Mexicans Dominate Pan Am Cup

Cuencan, Ecuador—Nearly sweeping all the medals, Mexico easily won all three events of the Pan American Racewalk Cup held here on Oct. 27 and 28. Only Ecuador's own Jefferson Perez, with a second in the men's 20, and Bolivia's Geovanna Irusta, with a third in the women's 20, broke up a complete Mexican sweep.

The 1996 Olympic Champion Perez, still only a few months into his return to competition following a study break, was able to stay with the Mexicans for 15 km, but had no answer when Alejandro Lopez and Daniel Garcia started the real racing over the last 4 Kms. He did get the silver medal, though, when Garcia was presented a third red card after crossing the finish line in second. Lopez had an excellent 1:25:25 considering the 8100-foot altitude and left Perez 56 seconds back.

The real serious challenge to the Mexicans came in the 50, where Curt Clausen, in a battle with five Mexicans, took control of the race and appeared to be on his way to the gold when he got his third red card at the 46.5 km mark.

In the women's 20, Mexicans Guadalupe Sanchez and Victoria Palacios were in command for the second half of the race, with Sanchez winning by 24 seconds in 1:38:03, again commendable in the rarefied air.

The men's 20 saw a pack of nine walkers going through 5 km in a rather pedestrian 21:51. Sean Albert had 22:23 and the other U.S. walkers, John Nunn, Philip Dunn, and Al Heppner, were already well off the pace. By 10 km, as the pace slowly accelerated, there were just six in the lead pack, led by Lopez in 43:23 (21:29 for second 5). Albert had 45:44, Nunn 47:33, and Dunn 48:53. Heppner got a third red card just before 10. The judging was tight with 7 of 21 starters being pulled before the finish.

At 15, Lopez, Garcia, and Perez were together in 1:04:20 (20:56). But, while the hometown chants of "Ecuador! Ecuador!" rose, they were not enough to inspire Perez, still short of peak condition, and the Mexicans pulled away. Slowing slightly on the final 5 (21:05), Lopez was still able to get free of Garcia for the gold.

Sean Albert walked a very steady race coming through to seventh at the finish in 1:33:22 (22:23, 23:21, 23:38, 24:00). With no one near him and with two red cards on the board, Sean slowed the last 3 Kms rather than risk DQ. "I got my second red card at 13 km, but I stayed aggressive through 17 km. I was hoping to go a little faster, but the altitude was tough," Albert said.

Nunn was eighth in 1:36:36 and was the only U.S. walker to escape with no red cards.

"I've just never had trouble with my technique. It's just natural I guess," he said. Philip Dunn was 11th in 1:38:20.

In the women's 20, Guadalupe Sanchez and Rosario Sanchez led at 5 km in a leisurely 25:08, with six others within 3 seconds. Jill Zenner had 25:29, with the other three U.S. competitors, Heidi Hauch, Deb Huberty, and Sam Cohen, well back. The pace picked up slightly over the next 5, as four Mexicans and Bolivia's Irusta went through in 50:12. Zenner was hanging tough with 51:42.
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the 25th or later before we go to the printer, so material received by then may get in.

When lrusta picked up a second red card, Sanchez and Palacios accelerated to take
advantage and they had a 12 second lead as they went through 15 in 1:14:32 (24:20 for the third
5). Zenner moved from eighth to sixth during this segment, hitting the 15 km mark in 1:19:12.
Sanchez blistered the final 5 in 23:55 to pull well clear of her teammate, as they both left
lrusta well back. Zenner ran out of gas and eventually settled for ninth. The well-travelled Ohsian
(World Championships in Edmonton and Goodwill Games in Brisbane before this trip to the
mountains of Ecuador) was just physically worn down and a second red card didn't help her cause.
This race saw just two red cards among the 17 starters.

