

Clausen Still On Form

Chula Vista, Cal., Jan. 23 (Based on Al Heppner news release)--Judging from his performance in today's "Road to Sydney" 30 Km/20Km race at the ARCO Olympic Training Center track, Curt Clausen is set for another outstanding year. Blasting away from Andrew Hermann over the final 5 Km, Clausen obliterated the American record for 30 Km with his 2:11:00.4 clocking. Herm Nelson set the old record of 2:21:40 in 1991.

It's only fair to point out, however, that the record has to be on a track, and there probably hasn't been a track race at the distance since Herm's record. Probably most, if not all of those who have been under 4 hours for the 50 have broken Nelson's record on the way. But that doesn't detract from Curt's performance. He averaged 43:40 for each 10 km, or almost 7 minutes per mile, if you still need that reference. (30 km is 18 miles 1028 yards.)

The 30 Km record was one of four American records set on the day. Clausen had 27,360 meters under his belt after 2 hours, breaking Allen James' record of 26,661, set in 1994. Andrew Hermann was leading Clausen at 25 Km and broke James' record of 1:51:43.3, but his exact time was not reported. Hermann finished in 2:12:31.2 for second place. Also well under the old 30 Km record were Al Heppner (2:16:58) and Philip Dunn (2:20:14).

Finally, Danielle Kirk had a 1:39:27 in finishing second to Yueling Chen in the women's 20, breaking the listed record of 1:48:18.6 set by Sue Liers in 1977. However, Gretchen Eastler had a 1:38:48 on the track last October that is pending acceptance. Again, many have gone faster than either of these, including Kirk herself, but not on the track. (Michelle Rohl holds the road record at 1:33:17.)

Equally intriguing as who came ready to walk was who didn't come at all. Eight out of the ten Mexicans that were scheduled to show up, didn't. Their airfare and accommodations were to be taken care of by a friend of the Mexican team in the San Diego area.

The one Mexican that did show up for the men's race is a legend in his homeland. Carlos Mercenario, World Cup winner at 20 Km in 1987 when only 19 and at 50 km in 1991 and 1993, and Olympic silver medalist in 1992, certainly wasn't afraid, but he might be now. Struggling to hang on to Hermann and Clausen, Mercenario got sloppy with his technique and was disqualified before the halfway point.

In the women's race, Kirk battled mightily with Chen, the 1992 Olympic gold medalist from China, for the first half of the race. But Chen pulled away quickly and eclipsed the "A" standard (1:36:00) for the Olympics. However, Chen has had another fight on her hands. Having lived in this country, for seven years, she is still vying for citizenship so she can compete for the U.S. in Sydney.

Kirk had plenty of distance over Mexico's lone entrant, Yvonne Vargas, who was third in 1:41:02.9. Training Center resident Susan Armenta was not herself as she battled stomach problems and finished fourth in 1:43:42.2. The results:

Men's 20 Km--1. Curt Clausen, NYAC 2:11:00.4 2. Andrew Hermann, adidas 2:12:31.2 3. Al Heppner, NYAC 2:16:58 4. Xavier Moreno, Ecuador 2:19:20.8 5. Philip Dunn, adidas 2:20:14

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6. Jim Carmines, Potomac Valley 2:52:51.4 DNF-- Time Seaman, Sean Albert, and Claus Jorgensen, Denmark. DQ--Kevin Eastler and Carlos Mercenario. Distances at 2 Hours: Clausen 27:36.0 meters; Hermann 27:24.8; Heppner ?; Moreno 26:35.5; Dunn 25:6.90

Women's 20 Km--1. Yueling Chen 1:35:45.7 2. Danielle Kirk, So. Cal. Walkers 1:39:27 3. Yvonne Vargas, Mexico 1:40:02.9 4. Susan Armenta 1:43:42.2 5. Donna Chamberlain, Potomac Valley 1:54:07.1 6. Karen Stoyanowski 2:00:29

Other Results

Indoor 3 Km, Boston, Jan. 23--1. Daniel Pendergast 14:47.31 2. David Baldwin 15:30 3. Jonathan Chasse 15:58 **Women--1.** Ann Percival 16:43.99 2. Amanda Gergeron 17:03 3. Anne Favolise 18:28 **5 Km, Atlanta, Dec. 11--1.** Steve Hubbartt (48) 28:32 2. Phil Gura (40) 29:55.5 **Km, Miami, Dec. 19--1.** Sarah Perry 28:11 **Men:** 1. Daniel Koch (56) 31:25 2. Robert Cormier (47) 31:39 **5 Km, Miami, Jan. 1--1.** Rod Vargas (50) 25:11 2. Janos Szalas (43) 25:15 **Women:** 1. Marilyn Whipple (50) 29:14 2. Linda Talbott 29:26 **Disney Marathon, Orlando, Jan. 10--1.** Erik Litt 4:47:05 **Women--1.** Heidi Hauch 4:21:17 2. Stephanie Konsza (44) 4:53:10 3. Eileen Druckenmiller 4:55:36 **1/2 Marathon, same place--1.** Dave Lawrence 2:00:59 2. Jonathan Wehrenbe 2:05:37 3. Stanley Sosnowski (49) 2:12:02 4. John Elwarner (60) 2:13:03 5. Bob Cella (62) 2:13:53 (Actually, Cella finished ahead of Elwarner, but the results show both an "official time" and a "net time", which aren't explained. I have been assuming that the net contains a correction for delay at the start and have been showing that. The official times are all slower than the net times: in this case 2:14:13 for Cella and 2:15:59 for Elwarner.) **Women:** 1. Lee Chase (46) 2:06:39 2. Donna Pape (47) 2:16:32 **50 Km, Houston, Jan. 2--1.** Carlos Mercenario, Mexico 4:00:14 (47:42, 1:33:42, 2:20:46, 3:09:53) 2. Ric Holt 5:00:06 (56:44, 1:53:43, 2:49:27, 3:50:20) DNF--Dave McGovern 2:22:46 for 25 (56:44, 1:53:43); Dave Doherty 2:02:55 at 20; and Josh Ginsburg 1:55:25 at 20. (The temperature, which went from 73 to 81 during the race with very high relative humidity, took its toll.) **Women's 20 Km, same place--1.** Victoria Herazo 1:50:00 (26:03, 53:50, 1:22:06) 2. Lisa Chumbley 2:35:02 **5 Km, same place--1.** Lojza Vosta (64) 29:01 **5 KM, Denver, Dec. 12--1.** John Tarin (47) 26:16 2. Sally Richards (47) 26:31 3. Terry Femmer (47) 27:53 4. James Twark (52) 28:53 5. Daryl Meyers (57) 29:01 6. Lorie Rupoli (48) 29:29 7. Mike Heymans (51) 30:05 **5 Km, Aurora, Col., Dec. 26--1.** John Tarin 26:13 2. Daryl Meyers 29:14 **2.8 Miles, Seattle, Dec. 11--1.** Ann Tuberg 26:28 2. Bob Novak 26:29 3. Stan Chraminski 26:30 4. Bev LaVeck 27:49 **3 Km, County Tipperary, Ireland, Jan. 9--1.** Robert Heffernan 11:47:03 **Women:** 1. Gillian O'Sullivan 12:34.56 2. O. Loughnane 12:43 **Women's 20 Km, Canberra, Australia, Jan. 16--1.** Simone Wolowiec 1:34:44 2. Lisa Paolini 1:35:20 3. Cheryl Webb 1:36:21 **Men:** 1. Luke Adams 1:24:18 2. Craig Barrett, New Zealand 1:25:30 3. Darren Brown 1:26:27 4. Troy Sundstrom 1:27:09 5. Liam Murphy 1:29:13 **3 KM, Australia, Jan. 13--1.** Scott Nelson 11:56:07 2. Jarred Russell 12:35.03 3. Mark Donahoo 12:53 4. Jarren Tallent 12:54 5. Frank Bertie 13:00

