

Clausen Strolls to 6th 50 Km Title

Hauppauge, N.Y., Oct. 19--Perhaps not really a stroll, but Curt Clausen's fifth U.S. title at 50 Km was certainly a relatively easy effort for him. While winning in four of the last five years, Clausen always went under the 4-hour mark. Today, with his only real competition, Al Heppner, DQd in the first half of the race, he was able to ease to a victory in 4:29:32. That's the slowest winning time since John Knifton's 4:35:02 in 1970 and only the fifth win in over 4:20 in that period. It was also Curt's sixth U.S. title of 2003.

In the women's race, Cheryl Rellinger was an easy winner in 5:38:09, after Erin Taylor, who was challenging her, had to drop out. This was the third time the women had officially contested for the 50 Km title, the first two having gone to Susan Armenta, who was not on hand today.

Cool, rainy weather hampered the competitors and probably slowed the times, but there were seven walkers under the Olympic Trials qualifying standard, a positive spin on the day. And a starting field of 22 walkers with 15 finishers was an improvement over most recent years.

Veteran Gary Morgan captured second, 7 minutes behind Clausen. Ben Shorey had a promising debut at 50 with his 4:37:43 in third, and his UW Parkside teammate, Steve Quirke finished fourth, three places better than last year, but nearly a minute slower. Talk of the race was oldtimer Nick Bdera who finished seventh in a Trials qualifying 4:44:10. At 55, Nick is probably the oldest track and field athlete ever to qualify for the Trials. John Soucheck and Dave Doherty were the other qualifiers from today's race. Tim Seaman went through the first 25 Km with Clausen, but apparently had no intent of finishing. Dave McGovern and Teresa Vaill won accompanying 20 Km races.

Clausen and Rellinger each won \$300 for their efforts. The results:

Men's Open 50km Race Walk

1. Curt Clausen, NYAC, Chula Vista, CA, 4:29:32. 2. Gary Morgan, NYAC 4:36:31. 3. Ben Shorey, UWP, 4:37:43. 4. Steven Quirke, UWP 4:39:11. 5. John Soucheck, SHORE AC, 4:40:14. 6. Dave Doherty, San Diego Track Club 4:42:11. 7. Nick Bdera, ESRT 4:44:10. 8. Rod Craig, Pegasus Athletic Club 5:04:18. 9. Bill Vayo, WUSA 5:09:26. 10. Vlado Haluska, Unattached, New York, NY 5:11:22. 11. Douglas Johnson, Morganfield, KY. 5:14:16. 12. Max Walker, Ind. Pacers, IN 5:17:46. 13. Michael Bartholomew, WUSA 5:28:13. 14. Wilson Crone, UPSW 6:18:41. 15. James McGrath, WUSA, Medford, NY 7:06:01 DNF--Steven Pecinovsky, NB, Woodbridge, VA; Ed Fitch, MVTC; Stephen McCullough, Unattached, Rocky Hill, CT; Jack Starr, PHAS, Newark, DE. DQ--Al Heppner, ARMY; Bob Keating, NEW; Roderick MacElwain, Unattached, Dallas, TX. Men's Team Champion: WalkUSA (Vayo, Bartholomew, McGrath)

Women's Open 50km Race Walk--Cheryl Rellinger, WUSA 5:38:09. 2, Jennifer Marlborough, PARK 5:56:40 October 22, 2003 DNF--Erin Taylor, PARK. DQ--Janet Higbie, IND.

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Men's Open 20km Race Walk-- Dave McGovern, NB 1:31:51. 2. Tim Seaman, NYAC 1:41:58. 3. Bill Harriman, NEW 2:10:46 DNF--Jake Jacobson, ESRT DQ--Alexis Davidson, ESRT; Matt Pearo, WUSA DQ--John Shilling, WUSA

Women's Open 20km Race Walk--Teresa Vaill, WUSA 1:38:34 2. Loretta Schuellein, WUSA 1:51:33. 3. Sarah Perry, Unattached, Sunrise, FL 1:55:03. 4. Maria Michta, WUSA 1:59:14. 5. Pat Motschwiller, LIWC 2:08:32 6. Joanne Harriman, NEW 2:27:50 7. Maria Ferraro, LIWC 2:29:16.

