the time that I took the finished copy to the printer most of No. 2 and all of No. 1 disappeared. I didn't notice the omission and no one called it to my attention until Ray Somers questioned me about the missing copy in an e-mail he sent after the October issue had been published. So, here at last, I hope, is the completion of Paul's interesting compilation.)

No. 2. Women's 20 Km, Turin 2002

This was athletics theater with classic emotion—and all the better for it. The backdrop added to the occasion, with the race taken slap bang through the middle of the main shopping street in Turin.

Saturday shoppers lingered to swell spectator numbers, and saw Italian Erica Alfriedi shed home pressure to mount a marvelous last 1 Km. Waiting for her at the finish line and screaming at the top of her lungs was her mother.

How Alfriedi evaded security and mixed it with officials was never asked. But, she could see her daughter coming from a long way down the straight street and one imagines the Italian walker could see her mum.

A blanket could have been thrown over the first 10 at halfway, and only three had dropped off the pace with 5 Km to go.

There were still three more who harbored hopes of gold over the last 400 meters. But a maternal pull saw Alfriedi edge ahead of Russian Olimpiada Ivanova and plunge over the line into the arms of mum with Ivanova crashing into the back and all three ending in a glorious heap.

Alfriedi never came close to repeating the success. Perhaps mum stayed at home for the rest.

No. 1 Men's 20 Km, Podebrady 1997

The sheer speed of the race was breathtaking. At the previous edition in Eijjing, two had got under the yardstick 1:20:00. Eleven did it in the Czech Republic gown 50 Km east of Prague. And unlike the concrete tracks in some IAAF World Racewalking Cups—this course had a pronounced slope on a 1 Km loop.

Not that it made any difference to the greatest stylist of all time: Jefferson Perez. The marvel from Ecuador was year on from his surprise Olympic 20 Km win and despite the frantic pace, only once did he grit his teeth, and that was in the eyeballs out last 500 meters when he dropped all those around to break the tape in an amazing 1:18:24.

Such was Perez's acceleration, the only man who stayed with him, Tan Mingjun from China, was disqualified after he crossed the line a second later.

Instead, Daniel Garcia followed up his 1993 win with second and arms were thrown aloft for the next minute as personal bests got posted all the way through the top 20 on a chilly April day.

From Heel To Toe

was interested to read your feature in the last month's OHIO RACEWALKER on Abdon Pamich's gold medal performance in the 50 km at Tokyo – with Paul Nihill of Britain finishing also in the 4hr 11 min range. Paul joined Surrey Walking Club (a competing club to our Belgrave Harriers) in the latter part of the 1950's. At that time Paul was definitely a "back-of-the-pack racewalker". Then, as I remember it, around 1960 Paul had one (or maybe both) kneecaps removed – whereupon we never saw him again! No doubt you have a full list of Paul's achievements, including races in the Commonwealth Games etc., but I always admired Paul for his endless training in the crowded (but hilly) streets of South London, while always maintaining a job at a local Post Office.

At the beginning of 1964, I was a graduate chemist at the University of London, when my thesis adviser suggested I take a 6 month's break from my research and train full-time for the British Olympic Trials that summer. I declined, telling my boss that I desperately needed that Ph.D. degree and maybe my time would come later. In 1965 I moved to my teaching job at the University of Texas in Austin. During the subsequent years I would travel back to Britain to compete in the odd championship race for Belgrave Harriers. The response upon my arrival on the starting line was always the same: "you know Knifton, he couldn't make the British Racewalking Team so he emigrated to the USA!!!". With my newly-minted USA citizenship in 1970, we competed in the World Championship 50 km race in Germany; I lead the USA team to the finishing line, but my time was quite a bit slower than the 3 British aces. Their comment still stood! Then at long long last, at the World 50 km Championships in Lugarno, on a very hilly course, with rainstorms throughout, I again led the USA team, but finished 15th in 4hr 16min, ahead of 3 out of 4 on the British team. As the great racewalking ace Ray Middleton (1960 Olympics etc., also of Belgrave Harriers) said afterwards: "Knifton is for real". That is all I ever wanted was to be accepted by my peers! But it sure took a long while! (Ed. I met both Ray Middleton and Paul Nihill in Tokyo at the 1964 Olympics, where they both walked the 50. Nihill seemed to me a bit aloof. Ray was a mail carrier in England and was a many times winner of an annual 15 Km walk for mail carriers in which they were required to carry their delivery bags. I always enjoyed reporting the results of that race in the ORW and, as I recall, Ray was generally walking at about an 8-minute pace in his full delivery regalia, including the bag.). . . **Kaniskina now a coach.** Recently retired racewalking champion, Russia's Olga Kaniskina has already started her career as coach. She has joined her former trainer Viktor Chagin's racewalking staff based in Sochi. He told R-Sport news, "She

