BERGEN, Norway, Sept. 24-25--With Yong Ju Xu shattering the all-time best mark for 10 km, a strong contingent of Chinese women won a tight team battle in the Eschborn Cup, the IAAF's World Team Championships in race walking. Xu finished in 45:13.4, bettering the former best mark of 45:32 by Australia's Sue Cook. Cook also bettered her previous best in 45:26.4, but could only manage third, just behind the Soviet Union's Natalia Sharapova. The Soviets also finished just ahead of Australia in the team race.

In the Jagnos Cup for men, which includes races at both 20 and 50 km, the Soviet Union was completely dominant, leading by 6 points after the 20 and then capturing four of the first eight spots in the 50. However, they missed out on individual titles as Czech ace Josef Pribilinec turned the tables on World Games winner Ernesto Canto in the 20, and Raul Gonzalez blew away the opposition at 50. Despite the strong performances of Canto and Gonzales, the Mexicans were a distant third in the team race behind a strong Italian side.

Before getting into the details of the three races, a quick word on scoring in these events. Each team can enter four walkers in an event, but only three count in the scoring. The fourth provides insurance against disqualifications or failure of another competitor to finish. The individual winner gets one more point than the number of scoring competitors in the race; e.g., there were 16 women's teams providing 48 scoring competitors, so Xu got 49 points for the win. Second place then gets 47, third 46, and so on to 1 for 48th place. This way a team will still score even if they finish only one or two of their entrants. Conceivably they could even win the event with a one-two finish, even though their other two might be DQ'd.

With that explanation, on to the accounts of the races.

Women's 10 Km, Sept. 24--Women's World Meetings have been conducted at 5 Km for the past 15 years (in some years 10 Km races have been included, as well.) The fastest winning time ever was Marian Fawke's (GB) 22:51 in 1979. In this year's 10 Km, the first seven women were under that mark as they went through 5 Km. Cook and her teammate, Sally Pierson, led in 22:32, with Xu, Sharapova, Sweden's Siv Gustafsson, and China's Hong Yang just a second back. For the U.S., fast improving newcomer Mayanne Torellas went through in 23:29, a 5 Km time bettered only by Sue Brodock, and found herself in 14th place.

Over the second half of the race, the surprising Xu was able to pull well clear of the better known and more highly touted walkers that surrounded her at 5 Km as she slowed only marginally (22:50.4 for second 5 Km). Sharapova just held off Cook, with Pierson able to get well clear of Gustafsson for fourth. Yang was disqualified, but it didn't blunt the Chinese team effort as their other two walkers moved strongly the second half to take
Ernesto Canto looks much happier than Josef Pribilinec following the World Championships 20 Km walk in Helsinki in August. However, 7 weeks later Pribilinec had reason to smile when he reversed the finish in the Lugano Cup 20 Km. (Thanks to Tom Dooley for photo from Finnish paper.)
Todd Scully (age 35) bettered his 1979 personal best by 27 seconds to capture 24th (1:59:12.6) at halfway. Tom Edwards continued to show his great potential at the event with a 4'13":29.4 and Wayne Gluskat made a guns' race, hitting 25 in 2:04:47 before fading in the second half. All of this placed them ninth overall.

**OCTOBER 1983**

**Results Enchomorn Cup for Men, World Team Championships, Bergen, Norway, Sept. 29:**


**Teams:**


**Results Lugano Cup for Women, World Team Championships, Bergen, Norway, Sept. 29:**

25. Tim Ericson, Australia 4:15:13
26. Gregor Ledzion, Poland 4:16:17
27. Ove Moe, Norway 4:18:50
28. Barry Graham, Canada 4:19:18
29. Tom Edwards, USA 4:20:46
30. Dalail Carter, USA 4:21:00

TOTAL SORES:
1. USSR 113
2. Italy 107
3. Czechoslovakia 101
4. Mexico 87
5. USSR 85
6. Australia 73
7. Canada 69
8. USA 62
9. Poland and Great Britain 52
10. Germany 42
11. Canada 41
12. France 36
13. West Germany 35
14. Norway 34

50 km, Sept. 25:


Amerika Cup 31.

