

More Titles For Veterans Vaill and Seaman

The month of October was very productive for the two premier U.S. walkers, those canny veterans 37-year-old Tim Seaman and 46-year-old Teresa Vaill. With three National Titles on the line during the month, Seaman took full advantage, winning all three. That boosted his lifetime total to 41, leaving him just one behind Henry Laskau on the all-time list. Henry won his titles from 1947 to 1957. Ron Laird won 65 from 1958 to 1976. So it will be a while before Tim can attain that mark.

Vaill, in the meantime, won twice (she didn't compete in the third race). That brought her to 37 titles, the first having come in 1984 in the Indoor 1 Mile. Sue Brodock, who competed from 1973 through 1983 is second on the list with 23 titles.

The month's active began in Kingsport, Tennessee with the National 5 Km. Vaill was an easy winner in the women's race with a 23:19, more than a minute-and-a-half ahead of 35-year-old Bobbi Chapman, apparently making a comeback after a four-year absence. Ohio's own Susan Randall was well back of her in third. Seaman had an even easier time as his 21:35, a pace he has often exceeded over 20 Km, left 44-year-old author, coach, clinician, and general racewalking guru Dave McGovern more than 2 minutes back. In third was another of Ohio's own, 62-year-old Chris Schmid, a relative newcomer to the sport, who has been cleaning up in the master's ranks with his steady improvement.

A week later, the scene shifted to Waltham, Mass. For the National 1 Hour Championship. Vaill again was unchallenged in the women's race, covering 12,263 meters and leaving Erin Taylor nearly three laps back in second. Taylor, in turn, was nearly 300 meters ahead of third-place Lauren Forgues.

Seaman also had another easy win, beating Lauren Forgues' kid brother, 17-year-old Matthew, by nearly two laps as he covered 13,307 meters. Ray Sharp had another impressive outing with his third place finish with 12,599 meters. That's more than 7 3/4 miles.

Finally, the caravan went to Hauppauge, N.Y. (on Long Island) for the National 30. There, the walkers faced a Nor'easter that had temperatures tumbling (to 42 F by the finish) and winds of 25 mph gusting to 40 mph. Plus the challenge of an outstanding contingent from Colombia. Seaman was again unchallenged for the National title but was well beaten by the Colombians. Luis Lopez, apparently unfazed, won easily with world-class effort of 2:13:00. His 43-year-old teammate, Rodrigo Moreno, finished in 2:30:59, and their female compatriot, Sandra Zapata in 2:35:38. Seaman led the U.S. contingent in 2:38:16, more than 15 minutes ahead of second place John Soucheck. However, between them were the first two U.S. women, Maria Michta and Susan Randall. After them came Erin Taylor and then Chris Schmid with a really tough 3:01:19 at age 52.

The 30-year-old Lopez's win was no surprise. He was fifth in the World Championship 20 Km in August with 1:20:03 and was ninth in the Beijing Olympics at the same distance.

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As to his race at this distance, Seaman said: "It isn't my favorite distance, as I have been focusing more on shorter distances for some time. But in my quest to win more national championships, I have had to expand to longer distances than I usually compete in." By the time you read this, Tim will have completed his highly-successful October with his marriage to Canadian racewalking champion Rachel Lavallee on Halloween day.

National Women's 5 Km, Kingsport, Tenn., Oct. 3—1. Teresa Vaill (46), Gainesville, Fla. 23:19 2. Bobbi Chapman, Charleston, Vir. 24:52 3. Susan Randall, Beaver Creek, Ohio 26:11 4. Maryanne Daniel (51), Clinton, Conn. 27:08 5. Olivia Lapham (19) Canandagua, N.Y. 27:33 6. Katie Malinowski, Ada, Mich. 28:03 7. Darla Graff (42), Denver, Col. 8. Marianne Martino (59), Littleton, Col. 29:15 9. Vickie Pritchard (5) 29:35 10. Debbi Topham (56), Mayville, Mich. 29:36 11. Theresa Amerman, Indianapolis 29:50 12. Becky Benjamin (44), Swartz Creek, Mich. 30:02 13. Hannah Kisley (126), Fuquay Variva, N.C. 30:16 14. Lori-Lynn Short (43), Clio, Mich. 30:51 15. Donna Graham (60) Lowell, Ohio 31:25 16. Joyce Prohaska (59), Lakewood, Ohio 31:39 17. Elizabeth Main (58), Bowling Green, Ky. 33:24 18. Jolene Steigerwalt (65), San Diego 33:36 19. Paula Graham (46), Virginia Beach, Vir. 34:18 20. Linda Janssen (48), Virginia Beach 34:30 21. Katherine Fincher (51), Ashville, N.C. 34:33 22. Kathy Mayfield (58), Indianapolis 34:33 23. Sandra Hults (67), Leesburg, Fla. 36:04 24. Joyce Curtis (710), Kingsport, Tenn. 35:45 25. Susan Ojanen (52), Bristol, Tenn. 35:51 26. Barbara Taylor (62) Johnson City, Tenn. 39:29 27. Ruth Ketron (79), Kingsport 39:56 28. Sandra Vance (45), Johnson City 48:18

National Men's 5 Km, Kingsport, Oct. 3: 1. Tim Seaman, Imperial Beach, Cal. 21:35 2. Dave McGovern (44), Locust Valley, N.Y. 23:57 3. Chris Schmid (62), Wooster, Ohio 25:30 4. Omar Nash, Cincinnati 25:31 5. David Swarts (44), Jackson, Mich. 25:33 6. Ian Whitley, Greer, S.C. 25:38 7. Dave Talcott (49), Windsor, N.Y. 25:40 8. Rod Craig (51), Bad Axe, Mich. 26:36 9. Andrew Smith (60), Whittier, N.C. 27:02 10. Leon Jasionowski (64), East China, Mich. 27:16 11. Max Walker (63), Greenwood, Ind. 27:26 12. Damon Clements (51), Crawfordsville, Ind. 27:27 13. Klaus Thiedmann (55), Chicago 27:49 14. Tony Hackney (53), Hillsborough, NC 29:00 15. Larry Windes (51), Kingsport 30:04 16. Johnny Olsey (55) Clio, Mich. 30:05 17. Michael Rohl, Wake Forest, N.C. 30:42 18. John Fredericks (61), Brick, N.J. 30:51 19. Ron Salvio (61), Whiting, N.J. 31:53 20. Steve Cate (43), New Market, Tenn. 32:08 21. Walter Oglesby (62), Blowing Rock, N.C. 32:19 22. William Lipford (57), Hampton, Vir. 32:33 23. Alfred DuBois (77), West Allis, Wis. 32:35 24. Steve Durrant (70), Virginia Beach 34:57 25. Bernie Finch (69), Pepin, Wis. 36:41 26. Don McMahon (73), Black Mountain, N.C. 37:03 27. Eduardo Alvarez (65), Mayaguez, P.R. 37:05 28. Bobby Baker (66), Kingsport 41:59