advises the younger walkers for our team. They have a lot of respect for her." Kaniskina has much experience to share having dominated her discipline over the past few years. Her reign began at the 2007 IAAF World Championships in Osaka, where she took gold. She then went on to claim the Olympic title and successfully defended her world title twice, in 2009 and 2011. Kaniskina's medal collection was complete when she won the 2010 European Championships in Barcelona. At 27, she decided that the 2012 London Olympics would be her final competition. In that race, she led from the start, but was overtaken in the final kilometer by countrywoman Elena Lashmanova and had to settle for silver. One of Kaniskina's goals for the season will be to guide reigning racewalk world silver medalist Anisya Kirdyapkina to a gold medal at the 2014 European Championships in Zurich. Chegin also confirmed that Beijing Olympic champion Valeriy Borchin is also at the training camp in Sochi. There had been rumors that Borchin would retire this year. "I haven't decide to retire, and want to continue competing until the 2016 Olympics," he said. . . **More Olympians?** Last month, I immodestly boasted about the number of Olympians I had competed against in various track events before I became a racewalker. I noted that there may have been more when I competed in the National AAU Cross Country meet in New York in 1965 in the midst of my racewalking career. Ray Somers, a fine runner in his own right before taking up racewalking in 1967; found the results of that race and informed me: "Looking at the Jan. 1966 issue of H. Browning Ross's Long Distance Log (Browning was an Olympic steeplechaser who was on my list of Olympians and I should have consulted my collection of LDL issues to find what Ray did.) you can add Ron Larrieu, Dave Ellis (if you are counting Canadians), Buddy Edelen, Tom Laris, John J. Kelly, Bob Finlay; (another Canadian), and Ted Corbitt to your list." Okay, so now I have a confession and a dilemma. I was in that race, but dropped out at the 5 Km mark (it was a 10,000 meter race) in 103rd place with an 18:50. Is it fair to claim that I competed against these guys when I didn't finish the race? (And when I was only running at a 6-minute per mile pace? Probably not. But does anyone care? Probably not. Ray himself finished 30th in the race. About 2 ½ half years later, in his second ever walking race, and after only a few months of racewalk training, Ray won the National 10 Km in Catonsville, Maryland beating Ron Laird, then the ruler of the roost, by 45 seconds. He also beat such luminaries as John Knifton (see above) and Jack Mortland, who were sixth and seventh in the race. Ray was given a time of 47:59, but that was for 10,400 meters since the officials messed up the lap count and everyone walked at least one extra lap (some back in the pack, 2 or 3 extra laps). In the ORW, I credited Ray with 46:07 (my estimate) and interestingly enough, that is the time Ray is credited with in the official list of 10 km champions. A week later, he broke the American 1 Hour record, covering 8 miles 797 yards on a track in Alexandria, Virginia. Unfortunately, Ray's career as a walker was hampered and finally cut short by injury. On another note, Ray noted the LDL issue he consulted ran an ad for Blue Ribbon Sports TG-4 Marathon shoe for \$7.95. Blue Ribbon has since gained some recognition as Nike (and has raised their prices). . . **Racewalkers are smart.** Dave Gwyn has identified five racewalkers on the list of NAIA Cross Country Scholar Athletes: Mitchello Brickson Jr., Goshen, Reini Brickson (Sr., Lindsey Wilson, Alajandro Chavez, Jr. (Jr., Missouri Baptist), Nick Christie (Sr., Missouri Baptist), and Kaitlyn Loeffler (Jr., Central Methodist.) No report on their success as cross country runners, but they did well in the classroom and we will look for good racewalking performances indoors and out. . . **U.S. Racewalk Grand Prix.** Last month we carried what were reported as the Final Grand Prix for 2013. It turns out that was premature. At a RW Executive Committee meeting on Nov. 7 it was decided to extend the Grand Prix season through the National 5000 Indoor Championships on Dec. 28; which will also include the National 50. Normally, the Grand Prix season has been concluded in mid-October when the final National of the year has been contested. However, the USATF web site describes the Grand Prix as "a year-long series of Olympic Development competitions through which USATF crowns an overall champion for



