A Few Results


Race Walking--The Beginnings

(From The Sport of Race Walking, Race Walking Association, Middlesex, Eng., 1962)

"Walking", we are told by an early 19th Century medical authority, "is the most salutary and natural exercise, is in the power of everybody; and we can adapt its degree and duration to the various circumstances of health. By this exercise, the appetite and perspiration are promoted; the body is kept in proper temperament; the mind is enlivened; the motion of the lungs is facilitated;
The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $10.00 per year ($12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. No FAX number or E-mail address at this time. Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so later material will probably get in.

and the rigidity of the legs arising from too much sitting, is relieved. The most obstinate diseases, and the most troublesome hysterical and hypochondriac complaints, have been frequently cured by perseverance in walking. Such was at least one medical opinion some 150 years ago, and we may be sure that most of our ancestors, willy-nilly, were compelled to take plenty of this exercise. They walked to their

(continued on page 14)

1996 World Lists

Last month we did our annual World Rankings, but did not yet have sufficient information to complete World Lists that always accompany these lists. So, as promised, here they are, a month late. Thanks to Bob Bowman and T&F News for the lists.

1996 World 10 Km List

41:04 Helena Nikolayeva, Russia
41:31 Yelena Gruzinov, Russia
41:46 Olimpiada Ivanova, Russia
41:47 Kerry Sooby-Junna, Australia
41:49 Larisa Ramazanova, Russia
41:51 Beate Gummelt, Germany
41:56 Yelena Snyko, Russia
42:01 Irina Shanka, Russia
41:09 Elisabetta Perrone, Italy
42:16 Qiao Hongmiao, China
42:17 Katarzyna Radtke, Poland
42:19 Wang Yan, China
42:20 Rossella Giordano, Italy
42:24 Gu Yu, China
42:32 Maya Sazonova, Kasakhstan
42:36 Tamara Kovalenko, Russia
42:45 Olga Kardopoleva, Belarus
42:51 Tatjana Ragozina, Ukraine
42:54 Sari Essayah, Finland
42:55 Norica Cimpean, Romania
43:04 Annarita Sidotti, Italy
43:05 Valentina Tsymbalskaya, Belarus
43:11 Nina Alyushenko, Russia
43:13 Natalya Misyula, Belarus
43:18 Li Hong, China
43:20 Peng Shaoqi, China
43:25 Vera Makelova, Russia
43:27 Erika Alich, Italy
43:27 Maria Rosza-Urbanik, Hungary
43:29 Aiko Szeblonski, Hungary
43:30 Svetlana Tolstaya, Kazahstan
43:33 Natalya Trefimova, Russia
43:37 Susana Feitor, Hungary
43:37 Marta Smyklova, Russia
43:40 Margarita Nazerova, Russia
43:41 Kathrin Boyde, Germany
43:42 Oraziela Mendes, Mexico
43:43 Svetlana Nifontova, Russia
43:43 Valentina Savchuk, Ukraine
43:57 Ilkko Iyes, Hungary
43:59 Feng Huyan, China
44:01 Valentina Pavlova, Russia
44:05 Yuka Mitsuomori, Japan
44:06 Michelle Rohl, USA
44:06 Ileana Salvador, Italy
44:22 Vera Nacharkina, Russia
44:26 Janice McCaffrey, Canada
44:27 Anne Manning, Australia
44:27 Cristiana Pelino, Italy
44:28 Yelena Alkseyava, Russia
44:29 Emi Hayashi, Japan

1996 World 20 Km List

1:18:18 Yevgeniy Misulya, Russia
1:18:36 Mikhail Schenikov, Russia
1:18:41 Igor Kollar, Slovakia
1:18:48 Bya Markov, Russia
1:18:50 Daniel Garcia, Mexico
1:19:05 Bernardo Segura, Mexico
1:19:11 Vladimir Andreiev, Russia
1:19:23 Alejandro Lopez, Mexico
1:19:30 Rashid Shakirov, Russia
1:19:32 Andrey Maksarov, Russia
1:19:34 Li Mengcai, China
1:19:38 Yu Guohui, China
1:19:40 Mikhail Khmelevich, Belarus
1:19:41 Li Zewen, China
1:19:55 Valery Borisov, Kasakhstan
1:20:07 Jefferson Perez, Ecuador
1:20:10 Robert Ihly, Germany
1:20:15 Jiri Maly, Czech Rep.
1:20:31 Nick A'Hern, Australia
1:20:32 Grigorii Komey, Russia
1:20:36 Nican Daimer, Germany
1:20:40 Aigars Padeves, Latvia
1:20:40 David Kimtai, Kenya
1:20:51 Robert Konzenowski, Poland
1:21:01 Yevgeniy Shamalyuk, Russia
1:21:06 Constantin Balan, Romania