1999 World Lists

(Compiled by Bob Bowman)

Women's 20 Km

1:27:30 Nadezhda Ryashkina, Russia
 1:27:32 Liu Hongyu, China
 1:27:35 Natalya Fedoskina, Russia
 1:27:46 Norica Cimpean, Romania
 1:28:01 Yelena Nikolayeva, Russia
 1:28:21 Olimpiada Ivanova, Russia
 1:28:33 Tamara Kovalenko, Russia
 1:28:35 Tysse Platzer, Norway
 1:28:40 Natalya Misulya, Belarus
 1:28:51 Olga Kardopoltseva, Belarus
 1:28:58 Larisa Khmel'nitskaya, Belarus
 1:29:00 Irina Stankina, Russia
 1:29:09 Olga Polyakova, Russia
 1:29:15 Wang Yan, China
 1:29:20 Valentina Tsybul'skaya, Belarus
 1:29:23 Svetlana Toletaya, Kazakhstan
 1:29:39 Claudia Iovan, Romania
 1:30:03 Gao Hongmiao, China
 1:30:03 Graciela Mendoza, Mexico
 1:30:07 Yuliya Voyevodina, Russia
 1:30:12 Lyudmila Yefimkina, Russia
 1:30:13 Susana Feitor, Portugal
 1:30:34 Olga Panfyonova, Russia
 1:30:35 Li Hong, China
 1:30:52 Lyudmila Dedekina, Russia
 1:30:52 Rosario Sanchez, Mexico
 1:31:00 Yelena Ginko, Belarus
 1:31:02 Rossella Giordano, Italy
 1:31:04 Yelena Gruzina, Russia
 1:31:05 Vera Nacharkina, Russia
 1:31:17 Pan Hailian, China
 1:31:18 Kerry Saxby-Junna, Australia
 1:31:26 Katarzyna Radtke, Poland
 1:31:43 Maya Sazonova, Kazakhstan
 1:31:43 Maria Rosza-Urbaniak, Hungary
 1:31:43 Lyudmila Dolgopolyova, Belarus
 1:31:45 Larisa Safronova, Russia
 1:31:52 Erica Alfridi, Italy
 1:31:58 Jane Saville, Australia
 1:32:00 Natalya Trofimova, Russia
 1:32:08 Aniko Szebenzsky, Hungary
 1:32:14 Celia Marcen, Spain
 1:32:21 Elisabetta Perrone, Italy
 1:32:28 Ann-Marie Groza, Romania
 1:32:38 Maria Vasco, Spain
 1:32:52 Christina Daskou, Greece
 1:32:59 Jolanta Dukure, Latvia
 1:33:05 Tatyana Gudkova, Russia
 1:33:05 Kristina Saltanovic, Lithuania
 1:33:08 Yuka Mitsumori, Japan

Men's 20 Km

1:17:48 Julio Martinez, Guatemala
 1:17:56 Alejandro Lopez, Mexico
 1:18:40 Robert Korzeniowski, Poland
 1:18:50 Ilya Markov, Russia
 1:19:00 Joel Sanchez, Mexico
 1:19:05 Daniel Garcia, Mexico
 1:19:24 Andreas Erm, Germany
 1:19:36 Roman Rasskazov, Russia
 1:19:48 Hatam Ghoulia, Tunisia
 1:19:55 Rishat Shafikov, Russia
 1:19:57 Dmitriy Yusipchuk, Russia
 1:19:57 Vladimir Andreyev, Russia
 1:20:01 Aleksey Kronin, Russia
 1:20:12 Noe Hernandez, Mexico
 1:20:15 Disuke Ikeshima, Japan
 1:20:15 Nathan Deakes, Australia
 1:20:17 Bernardo Segura, Mexico
 1:20:21 Vladimir Stankin, Russia
 1:22:21 Yu Cuohoi, China
 1:20:31 Aigars Fadejevs, Latvia
 1:20:45 Ivan Trotskiy, Belarus
 1:20:46 Jefferson Perez, Ecuador
 1:20:47 Valentin Kononen, Finland
 1:20:49 Dion Russell, Australia
 1:20:54 Yevgeniy Misulya, Belarus
 1:20:59 Nick A'Hern, Australia
 1:21:01 Alessandro Gandellini, Italy
 1:21:13 Igor Kollar, Slovakia
 1:21:14 Vitaliy Shvetsov, Russia
 1:21:28 Mario Ivan Flores, Mexico
 1:21:32 Mikhail Khmel'nitskiy, Belarus
 1:21:47 Marco Giungi, Italy
 1:21:50 Silviu Casandra, Romania
 1:21:51 Liu Yungeng, China
 1:21:52 Luis Garcia, Guatemala
 1:21:55 Francisco Fernandez, Spain

1:22:01	Constantin Balan, Romania	1:22:23	Gyula Dudas, Hungary
1:22:02	Arturo Huerta, Canada	1:22:24	Robert Vallecck, Slovakia
1:22:06	Ignacio Zamudio, Mexico	1:22:25	Denis Langlois, France
1:22:06	Aleksey Voyevodin, Russia	1:22:26	Joao Vieira, Portugal
1:22:10	Konstantin Golubtsov, Russia	1:22:29	Semyon Lovidin, Russia
1:22:19	Sergey Korepanov, Kazakhstan	1:22:32	Mikel Odriozola, Spain
1:22:21	Yuriy Gordeyev, Russia	1:22:34	Giovanni De Benedictis, Italy