In the 50, either the walkers or the judges were terrible, as more than half the field of 21
were tossed, many early in the race. With the field whittled to just 9 by DQs and attrition, the
racing began at 30 Km, when Curt Clausen was alone with five Mexicans. Two of the Mexicans
fell back when German Sanchez and Fernando Guerrero made a move. Clausen hung back by
about 10 meters, but was back on the lead by 40 km, where he set about breaking up the pack.
This succeeded and he had built about a 20 meter lead and seemed well in control when he was
told to join the other DQ walkers on the sidelines.

Edgardo Hernandez, well back at 45 km, put on a stunning late-race acceleration to
overtake Guerrero and win by nearly 2 minutes in 4:05:24. Two other Mexicans followed
and survived of the judges scythe, Dave McGovern and John Souchek, finished fifth and sixth,
apparently all that was left of the original field. The fourth U.S. walker, Theron Kissingler, was
also among the DQs.

The Mexicans were greeted by an Ecuadorian crowd stunned into silence by Clausen's
DQ. Arriving in town several weeks early to acclimate, and a veteran of several previous training
camps in Ecuador, the tall, blond American was quite popular with the press and local fans.

At about 30 km, I received my first red card. Believing it was perhaps the Mexican judge
givating worried, I ignored it as you must. (Judging sheets showed indeed it was from the Mexican). The Mexican walkers were playing around swapping leads, but all the while I was relaxed and
feeling strong.

At about 40 km, Guerrero tried to break the group, but I stayed close. At 42 Km, I took
off on them and built a 40 meter lead, basically breaking up their pack. As soon as I had broken
the Mexican pack, I received a second red card from the Argentinian judge. (I expected this one
given the fact he issued me my only red card at the 2000 South American and Pan Am Cups.)
Unfortunately, at this point I had little room for error. I felt perfectly legal and stronger than in the
World Championships, yet was facing disqualification.

I led from this point on, with the group of Mexicans quickly strung out. I continued to
lead until just past 46 km when I saw Edgar Hernandez closing. No one else was close. Edgar
came even with me but could not pull away. Approaching the aid station shortly after 47 km, the
chief judge asked me to leave the course—disqualified.

A couple of the judges whose opinion I respected indicated they did not see any problems
with my technique. In the end, I had two cards for bent knees and one for contact, but I truly
disagree with the three judges' opinions...

While it is truly disappointing to be disqualified from an event I knew I could win, the
support I received from everyone after the DQ was unprecedented. The Ecuadorian fans lining the
course showed their opinion of the outcome immediately. The media were kind and stated there
was controversy when they reported on the race. At the awards ceremony, Arnadeo Franco, IAAF
Pan Am Regional Head, spoke for about 5 minutes about my effort and noted that it was the single
thing he would remember most about the 2001 competitions—the blond giant American walking
and fighting it out with the five Mexican walkers. (Ed. Interesting switch. In the usual story line,
the giant is despised). Those in attendance gave me a standing ovation for more than 5
minutes and came to me and shook hands and hugged me. It was quite tremendous... And, most
telling, two Mexican athletes came up to me and said I was better than they were in the race and
that they were sorry the judges were crazy—that I need to come to Mexican Walk Week next year.
So the Mexicans know I can and should have beaten them, but it was not to be this race.

Other results

10. Danny Pina (72) 34:03 (24 finishers, 1 DQ) 5 Km, New York City, Nov. 25-1. Bill Vayo
great credit for getting this event to happen. Hopefully, the success of this event will encourage the
beginning of our first major race, the National 25 Km in 1958 in Fairmount Park along the banks of that river. I was only about two months into a walking career and a particular memory is of finding it difficult in the final stages of the race to overtake
young mothers pushing baby buggies. Another memory is of the bridge we walked under—one
where hundreds or thousands of pigeons gathered. Slippery indeed on that part of the course.

Three years later, I walked a 12 mile race there and the birds were still about their business. I
wonder if this loop encompasses that particular landmark.