Colorado Gothic. Two classy walkers, Debby Van Orden and four-time Olympian Carl Schueler, strike a classic pose in the backyard of their new digs somewhere in Colorado. (Photo from Bob Carlson's Front Range Walkers News.)
On the 50 Km list, we missed Andrew Lallermann's 4:05:34 (and also misspelled his name), but he remains in the fourth slot. Mike Rohl's 4:37:56 should be 4:37:36. There are enough changes on the 10 and 20 Km lists that we will just repeat them. Valérie Silver, who has been added to the 10 Km list, lives in Paris and races in France, but she is a U.S. citizen, aged 33.
While we are doing lists, here are the:

1996 Commonwealth Racewalking Lists (From the Canadian publication Athletics)

**20 Km**

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nick Athern, Australia</td>
<td>1:20:31</td>
</tr>
<tr>
<td>David Kimtai, Kenya</td>
<td>1:21:40</td>
</tr>
<tr>
<td>Julius Sawe Kenya</td>
<td>1:22:22</td>
</tr>
<tr>
<td>Chris Britz, South Africa</td>
<td>1:22:27</td>
</tr>
<tr>
<td>Tim Berrett, Canada</td>
<td>1:22:52</td>
</tr>
<tr>
<td>Arturo Huerta, Australia</td>
<td>1:23:06</td>
</tr>
<tr>
<td>Dion Russell, Australia</td>
<td>1:23:04</td>
</tr>
<tr>
<td>Justus Kavaylanya, Kenya</td>
<td>1:23:22</td>
</tr>
<tr>
<td>Daniel Terer, Kenya</td>
<td>1:23:41</td>
</tr>
<tr>
<td>Durrell Stone, England</td>
<td>1:23:58</td>
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**50 Km**

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Craig Barnatt, New Zealand</td>
<td>3:51:14</td>
</tr>
<tr>
<td>Tim Berrett, Canada</td>
<td>3:51:28</td>
</tr>
<tr>
<td>Simon Baker, Australia</td>
<td>3:55:46</td>
</tr>
<tr>
<td>Duane Cousins, Australia</td>
<td>3:56:21</td>
</tr>
<tr>
<td>Mike Harvey, Australia</td>
<td>4:05:41</td>
</tr>
<tr>
<td>Dominic McGrath, Australia</td>
<td>4:06:29</td>
</tr>
<tr>
<td>John Moerdy, South Africa</td>
<td>4:07:30</td>
</tr>
<tr>
<td>Shane Pearson, Australia</td>
<td>4:13:24</td>
</tr>
<tr>
<td>Chris Maddocks, England</td>
<td>4:18:41</td>
</tr>
</tbody>
</table>

**Women's 10 Km**

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kerry Saxby-Junna, Australia</td>
<td>41:47</td>
</tr>
<tr>
<td>Anne McCaffrey, Canada</td>
<td>44:26</td>
</tr>
<tr>
<td>Anne Manning, Australia</td>
<td>44:27</td>
</tr>
<tr>
<td>Tina Poiras, Canada</td>
<td>45:08</td>
</tr>
<tr>
<td>Jane Saville, Australia</td>
<td>45:21</td>
</tr>
<tr>
<td>Wendy Muldoon, Australia</td>
<td>45:25</td>
</tr>
<tr>
<td>Jill Barrett-Maybin, Australia</td>
<td>45:31</td>
</tr>
<tr>
<td>Anustasia Raj, Malaysia</td>
<td>45:47</td>
</tr>
<tr>
<td>Jane Barbour, Australia</td>
<td>45:51</td>
</tr>
</tbody>
</table>

**RACE OFFERINGS ACROSS THE LAND**

- **Sat. Feb. 8**
  - 5 Km, Boca Raton, Fla., 7:30 am (Q)
  - Indoor 3 Km, Carbondale, Illinois, 9 am (T)

- **Sun. Feb. 9**
  - Indoor 880 yd and 3 Km, Arlington, Vir., 8:15 am (J)
  - 5 Km, Denver, 10 am (H)
  - Half-marathon, Las Vegas, 7 am (P)