Men's 50 Km

3:39:22	Sergey Korepanov, Kazakhstan	3:50:08	Rene Piller, France
3:40:08	Tomasz Lipiec, Poland	3:50:14	Akhiko Koiko, Japan
3:40:13	Nikolay Melyukhin, Russia	3:50:15	Sylvain Caudron, France
3:40:40	Jesus Garcia, Spain	3:50:19	Marco Giungi, Italy
3:40:54	German Skurygin, Russia	3:50:34	Yuriy Andronov, Russia
3:41:56	Yevgeniy Shmalyuk, Russia	3:50:55	Carlos Mercenario, Mexico
3:43:15	Viktor Ginko, Belarus	3:51:01	Mikel Odriozola, Spain
3:44:18	Oleg Ishufkin, Russia	3:51:20	Roman Magdziarczyk, Poland
3:45:29	Valentin Massana, Spain	3:51:25	Daniel Garcia, Mexico
3:46:36	Aigars Fadejevs, Latvia	3:51:27	Denis Franke, Germany
3:47:16	Valeriy Spitsyn, Russia	3:51:33	Alessandro Mistretta, Italy
3:47:54	Ivano Brugnetti, Italy	3:51:43	Aleksandr Voyevodin, Russia
3:48:01	Aleksandr Rakovic, Yugoslavia	3:52:09	Peter Tichy, Slovakia
3:48:04	Curt Clausen, USA	3:52:51	Pascal Servanty, France
3:48:05	Denis Trautmann, Germany	3:52:53	Dion Russell, Australia
3:48:14	Craig Barrett, New Zealand	3:52:53	Nathan Deakes, Australia
3:48:27	Santiago Perez, Spain	3:53:25	Francesco Galdenzi, Italy
3:48:30	Modris Liepins, Latvia	3:53:48	Milos Holusa, Czech Rep.
3:48:42	Daniel Plaza, Spain	3:53:49	Ma Hongye, China
3:48:55	Basilio Labrador, Spain	3:53:50	Arturo Di Mezza, Italy
3:48:56	Denis Langlois, France	3:53:55	Stanislaw Ttosik, Poland
3:49:07	Dmitriy Dolnikov, Russia	3:54:18	Ignacio Zamudio, Mexico
3:49:22	Robert Ihly, Germany	3:54:33	Giovanni Perricelli, Italy
3:49:51	Joel Sanchez, Mexico	3:54:36	Jan Holender, Poland
3:49:53	Miguel Rodriguez, Mexico	3:54:36	Trond Nymark, Norway

Note: The fastest aren't always the best. In the women's 20, only four of the top ten here made our top ten rankings last month (Hongyu, Fedoskina, Cimpean, and Nikolayeva). And in the men's 20, there were only three (Korzeniowski, Markov, and Garcia). In the 50, however, the first five here, plus Massana, were ranked.

Heel and Toe To and Fro At These Sites

(Actually, it's best if you forget the fro)

Sun. Feb. 6	Las Vegas 1/2 Marathon, 6:45 am (P) Indoor 3 Km, Arlington, Vir. (J)
Sat. Feb. 12	2.8 Miles, Seattle, 9 am (C)
Sun. Feb. 13	USATF National 50 Km and Olympic Trial, Sacramento, Cal. 5 Km, Denver, 9 am (H) Indoor 1 Mile, Somerville, Mass., 1 pm (N)

	3 Km Mall Walk, Bridgeport, Conn., 9:30 (Z)
Fri. Feb. 18	New England Indoor 3 Km Championship, Boston, 6 pm (N) Metropolitan Indoor 3 Km, New York City, 6 pm (F)
Sat. Feb. 19	5 and 10 Km, Washington, D.C. (J)
Sun. Feb. 20	Ohio Indoor 3 Km, Findlay (M) 5 Km, Denver, 9 am (H)
Mon. Feb. 21	3.7 Miles, Brockton, Mass. (G)
Sat. Feb. 26	Florida State 20 Km, Cooper City (Q) NAIA Collegiate Indoor 3 Km, Nebraska
Sun. Feb. 27	20 Km, Vancouver Island, Victoria, B.C. (C) or jacquie@limcorp.com Maine Indoor 1 Mile, Bowdoin (G)
Sat. March 4	Half Marathon, Chico, Cal.(E) USATF National Indoor 3 Km, Atlanta 5 Km, Miami (Q) 7 Mile, Denver (maybe on Sunday) (H)
Sun. March 5	International 20 Km, Vancouver, B.C. (C) or gdrag@direct.com 5 Km, Ft. Lauderdale, Fla., 7:45 am (Q) 5 Miles, Denver (H)
Sat. March 11	2.8 Miles, Seattle, 9 am (C) Florida 1500 meters, Tampa (Q)
Sun. March 12	5 Km, Middletown, Ohio (M) 5 Km, Cambridge, Mass., 9:30 am (G) 5 Km, Cooper City, Fla., 7:30 am (Q) 5 and 15 Km, Kenosha, Wis. (O) 7 Km, Denver, 10:15 am (H)
Sat. March 18	Masters Indoor 3 Km, New York City, 9 am (F)
Sun. March 19	50+ 5 Km, Palo Alto, Cal. (E) 5 Km, Littleton, Col., 9:30 am (H) Connecticut Indoor 1 Mile (G) 20 KM, Huntington Beach, Cal. (B) 5 Km, yellow Springs, Ohio (M)
Sat. March 25	3 Km Women, 5 Km Men, Cedarville, Ohio (M) 20 Km, Evanston, Ill. (or April 1) (AA)
Sun. March 26	USATF National Masters Indoor, Boston, 1 pm (N) 5 Km, Denver, 9:30 am (H)
Sat. April 1	5 Km, Boca Raton, Fla., 7:30 am (Q)
Sun. April 2	National Invitational 20 Km, Manasses, Virginia (J)
Sat. April 8	2.8 Miles, Seattle, 9 am (C) 5 Km, Cupertino, Cal. (R)
Sun. April 9	5 Km, Cambridge, Mass. 9 :30 am (G)
Sun. April 16	10 Km, Kenosha, Wis. (O) National USATF 30 Km, Masters Womens 20 Km, Flushing, Mich. (I)