National Women's 1 Hour, Waltham, Mass., Oct. 11: 1. Teresa Vaill (46), Walk USA 12,263 meters 2. Erin Taylor, Shore AC 11,113 3. Lauren Forgues, Maine RW 10,844 4. Nicole Court-Memendez (15), Maine RW 9859 5. Abby Dunn (15), Maine RW 9705 6. Annie Schide (15), un. 9621 7. Emily Reed (16), Maine RW 9461 8. Courtney Williams (16) un. 9185 9. Sandra Archibald (50), Canada 9181 10. Pat Godfrey (63), Cambridge Sports Club 8335 11. Lucia Hsiao (18), un. 8018 12. Joanne Harriman (66), New England Walkers 7476

DQ—Dorothy Sullo (49), New England Walkers

National Men's 1 Hour, Cambridge: 1. Tim Seaman, NYAC 13,307 2. Matthew Forgues (17), Maine RW 12,599 3. Ray Sharp (49) un. 12,449 4. Evan Vincent (17), Maine RW 11,350 5. Dave Talcott (49), Shore AC 11,217 6. Leon Jasionowski (65), Pegasus AC 10,808 7. Robert Keating (62), New England Walkers 10,709 8. Andrew Smith (60), Pegasus 10,705 9. Larry Epstein (50), New England Walkers 9369 10. Sean MacDonnel (17) Maine RW 9007 11. Barry Fowler (51), Conn. RW 9003 12. Bill Harriman (62), New England Walkers 8936 13. Tom Knatt (69), New England Walkers 8892 14. Richard Ruquist, NEW 8725 15. Charles Mansback (65), NEW 8692 DNF—Dylan Thombs (14), Maine RW DQ—Stephen Peckiconis (50), Cambridge Sports; Marcus Kants (63), shore AC; and Klaus Thiedmann (55), Chicago Walkers

National 30 Km, Hauppauge, N.Y., Oct. 18: 1. Luis Lopez, Colombia 2:13:00 2. Rodrigo Moreno (43), Colombia 2:30:59 3. Sandra Zapata, Colombia 2:35:38 4. Tim Seaman, NYAC 2:38:16 5. Maria Michta, Walk USA 2:49:37 6. Susan Randall, Miami Valley TC 2:53:16 7. John Soucheck (44), Shore AC 2:54:50 8. Erin Taylor, Shore AC 2:58:45 9. Chris Schmid (62), World Class 3:01:19 10. Rod Craig (51), Pegasus AC 3:08:16 11. Leon Jasionowski (65), Pegasus 3:09:51 12. Dave Talcott (49), Shore AC 3:10:54 13. Dan O'Brien (44), Pegasus 3:12:29 14. Becky Benjamin (44) Pegasus 3:13:49 15. Bruce Logan (44), Park RW 3:25:13 16. Debbie Topham (56), Pegasus 3:31:57 17. Tom Quattrochi (58), Shore AC 3:33:34 18. John Backlund (69), So. Cal. TC 3:43:05 19. Darleen Backlund (64), So. Cal. TC 3:54:04 DQ—Luc Bussieres (51) Canada and Mria Paul (44), Shore AC

Fast Times In China

While we in the U.S. struggle to get even a handful of elite walkers at any race, the Chinese seem to have world-class racewalkers to spare. Witness their National Championships in late October.

First up was the men's 20 Km, featuring World Championship silver medalist Hao Wang. Wang won in a personal best 1:18:13, the world's second fastest time this year. He was well clear of Jianbo Li, 12th in the Worlds, who finished in 1:19:10. The next three finishers were under 1:21 and 31 finished under 1:30.

Two days later the women's 20 was won by World bronze medalist Hong Liu who walked her season's best of 1:28:11 despite unexpectedly warm weather. In second, 19-year-old Yanfei Li lowered her personal best by almost 2 ½ minutes, finishing in 1:28:57. Yanmin Bo in third returned to the form she had shown five years ago when she won the National Games as she finished in 1:29:17. Shanshan Wang in fourth also dipped under 1:30.

Several of the men in the 20 came back four days later to contest the 50, with Hao Wang taking second and Jianbo Li fourth. The winner, however, was Chengliang Zhao in a quick 3:40:33. Zhou has walked many quick times in the past, but has disappointed in international competition with 21st in the Beijing Olympics and fifteenth in this year's Worlds. But here, he left Wang more than a minute back at the finish. Wang was a solid second, but two others, Tianfeng Si and Li were under 3:45. Thirteen finished under 4 hours.

By comparison, the U.S. has had only nine athletes under 4 hours ever. And none since 2004. As a matter of fact, in the past five years there have been only four U.S. times under 4:10, Curt Clausen, Kevin Eastler and Philip Dunn twice. Likewise, at 20, where the Chinese had 17 under 1:25 in this race. The U.S. has only 10 all-time under that mark. And again, since 2004, when Kevin Eastler, Tim Seaman, and John Nunn were all under 1:23 to make the Olympic A standard and Curt Clausen also went under 1:25, there have been only

six performances under 1:25, three by Eastler, two by Seaman, and one by Nunn. Similarly, there were thirteen Chinese women under 1:35 in the one race compared to seven all-time for the U.S. (And one of those being Yueling Chen who won Olympic gold for China before she walked for the U.S.) Since 2004, only Joanne Dow (three times) and Teresa Vail (twice) have been under that mark, and, as we know, they are both in their mid 40s. Okay, that's my statement for today on the state of U.S. racewalking. And here are the Chinese results:

Men's 20 Km, Oct. 22: 1. Hao Wang 1:18:13 2. Jianbo Li 1:19:10 3. Yafei Chu 1:20:27 4. Gaobo Li 1:20:49 5. Leilei Wang 1:20:58 6. Tao Yang 1:21:22 7. Wei Yu 1:21:37 8. Xiangdong Bo 1:21:47 9. Zhen Wang 1:22:10 10. Ronghua Lu 1:22:16 11. Xuezhong Zhang 1:23:02 12. Jincai Zhou 1:23:40 13. Ronglong Zhang 1:24:14 14. Ding Chen 1:24:25 15. Lei Li 1:24:32 16. Zhule Cui 1:24:38 17. Ende Zhan 1:24:59 18. Hongjun Zhu 1:24:59 19. Shipping Wang 1:25:08 20. Guosong Wu 1:25:23 (35 finishers with 31 under 1:30, 17 DNF)