- **Sat. Feb. 15**
  - Indoor Women's Mile, Men's 3 Km, Carbondale, Illinois, 9 am (T)
  - 5 Km, Boca Raton, Florida, 7:30 am (Q)

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- **Sun. Feb. 16**
  - Indoor Master's 1500 meters, Indianapolis, 6:45 pm (V)
  - Indoor 3 Km, Men and Women, Columbia, Missouri, 8:30 am (CC)

- **Mon. Feb. 17**
  - 6 Km, Brockton, Mass. (G)

- **Tue. Feb. 18**
  - 5 Km, Denver, 6:15 pm (H)

- **Sat. Feb. 22**
  - Indoor 1500 meters, Brunswick, Maine (G)
  - 5 Km, Miami, 7:30 am (Q)
  - 8 Km, Roseville, Cal. (P)
  - 5 Km, Denver, 10 am (H)

- **Sun. Feb. 23**
  - 5 Km, Miami, 7 am (Q)
  - Indoor 3 Km, Colorado Springs, 10 am (H)

- **Fri. Feb. 28**
  - 5 Km, Miami (Q)

- **Sat. March 1**
  - USATF Indoor 3 Km and 5 Km Championships, Indianapolis (BB)

- **Sun. March 2**
  - 5 and 10 Km, Davie, Florida, 7:30 am (Q)

- **Sat. March 8**
  - 3 Mile, Seattle, 9 am (C)
  - 4 Mile, Miami, 7:30 am (Q)

- **Sun. March 9**
  - Eastern Regional Indoor Masters 3 Km, New York City (Q)
  - 15 Km, Palo Alto, Cal. (R)

- **Sun. March 15**
  - 5 Km, Georgia (D)
  - 5 Km, Miami, 7:30 am (Q)

- **Sun. March 16**
  - 5 an 10 Km, Miami, 8 am (Q)
  - 7 Km, Denver, 9:30 am (H)
  - 5 Km, Pasadena, Cal., 8 am (B)

- **Sat. March 22**
  - USATF National Indoor 3 Km, Brookline, Mass. (G)
  - 5 Km, Miami, 7:30 am (Q)

- **Sun. Mar. 23**
  - National Invitation and World Cup Trials: 10 Km Women, 20 Km Men (plus open and junior events), Washington, DC. (I)
  - 4 Mile, Denver, 8:30 am (H)

- **Sun. April 6**
  - 5 and 10 Km, Miami, 8 am (Q)

- **Sun. April 12**
  - 3 Mile, Seattle, 9 am (C)

- **Sun. April 13**
  - Mt. SAC Relays 10 Km and 5 Km, Walnut, Cal., 7:30 am (B)

- **Sat. April 19**
  - 100 Km, Yellow Springs, Ohio (M) (or call Jack Blackburn at 937-323-6047)

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E-Dave Gwyn, 6502 South Briar Bayou, Houston, TX 77072
F-Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
G-USATF New England Assn., P.O. Box 1905, Brookline, MA 02146
H-Bob Carlson, 2261 Glencoe St., Denver, CO 80207
J-Heartland Racewalkers, 3645 Somerset Drive, Prairie Village, KS 66208
K-Sacramento Racewalkers, 3515 Slate Mills Road, Sperryville, VA 22740
L-Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387
M-Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
FROM HEEL TO TOE