Tea Scores:

TOTAL SCORES:
If you want to know what is going on in the administration of our sport or if you want to get the ear of those doing the administration, get thee off to Indianapolis for the Athletics Congress National Convention, Nov. 30-Dec. 4. Meetings of the Race Walking Committee are scheduled as follows:

Wed., Nov. 30, 8:30-11 pm—Executive Committee (open to all)

Thurs., Dec. 1, 9-12 am, 2-6 pm—Men's and Women's Race Walking Committee

For more information, write the TAC National Office, 10 Box 120, Indianapolis, IN 46206 for a registration package. Bob Kitchen notes that only official Committee members will be allowed to vote this year. This includes Executive Committee members, representatives to other Standing Committees, Athletes Representatives, Association Chairmen, and representatives of other standing committees. Non-members can attend and participate other than voting. Bob also notes that bids for 1994 Championship races must be received before the start of the Committee meeting on the official bid forms. Write him at 122 Pine, Northampton, MA 01060 if you need a form.

And, while on the Convention:

To Women's Race Walking Community:

The National TAC Convention in Indianapolis is not far away. It is important that your TAC Association NW Representative hear from you. Let your representative know that you want to see more women's NW development in the form of funding for clinics, travel, and international competition. Call your local TAC office if you are uncertain whom to contact. Time will not be taken to discuss the status of women's NW if you do not make it known that you care. A few minutes of your time can make a big difference to your athletic career and to future women race walkers.

Chris Anderson, Racewalker
Liberty AD
of Olympic race walkers appeared in Vol. II, No. 2 of the American Journal of Sports Medicine." Written by M. Patricia Murray and others in Milwaukee, the article reports that dropping of the shoulders as the opposite leg and hip come forward keeps one from elevating the center of gravity and thereby increasing one's efficiency. Don Lawrence and Jerry Young participated in the Annual Tour de Romandie in Switzerland late this summer. The race, which we have reported in details at times in the past, when we first started writing full results, covers 13 separate stages over 9 days covering 220 Kms. The longest days are the second (40 Kms in the morning and 10 in the afternoon) and the third (28 and 20 Kms). Shortest days are the first, fifth, and sixth with single 20 km stages each. This year's race, which went from Aug. 26 to Sept. 3, was won Christian Hally of Belgium. Don, who was youngest of the last finished 2nd of the 30 who went all the way. Jerry ran into stomach problems on the second day's 40 km and failed to finish, which disqualified him from the rest of the tour. If you are looking for distinction, but relatively simple, awards for your races, you might write the German Herts (correct spelling), BR 1 Box 63, Bremen, Germany 26094. They send you some samples of their work, which includes cast medals, pins, and plaques. Each of these items is presented with a certificate to the winner, plus a trophy and such items as tie clips, belt buckles, and other souvenirs. 1963 Olympian Rudy Hulsk was. has been rather inactive this past few years due to lower back problems, but as in the hip, and problems with a detached retina, hopes to get in some races soon. When Rudy decides to run, he is usually ready, so you 50-year olds better beware. Perhaps 40-year olds, too. An article that appeared in the West German magazine Volksport early this year (no. 3/1963) includes an interesting anecdote. The gist of the story, which was written by Ernst Wolf and translated by C. Gallagher, is that Volkslaufs, the race participation recreational walks which are popular in Germany, should encourage participation by race walkers. The passage of interest is: "In 1972 in Munich. One of ours from the Volkslauf became the Olympic Champion in the 20 km race-the then-30 year-old Bernd Kammenberg. Many Volkslauflaufen and walkers, especially from the Bavarian area, but also friends abroad, participated in their "Bem's" victory. With his time of 1:20.49, he was a good 2 minutes faster than the Russian European Champion Soldatenko. An American race walker was standing beside, one who took part in the 1960 Olympics in Rome at 20 Kms. He was so enthusiastic about Kammenberg that he sometimes forgot to encourage his comrades- the American race walker Larry Young, but his "couragefulness" of the American visitor, Robert Mimm, had its special reason. Kammenberg saw the American doing a Volkslauf in the athletic area, but also friends. They then translated the results into German and saw Mimm's participation. Larry Young walked with a Russian and, as said proudly: 'Imagine, someone like me was even in Beutic with us... So, I guess that Bob Mimm cost Larry Young a silver medal in Munich by getting Kammenberg interested in walking.' "The Twelve Stone Barriers Breads," mentioned in these pages a few months back, has been on a prolific publishing schedule. This small club (six members) of somewhat heftier members, has now published its single page newsletter from a secret office somewhere in the countryside. It has been filled with inquisitive interviews with all six members (The Walker, The Javelin Thrower, The Bicyclist, The Orienter, The Triathlete, and The Runner) on how they started running and what they think about such events. Unfortunately, you can receive these profound and statements of philosophy, published irregularly they say, but apparently quite frequently, only if the anonymous editor chooses to send them to you. Likewise, there is apparently no way to cut them off once they start coming.
The Golden Gate Walker is the monthly bulletin of the Golden Gate Race Walkers, a San Francisco area club. Their coverage is mostly of events in that area, but they run useful training commentary and tips from time to time. Two recent issues have included a short column by Martin Rudow, which will be continuing and which we are lifting, without permission, to bring to the larger readership of the ORW. I know editor Harry Sittonan will not object, and hope Martin does not. His comments are distillled from others, in any case.

