PRICE WINS 100 MILE FOR FOURTH TIME

Columbia, Mo., Sept. 18—Unseasonably hot weather made a shambles of the National TAC 100 mile championships, but it could only slow, not stop Washington, D.C.'s Alan Price. It was the fourth title for Price in the six years the race has been held. However, it took Alan 2 1/2 hours more than in any of the other three as he struggled home in 22:39. But struggling home was more than almost anyone else could manage. The only other finisher was a heretofore unknown woman, Chris Custer, who just beat the limit in 23:50. However, she walked faster over the second half than did the winner. (Jack Blackburn described the second place finisher as "a gorgeous young lady", but I dare not say that lest I be accused of sexism in sports reporting.)

The demise of Price and the rest of the field is attributed to the heat. The temperature was 93°F at the noon start on Saturday, rose to a high of 96, was still 82 at midnight, and dropped only to 72 in the early morning hours. Once the sun came up, it rose into the 90's for the finish of the race. Closest to finishing besides the two who did were Bob Gragg, who has gone the distance six times and Jack Blackburn, with five centuries to his credit. (Price was finishing his 10th.) Both were still walking at the end, having gone 88 and 87 1/2 miles, respectively. However, Blackburn has been forced to take a 3-hour nap during the night when his stomach refused to hold anything down. Tom Wlise and Rich Myers both did 81 miles. Rich was back, as he swore he would be, after having his leg completely shattered in a motorcycle accident 2 years ago. His next step will be to make it all the way, something he had done twice before the accident. Custer became the 42nd U.S. Centurion and the fourth U.S. Lady Centurion.

PAST WINNERS

1980 Paul Hendricks 18:49:52

OTHER RESULTS

Bev LaVeck, U.S. women's record holder at 100 miles, finishes 2nd. the National 50 Km at Monterey earlier this year in 5:27:28. SPOTLIGHT by John Allen.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat. Oct. 15</td>
<td>1 Hour, Arlington, Va., 10 am (G)</td>
<td>Gulf 25 Km, Houston, 8 am (A)</td>
<td>5 Km, Encino, Cal., 8:30 am (I)</td>
<td>50 Km, San Francisco, 9 am (G)</td>
</tr>
<tr>
<td>Sun. Oct. 22</td>
<td>New York City Marathon, 8 am (E)</td>
<td>Gulf 55 Km, Houston (A)</td>
<td>10 Km, Iowa City, 8:30 am (Y)</td>
<td>Marathon, Stockton, Cal. (1)</td>
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<tr>
<td>Sat. Nov. 5</td>
<td>NATIONAL TAG 100 KM, WASHINGTON, DC, 7am (G)</td>
<td>Gulf 55 Km, Houston (A)</td>
<td>10 Km, Iowa City, 8:30 am (Y)</td>
<td>Marathon, Stockton, Cal. (1)</td>
</tr>
<tr>
<td>Sun. Nov. 12</td>
<td>Cranberry Cross 10 Km, Washington, DC, 9 am (G)</td>
<td>5 Km, Los Angeles, 8 am (J)</td>
<td>5 Km, Long Island, 10 am (K)</td>
<td>1 Hour, Arlington, Va., 1:30 pm (G)</td>
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<tr>
<td>Sat. Nov. 19</td>
<td>15 Km, San Francisco (I)</td>
<td>20 Km, New York City, 10 am (G)</td>
<td>1 Hour and 2 Hour, Austin, Tex. (A)</td>
<td>10 Km, Sayville, NY, 10 am (E)</td>
</tr>
<tr>
<td>Sun. Nov. 27</td>
<td>Coney Island 10 Mile and 2 Mile, 10 am (E)</td>
<td>1:30 and 3000 m, Arlington, Va., 10 am (G)</td>
<td>10 Km, Sayville, NY, 10 am (E)</td>
<td>1500 and 3000 m, Arlington, Va., 10 am (G)</td>
</tr>
</tbody>
</table>

CONTACTS:
A--Dave Gwyn, 6502 S. Briar Bayou, Apt. 203, Houston, TX 77072
D--E.J. Rivet, 471 S. Kallispell Way #120, Aurora, CO 80017
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F--Elliott Densan, 25 N. Locust, West Long Branch, NJ 07764
G--Sal Corrato, 5351 N. 37th St., Arlington, VA 22207
H--Randy Krakower, 544 Paramus Rd., Paramus, NJ 07652
I--Harry Slitoron, 106 Sances, Apt. 37, San Francisco, CA 94114
J--John Kelly, 1024 Third St., Santa Monica, CA 90404
K--Gary Weisfeld, P.O. Box 440, Smithtown, NY 11787
L--Frank Alonzo, 26330 Woodhouse, Dearborn, MI 48127
M--Robert Timmons, 900 Colton Ave., Sayville, NY 11782
N--Gary de Petra, P.O. Box 2127, Carmel, CA 93921
P--Neal Picken, 219 Oskar Acres, Bentonville, AR 72712
R--Iowa City Striders, Box 627, Iowa City, IA 52244