For you ultra-distance buffs who have been craving action for some time, Centurion, ORW Publisher Emeritus, old buddy, and great guy Jack Blackburn has one cooked up for you. Show up in the delightful little village of Yellow Springs, Ohio at 8 a.m. on Saturday, April 19 and you can have a bit of a go at the 100 Km distance. You have until midnight to finish. The race will be held on the track at Yellow Springs High School. The school has been the starting point for the Jack Mortland Invitational (on the road) the past two years, so some of you know where to go. Jack notes that, "for the sake of reality the rules will be--1. Foot touching the ground before the back foot leaves the ground, and 2. The knee must be straight or locked at sometime during the stride (supporting leg that is)." Walkers should try to bring a helper, but if they can't the organizers will try to have someone to help them. There will be a three-person (mixed gender) team race based on the combined time. Call Jack at 937-332-6037 or write him at 455 E. McCreight, Springfield, Ohio 45503 for further information. He will have entry blanks available shortly. Track and Field News notes that a total of 29 track athletes have made and/or competed on four or more U.S. Olympic teams. (The and/or is because 1980 athletes did not get to compete because of the Carter boycott--see our editorial on the subject in February 1980, if that copy of the ORW haven't been laying around). They then list them and that list includes walkers Carl Schueler and Marco Evoniuk. Missing, however, is racewalker Ron Daniel (1960, 1964, 1968, 1976). So, I guess the number should be 30 track athletes . . . There will be big money available to the very best walkers this summer, with the IAAF now offering prize money at World Championship events. This means a double payday for walkers who can excel, since they have both the World Cup of Racewalking and the track and field World Championships. The World Cup will offer a total of $150,000 in prize money, with $20,000 for each of the three winners (Women's 10 Km, Men's 20 and 50 Km). At the World Championships, gold medals will bring $60,000, silver $30,000, and bronze $20,000. Speaking of the World Championships, they will be held in Athens, Greece from August 2 to 10. The 20 Km will be held on the opening day, and the 50 on August 9. For the first time, the Women's 10 Km will have qualifying heats, to be held on August 4. The final is scheduled for August 7. The qualifying standards are: 20 Km--A. 1:23:30. B. 1:26:00. 50 Km--A. 4:00. B. 4:10. 10 Km--A. 45:30. B. 48:00. A nation can enter one athlete in an event if that athlete has met the "B" standard. To enter two or three athletes, they must all have met the "A" standard. At the USATF Convention in San Francisco last month, Rich Torrellas was elected as the new chairman of the racewalking committee, replacing Bruce Douglass, who did not seek reelection. Rich, who's original interest was in the throwing events,
to the entire group or send private e-mail. To subscribe, send an e-mail message to: majordomo@reed.edu. Subject line may be left blank. In the body, simply type: Subscribe racewalk. You will receive an automated confirmation and a letter of welcome. I am trying to collect as much information as I can on Olympic racewalking, with the thought that I may put a book together. If any of you have accounts of Olympic racewalking events, particularly pre-1964, I would appreciate copies. Or, if you can direct me to source material, that would be appreciated. Old photos would also be nice. And, if any Olympians would care to reminisce about your experiences on a few pages and provide accounts of the events you participated in, I would be happy to receive such. If the effort doesn't evolve into a book, it will at least provide some ORW content... Now Steve Vaitones has apparently turned his attention from ancient issues of Long Distance Log to early issues of Distance Running News, the forerunner of Runner's World. He sent along an article from the July 1966 issue by Don Jacobs, then Vice-Chairman of the National Racewalking Committee, entitled "An Introduction to Race Walking." The following paragraph bears repeating: "Billy Mills, the 1964 Olympic Games 10,000 meter runner, champion when interviewed for the Amateur Athlete had these comments. 'I know I was inspired in Tokyo by our Racewalking Committee, entitled "An Introduction to Race Walking." The following paragraph collects as much information as possible.'

Sermon for the Month

Last spring, the associate pastor at our church was reassigned as senior pastor at another United Methodist church in suburban Columbus. Before leaving, he asked me if I would come to his new church later in the summer and deliver a short message regarding what the Olympics had taught me about life. "Of course", I said. So it was that on the morning of the closing day of the Atlanta Olympics, I was addressing the congregation at two services at the Church of the Redeemer in Reynoldsburg. The remarks were well received--I was even invited back to talk along the same lines to a gathering of the elementary Sunday School classes--and I thought I might share them with you; although the Olympics are long gone for this time around.

Most of us have been immersed in the Olympics for the past two weeks, subjected to the over dramatization of NBC commentators. They would have us believe that the Olympics are bigger than life. In reality, we know that the Olympics are at best reflective of the games we play. But there are ideals associated with the Olympics that seem to offer the promise of a better world if we could only grasp them and put them to work in the "real" world. To one who was blessed with the opportunity to participate in these Games, the Olympics offer hope for a better tomorrow. For these few days, the world watches, the whole world cheers, and we are inspired by performances of athletes from around the globe. The Olympic village is a joyful celebration of people of all races and faiths, playing, laughing, and working together as they celebrate the gifts God has given them. How much better this is than our continuing social strife driven by our self-centeredness and petty prejudices.