Men's Open 10km Race Walk--Dimitri Ofengenden, Unattached, Woodbury, NY 1:01:00 2. Joseph Folks, WUSA.

Other Results

Marathon, Hartford, Conn., Oct. 11--1. Curt Clausen 1:42:22 2. Erin Taylor 2:10:03 3. Cheryl Rellinger 2:22:06 4. Jennifer Marlborough 2:25:10 5. Heidi Duskey (51) 2:25:26 6. James Minor (55) 2:30:37 7. Michelle Bouchard (49) 2:31:58 **East Region 20 Km, New York City, Oct. 12--**1. Bruce Logan 3:15:16 2. Shawn Frederick (50) 3:18:24 3. Bob Barrett (69) 3:20:49 4. Brian Culley (63) 3:26:17 (8 finishers) **20 Km, same place--**1. Bill Vayo 1:58:02 2. Vlado Haluska (51) 1:58:08 **10 Km, same place--**1. Jennifer Marlborough 64:37 **Southeastern Masters 5 Km, Clemson, S.C., July 26:** Men 60--1. Heinrich Looser 31:50 2. Larry Seymour 32:09 Men 70--1. Bob Fine 33:25 Women 55--1. Ingrid Birkeland 34:28 Women 60--1. Anne Nixon 36:11 **5 Km, Altamonte Spring, Fla., Sept. 20--**1. Jeremy Evans 31:40 2. Tom Forman (50+) 31:51 3. Robert Carver (40+) 33:43 (11 finishers) Women--1. Lisa Sonntag 26:40 2. Linda Binge (50+) 35:18 (10 finishers) **15 Km, Coconut Creek, Fla., Oct. 14--**1. Juan Vanes 1:26:37 2. Gary Null (55+) 1:32:45 3. Mike Felling (45+) and John Frederick (50+) 1:35:27 5. Daniel Koch (60+) 1:44:43 6. Bob Fine (70+) 1:47:17 (10 finishers) Women--1. Carolyn Kealty (40+) 1:24:22 2. Lisa Sonntag 1:24:35 3. Linda Stein (55+) 1:45:00. . . 5. Joann Elliott (65+) 1:49:17 (7 finishers, 2 DQs, 1 DNF) **5 Miles, Orlando, Fla., Oct. 19--**1. John Fredericks 46:50 2. Mario Feinstein (50+) 50:16 3. TOM Forman (50+) 50:27 4. Jeremy Evans (16) 52:14 Women--1. Lisa Sonntag 41:50 2. Edna Ramsey (40+) 52:17 3. Sandra DeNoon (40+) 52:29

Ohio 1 Hour, Cincinnati, Oct. 12--1. Mike Lindsay (45) 9317 meters 2. David Kreimer (58) 9195 3. Jack Shuter (73) 8212 (6 finishers) Women--1. Gwen Thomas (55) 8589 2. Liz Martini (44) 8469 3. Lauren (45) 8469 (8 finishers, 1 DQ) **5 Km, Denver, Sept. 14--**1. Mike Blanchard (42) 27:19 2. Nancy Hardesty (52) 31:39 **5 Km, Denver, Sept. 20--**1. Mike Blanchard 30:09 **5 Km, Denver, Sept. 21--**1. Mike Blanchard 26:56 2. Scott Richards (53) 27:59 3. Marianne Martino (53) 29:15 4. Chris Stanley (41) 32:48 **5 Km, Denver, Sept. 28--**1. Marianne Martino 29:04 2. Jerry Davis (40) 32:05 **1 Mile, Kentfield, Cal., Oct. 19--**1. Kevin Killingsworth 8:13.50 2. Jack Bray 8:28.52 3. Doris Cassels 10:00.2 4. Stewart Canning 10:15 5. Shirley Dockstader 10:17 (16 finishers) **Sacramento Marathon, Oct. 5--**1. Ed Parrot 4:03:53 **1/2 Marathon, same place--**1. Joe Berendt 2:03:01 2. Jim Beckett 2:23:21 Women--1. Nicolle Goldman (40+) 2:10:10 2. Trish