Women's 20 Km, Oct. 24: 1. Hong Liu 1:28:11 2. Yanfei Li 1:28:57 3. Yanmin Bo 1:29:17 4. Shanshan Wang 1:29:54 5. Yawei Yang 1:31:11 6. Kang Zhou 1:31:49 7. Li Li 1:32:19 8. Xue Chai 1:32:21 9. Dan He 1:32:22 10. Limin Sun 1:33:22 11. Jingjing Nie 1:33:52 12. Xueping Sun 1:34:23 13. Hua Li 1:34:55 14. Yang Shi 1:35:12 15. Qing Xu 1:35:27 (26 finishers with 20 under 1:40, 3 DNF, 3 DQ)

Men's 50 Km, Oct. 26: 1. Chengliang Zhao 3:40:33 2. Hao Wang 3:41:55 3. Tianfeng Si 3:44:15 4. Jianbo Li 3:44:59 5. Faguang Xu 3:51:02 6. Zhen Wang 3:53:00 7. Jianguo Zhao 3:55:01 8. Zhidie Cui 3:55:23 9. Zhiyao Geng 3:55:34 10. Quianlong Wu 3:57:56 11. Wei Yu 3:58:00 12. Defu Zhang 3:58:54 13. Shucai Xing 3:59:09 14. Rui Zhang 4:00:24 15. Yucheng an 4:01:33 16. KaiGuo 4:06:29 17. Yong Li 4:07:28 18. Goping Yu 4:08:07 19. Yang Hou 4:09:31 20. Chaohong Yu 4:11:23 (33 finishers with 29 under 4:20, 14 DNF, 4 DQ)

Other Results

1 Hour, Arlington, Vir., Oct. 1. Tim Good 9894 meters 2. Peter Blank 9085 3. John Morrison 8806 **Louisian Sr. Olympics 1500 meters-1.** 1. George Bourke (63) 9:27.83 2. Vardy Vincent (70) 9:51.16 3. Doug Alexander (69) 10:47.58 (8 finishers) **10 Km, New Albany, Ohio, -1.** Matt Boyles 47:28.0 2. Mike Mannozi 49:12 3. Chris Schmid 52:38 4. Brickson Mitchell 53:45 5. Mike Meekhof 54:11 6. John Randall (17) 54:42 7. Johnny Olsey 55:34 8. Kyle Hively 55:34 9. George Krupica 55:50 10. Rick Huber 56:11 11. Vince Peters 57:08 **Women-1.** Susan Radall 53:40 2. Allison Chin 54:50 3. Erika Shaver 56:28 4. Noelle Snyder 59:50 5. Reine Brickson 60:11 6. Lori Short 63:49 7. Sharon O'Leary 63:58 8. Marjorie Rubertino 65:11 9. Joyce Prohaska 65:46 10. Donna Graham 65:49 **1 Hour, Berkely, Mich, Sept. 26-1.** Dan O'Brien 11,346 meters 2. David Swarts 11,099 3. Rod Crag 11,045 4. Leon Jasionowski 10,647 5. Lynn Phillips 9019 6. Tom Belford 8961 7. Marshall Sanders 8814 8. Marv Larson 8006 9. Vance Genzlinger 7813 10. Bob Davis 7141 **Women-1.** Becky Benjamin 9869 2. Deb Topham 9714 3. Denise Francis-Keith 8526 4. Vilma Dennis 7991 5. Julia Pusdrowski 7886 6. Kathleen Schmeling 7162 7. Sharon Garner 6660 **5 Km, Chicago, Sept. 26-1.** Pablo Gomez 26:46 2. Klaus Thiedmann (55) 26:50 3. Damon Clements (52) 27:19 4. Mark Sekelsky (52) 28:41 5. Rich McGuire (61) 28:46 6. Jose Andablo (42) 30:29 7. Larry O'Brien (54) 31:00 8. Lenny Salinas (15) 32:06 9. Ron Winkler (59) 32:42 10. William Hosken (72) 32:42 11. Alfred DuBois (77) 32:53 12. Emilio Mancha (13) 35:39 **Women-1.** Mercedes Mancha (19) 32:02 2. Doris McGuire (60) 32:49 3. Kitty Monaghan (52) 33:05 4. Jocelyn Salinas (13) 36:33 (y finishers) **50 Km, Minneapolis, Oct. 18-1.** Doug Johnson 5:27:32 (only finisher) **1500 meters, Austin, Tex., Aug. 23-1.** Augie Hirt (55+) 8:23.21 2. Manuel Tort (35+) 8:25.58 3. Donald Stephen (45+) 8:44.04 4. Lojza

Vosta (70+) 9:27.16 5. Dave Gwyn (55+) 9:33.62 6. Bud Morrill (60+) 9:37.4 7. Fernando Macias (45+) 8:38.39 **3000 meters, same place-1.** Augie Hirt 18:10.61 2. Manuel Tort 18:16.98 3. Donald Stephen 18:34.84 4. Dave Gwyn 20:09 5. Ljza Vosta 20:50 **5 Km, Ft. Worth, Texas, Sept. 7-1.** Armando Mejorado 21:19.3 2. Patrick Dicosino 23:53.7 3. John Emery 30:42.8 **Women-1.** Karol Barron 32:26.4 (Not certain about the validity of this result. Dave Gwyn, who supplied the result from an on-line source, knows nothing about the two guys with fast times or how the race was officiated. Mejorado is reported as 23 years old, and, if this is a legitimate result, should certainly be encouraged to get serious about the sport.) **5 Km, Caldwell, Texas, Sept. 12-1.** Dwayne Staley 30:01 2. Lojza Vosta 31:47 3. Dave Gwyn 34:12 **5 Km, Aurora, Col. Sept. 18-1.** Mike Blanchard (48) 26:53 2. Daryl Meyers (65) 30:22 **Doc Tripp Memorial races, Broomfield, Col., Sept. 27: 10 Km-1.** Mike Blanchard 58:46 2. Jose Vargas 64:26 3. Luz Barrientos 64:57 **5 Km-1.** Daryl Meyers (66) 33:41 2. Connie Ruel (29) 34:39 **1 Hour, Pasadena, Cal., Oct. 18-1.** Pedro Santoni (52) 10,556 meters 2. Rick Campbell (63) 10,186 meters 3. Stan Chraminski (61) 10,158 4. John Magnussen (57) 9765 5. Pat Bivona (68) 9034 6. Carl Acosta (75) 8900 7. Bill Moremen (81) 8378 (10 finishers) **Women-1.** Jolene Steigerwalt (66) 8856 2. Julia Townsend (16) 8365 3. Shirley Capps (74) 8002 (9 finishers) **2.8 miles, Seattle, Sept. 19-1.** Ann Tuberg (49) 26:10 2. Bob Novak (60) 26:12 3. Stan Chraminski (61) 26:28 4. Rebecca Kettwig 28:52