In the February issue of a newsletter on racewalking I have published for the past 31 years, I commented on President Carter's proposed boycott of the Olympic Games in Moscow that summer. As we know, this boycott came about. It was regarded as an answer to the Soviet invasion of Afghanistan. In concluding my remarks, which reviewed pros and cons of the proposed boycott, I discussed: "... a gut feeling that there is still something to be gained from healthy competition in the athletic arena and from interaction among people from throughout the world as part of that competition." It was something I had experienced, both in Tokyo and in other international competitions, including two trips to the USSR. I said: "I recognize that everything is not perfect even in an Olympic Village. There is no utopia. But, I think that athletes sense and feel things about community that our wise leaders throughout the world seem unable to grasp. Maybe someday the message will come through. Bogged in political morass and commercialization though they may be (and it seems to get worse), the Olympics still represent an..."
Finding the joy of competition, camaraderie, and community.

And that brings me to what Terry asked me to talk briefly about this morning—what did participation in the Olympics teach me about life. What I carried from the Olympic experience, of course, is tied up with all I have drawn from a lifelong participation in sports. But, in trying to answer that question specifically, I thought first of the principle that the founder of the modern Olympics, a French aristocrat Pierre de Coubertin, set forth as he conceived this celebration of sport: "The important thing in the Olympic Games is not to win, but to take part." It seemed to me that this is a principle for all life. Then, I realized that Coubertin thought so too, because he added to that principle: "The important thing in life is not the triumph, but the struggle."

We continue to pay lip service to Coubertin's principal, but there are two bits of what has become conventional wisdom, I call them myths, things that we hear constantly from the commentators and from many competitors, that seem to contradict that principle, and also contradict each other. I don't want to disillusion any budding athletes or destroy dreams—dreams are important, as I will suggest, though maybe we follow them too obsessively—but what I have learned seems to fly in the face of those two bits of wisdom.

First, we are repeatedly told: "If you work hard enough and believe strongly enough, the gold medal, or whatever else, can be yours." And we see inspiring stories of those who succeeded despite some dramatic obstacles. Of course it happens. But, how many people finish behind that individual having worked equally hard, maybe harder, wanting it just as badly, and also believing? It can't work for everyone. Most of us are not blessed with the speed of a Michael Johnson, and regardless of how hard we work and how badly we want to, we will not match that speed. And that is not to deny his work to develop that gift and reach the top.

Even those espousing this myth don't really believe it, because the second bit of wisdom constantly thrown at us as we watch these and previous Games is about the tragedy of those who have worked single-mindedly for four long years, or longer, and don't make the final, or have to "settle" for the silver, or suffer an injury, or fall. Two nights ago, we heard that "Jackie Joyner-Kersee may get only the bronze, but..." Third best in the world at anything is more than an only! The emphasis on these two myths, at the expense of Coubertin's principle, leads to such shoe company slogans as "Go for the gold" and "Second place is the first loser." There is nothing wrong with going for the gold, but neither is there anything wrong with not getting there. The important thing is the struggle. Unfortunately, too many of us, and too many athletes, buy into those myths and miss that final point.

I have learned that nothing is guaranteed in athletics, or in life, regardless of how hard you work, how badly you want it, or even how hard you pray. But, if you have also learned that falling short of a goal despite your best efforts, even over four years, is not the end of life. It is not a tragic circumstance. It is a lesson of life. I had a goal of making an Olympic team and was fortunate to achieve it. But that was just icing on the cake. The real rewards, as Coubertin knew and sought to instill in the Olympic ideal, come along the way, in the striving, in the continuing sense of accomplishment. These rewards include:

- Appreciation of the gifts we have been given and in taking these gifts and using them in the best way we can to glorify God's creation.
- The nurture—from family, mentors, friends—that we receive along the way.
- Achievement of self-discipline through out efforts.
- Gaining greater self-assurance and confidence.
- Finding the joy of competition, camaraderie, and community.
- Discovering the joy of training and developing a healthier mind and body. Hard work with a purpose is not drudgery, regardless of the outcome.

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- Discovering the joy of training and developing a healthier mind and body. Hard work with a purpose is not drudgery, regardless of the outcome.