Caldwell (55+) 2:25:13 **5 Km, DeAnza, Cal., Sept. 26--**1. Laura Cribbins 31:17 **10 Km, Oakland, Cal., Sept. 14--**1. Robyn Stevens 53:03 **Portland Marathon, Portland, Ore., Oct. 5--**1. Ronald Babcock (46) 4:23:51 2. Daniel COupal 4:30:42 3. Brodie Whitlock (29) 4:44:12 4. Patty Gehrke 4:50:02 5. Kenneth Gorusch (42) 4:54:37 (15 finishers, 6 DQs) **5 Miles, same place--**1. Pat Detloff (51) 43:09 2. Robert Frank (51) 45:38 3. George Opsahl (61) 46:02 4. Rebecca Stevens 48:23 (19 finishers, 4 DQs) **2.8 Km, Seattle, Sept. 13--**1. Stan Chraminski (55) 24:25 2. Bob Novak (54) 24:39 3. Tammie Corley 28:01 4. Ann TUberg (43) 28:11 **2.8 Km, Seattle, Oct. 4--**1. Novak and Chraminski 25:04

Women's 20 Km, Welland, Ontario, Oct. 18--1. Marina Crivello 1:46:07 2. Nanci Sweazey (48) 1:57:21 **Men's 20, same place--**1. Gord Mosher 1:46:05 2. Dan O'Brien, U.S. 1:51:21 **Women's 10 Km, same place--**1. Rachel Lavallee 54:30 2. Chelsea Rodriguez (17) 54:43 **Men's 10 Km, same place--**1. Michael Hain 50:17 2. Guy Paquin (47) 54:02 **Women's 20 Km, All-African Games, Oct. 14--**1. Estle Viljoen, S. Africa 1:44:29 2. Amsale Yakob, Ethiopia 1:47:42 3. Natalie Fourie, S. Africa 1:48:08

Venues for Participation In Upcoming Pedestrian Contests

Sun. Nov. 2	5 Km, Sacramento, CA (P) Indiana 20 Km, Evansville (S) Indiana 20 Km Championship, Evansville (S)
Sat. Nov. 8	2.8 Miles, Seattle, 9 am (C)
Sun. Nov. 9	1 Hour, Kentfield, Cal. (P)
Tus. Nov. 12	5 Km, Pasadena, Cal. (Y)
Sat. Nov. 22	1 Hour, Washington, DC, 8:30 am (O) 5 Km, Brighton, Col., 8:30 am (H)
Sun. Nov. 23	National Masters 20 Km, Coconut Creek, Fla. (Q)
Thu. Nov. 27	4 Miles, Denver, 10 am (H)
Sat. Nov. 29	5 Km, Denver, 10 am (H)
Friday, Dec. 12	1 Mile (races for ages 12 and under, 13-18), Pharr Texas, 5 pm (T)
Sat. Dec. 13	South Region 5 Km, Pharr, Texas (T) 2.8 Miles, Seattle, 9 am (C) Indoor 1 Mile, Cambridge, Mass. (X)
Sun. Dec. 14	5 Km, Denver, 10 am (H)
Sun. Dec. 14	Indoor 1500 and 3000 meters, New York City (G)
Sat. Dec. 20	5 and 10 Km, , Washington, D.C., 8:30 am (O)
Sun. Dec. 21	5 Km, Denver, 9 am (H)
Sat. Dec. 27	5 Km, Denver, 10 am (H)
Sun. Dec. 28	1500 and 3000 meters, New York City (G) Polar Bear 10 Mile, Asbury Park, N.J. (A) 1/2 Marathon and Marathon, Mobile, Ala. (I)
Sat. Jan 3	Indoor H.S. 1500 meters, New York City (G)
Sun. Jan. 4	50 Km, Houston (V)
Sun. Jan. 11	Indoor 1500 and 3000 meters, New York City (G)