Ray Somers in action. Three week's after the 1968 National 10 Km (see above) Ray Somers made his 20 Km debut at the Nat Osk race in New York City and returned an impressive 1:31:25 to finish second to Dave Romansky (1:30:04. Here, Ray (on the right) is walking with current National Chairman Ron Daniel who finished fourth in 1:33:08. John Knifton, another famous person in this issue, was third in 1:32:46.

each competitive year based upon the National Championship schedule of events. Races are contested from 12 mile to 50 kilometers for men and women." The 50 wasn't scheduled until this spring and wasn't added to the GP calendar page and the Indoor 5000 in late December was unusual, so the presumption was that the GP season concluded in October and the final standings were released. Now, the official final standings will be announced after the 5000.

International Team Staffs. The Team Staff Selection Sub-committee of the USATF RW Committee has announced the staffs for the 2014 US International Teams (subject to USATF

Board approval): IAAF World Cup—Head Manager Bill Pollinger, Head Coach Tish Hanna, and Assistant Coach Jolene Moore. U.S. vs. Canada—Manager Loretta Schuellein-McGovern, Coach Anthony Garcia. . **Sold Out.** Tim Seaman reports that due to the overwhelming response to NARI's Camp Fee Assistance Program the annual South Texas Walking Club Training Camp is sold out. They will have the largest ever training camp in U.S. history from Dec. 27-Jan. 5. There will be 75 Athletes from all over the country training together. Tim reports that if anyone else would like to join them, they will gladly recommend a good hotel nearby and you could join in any of the races. (See race schedule in this issue.) They would appreciate any donations to NARI (North American Racewalking Institute), which can be made at www.narionline.org. Those donating more than \$500 will receive a signed copy of one of their books, signed by Olympic Champion Jefferson Perez. All donations will go directly to helping pay the camp expenses of our future Olympians. . **Heffernan honored.** World 50 Km champion Rob Heffernan has been named as Athletics Ireland Athlete of the Year. **National Indoor 5000.** The 2013 Indoor 5000 meter racewalk championships will be held at Rochester Institute of Technology's Gordon Fieldhouse on Dec. 18. The slower of two heats will begin at 8:15 with the faster heat to follow at 9. The races will be held in conjunction with the Niagara Association indoor championships and the Update Holiday Classic. T-shirts for the first 200 meet entrants. Visit the USATF website www.usatf.org/Events for on-line entry. . **Qualifying Trials Standards.** The USATF RW Committee has established the following standards for Olympic Trials qualifying: 50 Km 4:45, Women's 20 Km 1:48; Men's 20 Km 1:36.

100 Miles Anyone?

Those who can walk 100 miles in 24 hours or less are duly dubbed Centurions. Though a very popular pastime in England and Northern Europe for a long time, until 1968, the only U.S. Centurions were J.B. Gillie, M.J. Ennis, and J. Schmidt who performed the feat in May 1878, Gillie winning the race in 21:00:42, 2 ½ hours ahead of Ennis, with Gillie another 14 minutes back. That was it until 1967 when something persuaded Bill Clark in Columbia, Missouri to conduct a 100 mile race on the track. The only finisher was 60-year-old Larry O'Neil, who came down from Montana for the race and shattered Gillie's American record with a 19:24:34 effort. Lara repeated the next year, though slowing to 20:51:30. He went on to complete six 100 milers, five of them in Columbia, the final one in 1977, not long before he was diagnosed with Lou Gehrig's disease, which eventually took his life.