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From Heel to Toe

Rankings. As usual, a few silly mistakes in my rankings published last month. In the World 20 Km rankings for women, fifth place Natalya Fedoskina had a 1:27:35, not 1:26:35, at the World Cup and seventh place Yelena Nikolayeva a 1:28:01, not 1:29:01, at Adler. Number 1 is Hongyu, not Hong (plus the question I have raised before of the order of Chinese names. We won't go into that again.) In the men's 20, Bernardo Segura was first, not 10th, at the Pan Am Games (A matter of not hitting the shift key to make a closing paren). Likewise for Vladimir Andreyev in a race at Cheboksary. (But there I hit both the zero and the paren.) Daniel Garcia was third at the World Championships. (I had failed to show his finish spot.) Finally, in the U.S. Women's 20 Km list I omitted Heidi Hauch, who had a 1:50:34 at Monterey in October. That places her between Sally Richards and Lisa Sonntag in 15th place. I reported the results of that race, but didn't include Heidi. Probably my oversight, but I could also blame it on whoever sent me the result. While looking at the rankings, it's interesting to compare the ORW rankings with those from the British publication *Athletics Weekly* and those from *Track & Field News*. The *Athletics Weekly* rankings were compiled by a seven-man panel, the *T&F News* rankings by a panel of three (Bob Bowman, England's Colin Young, and myself), and the ORW rankings by me alone. Not surprisingly, my rankings and the T&FN rankings were pretty close, as usual. In the women's 20, the only difference was a flip-flop of Radtke and Nikolayeva for sixth and seventh (I had her sixth). In the men's 20 we had flip-flops of Garcia and Perex for third and fourth (I had Garcia third), Guohoi and Korzeniowski for fifth and sixth (I had Guohoi fifth), and Li and Andreyev for eighth and ninth (I had Li eighth). In the 50, we agreed completely. There was much more disagreement when *Athletics Weekly's* rankings are compared. One and two are the same in both 20s. But in the women's 20, they had Susana Feitor eighth, compared to third in both the other rankings. They had Saxby-Junna only seventh, compared to fourth in the others; Fedoskina third, compared to fifth; Radtke ninth compared to sixth and seventh; Nikolayeva fifth, compared to sixth and seventh; Cimpean fourth, compared to eighth; Iovan 10th compared to ninth; and Ryashkina Kovalenko of Russia, unmentioned in the other two rankings, equal fifth and tenth. In the men's 20, *Athletics Weekly* agreed with T&FN on Garcia, Perez, Korzeniowski, and Li, but had Guohoi only eighth, compared to fifth and sixth; Andreyev sixth, compared to eighth and ninth; and Rishat Shafikov rather than Kollar in tenth. In the 50, AW flip-flopped Matyukhin and Korepanov in

second and third, had Brugnetti only eighth, compared to fourth; Clausen only equal eighth, compared to fifth; Lipiec fourth, compared to sixth; Garcia fifth compared to tenth; and had Yevgeniy Shmalyuk, Russia and Viktor Ginko, Belarus, unranked by the other two sources, in sixth and ninth. You are welcome to try and average all of that out if you care to. . . **Zinn Awards.** Ron Zinn Memorial Awards for racewalking are given each year at the USATF Convention for outstanding achievement in the sport. Ron was a West Point graduation who won 15 national titles in the early '60s. He, along with Mickey Brodie, was my roommate at the Tokyo Olympics, where he finished sixth in the 20 Km. We also roomed together on a 3-week European tour with the U.S. track team in 1961. A Captain in the U.S. Army, he died in combat in the spring of 1965. These awards keep his memory alive. We reported last month that Zinn Masters Awards had gone to Jonathan Mathews and Lyn Brubaker and that the Outstanding Contributor Award went to Mike DeWitt. Outstanding Male Walker awards went to Curt Clausen for both the 20 and 50 and the Outstanding Female Walker award to Michelle Rohl. Age Group awards were as follows: 35-39--Dave McGovern and Lisa Sonntag; 40-44--Jonathan Mathews and Lyn Brubaker; 45-49--Bill Reed and Sally Richards; 50-54--Bob Keating and Gayle Johnson; 55-59--Don DeNoon and Jo Ann Nedelco; 60-64--Dave Romansky and Sami Bailey; 65-59--Max Green and Jeanne Shephardson; 70-74--Bill Flick/Bob Mimm and Miriam Gordon; 75-59--Masashi Noritake and Jane Dana; 80-84--Herb Appel and Fan Benno; 85-89--Phillip Lawrence and Estelle Frendberg; 90-94--Waldo McBurney. . . **John Ljunggren.** Sweden's Olympic gold medalist, John Ljunggren, died on January 14 at age 80. He was born on Sept. 9, 1919 and was one of the major walkers of the 20th century. He competed in five Olympic Games (1948 to 1964) and five European championships. In the Olympic 50 Km, he won gold in 1948, silver in 1960, and bronze in 1956. He had gold (1946) and silver (1950) medals in the European championships. In 1964, at age 45, he competed in the 20 and led your editor through 15 km by 12 seconds before I managed to prevail to beat him by 28 seconds. I guess I also pulled his countryman, Ake Soderlund by him, and he finished 19th in 1:37:03, still good time for a 45-year-old today. . . **Traveling.** Racewalking's own Maryanne Torrellas has been named as the head manager for the U.S. Women's 2001 Track and Field World Championship team. . . **The century's best.** England's Colin Young has sent me his USA top 10 racewalkers of the 1900s. And here they are: 1. Ron Laird 2. Larry Young 3. Henry Laskau 4. Ron Zinn 5. Rudy Haluzka 6. Marco Evoniuk 7. Carl Schueler 8. Curt Clausen (still rising) 9. Harry Hinkel 10. Jim Heiring. I am going to give this some thought, and perhaps come up with my own list. Readers are welcome to do likewise. Maybe we can come up with a consensus. Going back to Harry Hinkel, Willie Plant and Sam Liebgold also deserve some consideration. And perhaps Dave Romansky and Don DeNoon figure in the mix, having continued their careers at a high level into such 'advanced' years. Colin lists the Great Britain top ten too, but that may not mean a lot to most of our readers. He did seem to favor the old-timers though, the first seven having competed in the '60s and earlier. But, there is some of that in his U.S. picks too. Colin also tells me that Kara Bouffler, who got some space here last month, is the former Kara Sommerfeldt and is one of the top female distance walkers in the world. She won the ? to Colmar (can't quite make out Colin's writing here) 320 Km race in 1995, has placed several times in the same race, and set a world's best at 50 km while competing in a men's national championship. She has represented France in the World Cup (62nd in 1993 in 52:57). Colin himself is training again much as before despite his limited vision and hopes to be racing later in the year. . . **I can't drop the millennium thing.** Well, this winds up being a sad note. Dudley Harris in New Zealand in a recent correspondence let me know that another 'famous' editor wrote some pithy paragraphs about the count down to the millennium (see past few issues of ORW). That editor being John Hedgethorne, long-time editor of England's *Race Walking Record* and a real friend of the sport. Unfortunately, we have just learned that John passed away a week ago. So, here sadly, is one of his final cogent comments: "Apparently the 20th century has been reduced by stealth to 99 years. Will we ever get our stolen year back? Will Centurions of the future need