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FROM HEEL TO TOE

Where? A note from Olympian and masters great Bob Mimm: "Kingsport (referring to the National 5 Km) is always a fun weekend and the 5 K is always a very well conducted race. I just find it interesting that there were three competitors for men and one for women under age 40 even though it was an open and masters championship. Where would walk be without the master's program?????" Another note on the continuing commentary on the lack of depth in our nation's racewalking program. . .**Errata continued.** Several readers have pointed out that the 1968 National 20 Km was held in Long Beach, not in Sacramento. I'm not sure how I made that mistake since I had the correct information on hand. One of those readers, Jim Hanley, also points out that in the August issue after Larry Walker's name in a result, I noted that he was on the 1976 Olympic team, but ignored the fact that he was also on the 1980 team. That was the one that didn't go to the Olympics thanks to Jimmy Carter. Apologies for the oversight. And, another September issue error: The IAAF Challenge in Tijuana is March 20-21, not April. And finally, corrections to the National 40 Km results published in the September issue: John Soucheck had 3:41:23 in second. I had given him the same time as third placer Nick Bdera, who competes for Jake Jacobson's East Side team, not for the Park RW, as I had listed. Not sure if that was my mistake or that of the results that were sent to me. Another correction reached me after the issue had been printed. Many Eisner, 62, who finished 17th in 5:37:02 was omitted from the original results. . .**A Larry Young 1968 anecdote.** This comment from Jim Hanley regarding our review of Larry Young's 1968 season and of all of that year's nationals, also in the September issue: "Only National races seem to be listed in your article, but we had a large local AAU program at the time. There is a good chance Larry completed in many of the local races as well. One I remember well. After the Nationals at Oakland (where 13 So. Calif. Strider athletes shared one hotel room), we all flew down to compete in the Long Beach Relays 2-mile walk the next day. On the flight down, all three stewardesses (*ed. That is, flight attendants, in today's vernacular*) spent the entire flight talking to Larry at the expense of everyone else on the plane" (He was very good looking

according to my students who always asked 'who is that guy?' whenever I showed them pictures of our races.) Because it was raining and the track was very muddy (*ed. again--not many all-weather track surfaces yet at that time*), I did not want to mess up my new competition shoes so I walked in my bare feet. After some serious slipping and sliding, I realized that if I walked right down the chalk line between lane 1 and 2 there was good traction. As Young, DeNoon, Walker, Laird (I think) and others slipped all over the track and had their shoes caked up with mud and get very heavy, I lowered along effortlessly and easily won the race. . .**Ivanova.** After being DQ'd in the 1992 Olympic 10 Km racewalk, Russia's Alina Ivanova, who had won the 1991 World Championship in the same event, decided to return to running where she could make some money. She is still at it and doing rather well. She finished fifth in the Berlin Marathon on Sept. 28 with a 2:29:00. Six days later she finished 10th in the World Half-Marathon Championships in Portugal with a 1:10:59. Her sister Olimpiada continues in racewalking, doing quite well, thank you, with a World No. 1 ranking in both 2001 and 2002. . .**IAAF Racewalking Challenge.** Here are the final standings in the 2003 IAAF Racewalking Challenge series of races. Men--1. Robert Korzeniowski, Poland 33 points 2. Francesco Fernandez, Spain 28 3. Angars Fadejevs, Latvia 23 Women--1. Gillian O'Sullivan, Ireland 29 2. Kjersti Platzer, Norway 14 3. Elisabetta Perrone, Italy 22. . .**And speaking of.** . .Kjersti Platzer has announced that Team Platzer will be coming to Flagstaff, Ariz. in November to begin its first altitude training in preparation for the 2004 Olympics. The team includes her coach and husband Stephan Platzer, brother Eric Tysse, and other Norwegian athletes. They are excited about the possibility of having Kevin Eastler and Tim Seaman join them during their stay. Tim had a short training period with Team Platzer in Norway before setting his two American records last month. The Platzers may also host top walkers from Italy and Canada at their Flagstaff site. . .**Collegiate walk.** The Snowbird Relays at Florida State in Tallahassee March 11-13 will include a 10 Km walk. The University of Wisconsin-Parkside walkers will be on hand, as they escape wintry conditions, and other Northeast colleges are expected to send walkers, according to a Racewalk International release. Also, the Kansas Relays in April will again host a 5 Km walk, and event plagued by torrential rains the last 2 years. . .**Racewalk Chairperson.** Dan Pierce has submitted his resignation as Chairperson of the USATF Racewalking Committee, effective Oct. 31, 2003. Vince Peters, who had been elected by the Executive Committee to fill the vacated Vice Chair position in June, will immediately assume Dan's duties. Vince will serve the remainder of the term, which expires following the 2004 Olympic Games. Vince, who lives in Yellow Springs, Ohio, has revived the Ohio program in recent years as racewalk chair and has developed a strong program in Yellow Springs. He is a great organizer, as well as a reliable and conscientious worker. Through his Yellow Springs enclaves with or been in close contact with such nationally known walkers as Chad Eder, Jill Cobb (nee Zenner), Matt Boyles, Cheryl Rellinger, Jim Robinson, Steve Pecinovsky, junior Tina Peters, and the ancients Chris Knotts and Jack Blackburn. He has sustained the Annual Jack Mortland Invitational in Yellow Springs following its beginning in Columbus. I believe he is the first National Chair from Ohio since Cincinnati's Sebastian Linehan, 60 or more years ago. . .**2004 Olympic Trials.** The 50 Km Olympic Trials will be held in Chul Vista, Cal. on Feb. 15. The 20 Km Trials are in Sacramento, Cal. on July 17 for the men and July 18 for the women. . .**Amazing indeed!** . .Steve Vaitones found some material for sale on E-Bay describing the amazing racewalking feat of Dr. Harry Klink. (Steve didn't purchase the material, but sent me copies of what as shown on E-Bay.) A "Believe It or Not" item from the Oakland Tribune, Tuesday Jan. 24, 1939 stated: Dr. Harry Klink--Chicago, walked 100 yards in 12 3/4 seconds--at the age of 68! He lowered his own world's record of 13 seconds set 48 years before!" Also included in the offering was certification of the feat, which read: "This is to certify that the undersigned acted as officials in the one hundred heel and toe walk against time by Dr. Harry Klink this morning at Geringer Park, One Hundred and Third Street Play Grounds, Chicago, Ill. He walked the distance in twelve and three-quarters seconds; split second stop watches were used. This is a new world's record for the