**Flash!** We interrupt these results for the following remarkable reminiscence from one of
the nation's leading reminiscers on racewalking affairs—Elliott Dennan. This note appeared on
the racewalking list on the internet shortly after I typed the above. Elliott, too, had memories
brought to the fore by his attendance at the above race—more memories than I. He reminisces as
one of America's greatest club competition and some classic races were staged there-starting at Boathouse Row, home of
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(51) 33:03 11. Bob Mimm (77) 33:17 12. Guy Floria (48) 33:55 (This is the first result I have
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From Heel To Toe

Kudos. This from Bob Mimm, who I nominate as the Dean of U.S. racewalkers. I can't think of anyone who has been a serious and regular competitor for as long as Bob. I'm not sure when he started—at least 45 years ago—but, he has never stopped. His name has always been in the results.
aspirations. Curt's near gold medal in the Pan Am 50, Philip Dunn's achievements, and the continuing improvement of newcomers Sean Albert and John Nunn as well as others speaks volumes for the progress that has been made and is being made at the Olympic Training Center. In addition, Susan Armenta is back training at the Center, and will be a strong contender for the 2004 Olympic Trial. We will have a pretty good idea of how things stand financially for 2002 by February. Again, it would be hard to overstress the amount of appreciation felt for the financial assistance of the racewalking community. For the OTC program to go on, such assistance continues to be needed. It is really a family matter for all of us who are dedicated to seeing the sport of racewalking prosper and who want to help young athletes achieve medals internationally for themselves and for our country. All donations are tax deductible and should be made to the North American Racewalking Institute and sent to PO Box 50312, Pasadena, CA 91115-0312. For more information about contributions and NARI offerings for which proceeds will go to the center write Elaine at that address or by e-mail at NARWF@aol.com.

**Jake Opens Florida Operation**

*Florida has had strong, active racewalking programs for several years centered in the Miami and Orlando areas. Now the outlook is even brighter with Howard "Jake" Jacobson (known as Howie in an earlier era) now living in Jupiter. Jake hopes to duplicate the success he had in New York in promoting the health benefits of walking. And, he is already getting good press, as witness the following article in the Nov. 14 edition of the Palm Beach Post.*

In an athletic career that has spanned more than half a century, native New Yorker and Jupiter transplant Jake Jacobson has been a schoolboy running, a collegiate cross-country titleist, an Olympic racewalking coach, a fitness consultant, a motivational speaker, and a celebrated author.

Somewhere in between, he found the time to originate, develop, and introduce a fitness program called healthwalking, a variation of racewalking that burns calories, builds cardiovascular fitness, and trims the arms, legs, and upper torso.

Jacobson, 71, who was dubbed "the Father of Healthwalking" by Prevention Magazine for his efforts, first introduced the concept of healthwalking almost two decades ago.

"In 1982, having started my club, the New York Walker's Club in 1979, I discovered that people really were not so much interested in racewalking," said Jacobson, who moved to Jupiter two months ago. "They were interested in fitness and walking for the health of it. So, I made it healthwalking."

The concept quickly caught on among New Yorkers of all ages, particularly those who wanted to get in shape but could not take the pounding of running.

"The oldest joining member of our club was a retired nurse from New York City," Jacobson said. "She was 87 years old. She came along and saw our clinic. She joined us, and she was with for 12 years, walking—arms up, in all kinds of weather, four or five miles a day—at 95, 99."

The benefits of healthwalking are similar to those of racewalking. But, says Jacobson, the attitude is different. "You're doing it for fitness," said Jacobson, who wrote a book on the subject—Healthwalk to Fitness—in 1998. "You're doing the physical technique, which uses many more muscles than regular fitness walking. We use the arms dynamically as opposed to just carrying your arms at your sides, and that actually helps you get your heart rate up."