only 99 miles in 24 hours? Will all those who just missed qualification by one mile during the 20th century be promoted to Centurion membership? And (in cricket) will all batsmen dismissed on 99 now be credited with a century? Would you elect a club treasurer who could not count up to one hundred? Is a government which thinks a century has 99 years likely to build a stadium fit for an Olympic bid? If they do, will the track be 400 meters...or 399?" Unfortunately, John has not survived to see the real turn of the millennium. . . **A plus for our sport.** Ian Whatley has alerted me to a book just published by Human Kinetics Press--the *USA Track and Field Coaching Manual*--which, of all things, includes a chapter on racewalking. Ian notes: "The book is a great technical resource, whether you are coaching a college team or just helping out with your local junior Olympic track program. The walks are an integral part of track and field. Inclusion in this text will help public understanding of our event group. Track and field provides competition for individuals with a variety of abilities such as speed, strength, and coordination. Racewalking requires a unique combination of endurance and a cyclical biomechanical skill and thus extends the number of people who can find a track and field event to suit their talents." The racewalking chapter lists Ian, Jeff Salvage, Bohdan Bolwicaski (sic--Bulakowski, I would presume), Gwen Robertson, and Gary Westerfield as authors. The chapter is only 6 pages long, hardly a fair share of the book's 315 pages, but a plus nonetheless. How many track and field instructional manuals contain any mention of racewalking? The price is \$21.95 and you can order from the publisher at 1-800-747-4457 or www.humankinetics.com. Ian suggests that anyone placing an order should mention a particular interest in racewalking, which might encourage them to publish more walk specific books in the future. The introduction to the chapter reads: Because the training methods of racewalking are similar to those of running and because racewalking's technique is so important, this chapter focuses on the technique. Racewalking is a contest to cover a set distance faster than the opposition, while abiding by two rules (USATF #39 and #150). Racewalking is a unique sport of track and field. It combines endurance and technique as the two key ingredients for the athlete to focus on. Certainly strength and flexibility are also important biomotor abilities. The racewalker must have great mental concentration and tenacity to maintain proper form." The text discusses posture, hip motion, stride length, knee action, foot action, and arm action, briefly describing proper technique in each area and then suggesting faults to look for.

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The following article was sent to me by Don Jacobs from his local paper, *The Oregonian*.

Racewalking isn't just a runner-up

by Barbara Huebner
New York Times News Service

The next time you're tempted to smirk at the waddling hips and exaggerated elbows of your neighborhood racewalker, consider this: He's burning more calories than a runner going the same pace, and is less likely to get hurt doing it. It's a rare instance where inefficiency is a plus.

"It's certainly counterintuitive to most people when I tell them I'm going to teach them an inefficient activity that is the best workout they could ever imagine," says Mark Fenton, editor at large of *Walking* magazine who studied biomechanics at the Massachusetts Institute of Technology.

According to a recent survey by the Sporting Goods Manufacturers Association, 33.2 million Americans walk recreationally or informally for exercise, while 32.3 million run or jog. Yet, although untold thousands use at least some racewalking techniques in their fitness walking,

only about 5000 people actually compete in racewalking. If all those runners want to spend less time on the disabled list while staving in shape, they might want to rethink their strategy.

"Very commonly with my runners I see with injuries, I tell them to racewalk," says Dr. Gary N. Guten, an orthopedic surgeon and director of the Sports Medicine and Orthopedic Center in Milwaukee. "You get the most rewards with the least risks."

So why don't more people do it? In part, says Guten--also the author of *Play Healthy, Stay Healthy*--because it takes time to learn the technique, in which one foot must be in contact with the ground at all times, the knee of the back leg must be straightened with each step (Ed.Doesn't have that quite right), and the arms swing like a short pendulum at a 90-degree angle.

There's also the sociability factor: Because so many more people run than racewalk, you can always find plenty of companions. Jay T. Kearney, senior sports physiologist for the U.S. Olympic Committee in Colorado Springs has another thought: "Because it looks goofy."

But let's get back to rewards. In a study at the University of Colorado in Boulder, 82 people were randomly assigned to 28-week programs of step aerobics, running, or racewalking. Each exercised for 40 minutes four days a week at 80 percent of their maximum heart rate. After 28 weeks, although each group showed similar improvements in cardiovascular fitness, 16.7 percent of the runners had dropped out because of injury, while no racewalkers had to quit.

Overall, runners missed an average of 11 days because of injury, while racewalkers missed 1 1/2 days. Other studies have echoed that finding. Moreover, says William Byrnes, an associate professor in the department of kinesiology and author of the study, "People seem to get injured in running, then go to racewalking and don't experience injury."

That's mostly because of the lessened impact. "You don't leave the ground, ever," says Fenton, who has coached the U.S. national racewalking team. "The runner leaves the ground with every step." In racewalking, because at least one foot is always on the ground, the force of impact is only about 1 1/2 times the person's body weight, and as technique improves, that becomes even less.

In running, the impact is three times body weight, if not more. In other words, a 140-pound racewalker hits the ground with no more than 210 pounds of force on each step, while a 140-pound runner slams it with at least 420 pounds. With the higher impact comes more acute injuries, especially to the knee.

Although appearances would hint otherwise, racewalkers don't seem to sustain many hip injuries, despite the emphatic, rolling motion. "There's more movement, but it's not jarring," Kearney says. "The hip is designed to do the motions."

If the lower risk of injury isn't persuasive, perhaps the higher burn of calories will be. At a certain point--called the crossover speed, at just above 5 mph--it takes more energy to walk than to run.

Picture yourself dashing to catch a bus, picking up the pace more and more until you break into a jog because you feel as if you can't walk any faster. If at that point you instead continued to walk, it would take so much more effort than running that you actually burn more calories at the same speed.

According to a 1979 study at Columbia University, at 5 mph, a 12-minute-per-mile pace, a runner burns 400 calories an hour, while a racewalker expends 530 calories. As both the runner and racewalker pick up speed, the gap widens: for instance, at 7 mph, the tally becomes 690 to 960--a difference of 270 calories an hour.

"You're getting a lot of movement of your limbs relative to the distance you're moving across the ground," Kearney says of racewalking. "There's a lot of ancillary muscle contraction to use those limbs."

Then, too, because racewalkers are taking shorter strides--remember, they don't have the flight phase enjoyed by a runner--they need more steps to cover every mile, and that means even more contraction. As they increase speed, they don't increase stride length, as runners do, but

instead boost stride frequency. (Ed. I think that, up to some point, they increase both.) More steps, more muscle contractions, higher oxygen consumption, more calories burned.