distance, one quarter of a second better than the old record of thirteen seconds, made at Magnolia Bluff Park, Pensacola, Florida, October 8, 1989 by Dr. Klink." The certificate was signed by a starter, two timekeepers, two judges (Paul Kramer and Donald Murray, for the record, and a surveyor, and was properly notarized. The offering noted that Klink was prominent in boxing, having helped train Young Corbett, Terry McGovern, and Bob Fitzsimmons. He had trained 7 months for the effort, which the London Times and San Francisco Chronicle called "The Athletic Miracle of the Century". Well, I'd say so. I'm 68, one-time sprinter of sorts, have been training for 55 years or so, and I can't run anywhere close to 12.75, let alone walk it. I've never heard of the good doctor before. Apparently, he was not prominent in racewalking circles. Anyone out there have any further information on Dr. Klink and his amazing performance? . . . **A nice message.** Karl Johansen will be a familiar name to many readers. A solid racewalker who has been in and out of the sport over the past 40 years or so. He recently resubscribed to this newsletter and then sent the following message (repeated in part) after receiving his first issue in far-off Bainbridge Island, Wash. (Far off from Ohio, that is.) "I have only walked intermittently in the past decade, although a few months ago I began training again in earnest to lose weight and get fit. It became obvious that my wife and 5-year-old daughter would leave me in the dust if I didn't. Although racewalking is very demanding, I think it is up there with rowing and cross country skiing as a premier, all-around fitness builder, the results seem to come quickly in proportion to the amount of effort expended. It also seems that once a racewalker, some level of fitness base never goes away completely, as I am probably a good example of. Racewalking has also complemented my mountaineering activities, which I have done since toddler days. From the latest ORW issue you sent, I can see quite a few familiar names from decades gone by who are still participating, which is inspiring to say the least. I might note that my introduction to the sport was through not only the Pittsburgh racing program, but also periodic outings to your area. Older brother Kaj, followed by myself, participated in several Ohio Track Club events before returning to the Pacific Northwest. During my college days, I recall getting much valuable advice from the Seattle and Portland racewalkers, as well as Chris McCarthy, Ron Laird, Jack Blackburn, and yourself. One tidbit that I remember from you or Blackburn was to "keep it fun" or it wasn't really worth doing. So true. I also remember lively pre-race gatherings where all the reigning champions and wanna-be's gathered to compare training notes, trade raunchy jokes, and debate the issues of the day. Quite the experience for a 20-year-old to see the scope of the sport beyond the local neighborhood environment, and to see what performances were possible with hard work. The enthusiasm and support that so many including you have given to the sport are remarkable and laudable. It has made quite a difference in my own case and I suspect for many others as well." Well, you never know when a raunchy joke is going to change a life. Anyway, it's a wonderful testimonial for our great sport and rewarding to know things you might have said or done in the past have had some small influence in the greater world.