Jacobson is more than familiar with that concept. A high school and collegiate runner of championship caliber, he

**For A Faster Marathon, Drop LSD!**

*by Dave McGovern*

(Racewalker, coach, author, clinician, and guru extraordinaire, Dave McGovern, penned this little treatise in a spare moment. It might be subtitled "The Case for Specificity". And, it might be controversial, or even smell of heresy to some disciples of Tom "Turtle" Osler—a name familiar to older readers, perhaps. But, its worth entering in your memory bank of things experienced people have said about training. While Dave says marathon in the title and in much of the text, probably because he wrote a book about training for walking marathons, the ideas are applicable to any of the longer racewalks from 30 km up.)

Drop it from your training schedule, that is. LSD (long slow distance) is one of the cornerstones of running or walking training. But should it be? To some extent, the answer is a resounding... maybe. LSD does have its place. Three places actually. (Ed. Distance runner Tom Osler, referred to above, was known as the father of LSD 35 years or so ago.)

Long slow distance is a great way to build endurance for short races, like 5 km. There's no way you'll be able to train for more than a few minutes at a time at your 5 km race pace, so long workouts at any pace won't specifically prepare you for the rigors of 5 km racing. So, although long workouts are important to 5 km training, you can get away with long slow workouts if you're only planning to race 5 km.

LSD is also good for jumping up to a new long-day mileage level. For example, if you know you need to do 18 and 20-mile workouts to prepare for a marathon, but aren't physically and/or mentally prepared to go that far at or near your marathon race pace, then it's okay to go a bit easier until you've become accustomed to the new distance.

also ran for the U.S. Army Track Team from 1952 to 1954. Running remained his hobby and passion until three-time Olympian Henry Laskau, a friend, suggested he try racewalking.

Jacobson gave it a shot, and after just a month of training, he won his first race. He's been racewalking—and reaping the rewards—ever since. "It reduces anxiety," said Jacobson, who has been a motivation, conditioning, and technique coach to Olympic racewalkers since 1968. "You lose weight and work more muscles even than a runner, because we're using our arms more dynamically. A runner carries her arms. In racewalking, you're moving them and pumping them and you get your arms, back, and chest working."

New Yorkers have been doing that for years. Now fitness enthusiasts in South Florida will get their turn. Starting Nov. 3, Jacobson began holding a weekly, hour-long healthwalking clinic that will rotate between Carlin Park and Abacoa Town Center in Jupiter.

Jacobson, whose New York Walker's Club grew to 1500 members in just 5 years, hopes his newly formed Florida Walker's Club, of which the Saturday clinics are a part, will expand just as quickly. "This area is a growing area," Jacobson said. "I'm hoping to bring it down to West Palm Beach, to bring it to Boca, to bring it all over."
Finally, a long slow distance workout is okay if you know you need a long day, but are too tired (or perhaps beat up from a Saturday morning race) to get through your long one at a more ambitious pace.

But marathon training (in fact training for any distance) has a lot to do with specificity.

To be ready to race, you need to specifically prepare your body for what it's going to experience on race day. If you're racing a 5 km, that means doing a fair amount of tempo and interval work at or near your 5 km pace.

Predictably, the same principle applies to longer races, as well. But for some reason, a lot of athletes (and, I hate to say it, even some popular running coaches) forget about specificity when it comes to the longer races. They think it's okay to lollygag their way through their most marathon-specific workouts (those 18- to 20-milers at a pace that's two to three minutes per mile slower than their marathon pace).

Well, maybe it's not a popular thing to say (sort of along the lines of the Great Triad: eat your spinach, brush your teeth, wash behind your ears...), but slow long training prepares you for one thing: long slow racing. (Ed. But, don't let the turtle and his adherents hear you say that.)

Perfectly acceptable if you're training for your first marathon, but once you've done one of them, what's the point of doing any more slow ones? If you've made the decision to race a marathon (or even a half-marathon) instead of just getting through it, you'll have to get your body and mind used to covering significant distances at or near your race pace. That doesn't mean you have to do weekly 20-milers at marathon pace (to do so would likely push you over the edge into overtraining.) But, it is important to do frequent 10 to 15 milers on pace, and even to occasionally bump those up to 18 or 20 mile efforts at marathon pace.