Marathon, Melbourne, Australia-Jared Tallent 3:08:40 Ukrainian 50 Km, Oct. 11-1. Serhiy Budza 3:53:30 2. Andriy Kovenko 3:58:50 **Indian Women's National 20 Km, Bhopal, Oct. 9-1.** Rani Yadav 1:44:37 2. Sandhya 1:45:08 3. L. Deepmala 1:48:12 **Men-1.** Babu Bhai 1:27:43 2. Somendra Sngy 1:30:03 3. Baljinder Singh 1:30:18 4. Gurmeet Singh 1:30:43 5. Mani Ram Patel 1:31:42 6. Chandan Singh 1:31:51 7. Satyanarayan 1:33:14 **Three Nation International Match, Tukums, Latvia, Sept. 12:** Lithuania 36, Latvia 26, Sweden 24. **Men's 20 Km-1.** Ato Ibanez, Sweden 1:26:42.7 2. Tadas Suskevicius, Lith. 1:27:45.5 3. Arnis Rumbenieks, Lat. 1:29:13.4 4. Marius Ziukas, Lith. 1:29:25.3 5. Ingus Janevics, Lith. 1:34:13 (2 DNF, 1 DQ) **Women's 10 Km-1.** Brigita Vilbalyte, Lith. 45:38. 2. Agnese Pastare, Lat. 47:26.5 3. Mari Olsson, Sweden 51:21.4 4. Rita Kaselyte, Lith. 52:27.3 5. Inga Mastianica, Lith. 52:43 **Jr. Men's 510 Km-1.** Perseus Kalrlstrom, Swed. 45:18.7 2. Genadij Kozlovskij, Lith. 46:26.5 3. Saulius Valalis, Lith. 47:39.4 4. Anders Hansson, Swed. 48:04.3 5. Iitvars Palulis, Lat. 48:24.2 6. Edgars Gjacs, Lat. 50:00.1 7. Deividas Jurgelianecas, Lith. 50:45 (Gerard Chmyzkikov, Lith. was a non-scorer at 47:23) **Jr. Women's 5 Km-1.** Anita Kazemaka, Lat. 24:06.7 2. Karolina Svedaite, Lith. 24:59.5 3. Diana Kacanava, Lith. 26:06.4 4. Agne Lebauskaitė, Lith. 26:43 **Lithuanian National Championships, Druskininkai, Sept. 5:** **Women's 10 Km-1.** Kristina Saltanovic 44:04 2. Agnese Pastare 48:02 **Men's 10 Km-1.** Andrei Talashka 42:35 2. Vilius Mikelionis 43:15 3. Vadzim Tsivanchuk 43:56 4. Tomas Gaidamavicius 44:23 5. Tautvydas Zekas 44:26 6. Genadij Kozlovskij 45:12

If You Care To Race, There's Many A Place

Sun. Nov. 8	Florida State 20 Km (B) 20 Km, Indianapolis (K) 5 and 10 Km, Albuquerque, NM, 9 am (Q)
Sat. Nov. 14	1 Hour, Virginia Beach, Va. (T) 2.8 Miles, Seattle, 9 am (C)
Sun. Nov. 15	5 Km, New York City, 8:30 am (G) 5 and 10 Km, Coney Island, N.Y., 9 am (B)

	5 Km, Boulder, Col., 9:30 am (H)
	1 Hour, Pasadena, Cal., 6:45 am (U)
Sun. Nov. 29	5 Km, New York City, 8:30 am (G)
	5 Miles, Freehold, N.J. (A)
Sat. Dec. 12	2.8 miles, Seattle, 9 am (C)
Sun. Dec. 13	1 Hour, Pasadena, Cal., 6:45 am (U)
	5 Km, New York City, 8:30 am (G)
Sun. Dec. 26	5 Km, Denver 10 am (H)
Sat. Jan. 9 (Probable date)	USATF National 50 Km at site to be determined (D)
Sun. Jan. 10	Marathon and Half-Marathon, Mobile, Alabama
Sat. Jan. 15	Indoor 3000 meters, Cedarville, Ohio (M)
Sun. Jan. 16	1 Mile, Cedarville, a0 am (M)

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Final U.S. Grand Prix Standings

The U.S. Grand Prix consisted of all National Championship races plus the Trials for the Americas Racewalk Championships. The Championships are the Indoor 1 Mile and 5000 meters (3000 for women), and the outdoor 5, 10, 15, 20, 30, 40, and 50 Km, and 1 Hour. For Masters the Grand Prix races were Indoor 3000, outdoor 5,000 and 10,000 meters, Masters' 15 and 20, and the open 5, 30, 40, and 50 Km, and 1 Hour. The first 10 places in each scored starting with 10 points for first down to 1 point for tenth.

Men

1. Tim Seaman, NYAC 70
 2. Patrick Stroupe, un., Missouri 28
 3. Dave Talcott, Shore AC and Ray Sharp, Pegasus 27
 5. John Soucheck, Shore AC 24
 6. Mike Tarantino, World Class RW 22
 7. Chris Tegtmeier, Concordia U. 20
 8. Theron Kissinger, New Balance 19
 9. Rod Craig, and Leon Jasionowski, both Pegasus Walkers 17
 11. Chris Schmid, World Class RW 16
 12. Omar Nash, Pegasus and Richard Leuttchau, Shore AC 14
 14. Ian Whatley, World Class RW 13
 15. Philip Dunn, New Balance 10
 16. Matt Forgues, Maine RW; Allen James, Bond Lake AC; and Dave McGovern, World Class 9
 19. Chris Knotts, Miam Valley TC, Stephen McCullough, un., Trevor Barron, South Park TC; and Dan O'Brien, Pegasus 8
- (There were a total of 51 men scoring at least one point)

Women

1. Teresa Vaill, Walk USA 59
 2. Erin Taylor, Shore AC 54
 3. Maria Michta, Walk USA 47
 4. Susan Randall, Miami Valley TC 45
 5. Solomiya Login, South Eastern Penn. 34
 6. Katie Malinowski, Cornerstone U. 22
 7. Joanne Dow, un. and Becky Benjamin, Pegasus 19
 9. Debbie Topham, Pegasus 17
 10. Miranda Melville, U. of Wisconsin-Parkside 14
 11. Maryanne Daniel, Conn. Walkers 12
 12. Olivia Lapham, SUNY Geneseo and Darleene Backlund, Sol Cal. TC 11
 14. Karen Karavanic, World Class RW 10
 15. Darla Graff, World Class RW and Bobbi Chapman, un., W.V. 9
 17. Lauren Fourgues, Maine RW; Erika Shaver, Miami Valley TC; and Tina Peters, Miami Valley TC 8
 - 20.. Katie Burnett, un, Iowa and Susan Fasset, Pegasus 7
 22. Margaret Ditchburn, un., Cal. And Diana Rado 6
- (Here were a total of 32 women scoring one or more points.)