The Columbia 100 was an annual affair through 1991, but it wasn't until the 1970 race that a second Centurion emerged, Canada's John Argo, who walked 23:22:50 at age 56. John finished two more of the centuries, in 1973 and 1976.

A highlight of the Columbia races was in 1971 when two-time Olympi 50 Kmc gold medalist Larry Young decided to take a fling at ultra-distance. Unfortunately, torrential rains flooded the track and drove the event indoors on a 200 meter track. Not phased, Larry; proceeded to walk 18:07:12, doing each of his final two miles in just under 8 minutes. While not recognized as a record since it wasn't on a 400 meter track, it remains 1 hour and 39 minutes ahead of the next fastest time by an American.

O'Neil's six centuries remained the most for an American until 1979, when Chuck Hu;ter completed his seventh in seven years. In 1974, Leonard Busen completed the 100 in 23:07:27 and then went on to do 10 more with a best of 19:40:20 in 1978. In 1976, Jack Blackburn became the first Ohio Centurion in the Columbia race. He did four more over the next six years with a best of 20:50:19. The only other Ohio Centurion is Rich Myers who did the Columbia race twice in 1977 and 1978. He had a 21:44:46 in 1978.

In 1978, Alan Price journeyed to Columbia to try his hand and scorched the track with an 18:57:01 effort the best time other than Young's indoor effort to that date. That year

the Columbia race was the first National Championship at the distance. There continued to be National races through 1985. It was also contested as a national in 1987 and 1993. Some of these races were in Columbia and some elsewhere. And other races sprang up here and there.

Alan Price went on to complete 23 centuries, 11 of them in Columbia, with a best time of 18:46:13. He went under 20 hours nine times. From August 1979 to September 1987, Alan completed 19 centuries, doing three in both 1980 and 1982. The second fastest 100 (not including Young's Indoor time) was by Paul Hendricks in San Diego where he did 18:48:52 to beat Price. It was one of three centuries for Hendricks. Elsie McGarvey was the first U.S. woman Centurion with a 22:52:31 in 1978. She did a second hundred in 1980. There have been four other U.S. women join the Centurions since. The fastest was Bev LaVeck with a 21:42:14 in San Diego in 1982.



Alan Price and Paul Hendricks after about 4 hours of the 1981 National 100 mile race won by Alan Price in 20:09:18.

In November 1980, I published a poem by Bob Cragg, who had just completed his sixth century in six years with a best of 23:03:02:

Never Again
(A Tribute to the Centurions)

Never again! I heard them say
When last they finished the 100th mile.

Never again! I heard them say
And yet they're back again with a smile.

What breed of people these Centurions,
What brings them back to begin
Another journey into the night
That never seems to end?

What breed of people these Centurions,
What memories of heat and cold.
And the chilling and the agony
That makes you feel so old.

What breed of people these Centurions
That endure the stress and pain
Of many miles and countless steps
And thoughts that enter the brain.

Like my right knee hurts,
That blister is severe,
Maybe I should stop and rest awhile—
Or try again next year.

But when it's finally over
And the centurions have given their all.
Never again! I heard them say
- But they'll be back next fall.

From one who knows. . . Bob Cragg

I guess that was his swan song, because he never completed another century.