It all comes down to efficiency. You see, our bodies really love to burn carbohydrates. They'll bum fat alright, but only if there's plenty of oxygen around, and that may not be the case if you're racing hard enough to significantly affect your breathing.

Being a carbo burner is okay for 5 and 10 km racing. But our bodies simply can't store enough carbs to get through a marathon. If we try to burn a high percentage of carbohydrates, we end up hitting the wall.

One solution is to do very slow marathons. This will work, since going slow allows our muscles to burn a higher percentage of fats, which, in turn, conserves carbohydrates.

The other solution isn't quite as easy, but much more rewarding: Teach your body to burn a high percentage of fats at faster paces by running or racewalking at faster, near-marathon paces on your long days.

The result is vast improvement in your metabolic machinery, like metabolic enzymes, capillaries, mitochondria, and muscle triglycerides. And these, my friends, are the keys to PR City. See you on the roads!

On matters sexual

So what does that have to do with racewalking, you ask? Well, let me tell you. In one of the earlier issues of this rag, perhaps 35 years ago, we referred to the "Cromwell theory." Several years even before that, your editor had read a track and field book by the then well-known U. of Southern California coach Dean Cromwell. In the mandatory chapter of the book (there was always such a chapter in those books) about the debilitating effects of tobacco, alcohol, and general boisterous living, the famed coach boldly proclaimed, "Sexual gratification is the worst thing for the athlete." It always seemed to me I could think of several worse things. Anyway, at the time, we speculated on testing this theory with, for example, mandatory sex breaks during a 100 mile race.

And from time to time since we have published little snippets of actual research on the subject. Meanwhile, Bob Carlson, author Walking for Health, Fitness, and Sport and editor of the Colorado's Front Range Walkers News, a club newsletter, has been even more serious about pursuing the subject. Bob has run rather extensive reports of research from time to time and in the December 2001 issue has summarized some of the studies he has run across. Under the title "Sex and Athletic Performance, Bob reports:

Most of what sports scientists know about exercise and sex pertains to how exercise affects sexual desire, fertility, and sexuality in general. Here is a sampling of relevant studies and surveys, including some research on the night before:

- A 1981 survey of 3,140 readers of the Runner magazine found that 90 percent did not abstain from sex before competition, and 19 percent of those respondents claimed sex helped their performance.

- In a 1985 Gallup survey of national health practises and attitudes, 56 percent of respondents claimed their sex lives had improved since they'd taken up an exercise program.

- A 1988 survey by Los Angeles psychologist Lila De De Fillers that polled more than 8000 women showed that 40 percent found exercise sexually arousing, while 31 percent said exercise led to more frequent sexual activity.

- A 1989 study of fit, married men by exercise physiologist Loren Cordain of Colorado State University showed that sexual activity prior to exercise had no negative effect on strength, reaction time, aerobic power, or maximal uptake.

- Conversely, a 1989 Swiss study of 16 athletes, including distance runners, found that sexual activity decreased maximal endurance, but the adverse effect lasted for no more than 10 hours following intercourse.

- A 1990 University of California at San Diego study of sedentary, middle-aged men found that those who embarked on aerobic exercise reported greater frequency of sexual activity and more satisfying sex following nine months of working out. (Ed. And, I thought 6-day races were a real test.)

- A 1990 Ithaca College study that analyzed more than 1000 respondents to a women's magazine survey found that women who exercised more that 5 hours per week reported greater duration of sexual activity. (Ed. Greater than before or greater than 5 hours.)

- A 1992 Chicago State University study of 500 active women ages 18 to 45 found that 58 percent reported greater satisfaction with their sexual selves because of exercise, with 97 percent also saying exercise helped relieve menstrual discomfort.

And to top of this arousing report on a stimulating subject, the following is taken from the Buckeye Striders newsletter where it was adapted from an item on walking.about.com.