Masters Men

1. Chris Schmid, World Class RW 37
2. Andrew Smith, Pegasus Walkers 33
3. Dave Talcott, Shore AC 33
4. Tim Seaman, NYAC 30
5. John Soucheck, Shore AC 27
6. Leon Jasionowski, Pegasus and Alberto Medina, un. 20
8. Mark Green, Pegasus; Norm Frable, Pegasus; Max Walker, Indiana RW; and Ray Sharp, Pegasus 19

12. Tommy Aunan, Oregon and Pedro Santoni, SC Walkers 16
 14. Rod Craig, Pegasus 15
 15. Bob Keating, New England RW and Klaus Thiedmann, Chicago Walkers 13
 17. Rick Campbell, Easy Striders WC 12
 18. Damon Clements, Indiana RW 11
 19. Don Lawrence, un., N.Y.; Jonathan Matthews, un., Mont.; and Stephen McCollough, un., Conn. 10
- (Total 46)

Masters Women

1. Debbie Topham, Pegasus Walkers 43
 2. Becky Benjamin, Pegasus 41
 3. Vicki Pritchard, World Class RW 29
 4. Susan Fassell, Pegasus 21
 5. Teresa Vaill, Walk USA 20
 6. Maryanne Daniel, Conn. Walkers and Louise Walters, Sierra Walkers 19
 8. Darla Graff, World Class RW; Marianne Martino, HART; Kathleen Balser, Un., Ariz.; and Darlene Backlund, RW Northwest 17 19
 12. Rebecca Garson, World Class RW; Karen Karavanic, World Class RW; and Donna Green, Chicago Walkers 15
 15. Jolene Steigerwalt, S. Cal. TC 13
 16. Cathy Mayfield, Indianapolis Walkers 11
 17. Kathy Frable, un., Utah 9
 18. Janet Robinson, Easy Striders and Yoko Eichel, S>C> TC
 20. Mary Baglin, Pacific RW and Carol Bertino, Easy Striders 7
- (31 total)

From Heel To Toe

A shoe clue. Harry Siitonen, Finland's gift to racewalking in the San Francisco Bay area, offers the following: Just received a post from Ron Day, one of our old Golden Gate RW members who now lives in Bloomington, Indiana where he is a professor at the U. of Indiana. He says: "I found these Finnish shoes, the Karhu, are very nice for racewalking, as well as running, particularly the pronation support shoe that is listed as 'stable'. The arch plate gives a nice smooth transition and there is plenty of heel support. The shoe is soft, but not goeey, and so stands up well to landing. . . I found these to be the best RW shoes I've ever had, mostly because the transition is so smooth due to the internal plate." Harry adds: "I'm surprised they still even made Karhus in Finland. I had a pair in 1991 and was quite satisfied with them. But in recent years I saw none stocked in Finnish athletic shoe stores. Advertising hype probably steered people to the big brand internationals. You might try the internet to find out where Karhus can be gotten. Incidentally, the Finnish word 'karhu' in English is bear, plural 'karhut'. So when rooting for the Cal teams at Berkeley you can cheer them on in Finnish: "Menkaa Karhut", or 'Go Bears'" . . . **More druggies.** Harry also supplied the following report from the Online edition of Helsingin Sanomat, Helsinki, Finland: Two Russian racewalkers were among three athletes dealt bans on doping charges based on tests made at the Russian Cup competition at Periz on Sept. 18. The racewalkers were Yevgeniy Apasenko, who was dealt a two-year ban from the sport, and Maria Petrova, who is barred for 30 months. The third athlete was a hammer thrower. **Take care with those injuries.** Bev McCall, who as Bev LaVeck is one of the few U.S. female centurions (those who racewalk

100 miles in 24 hours or less), has the following note in her Pacific Pacers newsletter: "I've been taking it for granted that I'd never get injured and could ramp up the training whenever I want. I didn't count on a plantar wart of all things, and stupidly neglected to consider how changing a foot plant to 'walk around' the wart could affect the knee, quad, etc. And even toes! Well, fortunately Winthrop has a good physical therapy center and I'm making the most use of it." . . . **Off the subject, but spiritually rewarding.** Nothing to do with racewalking, but inspiring to me. All but our newest readers are familiar with my son Derek Mortland, a paraplegic since a motorcycle racing accident 12 years ago. I have reported in the past on how he immediately got on with his life and on his guitar virtuosity. I recently checked his web site to see if he had updated it recently and found a link to his My Space page. So I checked that out. I found this blurb, which I want to share: "Read that headline again—Music for the Causeless Cause of all Causes/Just...Be...Cause...Now, those are words to meditate on my friend :-). What is a causeless cause? It is something that originates from the vastness of nothing for no reason other than the pure joy and love of being. In its pureness, it is just/truth/wholeness, which interchanges with holiness. This just/truth/holiness, has no mode of operation other than just being what it is. It seeks not to conform to standards, human will, or our perceptions, yet at times we seek to control and conform it. But, alas, it's beauty resists being captured. In the end it is still the same. It is just, it is being, it is cause. The cause of change, yet it remains in the still, quiet, unchanging, unsettled center. Although your's truly is not a saint or holy guru by any stretch of the imagination, I seek to live my life in a way which would reflect to the greatest of my abilities those virtues. I also seek to have my music come from this place and to be unencumbered by thinking process or anything conscious; to listen to the song of songs that is in my heart and play it like it is the only time I will ever get to release it, giving flight to its wings. Fly, fly, fly. . . Be at one with the wind and all that is and ever will be." Immediately after reading this, I was listening to one of my favorite musicians, saxophonist Charles Lloyd (I am a long-time and unapologetic jazz fan), and thought that Derek had expressed exactly what I find so appealing in Lloyd's music. I was reminded of an excerpt from an interview with Lloyd in the March 2003 issue of *Downbeat*. In answer to the question: Are you entering a new phase of your career? He replied: "When we recorded this music, we all knew we were part of something. Those musicians were with me during that period in New York and that was healing for me. When you do music, you have to do it because you love it, that in itself takes things to another level I'm just trying to be open. God willing, I can keep working on this stuff and sing that song." Can your music get much deeper than this: "The spirituality, of the sound and the whole notion of the mysticism of sound have been calling me all my life. The sound I hear in my mind, I don't have that yet. I'm still looking for something in my sound. This depth of the sound quest, it's really a prayer because we're playing to the creator. I'm home in the music. All I am now in this stage of my life is the music, and it heals and helps me. If I can share some of the infinite joy that it gives me with others, it makes me happy." Incidentally, Derek has a third CD out entitled Seven, recorded live at Espresso Yourself Café in Powell, Ohio. You can order it through Derek's website, www.derekmortland.com or through the ORW for \$15. Pardon the digression from the racewalking agenda. .