RESULTS (cont.)
The race and shown on the screen in the stadium indicated that some
correspondent John Powell's report from the World Championships in
his picture. Walking must be seen to be walking
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been drafted in, were sufficient to cope with such a situation at this speed.
were only 5 seconds back at 15. Marco Evonik lay 15th in a swift 1:03.24 at that point. Incidentally, an AP wire release that begins: "Shelbyville, Tenn.--Here are the results from Thursday's competition at the 45th Annual/Annual National Walk and Horse Celebration." It noted that some one asked, "Can you verify?" Rumor has it that race walking will be definitely be included in the next equine Olympics. 20 km and 50 km, of course. Riders must maintain contact and straighten each stride. The big question: Who will do the judging? And will the horses understand the white flag, red flag system? Or is this a wicked scheme cooked up by certain race walkers of my acquaintance who had an occasional interest in the ponies??? Some consolation: Tennessee, not having walking horses, at least has walking horses. 

The Athletics Congress now has an official race walking publication. Edited by Ian O'Connor, RN Coaching Aid bi-annually. It may be, but they do seem semi-annually. Anyway, issue number 1 is dated Summer 1983. Does even newsprint move more informally than the 0.8W, it includes among other things a good article on Training Patterns by Bob Watson and brief articles by Larry Young and Tom Dooley giving their perspective on training. Unfortunately nothing is said about availability, i.e., how you get it. Suggest you write Bob Kitchen, 122 Pine Street, Kortbourn, MA 0160, the National Chairman, or the Athletics Congress Publication Office, 15 W. Washington St., Suite 230, Indianapolis, IN 46204 (maybe Bob doesn't want letters from 400 OWH subscribers) for further information. Another thing in that first issue is a chart showing the average age of walkers in T&F News annual US. 20K rankings, first started in 1972. That first year, the 10 ranked walkers averaged 43. That rose to 30.1 in 1973 and 25.5 in 1974. Since then it has dropped each year-30.4, 29.7, 28.6, 28.2, 27.5, 26.5, 25.7, and finally 25.5 last year. The countries that have put race walkers on the podium, as listed by Ray Johnson that I mentioned last month, are: 

- Al- 
- Andorra 
- Ascension 
- Bahrain 
- Benin 
- Brunei 
- Cameroon 
- Chad 
- Chile 
- China 
- Colombia 
- Costa Rica 
- Croatia 
- Cyprus 
- Democratic Republic of Congo 
- Dominican Republic 
- Ecuador 
- El Salvador 
- Equatorial Guinea 
- Ethiopia 
- Finland 
- France 
- Georgia 
- Germany 
- Ghana 
- Greece 
- Guatemala 
- Guinea-Bissau 
- Hawaii 
- Honduras 
- Hungary 
- Iceland 
- Indonesia 
- Iran 
- Iraq 
- Ireland 
- Israel 
- Italy 
- Jers 
- Jordan 
- Kazakhstan 
- Korea, North 
- Korea, South 
- Kuwait 
- Lebanon 
- Libya 
- Lithuania 
- Luxembourg 
- Malaysia 
- Malta 
- Morocco 
- Mozambique 
- Namibia 
- Nicaragua 
- Nigeria 
- Norway 
- Oman 
- Pakistan 
- Panama 
- Paraguay 
- People's Republic of China 
- Peru 
- Philippines 
- Poland 
- Portugal 
- Qatar 
- Romania 
- Russian Federation 
- Rwanda 
- Senegal 
- Serbia and Montenegro 
- Sierra Leone 
- Singapore 
- Slovakia 
- Slovenia 
- South Africa 
- Spain 
- Sri Lanka 
- Sudan 
- Switzerland 
- Syria 
- Tajikistan 
- Tanzania 
- Turkey 
- Ukraine 
- United Arab Emirates 
- United Kingdom 
- Uruguay 
- Uzbekistan 
- Vanuatu 
- Vietnam 
- Yemen 
- Zambia 
- Zimbabwe

All of the above conditions are not serious and may be treated to allow one to resume training effectively. Since they are inflammations, ice packs should be used often. Gentle stretching is also encouraged. Worn shoes may be blamed on excessive motion of the feet or legs as well.