Looking Back

30 Years Ago (From the January 1967 ORW)—The Athens AC (San Francisco) won a National Postal 20 Km walk with a total time of 5:03:43 for the 3-man team. The Ohio Track Club was nearly 9 minutes back. Taking individual honors was OTC's Jack Blackburn with a 1:38:12. Canadians Karl Merschenz and Alex Oakley were the only others under 1:40, with your editor, also representing the OTC, fourth in 1:40:30. The Athens group (Goetz Klopfer 1:40:49, Tom Dooley 1:40:59, and Bill Runney 1:41:50) took three of the next four spots, Ron Laird finishing just in front of Runney. The race was walked on local tracks during a specified time in 1966 with results compiled by mail. Ron Daniel walked a series of four 1 Mile races in New York, all between 4:44 and 4:48.

25 Years Ago (From the January 1972 ORW)—First early season miling—Ron Daniel had the third fastest mile in history (to that time) with a 6:12.8 in Philadelphia. Ron Kulik, Todd Scully, and Dave Rousinsky followed in 6:17.7, 6:21.7, and 6:28.1. Ten days earlier, Kulik had beaten Dan 6:28.1 to 6:29... On the other coast, Tom Dooley did 6:30.5 to beat Easton Valley (6:38) and Larry Walker beat Don DeNon, 6:41.4 to 6:44. Bill Runney was close third in both races. San Rafael high school student, Jerry Lansing, won the National Junior 5Km title in 3:18:21... On
the local scene, your editor celebrated his 37th birthday by covering 6 miles 276 yards in 48:36, but failed by 66 seconds to make up a 17 1/2 minute handicap on Doc Blackburn. (The odd distance was because we did exactly 4 laps of a natural loop, which was carefully measured—the scene of the 1969 National 15 Km.) In the Rockeys, Jerry Brown showed fine form with a 13:55 for 2 miles and Bill Weige covered a marathon in 3:33:53. Ron Laird was wintering in England, and did a track 20 Km in 1:33:35 as well as a couple of 7 miles in 50:50 (finishing first) and 50:53 (second). (And if you haven't ordered your copy of Ron's recent book, *The Art of Fast Walking*, you had better rush $19.95 plus $2.00 for shipping and handling to Ron at 4706 Diane Drive, Ashbtuha, OH 44004, or call him at 216-998-1371.)

29 Years Ago (From the January 1977 ORW)—In final 1976 races, Larry Walker won the National 1 Hour, covering 7 miles 1373 yards and Rudy Haluza won the Master's 15 Km in 1:15:21. Haluza was third in the 1 Hour, just 14 yards back of Ed Boudinot's 7 miles 1030 yards. Susan Liers turned in two fast miles—7:22.5 and 7:27.9. Jim Heiring won a mile in 6:25.6, ahead of Chris Hansen (6:32.4) and also had a 2 Mile win in 13:36. Larry walker was faster, with a 6:16.8 in Los Angeles.

15 Years Ago (From the January 1982 ORW)—Jim Heiring was simply tearing around indoor tracks across the country. He had a 5:55.2 for the mile in Milwaukee, a world best 5:27.1 for 1500 meters in New York, a 12:40 for 2 miles in Chicago, and a 12:20.6 for 2 miles in Kansas City. Todd Scully was just 5 seconds back in the 1500.

10 Years Ago (From the January 1987 ORW)—American records fell at the Hoosier Invitational Indoor meet in Indianapolis as Maryanne Torrellas did 13:29.82 for 3 Km and Paul Wick 20:29.67 for 5 Km. Tereza Vail was just 3 seconds behind Maryanne with Lynn Weik third. Gary Morgan trilled Wick by 6 seconds and Doug Fournier also went under 21 minutes. Torrellas also had a 6:58.9 to win a mile in Hanover, N.H. with Weik second in 7:01. At West Point, Paul Schwartzburg did a mile in 6:06.8, ahead of Mike Tauch's 6:17.65. The following week, Staugers led Doug Fournier 6:13.52 to 6:13.61 and Marco Evoniuk took the Hawaii Marathon in 3:33:35.

5 Years Ago (From the January 1992 ORW)—Walking at the Spectator Indoor Games in Hamilton, Ontario, Debbi Lawrence set a world indoor best for 1500 meters with her 5:54:31. She was 7 seconds under the old mark set by Maryanne Torrellas. Victoria Herazo missed the old mark by less than 2 seconds, finishing second, just ahead of Janice McCaffrey. Torrellas was sixth in the race. A week later, Lawrence did 5:56:29 in Ottawa. In Oakland, Jonathan Matthews did 20 Km in 1:33:29, beating Richard Quinn by 42 seconds.