LOOKING BACK

45 Years Ago (From the October 1968 ORW)—Gary Westerfield dominated racewalking events at the 11th Annual L. Ohio Track Club Distance Carnival. On the first day, he won the 7; mile by 5 seconds from Jack Blackburn in 55:01. Canadian Max Gould captured the master's division in 57:17. The following day, Westerfield was back for an easy 15 mile win in 1:06:13, with Jack Mortland, who had been conducting the 10 mile run the day before, a distant second (2:11:15). . . Jack Blackburn won the Cincinnati Thanksgiving Day "6" mile (actually well short) in 41:53. . . Odd distances seemed to be in vogue as Rudy Haluza won a "7" miler (said to be closer to 6 1/2) in 47:00 and Dave Romansky beat Shaul Ladany and John Knifton in a 20.6 mile race in 2:48:52.

40 Years Ago (From the October 1973 ORW)—Our Fourth Annual World Rankings, published a month earlier than usual, saw Hans-George Reiman (GDR) and Bernd Kannenberg (West Germany) on top at 20 and 50 respectively. Ron Laird was ranked fifth in the 20k, the only U.S. walker ranked. We hadn't started women's rankings, not because of sexism on our part, but because there wasn't enough reported activity to justify rankings. (Which, of course, suggests sexism on some people's part.)

35 Years Ago (From the October 1978 ORW)—Once again the rankings came early. On top of

the World at 20 was Mexico's Daniel Bautista. His countryman, Raul Gonzalez, topped the 50. Todd Scully and Marco Evoniuk were number one in the U.S. at the two distances. On the women's side, Sweden's Britt-Marie Carlsson and Siv Gustavsson were ranked number one at 5 and 10 Km, respectively. Susan Liers was number one in the U.S. at both distances. It was still many years until officialdom admitted that "delicate" women could compete at a distance such as 20 Km, though a few did. . . June MacDonald won the U.S. women's title at 15Km in 1:27:10, a step in the right direction. (Int. U.S., we did recognize that women could go further.). . . Martin Kraft did 20 Km on the track in 1:33:42 and combacking Bob Henderson covered 8 miles and 230 Yards in an 1 Hour race.

30 Years Ago (From the October 1983 ORW)—The National 100 Km race, held in Arlington, Virginia, went to Brian Savilonis in 10:33:13, with defending champion Bob Keating about 9 ½ minutes back, but gaining ground over the final 25Km. Two-time winner Alan Price as third in 10:44:08. Chris Knotts was fourth and Sal Corrallo beat Jack Blackburn for the master's title as they finished fifth and sixth. Bev LaVeck was next and the first woman in 12:04:17. . . Mike Morris won the National 2 Hour title in New Jersey, covering 14 miles 1690 yards and leaving Mike O'Rourke better than a quarter mile behind. . . Dan O'Connor broke the American 50 Km record (track) with a 4:12:46 in Irvine, Cal. . . The Canadian National 50 was fast, with Guillaume Leblanc winning in 3:58:32, 4 minutes ahead of Francois Lapointe. O'Connor was third in 4:14:35, some 4 weeks prior to this record effort. . . Morris also had a 1:31:58 for 20 Km at Niagara Falls, edging Peter Timmons, who was given the same time. Ed O'Rourke was 7 seconds back; in third.

25 Years Ago (From the October 1988 ORW)—Lynn Weik was an easy winner in the Women's National 20 Km, held on Long Island. Her 1:45:37 left Karen Rezach nearly 10 minutes behind. Susan Travellin edged Susan Liers for third, with both given 1:57:04 and Canada's Christine Ostiguy also went under 2 hours with a 1:58:06. In the accompanying National 30 Km race, Dan O'Connor finished 5 minutes ahead of Jeff Salvage; win in 2:24:15. Curtis Fisher and Curt Clausen followed Salvage.

20 Years Ago (From the October 1993 ORW)—Allen James was an easy winner of the National 30 Km in Atlanta. His 2:14:31 left Canada's Martin St. Pierre 6 minutes behind (Uncontested winner would be a better term. Nothing particularly easy about covering 30 Km in 1:12:14.) Bohdan Bulako;wsk; led the masters with 2:29:30 in third. . . A 5 Km race in Connecticut saw Lyn Brubaker (23:41) and Dave McGovern (21:032) winning over Susan Armenta and Rob Cole (21:25). Marc Varsano had a 21:40 for third in the men's race. (Which makes me sk—is Varsano's Chocolates still in business? For a few years, when Marc was subscribing, I would get free chocolates at the holidays each year and would repay the gift with a plug for the Varsano brand.)