When Simplicity Reigned

(A few months back there was a lengthy discussion on the Yahoo Racewalking List regarding attention to heart rate in training. I posted a message about the days of old before heart rate monitors existed and before heart rate was given a great deal of thought in one's training—at least not in the circles in which I moved. Elaine Ward, founder of the North

American Racewalking Institute and editor of the Southern Cal Walkers newsletter picked up on it and published it under the above title. I figured I might as well take advantage of the article in these pages, so here I what she published from my posting, which was a little more extensive, but which I didn't save. I have added here a few parenthetical notations)

I am thankful that my serious training came in the days before heart rate monitors and before much of the awareness of training effects existed so I didn't have to worry about such details. After a day on the job, I would get out at 5:30 to 6 pm, ask my body how it felt, decide what I would try to do, and let my body direct me through a workout. I had no planned schedule of hard and easy days other than what my body told me, which might be a day off. I still have no heart rate monitor, but sometimes take my pulse after a workout--finger to throat while watching a second hand. At age 74, a series of "sprints"--say 100 meters at perhaps an 8:20 to 9 minute pace if walking or around a 7-minute pace if running--can put my pulse up to 180 or occasionally even higher. (I might add hear that what I learn has no effect on my "training", if what I do these days can be called training. Maybe I will discuss that some time in the future.)

For whatever it's worth, here is a sample of my self-coached, do-as-my-body-directs training schedule in May of 1964. It typifies my training throughout the year. (My training was not seasonal since there were races throughout the year at many distances and I just wanted to be ready to race. I did point for certain events for which I might intensify the load for a few weeks.) Most of these workouts were conducted on a 188-yard track that Doc Blackburn had constructed outside his house. The 188-yard distance, purely coincidentally put the quarter mile and one-mile marks at nearly the same spot (about 2 1/3 laps for the quarter and 9 1/3 for the mile.) It also meant you just had to travel one additional lap for each mile to get a metric distance, (i.e., 5 Km, 10 km, etc. The "strolls" between reps--approximately 125 yards--were in a hiking style at somewhere near an 11-minute pace, i.e., minimal rest.

Sun.	16 miles in 2:16:05
Mon.	7 x 1 mile (7:32, 7:27, 7:25, 7:19, 7:21, 7:25, 7:25) 125 yard stroll between. With strolling included, I completed 8 miles in 62:30
Tues.	2 miles--14:32; 1 1/2 miles--11:37; 1 1/4 miles--9:35, 1 Mile--7:33; 3/4 miles--5:15; 1/2 mile--3:38; 1/4 mile 1:44. Stroll 1 lap between; passed 8 miles in 65:37
Thur.	10 Km--46:45
Fri.	3 Miles --25:23, 1 mile run--5:40
Sat.	7 miles--57:05 with last mile in 7:11
Sat.	10 miles--2:59:32
Mon.	7 miles--52:10 with 46:16 at 10 Km
Tues.	5 x 3/4 mile (5:44, 5:38, 5:40, 5:40, 5:39), stroll 1 lap between, strolled to 6 mile mark in 48:37
Wed.	1 Hour--7 miles 330 yards (This is what I considered a recovery day)
Fri.	1 Mile--7:25, 2 Miles--15:30; 2 miles--14:45, 1 mile--7:08, stroll 1 lap between
Sat.	1/2 mile--3:45; 8 X 220 yards--55 second average, 1/2 miles--3:47; 2 Miles 16:45
Sun.	20 Miles 3:07 (7:50 last mile)
Mon.	2 x 5 Km--23:12 and 23:05, stroll 188 between
Tues.	1/12 miles 11:18, 1 1/4 miles--9:32; 1 mile--7:24; 3/4 mile--5:24; 1/2 mile--3:36; 1/4 mile--1:43
Thus>	7 miles--54:32 (last 2 miles in 14:27)
Fri.	3 x 1 mile run--5:49, 5:39, 5:33
Sat.	8 Miles--64:46

Sun. 25 Km--2:21:26

Mon. 6 miles--44:56 (7:11 last mile)

The fast Monday walks following a long walk on Sunday were the only real plan to my training. The idea came from Chris McCarthy who used the term 'laminations' to describe these workouts. Suppose I had been worried about heart rate at this time and other aspects of physiology that are so closely monitored today. Would the monitor and other considerations have allowed me to follow this schedule? Would I still have made the Olympic team? (I leave the questions open.)

As I recall, my posting elicited no response on the internet, other than a request from Elaine to use the posting in her newsletter. (Note: Anyone is free to use anything in the ORW without asking my permission. It is nice if you cite the source.) However, I did receive one subscription earlier this month from Kiri Schultz in Seattle, with a pleasant note attached: "I have in my training log a printout of an e-mail you posted to the Racewalking Yahoo Group questioning whether or not your training for 1964 would have been more productive with today's technological tricks (specifically HR monitors). In training for the 2009 Portland Marathon 5-mile racewalk, I decided to jettison my own HR monitor (which has never been particularly comfortable) and focus on everything else. I may never be blazingly fast, but when it comes to form, I seem to know what I'm doing and that's no small accomplishment. I just wanted to say thanks for reminding people that the beauty of racewalking shouldn't be about the gadgets."

Army Athlete Trying T Walk To Another Olympics

By Jerry Briggs, San Diego Express News, June 27, 2009

U.S. Army Sgt. John Nunn isn't competing in racewalking for the tattoo. He's not really thinking about strutting and swaying his way through the streets of London in 2012, displaying a colorful Olympic rings on his upper back. But, if you ask his daughter, she might tell you that she thinks that's a pretty cool idea. As a matter of fact, 5-year-old Ella Nunn already has put in the request.

"Dad, I want you to get an Olympic rings tattoo," she told her father. "Really?" John replied.

John Nunn, a 31-year-old San Diego resident who recently finished five months of training as a dental hygienist at Fort Sam Houston, chuckled to himself, the memory of the exchange with his daughter still fresh. He said that Ella, even at a tender age, knows that Olympic athletes sometimes wear "large and loud" tattoos.