An article on Knee Problems in Walkers by Dr. Howard Paliarchuk.

Almost all runners and race walkers experience knee pain at some point in their careers. On the whole, race walking knee problems are less severe than running induced problems. The shock in race walking at impact is considerably less than in running (as confirmed by Mark Fenton's investigation). This may explain the less serious nature of knee injuries in walking.

Knee injuries can be divided into two groups:

- Internal derrangements, such as torn cartilage, cruciate ligaments, collateral ligaments. These are commonly seen in contact sports and are very devastating, usually requiring surgery and rehabilitation.
- External derrangements involving the patella (knee cap), bursa, ligaments, tendons, muscles, etc. These are structures located externally to the deep knee joint and are more susceptible to overuse problems.

The classic runner's knee (chondromalacia patella) can also occur in walkers. It is the result of the knee cap not riding up and down in the knee groove. Excessive foot pronation and weak thigh muscles may result in side to side motion of the knee cap, which may occur when walking. Pain and swelling surrounding the kneecap could be bursitis-inflammation of the joint fluid secreting tissues. Another related problem involves varus deformity of the leg, where the knee is slightly bent inward. This condition is common in race walkers, who have a tendency to pronate their feet inward. The flexion-extension action of race walking on the knee may irritate these structures. Outside knee pain may manifest itself as a burning or snapping feeling. This is the result of a structure known as the iliotibial band rubbing the outer aspect of the knee joint where it crosses on its way down from the hip.

Finaly, a muscle and tendon soreness specific to race walkers is popliteal tendinitis. This is soreness occurring behind the knee and involves a small muscle and tendon important in the hyperextension of the knee (looking and straightening).

All of the above conditions are not serious and may be treated to allow one to resume training effectively. Since they are inflammations, ice packs should be used often. Gentle stretching is also encouraged. Worn shoes may be blamed on excessive motion of the feet or legs as well.

LOOKING BACK

15 Years Ago (From the Sept. 1968 OWB)--In the U.S. Olympic Trials in Alabama, Co. Ron Laird prevailed at 20 K in 1:37.14 with Rudy Hauke (1:38.14), Larry Dooley (1:38.04), and Tom Dooley (1:39.10) following. Young was an easy winner at 50 K in 4:36.10, followed by Goetz Klopfer (4:42.02), Don Rossow (4:47.23), and Bob Kitchen (4:50.95). When Young chose not to double, Dooley was added to the team. The times, of course, were slowed by altitude.

In even bigger news, Derek Douglas Mortland, the first child of Jack and Marty, popped into the world the day after that 30K trial (Sept. 14). Unbelievably, the 11-year-old at 5'10" and a sophomore at Columbus Alternative High School, who has a great talent on the electric guitar and in abstract painting, is a better than average soccer player, and has taken no interest in all in race walking... Tom Dooley sipped a quick 5 miler in California (35:50) leaving Bill Ronney and Goetz Klopfer well back... A week before the Olympic trials, Young scored a very easy win in the National 30 K in Ohio, No. 2, in 2:31:20. Jack Blackburn was second, some 24 minutes back, as few people showed up for the race. And two days after the trials, a few of those competitors traveled to Atlantic City for the National 15 K. Laird
won that one in 1:09:03 with Romanyk 39 seconds behind. The next four spots went to Ken Kolb, Jack Blackman, Ron Daniel, and Steve Hayden.

10 Years Ago (from the Sept. 1973 OW)—The U.S. team took the first four places to win an International 5Km dual match with Canada. Ellen Menke was the winner in 16:51, followed by Esther Hericq, Cindy Sue Brodock, and the National 5Km winner John Knifton in 17:03. Bill Runyon was more than 3 minutes back and he was followed by Jim Bean and Bob Bowman. The race was held in Seattle. Bartgis Boecker won the European Junior 10Km title in 44:13.6. Norway scored an upset in the Women’s International 5Km, taking the team title from Sweden by a single point. Eliv Johansson won for Sweden in 35:14, but the Norwegians occupied the next three places.