**Race Walking—The Beginnings** (from page 2)

work and home again in the evening, they walked to church on Sundays, to the nearest market town, to the fairs in the neighborhood, to the sports and festivals as they took place. And as London and the other large towns began to grow, as the Industrial Revolution permeated the country, our great-grandparents trod their way to the great towns and the promise of a better life. A recent Lord Mayor of London has told how his grandfather walked to London from Cornwall to set up in business, and this story may be repeated a thousand-fold, and may well be the reason why so many town-dwellers make for the country in their leisure hours and use their feet on the roads, the footpaths, and to climb the Downs, and traverse the moorland.

These inherited instincts plus the deep-seated competitive spirit in man manifested itself in racing and in competing against time, and we may be certain that many thousands of such events took place in the early days of our island story. We are told, for instance, of the feat of Sir Robert Carey who walked from London to Berwick in the year 1589 to win a handsome wager, and of King Charles II who was noted for his walking powers, and unwelcomed in his favorite walk from Whitehall to Hampton Court. In October 1670, the King and his nobles watched Lord Digby attempt to walk 5 miles within the hour on Newmarket Heath for a wager of 50 pounds—and fail by half a minute walking barefoot! In the early 17th Century, athletics in the broadest sense were an essential part of the May games, wakes, fairs, and festivals that brought brightness into the lives of our ancestors. These celebrations and trials of strength continued for many years. In fact, they survive today in the form of the village flower show sports meetings and rural gatherings. At the same time, a class of professional pedestrians grew up in the service of the aristocracy of the day. They were employed as "footmen" to run messages in town, or to run ahead of the family coach on the awful roads of the period to make arrangements at the inns for a night's refreshment and sleep, or to advise the country house staff of the imminent arrival of the family's arrival. Inevitably, in those days of high wages, the gentlemen of gentility began to match theirfootmen against another one in races; and as a development they tended to employ only those men who could give proof of speed and stamina, after which they were trained as "gladiators" to carry the masters' confidence and stakes in the matches over varying distances that were arranged.

In addition to these two streams of athletic endeavor—the "amateur" in the rural areas and the growth of "professional" pedestrians in town service—was added a third category, the Army officers who embraced running and walking as a means of becoming physically fit as a matter of professional pride and to enable them to withstand the rigors of active service, and to acquaint themselves well in the field.

A few 18th and early 19th century feats from the following chapter:

- In 1762, Child, a miller of Wandsworth, walked 44 miles in 7:57 on Wimbledon Common, and in the same year, a Mr. John Hague covered 100 miles in 23:15.
- A Hampshire pedestrian named Reed walked 100 miles in one day at Gosport in 1774 and four years later covered 50 miles on the sands of Weymouth in just over 9 hours.
- In 1808, Captain Howe walked 346 miles in 6 days. A fortnight later, the same gallant Captain won a match against Captain Hewetson for 200 guineas by walking 83 miles in less than 24 hours. We also learn that Captain Howe beat a Mr. Smith in October 1809 in a 20 mile race on the Uxbridge Road by half a mile in 2 hours and 20 minutes. In 1812, Howe pledged himself to cover 60 miles in 12 hours and won his wager with 10 minutes to spare.
- Lt. Halifax of the Lancashire Militia walked 2 miles an hour for 100 successive hours near Tiverton, Devon, in March 1808. He could never have more than 50 minutes rest at one time during four days and nights and he became very distressed, but his personal courage pulled him through.
- Mr. Glanville, from Shropshire, in 1806, walked 140 miles on the Bath Road in 29 3/4 hours. He found himself with 25 miles to do in 5 3/4 hours on the final stage from Reading, whence he had arrived at 6:15 am. After 20 minutes rest, he resumed his task and, although very tired, his perserverance enabled him to overcome the 7 to 4 and 2 to 1 against bets, and he won with great difficulty with 15 minutes to spare.
- We wonder if any definition of walking was applied to the pedestrians of long ago. Particularly is this so when we read of Captain Thomson of the 74th Regiment who in 1808 undertook to walk 21 miles in 3 hours and did so with a margin of 4 1/2 minutes, and of James Watson, who for a wager of 10 pounds walked from Whitechapel Church to Romford and back, an alleged 23 miles, in less than 3 hours. We are told that he started at 6 am and reached Romford at 7:20 am. Having refreshed for 10 minutes, he restarted and completed the distance in 4 minutes under the stipulated time!