15 Years ago—(From the October 1998 ORW) Talk about the energizer bunny, these guys just keep going, albeit somewhat slower. The results of the Blackburn 100 mile race in Yellow Springs, Ohio have of resemblance to the National 100 Km in 1983 (above). Winning was Bob Keating in 12:15:16, with Chris Knotts (12:34:17) second and Alan Price (12:50:17) in third. Keating and Price were both 51, Knotts 42, and sixth-place Jack Blackburn 62. (And, while asking questions, has anyone out there seen or heard anything of Alan Price in recent years?)

10 Years Ago (From the October 2003 ORW)—Mark Green (47) walked a 48:15 for 10 Km in Dearborn, Mich., beating Gary Moregan by 1:20, and a month later won the National Masters 20 Km with a 1:41:324. . . Morgan, a youngster at 43, covered 12,405 meters in 1 Hour to beat Dan O'Brien (12:139), with Leon Jasionowski (58) third at 11,434. . . It was oldsters' month.

In New Zealand, 62-year-old Garry Little did a 45:25:44 for 50 and 14:35.5 for 3 Km.

5 Years Ago (From the October 2008 ORW)—Yuki Yamazaki set a new Japanese 50 Km record with 3:41:29 and in France, Swebastien Bilke did 3:56:43 for the same distance. In Italy, Ivano Brugnetti walked 39:40.2 for 10 Km.

50 Km Story from Dave Talcott arriving at the last moment:

This is how I saw it: The race got started 25 minutes late with the temperature starting at about 75 degrees and going up from there. Humidity filled the air as the walkers took off at 7:25am.

A young Puerto Rican (Luis Lopez age 22) went out fast with Cerighton Connolly (Canada) in chase and the American pair of John Nunn and Patrick Stroupe following. Mexican (who lives in Colorado) Francisco Pantoja walking next. As the first couple of 2k laps got finished up things spread out a bit. The top walkers didn't change position. Ray Sharp was after Francisco with Mike Mannozi a bit behind him and a pack of Dave Talcott, Ian Whatley and Omar Nash walking together. Erin Taylor-Talcott was just a few steps behind and then there was a fairly large gap to the other competitors.

Not much changed up front - with the front walkers extending their leads. At around 11k Erin overhauled the trio and never looked back. Between 13k and 16k Mike Mannozi caught Ray as the heat was beginning to take its toll. By 20k Omar Nash had been pulled as had Paul Terbrack. By about 20k the race for the National Title was in full swing. Patrick and John then Mike and Ray Erin followed by Ian then Dave. Top 5 in the race qualified for the World Cup 50k race next May (as long as they walk a race faster than 4:35 sometime between now and April).

Everyone was feeling the heat that had raised to about 85 degrees on a course with no real shade. Everyone slowed considerably the second half. Ray seemed to be hit the hardest at first dropping back and swallowed up by Dave and Ian. John Nunn began feeling it and was having problems with his hamstrings. Mike passed him around 25k and Erin passed him somewhere around 30k with Dave and Ian closing. John would be pulled for creeping shortly after and Dan O'Brien also suffered a similar fate.

Patrick looked good and strong as he kept going to the finish. (Around 2:07 at 25k). At around 35k Dave and Ian went by Ray who was super tough getting through the rest of the race. Mike really hit the wall and Erin caught him around 41-43k. She went on to finish second among American competitors. At 40k Ian dropped off a bit and never gained the ground back as Dave continued on and passed a really 'death marching' Mannozi with about 3k to go. Ian would also go by him as would Ray Sharp. (For his final lap Mike had someone walking by his side the whole way).

It was a tough day at the office for everyone. Erin set a new World 35-39 Record with her 4:50:40 (Old record 5:01). Cathy Mayfield set an American 60-64 record with her 6:20:49.