5 Years Ago (from the Sept. 1978 OW)—In the European Championships, East Germany’s Roland Wieser won at 20 and Spain’s Jorge Llopist at 50. Wieser pulled away from three Soviet competitors on the final 5Km to win in 1:22:35. He had a 20:30 on that last loop. Piotr Potschenchuk and Anatoly Solomin, right with 15 Kms, finished in 1:23:14 and 1:24:23. Boris Yakov’yev, Jose Marín, and Mauricio Dallamano filled out the first five. Llopist took command after 30 Kms to win in 3:53:40. Next were Soviet Vamikian Soldatenko in 3:55:12 and Yuli Jencock in 3:55:25. Four others broke 4 hours—Ott Bartsch and Viktor Dorovsky of the USSR, Vittorio Visini of Italy, and Sandra Pellecchia of Italy. The Second World Championship met in Mexico. Forecasted rain and poor conditions at the T&F Number 7 for the U.S. team.

Which is the leading race walking nation in the world? Based on Track and Field News World Rankings published annually, it has been the USSR over the past 12 years. (I use the IAAF rankings rather than our own OW rankings because they are nicely summarised by year in the Track and Field News Handbook and I don’t have to dig through 12 different issues.) Scoring points for first, 9 for second, and so on through 1 for 10th, the Soviets amass 335 points in the 5K in 1980 and 345 points in the 50K in 1980. During those 12 years, the Soviets have had 20 different world record holders on the list, including four each for East Germany and Mexico, 8 each for the Soviet Union and West Germany, 7 each for Great Britain and Italy, 6 each for France, 4 each for Canada and the United States, 3 each for Sweden and the Czechoslovakia, 2 each for Poland and Hungary, and 1 each for Bulgaria.

We also note, however, that the Soviet star has been fading (but has that of the other two powers). Until 1982, they had never failed to place at least one man in the top 10 at either distance and at least one in the top six at 50. But the best they could manage last year was a fifth at 20 as they were shut out at 50. In 1981, they had managed only a sixth at and a fifth, seventh, and eighth at 20. For those two years they rank only fourth, behind Italy and a single point ahead of Spain. Likewise, in 1980, East Germany failed to put someone in the top 10 at 20K for the first time and the Mexicans were shut out of the top six at 20 for the first time since 1975. So there appears to be a shifting in the balance of power away from the big three.

For the 12 years, 16 nations have cracked the top 10 with at least one walker, with 13 of them placing at least one in the top six. Seventy-nine different athletes have appeared in the top 10 and 56 in the top six. Mexico’s Raúl González has the most top 10 rankings—12, 7 of them at 50. He has been ranked in the top six nine times. Soviet Veniamin Soldatenko is next with eight top 10 rankings, all of them at 50, where he leads González by 55 points to 63. All of Soldatenko’s rankings were in the top five, coming in eight consecutive years, beginning in 1971. González has been ranked at 50 for seven of the last eight years, missing in 1976, and has been among the top five. Following these two, Mexico’s Daniel Bautista was ranked seventh for six (six at 25 and five at 30) to lead the West German Karl-Wolfgang Weidner (five at 20, one at 50), and West Germany’s Bernhard Klemens (four at 20 and 3 at 50).

Those rankings six times are Spain’s Jose Marín (three at each distance), West Germany’s Gerhard Weidner (all at 50), and the USSR’s Otto Bartsch (five at 50, one at 20).

Here is the way the nation’s rank for those 12 years, scoring the top ten:

<table>
<thead>
<tr>
<th>Nation</th>
<th>20 Km pts.</th>
<th>50 Km pts.</th>
<th>Total pts.</th>
<th>64 event walkers</th>
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</thead>
<tbody>
<tr>
<td>1. USSR</td>
<td>160</td>
<td>154</td>
<td>314</td>
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<tr>
<td>2. East Germany</td>
<td>159</td>
<td>142</td>
<td>291</td>
<td>18</td>
</tr>
<tr>
<td>3. Mexico</td>
<td>148</td>
<td>139</td>
<td>287</td>
<td>12</td>
</tr>
<tr>
<td>4. Italy</td>
<td>140</td>
<td>126</td>
<td>266</td>
<td>7</td>
</tr>
<tr>
<td>5. West Germany</td>
<td>138</td>
<td>112</td>
<td>250</td>
<td>7</td>
</tr>
<tr>
<td>6. Spain</td>
<td>19</td>
<td>17</td>
<td>36</td>
<td>3</td>
</tr>
<tr>
<td>7. Great Britain</td>
<td>18</td>
<td>14</td>
<td>32</td>
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</tr>
<tr>
<td>8. Finland</td>
<td>15</td>
<td>20</td>
<td>35</td>
<td>1</td>
</tr>
<tr>
<td>9. United States</td>
<td>12</td>
<td>7</td>
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<td>1</td>
</tr>
<tr>
<td>10. Czechoslovakia</td>
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<td>11. France</td>
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<td>12. Poland</td>
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<tr>
<td>Bulgaria</td>
<td>10</td>
<td>4</td>
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### ALL-TIME