So will runners--especially the slower ones, who aren't going any faster than a good racewalker--be inclined to switch? Theresa Taylor-Dusharm, an exerciser physiologist for Advocate Health Care in Chicago, doubts it. "With less chance of injury, it's definitely the way to go," she says. "But you know those die-hard runners won't give it up."

For more information on learning to racewalk, go to the web site of the USA Track and Field Association at racewalk.com/. If you don't think you're ready to learn how to get the most from fitness walking, *The 90-Day Fitness Walking Program*, a book by Mark Fenton and Seth Bauer, is a good way to start. Or check out your newstand for *Walking* magazine.

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With Curt Clausen's great World Championship performance last summer raising anticipation of a possible Olympic medal, here is a look back at our two-time Olympic medalist, Larry Young. This article, which Ron Laird sent to me, appeared in the *Columbia (Mo.) Daily Tribune* on July 12, 1998.

A Work of Art

by Joe Walljasper

For most of his adult life, Larry Young's two passions have been sculpting and walking. In both pursuits, he has produced bronze masterpieces. Anyone who has driven by the corner of Broadway and Old 63 has seen an example of Young's artistry. One of his sculptures, "Nexus", was bought by Boone Hospital Center and stands on that street corner. Some of his other great works took place on the streets of Mexico City in 1968 and Munich in 1972, when he won Olympic bronze medals in the 50 Km racewalk each time.

His artistic ability seemed to bleed into his athletic ability--so much so that he was capable of making the racewalk, an event sometimes snickered at because of the wiggling motion of the athletes, into a thing of beauty. "Larry had gorgeous technique," said four-time Olympic walker Ron Laird, whose book, *The Art of Walking Fast*, refers to Young's effort at the Munich Games as the greatest American performance ever in an international walking competition.

"He was one of the all-time great stylists in the sport anywhere in the world. He's still spoken of highly in foreign countries because of his technique, the fairness of his style, and the legality of it."

The 55-year-old Young, who lives a few miles southeast of Columbia, not only looked good, he was good. He never lost a 50 km event on American soil, won 25 national titles at various distances, and captured gold in the Pan-American Games to go along with his Olympic medals. "He is the last of the great American walkers," said Ralph Boston, the U.S. long jumper who won gold, silver, and bronze at three consecutive Olympics in the '60s. "We haven't had anyone come even close to medaling since Larry."

Young recently returned from New Orleans, where a 30-year reunion for the '68 Olympic track team's medal winners was held. They had a lot to reminisce about. That group, which won 15 gold medals, might have been the greatest track team the U.S. ever assembled. Plus, the political tension surrounding some of the black competitors ensured that the Games would be remembered for more than just athletics. (ed. I omit a rather lengthy of those events, not because they were not insignificant--they were very much so, an important part of our civil rights history--but because they don't really relate to the story of Larry's medals.)

Considering everything that was going on at the Games, the 50 km racewalk wasn't really a major media event. Young said racewalkers have long been viewed as the ugly ducklings of tarack and field.

The event is sometimes viewed with skepticism because it's hard to tell who is performing within the rules. . . Also, the walking events are so long and time-consuming--a world-class 50 km takes about 4 hours to complete--that they aren't spectator friendly.

There was no shortage of human drama in the 50 at Mexico City, though, as the competitors struggled in the thin air and oppressive heat. Young, who had been competing in the event for only three years, wasn't a medal favorite. He had first seen the sport while he was a student at Fort Osage High School in Independence. He saw footage of Don Thompson winning the '60 Olympics, and that peaked his interest.

"I got up the next day and walked 10 yards on the football field," Young said. "The football coach yelled at me, 'Hey, Young, you look pretty good there. You can walk that 100 yards about as fast as you can run it!' I was not a quick runner. I was very, very slow. I could do pretty good at distance running, but not too good at sprints."

Aside from a few races around the neighborhood with friends, he didn't give the sport much thought again until he got out of the Navy in 1965 and was looking for an activity to keep him in shape. Young had made his way from the naval base in San Diego to Los Angeles, and he heard about the all-comers meets held throughout the summer at local high schools. At his first meet, he finished dead last, but it was enough to get him hooked on the sport. He soon realized that he was suited best for the longer walking events, especially the 50 km. He studied film of world's best walkers and tried to imitate the best of them. Pretty soon, he had joined their ranks.

In 1966 In Chicago, he won his first national title. In '67, he won the Pan-Am Games. So while he wasn't a complete dark horse, Young said he entered the '68 Games with the idea of finishing respectably and didn't expect a medal. But his knowledge of the competition was always foggy at best.

"I used to kid him because he never even knew who his competitors in his races were. Laird said. 'I'd tell him, 'You have to go up against so-and-so from East Germany' and he didn't even know the people's names. He didn't know who the top competitors in the world were. He did his own thing. he never read the magazines or read the statistics. He just didn't bother with it. But he certainly trained hard and did what he had to do to pull himself together physically and emotionally for the races."

If he wasn't already motivated for the Games, he got a lift from a conversation he had with England's Paul Nihill, the '64 silver medalist, a few days before the race in the dining hall at the Olympic Village. "We were talking about how the race might go," Young said. "Paul said 'I can tell you right now, it's going to go under 4 hours and 10 minutes and it will either be myself or Christoph Hohne winning.' He was pretty cocky. I said, 'Well, you guys go out at your 4:10 pace, and I'll see you about 35 kilometers!' I was talking my stuff a little bit, too."

Young and the rest of the distance runners and walkers had been training at high altitude in Lake Tahoe, Cal. and Alamosa, Col. in the months leading up to Games, and he knew his limits. He believed a conservative pace was the key. He began the race slowly. By about 25 kilometers, he had worked his way to the middle of the pack. Then the leaders started coming back to him.

"By about 35 km, these guys were wilting," Young said. "There was heat, altitude, and smog. We had all three of them to deal with, and these guys, most of them couldn't even walk a straight line. Here's Paul Nihill, I think I hit him at about 35 km. He was weaving. They had to take him to the hospital for heatstroke. At 40 km, I passed Peter Stelzer, the other East German who was definitely one of the favorites and put myself in third place. I just didn't have enough to catch that second place guy, Antal Kiss of Hungary. Christoph Hohne blew the field away. I can probably thank him, as much as anyone for my bronze medal because he took everybody out fast."

(Ed. The times were 4:20:13.6 for Hohne and 4:31:55.4 for Larry, which seem pretty pedestrian today, but in the conditions and at that time were remarkable.)

Young didn't have much time to celebrate his bronze medal in Mexico City. He left before the closing ceremonies because he was broke. Those were the days when the U.S. Olympic team was made up of true amateurs, and balancing a job and a training schedule was difficult. That's why Young gladly accepted Columbia College's offer of a full track scholarship--although technically he and one other walker comprised the whole track team--and a foundry in which he could further his interest in casting bronze.