How walking is better than sex

Burns more calories: 30 minutes of walking at an easy pace burns 150-200 calories, whereas 30 minutes of sex generally burns only 54 calories.

Better aerobic exercise: It is easy even for beginners to sustain walking for 30 minutes to an hour and derive good aerobic benefits.
Walking alone is socially acceptable and enjoyed by many in public. No Surgeon General ever lost her job by advocating walking alone.

Group walking is socially acceptable and is often done in public.

Racewalking: You are rewarded for finishing ahead of other walkers.

Awards: When you finish a walking event, you often get a nice medal or t-shirt for your entry fee to commemorate finishing the event.

Age of consent for walking is unlimited, from first steps around age one through centarians.

Walkers of all ages can walk together, nobody is "jail bait".

Low risk: Walking does not exchange bodily fluids, as long as you do not share needles to prick blisters.

Few religious restrictions: Walking with or without a spouse is considered morally acceptable by most major religions, although the distance allowed may be restricted on the Sabbath. Major religious figures are known for walking, and going on a walking pilgrimage is a tradition in many faiths.

Your reputation: Nobody insults you for walking too often with too many different people.

The same Bob Carlson has compiled what he calls "Some Interesting Facts". These are facts in the physiology realm, both directly and marginally related to racewalking.

- Racewalking is a beneficial exercise for the health and strength of intervertebral discs—it rotates them 8 degrees at slow speeds and more than that at higher speeds.

- Aerobic capacity normally declines about 8 percent per decade, but this decline can be reduced to 4 percent or less through regular aerobic exercise.

- Inactivity hastens the demineralization of bones. The combination of aging and inactivity is disastrous for bone health.

Looking Back

40 Years Ago (From the November 1961 issue of Chris McCarthy's The American Race Walker)-
- The very first edition of the Lugano Cup (now World Cup) was held in Lugano, Switzerland, hence the name of the Cup still awarded to the winning men's team. Back in those dark ages, there were only men's races. The British won the team title by the narrowest of margins. Scoring of the two races resulted in a 53-53 tie. Britain won on the basis of having the highest placed walker in the 50, Don Thompson finishing second, one spot ahead of Sweden's Soderlund. Italy was third and Hungary fourth. Those were the only countries competing, other European nations having been eliminated in zone competitions. Other countries outside Europe were invited but none attended. As McCarthy reported, the USA representatives were stranded in the New World for lack of green stuff. So, what else is new. Individual winners were Britain's Ken Matthews in the 20 (4:25:38) and Italy's Abdon Pamich at 35 Years Ago (From the November 1966 ORW)–Don DeNoon won the National 1 Hour in Providence, R.I. walking a faster pace than he did in his postal 20 km. He easily broke the record the following year...
Carnival "A gutsy Jack Blackburn, showing the zest of his long forgotten youth, moved easily away from a decrepit Jack Mortland in the last 5 miles of Sunday's 15 mile to cop individual walking honors." Blackburn took that one in 2:04:31 to Mortland's 2:07:28. The day before, Mortland had won a 7 mile in 55:57, but then succumbed to a fresh Blackburn in the 2 mile, 14:16 to 14:56. In the women's 5 mile, Jeanne Bocci turned in an excellent 43:54.

30 Years Ago (From the November 1971 ORW)-Ron Laird won a fast 15 miles in Long Branch, N.J. with a 1:58:27, just over 2 minutes ahead of Todd Scully...Bill Weigle did 50 Km in 4:40:59 on the track in Boulder, Colorado...In the ORW Racewalking Orgy (replacing the Distance Carnival, which had included running races), three races saw three winners. Phil McDonald walked a class 10 Mile on Saturday morning--1:20:12. Jack Blackburn, recovering from the flu, was more than 20 minutes back. However, a few hours later, he took to the track and matched a fresh Jack Mortland stride for stride as they deadheated in a 14:58.4 for 2 Miles. The next day, Jerry Bocci captured the 20 miler in 2:59:26 with Blackburn struggling through in 3:29.