So, she wants her father to display one on his shoulder. And to dress it up. Ella wants to see it adorned with the colors of the flag in the background--red, white, and blue. "Maybe we'll just stick with the rings," John told his daughter.

Nunn related the story last week over a bowl of tortilla soup at a coffee shop on Broadway. Today, he is in Eugene, Oregon, representing the Army at the USA Outdoor Track and Field Championships. He'll compete this morning for the U.S. Championship in the 20 Km racewalk, the first of several steps he hopes to take on the road to qualifying for the 2012 Summer Games. (Ed. As we now know, John finished fourth in that race (1:27:43) as he did in the 2008 Olympic Trials.)

Last week, during an hour-long interview, a few things became apparent about Nunn. First, he has a burning passion for his sport. Second, his daughter is his pride and joy. And, third, he is proud to be involved in the Army's world-class athlete program. All of that, combined, seemingly drives Nunn in his quest to make a second U.S. Olympic team.

Initially, when he was distance runner as a teenager in Ohio, he disliked the concept of racewalking, an event that sometimes takes a verbal beating at the hands of Olympic media pundits. Television sportscaster Bob Costas once said "A contest to see who can walk the fastest is like having a contest to see who can whisper the loudest." (*Ed. A comment that has received enough space in these pages in the past.*)

Nunn, a member of the U.S. team in the 2004 Olympics, bristles at the mention of the remark. It grates on him to think that some consider his sport a pointless pursuit. But he admitted that he, too, once did not care for it. Now?

"It's just a lot of fun," he said. "I never grew up believing I'd do racewalking. I never really had dreams or aspirations like that. I just saw it as an opportunity and took it."

Nunn walked the inaugural San Antonio Rock 'n' Roll Marathon in 3:32 in November. He has traversed a 50 Km walk in a personal best 4:14. The Army's fitness test, a nightmare for some, is usually a breeze for Nunn.

John Griffey, who worked with Nunn at Fort Sam's dental hygiene program, marveled at his friend's performance in the marathon. "It's heel and toe, and one foot always on the ground," Griffey said. "To watch him, it's almost confusing. It almost seems like his hips are going to come out of their sockets."

Nunn tried and missed out on the Olympics in 2008, so whether he can make it in 2012 at age 34 seems uncertain. It's also an iffy proposition as to whether he eventually will take his daughter's advice and go all out on the tattoo design to include the red, white, and blue background or whether he will settle for just the basic rings. (*Ed. He better be aware of the IOC's copyright, which they get pretty picky about.*)

But one thing is certain. Along with his daughter, those colors will always be in his heart. "At major races, you'll find a lot of (U.S. military) people from Vietnam or the old vets, and you'll hear them yell 'Go Army', he said. "So this is not just for me. I feel like I'm part of something much bigger than myself."

LOOKING BACK

40 Years Ago (From the October 1969 ORW)—A U.S. team of Bill Ranney, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westerfield took fourth behind Italy, London, and Sweden in the annual Airola-Chiasso road relay in Switzerland. . . Laird won National titles at both 1 Hour (8 miles 20 yards) and 30 Km (2:29:23). In the 1 Hour race, Larry Walker was nearly a quarter mile behind in second and John Kelly finished third. At 30, Tom Dooley gave Laird a good tussle and finished in 2:30:08, with John Knifton, Ron Daniel, and Gerry Bocci following well behind. . . East German ace Christoph Hohne, the Olympic gold medalist in 1968, bettered the World Record at 50 Km (track) with 4:08:05. . . On the local scene, your already aging editor (then 34) won a 2 mile in 14:49 and a struggling 20 Km in 1:43:14.

35 Years Ago—(From the October 1974 ORW)—Led by Bob Henderson and Augie Hirt, the U.S. won a dual meet from Canada in Montreal. Bob won the 20 in 1:34:32. Augie beat Tom Knatt in the 50 with a 4:40:15. Tom was 2 minutes back, well clear of Canada's Pat Farrelly. . . Larry Young captured the National 30 Km title in 2:30:06, with Hirt second and Mexico's Domingo Colin third. . . That was in Columbia, Missouri, where on the same day, Ruth Eberle won the women's National 10 Km in 57:30. . . Also in Columbia, the annual 100 miler saw a record five finishers, with Bob Chapin winning in 20:09:20. Chuck Hunter, Larry O'Neill, Dave Leuthold, and Leonard Busen followed. . . John Knifton turned in a "knifty" 1:31:20 for 20 Km on the track in Pine Plains, N.Y.

30 Years Ago (From the October 1979 ORW)—This time, Canada, led by Mike Stones and Helmut Boeck, prevailed over the U.S. The meet was held in Niagara Falls, N.Y.. Stones won the 15 Km race in 1:10:41, just 5 seconds of Dennis Reilly, who was followed by his U.S. teammates Ron Daniel and Al Halbur. Boeck (2:33:17) and Pat Farrelly (2:34:47) were one-two at 30 Km giving Canada a one point win for the two races. Alan Price, Ray Somers, and Wayne Glusker took the next three spots for the U.S. . . Two weeks earlier, Price had defended his 100-mile title in Columbia, Mo., winning in 19:51:15. Seven others, led by Bob Chapin and Leonard Busen, finished the race. . . Dan O'Connor won the National 30 Km in Detroit with a 2:22:53. Steve Pecinovsky was 5 seconds back.

25 Years Ago (From the October 1984 ORW)—Carl Schueler, following his Olympic sixth-place finish, recorded one of the most one-sided victories in U.S. National Racewalking title annals by winning the National 40 Km in Fort Monmouth, N.J. Carl had an excellent 3:13:57. Second-place finisher Ray Funkhouser finished in 3:39:21, followed by Nick Bdera, Fabian Knizackhy, and Randy Mimm. . . Once again, Alan Price won the National 100 miler in Columbia, recapturing the record for the event with 18:46:13. That was better than 2 minutes under Paul Hendrick's mark from 1980. It marked Alan's 15th 100 miler. (Note, however, that Larry Young walked 18:07:1 in his only attempt at the distance in 1971, the year it was driven indoors to a 220-yard track by torrential rains that had flooded the outdoor track. It's probably a greater feat that had he done it outdoors, but a record must come on 440-yard or 400-meter track. Probably out of boredom and wanting to get finished, Larry walked his last 2 miles in under 8 minutes each). Bob Keating (21:42:55) and Bruce Etherton were the only other finishers. . . Canada's Guillaume Leblanc won the Alongi 20 Km in Dearborn, Mich. in 1:25:37, followed by Mexico's James Lopez and Italy's Sergio Spagnulo.