Young left Los Angeles in 1969 because the smog was starting to hurt his lungs. He moved back in with his parents for a year and had given up training until he heard from Columbia College president Merle Hill, who was a racewalking buff. Columbia College had recently gone coed after years as an all-female school, so there were worse places to be for a single guy in his 20s. Young met his future wife, Candy, at Columbia College. He won a lot of races and got a chance to hone his art skills.

When the '72 Olympics rolled around, Young was at the top of his game. He participated in both the 20 and 50 km races. After finishing 10th in the 20, he took third in the 50. Laird considered this performance so impressive because all the world's best walkers were competing that year, and there weren't any extenuating circumstances like high altitude. (Ed. Larry did 4:00:46 that time as West Germany's Bernd Kannenberg won in 3:56:11.6)

Again, politics figured heavily into the Olympics, and this time the results were tragic. Palestinian terrorists broke into the Israeli dormitory, immediately killed two athletes, took nine hostages and later killed them. One of Young's friends, Israeli walker Shaul Ladany, escaped out the back door when the terrorists invaded the dorm.

"I'll never forget it," Young said. "I came down out of our dorm the morning that it happened. I had already competed, so I was on Cloud Nine. I came down out of the dorm and somebody passed me and said 'Hey, have you heard the Israelis are being held hostage in their dorm? A bunch of terrorists have come in and are holding them hostage over there.' You hear a lot of rumors floating around the village, and I just passed it off. You couldn't believe something like that could be true. But when you walked out the door, boy, you could feel the tension in the air."

Young believes that event changed the Olympics forever. When he and Candy went to the Montreal Games in '76, they saw policemen stationed on the roofs of the dorms. That Young was in Montreal as a spectator and not a competitor is a sore subject. Following the '72 Games, the IOC decided the Olympics were getting too cumbersome and decided to cut some events. The 50 km race got cut. Young tried to qualify in the 20, but was bothered by a hamstring injury and finished fourth--the top three made the team. The 50 was reinstated for the '80 Olympics in Moscow, but Young was a little past his prime and the U.S. boycotted anyway.

Young graduated from Columbia College in '76 (Ed. It just occurred to me; is it still proper to use that designation--'76--since the ' refers to another century?) and then spent two years studying art in Italy. His Olympic experience paid off there. Racewalking was much more popular in Italy than the U.S. and he was routinely recognized in the streets. He was one of the few students allowed to work in a professional foundry, thanks to his Olympic credentials. When he came back, he became Columbia College's artist in residence.

"By that time, I was really feeling a tear between athletics and my art," he said. Young first got interested in casting bronze after learning the trade while he was in the Navy. He eventually decided he could make a living making sculptures. He converted a barn into a foundry outside the house he shares with Candy and his children, Zachary and Sydney. His sculptures have been shown in galleries across the U.S. The most frequent buyers of his art are the big pieces are hospitals and hotels. A Wald Disney planned community in Florida recently bought of his pieces.

Like his Olympic event, sculpting is a test of endurance. He begins with a small clay model, and eventually produces three sizes of each sculpture. He usually makes a limited addition of 20 small pieces, 12 medium pieces, and three to nine large ones. The final product often reaches a grand scale, as evidenced by the 17-foot-tall "Nexus." It is a time-consuming medium to work in. He is currently finishing the final edition of "Strolling Woman", a piece he first conceived in Italy in the late '70s.

Young doesn't follow track and field closely anymore. He had lost touch with most of his fellow athletes from the Olympic years, which was why the reunion of the '68 team was so much fun. Almost every medalist attended and the story swapping lasted until the wee hours of the morning each day.

The event coincided with the USA T&F Championships in New Orleans. It was a chance for the old-timers to meet the current athletes. But many of the '68 Olympians were disappointed after meeting today's stars, who seemed uninterested in learning about the previous generation.

"It is such a different environment," Young said. "Going to the championships in New Orleans, all the top athletes have agents. They're not worried about politics. It's just not in the same ballpark anymore. There's such a difference between amateurism and what's going on now."

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Just before the World Cup in Mezzidon, France last May, the IAAF issued a news release on our sport, which was passed on to me by Jim Fields. I'm late in using it, but its "majestic prose", to quote Jim, offers a fitting tribute to our beloved discipline.

Racewalking--An Affair of Restraint

The 19th edition of the IAAF World Cup of Racewalking, which will take place on a city-center course in Mezzidon, France on May 1-2, is a competition redolent of history. There is nothing strange in this, given that it is an event that exalts the tireless, rhythmic pace of walkers.

Walkers are a special breed in the world of athletics: even more so than marathon runners, they are the adepts of silent fatigue and efforts that drain the body of every hidden ounce of energy. They are people with endless reserves of patience who, through their walking, remind us all of an ancient truth: man was made not for speed, but for walking. Walking is the fundamental exercise of all living beings, be they humans or animals, until some more pressing need--flight or the pursuit of prey--pushed them to increase their pace.

The walker epitomizes calm in the face of the frenzies of modern life. When in races that start on a track, we see them quitting the stadium to embark upon a road, with no end in sight, we can see how the whole body--following the impulses of the mind--adopts a posture of economy. Economy of movement and even of respiration to avoid too much oxygen being supplied to the system and burning too rapidly those precious reserves of sugar. Walking is an art, an art that demands hours of daily practice and years of training. The development of style is as complex and difficult as the development of the driving force: the physiological qualities that make of the walker an example of extraordinary aerobic resistance.

Racewalking is, above all, a question of endurance. Enduring the heat and the cold; the continual twisting of the intestines and stomach, which induces pains like a malevolent hand screwing them into a ball. Resisting the insidious temptation to break into a trot and break the restrictive rigidity of the walking style, which often hits walkers.

The strict rules, which must be followed if disqualification is to be avoided, define the thin line of demarcation separating walking and running. It is easy to cross this line when the pace is fast, particularly over the shorter distances.

A major innovation will be introduced in Mezdidon: women will walk for 20 km rather than 10, as was previously the case. This is a radical change, which is intended to valorize the qualities of endurance, which the real *raison d'être* of racewalking.

Wow! That sure raises our mundane blood, sweat, and tears to another level. I really like that malevolent screwing my intestines into a ball. I never knew what was happening before. And, I am glad to know the women have now 'valorized' our sport.