25 Years Ago (From the November 1976 ORW)-John Knifton was an easy winner in the National 35 Km in Pittsburgh with a 2:59:52. Detroit's Bill Walker and Martin Kraft followed in 3:06:20 and 3:07:29. Ray Somers, Ray Floriani, and Tom Hamilton rounded out the top six...Locally, the rapidly aging Jacks engaged in a 2 Miler and Mortland prevailed by 0.5 second in 15:57.5, with Laurie Tucholski not far back in 16:31...Bob Rosenzweig did a 4:29:48 for 50 Km on the track in Seattle...In the ORW's Annual World Rankings, Mexico's Daniel Bautista, the Olympic champion, was ranked first at 20 Km, followed by Peter Franken, East Germany, and Raul Gonzales, Mexico. Soviet ace Veniamin Soldatenko led Mexico's Enrique Vera and Finland's Reima Salonen at 50. In the U.S. rankings, Ron Laird was placed ahead of Todd Scully, Larry Walker, and Larry Young at 20, and Young led Augie Hirt, Dan O'Connor, and Floyd Godwin at 50.

20 Years Ago (From the November 1981 ORW)-Dan O'Connor easily won the National 40 Km in Long Branch, N.J. His 3:21:51 left him 8 minutes ahead of Ray Sharp. Randy Mimm and Brian Savilonis followed...In Can-Am Cup races at Niagara Falls, Quebec was an easy winner over Wisconsin, Ontario, and the Niagara Association. At 20 Km, Quebec's trio swept honors, led by Guillaume Leblanc at 1:26:31. Marcel Jobin had 1:27:22 and Francois Lapointe 1:27:39, a rather strong trio. Jim Heiring, walking for Wisconsin, was fourth in 1:28:04--a very classy race. The women's 10 went to Ann Peel of Ontario in 50:54 with Jeanne Bocci second in 52:31...Alan Price won his fourth straight 100 miler in Columbia, Missouri, finishing in 20:14:45. Bob Chapin was nearly 1 1/2 hours back and Leonard also completed the distance within the 24 hour limit.

15 Years Ago (From the November 1986 ORW)-John Slavonic won his first National title, taking the 40 at Ft. Monmouth, N.J.. His 3:21:51 left him 8 minutes ahead of Ray Sharp. Randy Mimm and Brian Savilonis followed...In Can-Am Cup races at Niagara Falls, Quebec was an easy winner over Wisconsin, Ontario, and the Niagara Association. At 20 Km, Quebec's trio swept honors, led by Guillaume Leblanc at 1:26:31. Marcel Jobin had 1:27:22 and Francois Lapointe 1:27:39, a rather strong trio. Jim Heiring, walking for Wisconsin, was fourth in 1:28:04--a very classy race. The women's 10 went to Ann Peel of Ontario in 50:54 with Jeanne Bocci second in 52:31...Alan Price won his fourth straight 100 miler in Columbia, Missouri, finishing in 20:14:45. Bob Chapin was nearly 1 1/2 hours back and Leonard also completed the distance within the 24 hour limit.

10 Years Ago (From the November 1991 ORW)-In Atlanta, Jonathan Matthews turned in a 4:23:35 for 50 Km beating Paul Malek by just 44 seconds. At the same site, Dave McGovern blitzed a 20 in 1:29:12 with Ian Whatley second in 1:30:56.

5 Years Ago (From the November 1996 ORW)-The National 2 Hour, held in Cambridge, Mass., went to 46-year-old Brian Savilonis who covered 22.271 meters. Bob Keating was 183 meters behind in second with Doug Johnson third...Back in September, Frenchman Thierry Tousin has bettered the world record for 50 Km with a 3:40:57.9. That bettered the world record, which had been held by his countryman Rene Piller, by 30.4 seconds. Up to that time, there had been 14 faster times on road courses, which aren't acceptable for record purposes.