20 years ago (From the October 1989 ORW)—In brutal weather—high humidity and a temperature that climbed past 90 F during the race—Dave McGovern, protesting that he was not a 40-Km walker, won the National title at that distance. His winning time of 3:53:34 reflected the conditions, which favored tough old guys, with the next five finishers having passed age 40. (Unfortunately, more the usual pattern these days.) Nick Bdera and Alan Price finished second and third. . . Tim Lewis recorded an impressive win in the Alongi 20 with a U.S. road record of 1:22:17. Going through the first 10 in 40:51, he easily dropped Italy's Sergio Spagnulo, who finished second in 1:23:19. The next four spots went to Sbgiew Sadlej, Poland; Victor Sanchez, Mexico; Carl Schueler, and Gary Morgan. Italy's Ileana Salvador won the women's 5 Km in 21:52, beating Monica Gunnarsson, Sweden, Alison Baker, Canada; and Debbi Lawrence. . . Gary Morgan covered 25,170 meters to win the National 2 Hour in Cambridge, Mass. He led Jeff Salvage by 455 meters. McGovern was third with 24,455. The women's 1 Hour went to Lizzy Kemp, who covered 10,899 meters to beat Susan Westerfield by 256 meters. . . And Alan Price was still on top at 100 miles. He won the Columbia race in 19:54:11, leaving Dale Sutton more than 27 minutes behind. Ray Franks, Dave Thorpe, and Veda Robidauz also finished the distance in the required 24 hours.

15 Years Ago (From the October 1994 ORW)—In one of the classier fields in recent years, Dave McGovern (apparently now conceding that he was a 40 Km walker) won another National 40 at Fort Monmouth, considerably faster this time with 3:28:02. Ian Whatley was second in 3:30:14, and Dan O'Connor, leading at 20 Km in about 1:45, faded to 3:39:52 and third place. In fourth was Curt Clausen in 3:43:19. . . A week later, Jonathan Matthews beat McGovern in the National 5 Km, going 20:12 to Dave's 20:35. Allen James was third in 20:54 and Gary Morgan fourth. . . Another week later, Mexico won the Pan-Am Cup I

Atlanta. Bernardo Segura (1:24:15) and Daniel Garcia (:24:23) were one-two ahead of Ecuador's Olympic champ to be, Jefferson Perez (1:24:24). Matthews was the first U.S. walker in 12th (1:28:04) and James had 1:30:01 in 14th. Mexico took the first five places at 50, led by Carlos Merceano (2:52:06) and Miguel Rodriguez in the same time. Rob Cole was eighth in 4:13:10 for the U.S. The U.S. team finished fifth at 20 and third at 50. The women's 10 Km went to Mexico's Graciela Mendoza (46:14) with Teresa Vaill second in 46:20. Mexico won the team title with the U.S. edging Canada for second. . Then, yet another week later, the Alongi races went to Lyn Brubaker (46:59) and Mexico's Guillermo Rodriquez (1:24:17) The Mexicans were 1-2-3 with different people than had competed in Atlanta. Ian Whatley was fourth in 1:30:28. . Finally, in the fifth straight week of high-class racing, Allen James won the National 2 Hour, covering 26,661 meters, a new American record. Marc Varsano (25,372), Carl Schueler (24,884), and Whatley (24:537) followed. Clausen, still searching for the secret that he soon found, was a distant fifth. Victoria Herazo won the women's 1 Hour title, going 12,400 meters, 802 meters ahead of Gretchen Eastler. Joanne Dow started to show her promise in third (11,514)

10 Years Ago (From the October 1999 ORW)—National 5 Km titles went to Cheryl Rellinger (23:44) and Gary Morgan (22:01) Victoria Herazo and Donna Chamberlain followed Rellinger. In the men's race Ian Whatley and Keith Luoma were second and third. . A week later, Morgan added the 2 Hour title in Worcester, Mass., covering 25,033 meters, nearly 4 Km ahead of Dave McGovern. Gretchen Eastler-Fishman won the women's 1 Hour, going 12,313 meters with Rellinger second at 11,938. . France's Denis Langlois turned in 3:49:06 effort for 50 Km.

5 Years Ago (From the October 2004 ORW)—Tim Seaman and Deb Huberty won National 5 Km titles in Kingsport, Tenn. Seaman's 21:21 left Dave McGovern 2:03 behind with Ian Whatley third. Huberty (23:58) won a good race with Bobbi Chapman (24:07). . Norway's Trond Nymark walked a 50 in 4:02:30 in a meet with Sweden and Denmark. 20 Km races in Italy went to Gisella Orsini in 1:36:19 and Marco Giungi in 1:24:39

Another bit of history

Earlier in this issue we reported the results of the National 1 Hour in which only eight walkers reached 10 Km. Compare that to the results of the first National 1 Hour held in Chicago on April 19, 1964. The results are in English units, but remember that 10 Km is 6 miles 376 yards.

1. Ron Laird, NYAC 8 miles 159 yards (broke Rudy Haluza's American record of 7 miles 1614) 2. Ron Zinn, Green & Gold AC 7 miles 1732 3. Art Mark, U.S. Military Academy 7 miles 1649 4. Jack Mortland, Ohio TC 7 miles 1640 5. Akos Szekely, USMA 7 miles 1395 6. Ron Daniel, NYAC 7 miles 1244 7. Olave Yli-Tokola, Reipas 7 miles 1140 8. Don DeNoon, US Air Force 7 miles 995 9. Phil McDonald, U. Of Chicago TC 7 miles 954 10. Alan Blakeslee, NYAC 7 miles 783 11. Ed Glander, USAF 7 miles 633 12. Matt Rutyna, UCTC 7 miles 609 13. Jerry Madden, USMA 7 miles 559 14. George Shilling, USAF 7 miles 358 15. Dan Calef, UCTC 7 miles 185 16. Wayne Yarcho, Dayton 6 miles 1319 17. Tim Stout, G&GAC 6 miles 1222 18. Dr. John Blackburn, Ohio TC 6 miles 1075 19. Arthur Lewis, G&GAC 5 miles 968 (prominent non-attendees who would have been well over 7 ½ miles were Rudy Haluza and Jack Blackburn. Now, in all fairness, I must admit that the distances are slightly inflated since the finishing gun misfired and everyone got several additional seconds before a gun was fired. Personally, I felt that I went 40 to 50 yards beyond where I

expected to be based on my time at 7 3/4 miles. Anyway, it was a great debut for the 1 Hour championship, which was contested through 1986 and then revived in 2005. Now we need to get a few more people to contest it.



World Championships. Top: Russia's Valeriy Borchin leads the pack and is ready to make his move for the 20 Km gold. Bottom: Australia's Luke Adams leads Russia's Sergey Kirdyapkin, who went on to a solid gold medal performance while Adams faded to sixth. (Elliott Denman photos.)