PLANNING & IMPLEMENTING A YEAR-ROUND TRAINING PROGRAM—1

By Martin Rudow (with thanks to Jerry Rushon, Jerry Hansleber and Julian Hopkins, et al)

General comments: At present, race walkers in this country must be mostly self-motivated & self-coached. Coaching & the encouragement of teammates & an appreciative public are rare, however, the rewards & the opportunity for advancement within the sport are well worth striving for.

Since athletes must often be self-coached, we have in the past seen U.S. race walkers show a pattern of short-term goal-orientation, with resulting failures in major trials & international races. With the many national titles held throughout the year, & the demands of indoor & collegiate seasons, this is understandable. However, we now see a more patterned season of competition being planned by the national officers of race walking, & the adoption of American race walkers competing on equal footing with the rest of the world.

With the above factors in mind, we are laying out here a year-long program aimed at helping an athlete reach peak form during a 6-month racing season. This season, for instance, could encompass the end of a collegiate season (the NCAA championships), a Legion Cup trials race, & a Legion Cup final, with several summer-season nationals and other races in between.

This schedule & the principles behind it presuppose a serious, dedicated athlete aiming at the top of his/her sport. A less dedicated athlete, or one just beginning their career, must naturally scale the intensity of workouts. The principles behind this training plan, however, are excellent & should be applied to a workout plan as early in an athlete's career as possible.

Principles: The following principles should be followed when setting up a yearly training program.

PRINCIPLE ONE: The training plan should be set up with specific goals in mind.

PRINCIPLE TWO: The training program should gradually increase the mileage & intensity of the work load over the weeks, months and years.

PRINCIPLE THREE: The training program should emphasize primarily endurance types of training. Walkers should be training 90 to 95% of the time at aerobic types of work.

15 Years Ago (From the Oct. 1968 ORW)—The U.S. made an excellent in the race walking events at the Mexico City Olympics. In the 20 Km, Soviet ace Vladimir Golubnichiy won his second Olympic gold in 1:29:59 as he managed to hold off local favorite Jose Pedrass, who was almost flat out running at the end as he finished in 1:30:00. Pedrass, fired by an emotional crowd, had sped by another Soviet, Nikolai Smaga, who finished in 1:30:43. The judges were apparently fearful of hostile crowd reaction. A victim of the judges' "oversight" was Rudy Halusa, walking brilliantly in fourth (1:30:15).

(Note: Mexico City is at 7000 feet, accounting for slower times.) Other U.S. walkers were Tom Dooley, 17th in 1:40:08, and an ill Ron Laird in 25th. At 50, East Germany's Christoph Hohne was unchallenged as he overcame the altitude and extreme heat to win by 10 minutes in 3:42:14. East Germany was second and Larry Young captured the first of his two Olympic bronzes with a gutsy 4:31:56. Eighth at halfway, Larry was able to hold his pace and move through the second half. Goetz Elopfer passed three men in the final 5 km to take 10th in 4:39:14, but Dave Romansky, also sick, was a distance 25th.

10 Years Ago (From the Oct. 1973 ORW)—With Hans-Georg Reimann and Karl-Heinz Stadtmuller taking one-two at 20 Km, East Germany swept to victory in the Lugano Cup. That gave them a 9 point edge over the Soviet Union, which held up through the 50 for a 138 to 144 win. Italy was third, West Germany fourth, and the U.S. fifth. Reimann won in 1:29:31 to his teammates' 1:29:36. Ron Laird outdistanced Nikolai Smaga to capture his second Lugano bronze in 1:30:45. With Todd Scully seventh in 1:32:53 and Jerry Brown 14th in 1:34:05, the U.S. was third after the 20. The 50 went to West Germany's Olympic champ Bernd Kanneberg in 3:56:51, with Otto Barth (BBS) and Christoph Holme close behind. For the U.S., John Knoedel had 4:25:49 in 14th, Floyd Godwin 4:27:48 in 20th, Greg Weigle 4:32:58 in 26th, not to forget Bob Kitchen, 25th in 4:29:38. East Germany also captured the Lugano-Chiasso Relay, an annual affair in Switzerland. The U.S. was sixth in this one as Ron Laird ran into stomach problems on the first leg and, after spending much time in the bushes, struggled in 15 minutes back to the leaders. John Argo won the annual 100 miler in Columbus, Mo. in 19:38:25, with Chuck Hunter, John Markon, and John Argo also going all the way. Jerry Brown captured the National 30 Km in Columbus, his third championship of the year, finishing in 2:28:12. Floyd Godwin was a minute and a half back, and a promising newcomer, Dan O'Carr, edged Austin Hirt for third, another 10 minutes back. The day before, Ellen Minkow won the women's 10 Km title, also in Columbus, with 35:19.