**12 hours road / t = track**

<table>
<thead>
<tr>
<th>Name</th>
<th>Country</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Florimond Cornet</td>
<td>WBF</td>
<td>120.810 m (1) Le Mans</td>
<td>31.7. 1938</td>
</tr>
<tr>
<td>Adrien Pheulpin</td>
<td>FRA</td>
<td>120.285 m (1) Besancon</td>
<td>14.9. 1980</td>
</tr>
<tr>
<td>Jan de Jonge</td>
<td>FRA</td>
<td>119.120 m (1) Purmerend</td>
<td>22.8. 1982</td>
</tr>
<tr>
<td>Ted Richardson</td>
<td>WBF</td>
<td>118.921 m (1) Woodford</td>
<td>16.10. 1938</td>
</tr>
<tr>
<td>Jacky Frick</td>
<td>FRA</td>
<td>118.640 m (1) Besancon</td>
<td>9.9. 1978</td>
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<tr>
<td>Cornet</td>
<td>FRA</td>
<td>118.198 m (1) Aubervilliers</td>
<td>25.6. 1939</td>
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<td>Eric Horton</td>
<td>GBR</td>
<td>117.612 m (1) London</td>
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<td>Claude Ferry</td>
<td>FRA</td>
<td>117.157 m (1) Besancon</td>
<td>11.9. 1977</td>
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<td>Frick</td>
<td>/10/</td>
<td>117.157 m (1) Besancon</td>
<td>8.9. 1979</td>
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<tr>
<td>Ted Payne</td>
<td>GBR</td>
<td>111.900 m (1) London</td>
<td>4.6. 1910</td>
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<tr>
<td>Marcel Rouquard</td>
<td>FRA</td>
<td>115.674 m (2) Besancon</td>
<td>11.9. 1977</td>
</tr>
<tr>
<td>Gnahachivili</td>
<td>(10) FRA</td>
<td>115.674 m (2) Besancon</td>
<td>9.9. 1978</td>
</tr>
<tr>
<td>J. Theisman</td>
<td>(11) FRA</td>
<td>115.674 m (2) Besancon</td>
<td>8.9. 1979</td>
</tr>
</tbody>
</table>

**100 miles road / t = track**

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<tr>
<th>Name</th>
<th>Country</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Gilbert Roger</td>
<td>WBF</td>
<td>16.25.00 (1) Lyon</td>
<td>22/23.4. 1950</td>
</tr>
<tr>
<td>Jan de Jonge</td>
<td>FRA</td>
<td>16.33.00 (1) Bergen (BEL)</td>
<td>10/11.4. 1912</td>
</tr>
<tr>
<td>Frank O'Reilly</td>
<td>IRE</td>
<td>16.54.15 (1) Leicester</td>
<td>20/21.8. 1960</td>
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<tr>
<td>Derek Harrison</td>
<td>GBR</td>
<td>17.15.50 (1) Sketchness</td>
<td>31.7. 1976</td>
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<tr>
<td>Jan Vog</td>
<td>HOL</td>
<td>17.17.59 (1) St. Oedenrode</td>
<td>1.6. 1980</td>
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<tr>
<td>Hector Neilson</td>
<td>WBF</td>
<td>17.18.50,0 (1) Walton</td>
<td>14/15.10. 1960</td>
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<tr>
<td>Mike Holmes</td>
<td>GBR</td>
<td>17.21.52 (1) Leicester</td>
<td>21/22.8. 1982</td>
</tr>
<tr>
<td>Dave Boxall</td>
<td>GBR</td>
<td>17.24.00 (1) Ewhurst</td>
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<td>Ted Richardson</td>
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<td>17.35.00 (1) Woodford</td>
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**200 km road / t=track**

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<tr>
<td>Jan de Jonge</td>
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<td>Roger Queunener</td>
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<td>Pietquin Gouvenaux</td>
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<td>Robert Schoukens</td>
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<td>212.16.40,0 (1) Walton</td>
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**24 hours road / t=track**

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<td>Jesse Castaneda</td>
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Denmark's Rulle Lassen; chairman of the IAAF Race Walking Committee, and Detroit's Frank Alongi, the U.S. International Judge at the Pan-Am Games, pause to pose for the camera during those games in Caracas.