Looking Back

30 Years Ago (From the January 1970 ORW)—In Asbury Park, N.J., Dave Romansky blasted a 1:12:57 for 10 miles a week after a 6:29.8 Indoor 1 Mile. A week later, he improved to 6:28, but was tossed by the judges as Ron Kulik claimed the victory in 6:33. Not discouraged, Dave went ever faster with a 6:12.8 in Pittsburgh and a 6:23 in Philadelphia. . . Floyd Godwin, a recent convert from running, edged Larry Walker in Los Angeles as both recorded 6:35.9. The next day, Godwin won the Rose Bowl 10 Mile Handicap in 1:15:38. . . Chicago's 10 Mile handicap was won by a young U. Of Illinois student, Bob Henderson, in 1:36:30. Walking for only a few weeks at the time, Bob improved quickly and went on to international status. . . Locally, we had what was called a 5 Km race. Walking somewhere on a snow-covered track (the curb was not identifiable) in wind-blown 18 degree temperature, we covered 12 laps, and figured this included a good bit of extra distance since we were probably well outside of lane 1. Doc Blackburn, given a 5:10 handicap, recorded a good 30:24 to edge out Mortland's 25:24. Barry Richardson, who had unsuccessfully tried to clear the track, finished third.

25 Years Ago (From the January 1975 ORW)—Ron Laird turned in the fast time in the Rose Bowl 10 Mile Handicap with a meet record of 1:12:26 and caught all but two of the field that had started at various times ahead of him. Steve DiBernardo had a 1:18:52. . . Karl Merschenz braved January cold in Toronto to record a 1:38:36 for 20 Km and a 2:45:00 for 30 Km 3 weeks later. . . In the "Mortland-Turns Master" 10 mile in Worthington, Ohio, your editor stormed to victory in 1:23:12. And, if I was turning master 25 years ago, that means that yesterday I became a "pensioner" as Colin Young, who joined me in that experience, terms it.

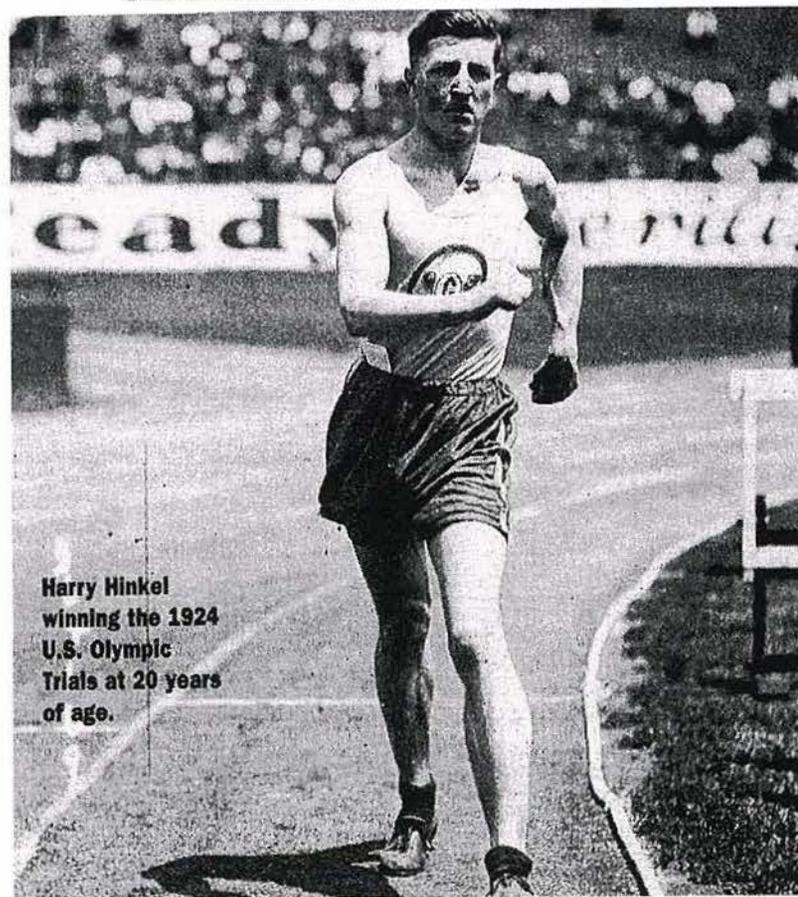
20 Years Ago (From the January 1980 ORW)—Todd Scully won the Olympic Invitational 1500 meters in Madison Square Garden in a quick 5:41, better than 20 seconds ahead of Bruce Harland. . . In a Los Angeles 1 Miler, Ray Sharp was sharp indeed with a 6:13, 4 seconds ahead of Larry Walker. . . Chris Knotts turned in the fast time in the annual New Year's Eve 6 Mile Handicap in Springfield, Ohio with a 46:27, but could finish only fifth as handicapper Jack Blackburn took care of his family. His father, Dr. John (64:36), crossed the line first, daughter Kathy (66:23) came second, son Tim (56:29) finished third, and Jack himself (52:57) was fourth. Chris had the consolation of a meet and course record, a good time on a cold, dark night.

15 Years Ago (From the January 1985 ORW)—Jack Blackburn was faster 5 years later (at the advanced age of 49) as he did 52:19 in the New year's Eve race, but his crooked handicapping had slipped as he could only manage seventh. Chris Knotts also improved, breaking that course record with a 46:10, but he was just one place ahead of Blackburn at the finish.

10 Years Ago (From the January 1990 ORW)—Teresa Vaill blasted a 6:50.4 mile to win the Dartmouth Relays. In the Men's 2 Mile, it was Curthis Fisher winning in 13:26.2. . . In the New England Indoor 3 Km Championship, Canada's Tim Barrett left Dave McGovern nearly a minute behind as he won in 11:29.6. Vaill won the women's race in 13:07.8, 15 seconds ahead of Lynn Weik. . . The New Year's Eve race had now moved to Xenia, Ohio, along with Jack Blackburn (it had been held in Columbus, Worthington, Rathbone, Van Wert, Continental, and Springfield through the years, depending on Jack's location). This time, Tim Blackburn won in 55:13, 4 minutes ahead of his tired old dad.

5 Years Ago (From the January 1994 ORW)—In a race held in Palo Alto on January 8, Larry James won the National 50 Km title in 3:59:46. Andrzej Chylinski was with him for 35 Km and hung tough for a 4:01:40, 62 saconds ahead of third-place Jonathan Matthews. Those wily veterans, Carl Schueler (4:14:00) and Marco Evoniuk (4:14:19) waged a stout battle for fourth. Here's a challenge for this year's upcoming race. There were 27 starters and 14 finishers, all under 5 hours. Paul Wick and Herm Nelson were well ahead of that pace when they stopped at 42.5 and 40 km, respectively, as were Dave Marchese and Dan O'Connor when they were DQ'd at 47.5 and 45 km, respectively. There hadn't been such a mass display of 50 km talent for several years before, nor has there been since.

One of Colin Young's Top Ten of the 1900s



Harry Hinkel
winning the 1924
U.S. Olympic
Trials at 20 years
of age.