5 Years Ago (From the Oct. 1978 ORW)—Allen Price won the National 100 miler in record time—18:57.03—with Paul Hendricks second in 19:10.37. The race

We will run further installments in the future.
was held in Columbia, Mo. and saw a record 10 finishers, including the first woman entrant in this country, Elsie McGarvey, who finished in 22:52.31. Leonard Busem and Bob Chapin joined the leaders in finishing under 20 hours... The U.S. defeated Canada in a dual walk meeting, which included races at 10, 20, and 10 km. The 20 went to Canada's Marcel Jobin in 2:15:13, but the U.S. took the next three spots—Dan O'Connor 2:24:05, Bruce Schneider 2:33:56, and Jim Heering 2:34:27. The 10 km event was won by Ron Danielson in 40:32 and Peter Doyle 4:37. In San Francisco, Neal Proc set an American 1 Hour record, covering 9 miles 5 minutes 11 seconds, a mark that Wayne Glusker missed by only 15 yards in second place. Tom Dooley was just a yard behind Wayne.

**SCHUELER BACK IN BIG WAY**

Sun., Oct. 9, Kennseh, N.J.—Carl Schuepler, coming back this year after a rather extended layoff, demonstrated just how serious he is with a record-setting victory in today's National 10K Racewalking championship. Carl won in 3:34:53, nearly 8 minutes under Dan O'Connor's record for the 10K, set two years ago. Carl continued on his way to finnish 20 km in 4:15:56. The Master's title went to Ray Soper, who had to overtake Sal Corrall in the final stages. His time was 3:52:08. Susan Liesz - Westrfer was the first woman in 4:07:43. Full details next month.

**HAYDON'S HANDY ALIBI CHECKLIST**

* * * * *

From the 1963-1964 Edition of Haydon's Athletic Alibi List

(SPECIALLY ADAPTED TO RACE WALKING)

Ate too soon before race.

- Was weak from lack of nourishment.
- Not enough time to warmup.
- Warmup up too much.
- Not enough sleep.
- Was too young from too much sleep.

- I'm building up for 4 years from now.
- Started my kick too soon.
- Started my kick too late.
- Worried about (fill in blank)

When I saw that

- I was walking I checked up.
- I didn't use my head.
- I thought too much.
- I cut in too soon and thought I was disqualified.
- The track was too soft.
- It was too cold out.
- It was too hot out.
- It was too windy.
- The course was too hilly.
- Jock strap (slip) was too tight.
- Jock strap (slip) was too loose.
- It broke after the start.

Skin Splints.

Blisters.

Nail in shoe.

- Scrap in my leg.

I knew that judge was out to get me so I was real cautious.

- I got discouraged when I saw the prizes.
- I'm a distance man and the race was too short.
- I knew that if I had changed the course and even if I broke the record I wouldn't count.
- I'm a sprinter and the distance was too long.

- I never went any assistance during the entire race.
- I lost heart when I saw those guys up ahead creeping and getting away with it.

- I lost heart when I saw those guys up ahead when and getting away with it.
- I knew that if I had a fast time they would change my handicap.

When I got my time at the half way mark I psyched out.

- I had my own time at the half way mark I would have made it.

- I thought there was another lap to go.

- I thought the race ended a lap sooner than it did.

**ADAPTATION TO RACE WALKING**

- I can't walk when I'm ahead.
- I can't walk when I'm behind.
- I can't walk.
- I can't walk unless it is an important race and these guys were just a bunch of hackers.

The competition was too tough.

- There are too many races.
- We don't get enough competition.

- I wanted to see what the prizes were like back in 7th place.
- I still think I won that race; they took the wrong guy's number.

- I have no alibi, but... (mumble)

- Something lower & unintelligible.

- I was over anxious.
- I heard that we were not getting a meal after the race.
- My coach is a foreigner and doesn't understand Americans.
- My coach is an American and doesn't understand foreigners.
- My coach is a...

- My coach treats me just as he treats all the others.
- My coach is on my back all the time with special attention and I don't like it.

- I'm looking forward to the long-distance races.
- I'm looking forward to the short indoor races.
- I can't stand too much success.
- My psychiatrist says that I'm determined to be a failure.
- My coach reminds me of my father and I hate them both.

- He treats me just as he treats all the others.
- He treats me just as he treats all the others.

- I felt that I was making perfect contact when he threw me out.
- I pulled something in my hip at about the 16 mile mark.
- I've been training on a tiny track where the curves are too sharp and I've ruined my legs.

- I was going great but a heel is bothering me.
- I broke both.

- I've been doing much weight lifting and I'm muscle bound.
- My right foot was friendly last night.
- My left foot was friendly last night.
MAX GOULD - MASTERS WALKER EXTRAORDINARY
By Mike Freeman

(The following article is borrowed from the Ontario Masters T&F Association News­letter #8 and is reproduced by kind permission of the author and editor, Mike Freeman. It is a remarkably interesting and perceptive story about Max Gould, Canada's great Masters speedwalker with more gold medals than most of us have seen, including several World Veteran Victories.)

What does a world champion eat for breakfast? Is his daily routine that much different from yours and mine? In the case of Max Gould, racewalker extraordinaire, and 7-time World Masters champion, the answers are porridge, fruit, figs and yes, maintaining a high level of performance over many years requires talent, strength, intelligence, and guts; leisure time and access to funds for travel and training are other essential factors. Max, through heredity, strength of will, and a good business sense meets all six prerequisites.

A successful bicycle racer as a youth, Max then turned briefly to boxing. An unfortunate incident in the training ring convinced him to seek somewhat safer sporting outlets. Sparring with his high-strung coach, Max landed a lucky punch; the coach's instinctive retaliation left Max momentarily senseless on the mat. Blessed with a strong physique Max became a competitive wrestler, weightlifter, and body-builder - using high diving and gymnastics to satisfy his penchant for daredevil feats. After a term in the Air Force as a fitness instructor Max went into real estate. Applying the same dedication to business as he did to athletics, Max worked 16 hours a day, 7 days a week, and invested his income profitably in land. Later he moved into land development full-time until he chose to exchange his commitment to business for an even greater commitment to full-time training in 1974.

Max started running seriously in 1961, at 44, bringing his mile time down close to five minutes despite carrying some 165 pounds on his 5'7" weightletter's body. In 1964 he turned to racewalking with an eye towards making the Canadian team for the Maccabiah Games in Israel the following year. Max placed fifth in his first international competition. Four years later he brought home a bronze medal from the Games, and in 1973 on his third attempt, at 56 years of age, he was again fifth.*

For the first five years of his racewalking career Max competed in the Open Class against Olympians such as Alex Oakley and Marcel Jobin. With the advent of Masters events in the late 1960's Max found his niche. Un­defeated in major competitions within his age group, Max usually turns in times faster than competitors 10 to 20 years his junior. Last July Max moved into a new five-year age grouping, 65-69 and looks forward to facing new challengers in Puerto Rico.

Max credits his consistent, logical training regimen and a close attention to diet for much of his success. He usually puts in three hard 10k workouts during the week, and a somewhat slower 18 miler on Sundays. Another day features an all-out one hour swim, and a sixth is given over to rigorous cal­isthenics and barbell work. In addition Max fits in two sessions of scientific stretching exercises lasting 45-60 minutes every day. He sleeps 7 ½ hours a night, and does not hesitate to arrange his social life around his training sessions - with the co-operation of his ever-patient wife. Max eats a variety of natural foods including whole-grain breads and cereals, fruits, salads, skim milk yogurt and cottage cheese, and lean chicken. He avoids fats like the plague, and believes this avoidance makes it possible to keep his weight at a steady 145.

Although his Spartan lifestyle may not appeal to all athletes, Max firmly believes that the satisfaction of being "number one" in his sport more than makes up for the so-called sacrifices. He has every intention of carrying on with his training and competitive program well into the 1990's.

*In case you missed the point, this was in OPEN competition!
# The Race Walking World Statistics

## Men

### World Record

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### World Best Performances

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### 50.000 metres track

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### 100 kilometres walk

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Chris Custer, who became the country's fourth femaleCenturion in last month's National 100 miler, is about to be lapped by four-time winner, Alan Price. They were the only two finishers this year. Between the two is Centurion Rich Myers, who didn't make the distance in this one. (Photo from Columbia Daily Tribune)