THE THIRD CLOSING OF THE CURTAIN ON THE LONDON-BRIGHTON

By Shaul Ladany

(Shaul is an Israeli Olympian at 50 Km (1972), winner of five U.S. titles at 75 and 100 Km, and a long-time participant in ultra-distance walks throughout Europe.)

Reading Chuck Newell's 100 miler experience in England, it struck me that the ORW has not reported on the fate of what once used to be called the "Blue-Ribbon" of racewalking competitions, the 52 and 3/4 mile "London-Brighton" walk.

Although the first London to Brighton walking record stems from 1869 (11:25:00), the Surrey Walking Club, (SWC), started the organized closed club race over the course only in 1899,

and the OPEN race only in 1919. Hundreds used to compete in each race, and even in the early seventies it drew over 200 contestants. In 1984 a competitor was hit by a car during the race, and after 59 repetitions of the open race (having no contests during WW II), the organizers decided to stop the tradition. The curtain went down for the first time. During the blossoming, 5 of its winners were also Olympic Gold Medalists (Tomy Green, Harold Whitlock, Don Thompson, Norman Read, and Abdon Pamich). It was Elliott Denman who motivated me to train for the London-Brighton, and so I managed to win it 3 times, in 1970, '71, and '73, every time with sub 8 hours results. My best time of 7:46:37 from 1970, is the 3rd overall best time in the race history, bettered only by Thompson and Pamich.

With the spread and popularity of the walking craze in the early 20th Century, the Stock Exchange Athletic Club, (SEAC), followed Surrey and started in 1903 its own London-Brighton. It was restarted after a 8 years pause in 1912, and then held year after year, except for WWI & WWII. In 1999, SEAC joined hands with SWC to celebrate during the 76th SEAC London-Brighton the Surrey Walking Club Centenary Race. I could not resist an unpaid invitation, and managed to finish in 13th place in a time of 10:33 hours. This was the last edition of the Surrey London-Brighton, and the curtain closed for the second time.

However, SEAC continued to organize the race also in 2000 and 2001. In 2001 the rumor was that it will be the last time to be held, so I walked it again, for the 5th time, finishing in the 8th place. Indeed, in 2002 it was not held. But then SEAC decided to make a final effort and to celebrate in 2003 its Centenary race, and the LAST one to be organized. So at age 67 I flew again for a weekend to England, to walk on May 17, 2003 the terminal edition of the London-Brighton. I managed to finish, for the 6th time, relatively effortlessly, in the 18th place in a time of 10:15:24, having the fortune of getting a SEAC volunteer attendant - the best I ever had! So the curtain was closed for the 3rd, and as it seems now, for the final time, over the London-Brighton saga. Pity! I never liked to walk it, but I loved to finish it, and I will continue to have nostalgic feelings.

Did I receive during the last non-winning participations any "hardware" memorabilia? Yes and No. The only thing I received, besides a certificate, is an uninscribed standard Stock Exchange Athletic Club medal, which lacks even the mentioning that it is for completing the London-Brighton walk, the date or the placing. Nevertheless, I will miss the race.

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Last month, we ran an article by Ron Daniel entitled When Is Lifting An Advantage. Later that article was submitted to the Racewalking List on the internet and drew a flurry of commentary. We have selected some of those comments to repeat in these pages. The first comes from Ray Sharp, a 13-time U.S. titlist in the 1980s, member of two World Cup teams and two World Championship teams (one indoor and one outdoor). Ray said:

There are 2 bad places for lifting in a race:

1. On a very steep uphill (the energy cost may outweigh the speed benefit);
2. When a judge is viewing from the side.

At all other times, loss of contact is advantageous (but not something to consciously strive for, as you'll see if you read the last two sentences of this post). At higher speeds, say sub 5:00 kilometers, there is a huge energy cost associated with maintaining contact because it requires the very unnatural and arbitrary, straight-legged, sinking-low-into-the-hips technique that allows one to stay legal. Anything the walker can do to provide even a millisecond of relief from that technique during each stride helps one maintain the appearance of contact for longer distances at

any given speed. The very fastest walkers have always lost contact on most strides but they use their fitness, flexibility and trunk strength to dampen the eccentric forces of the lower body and maintain a smooth, low-shouldered, no-head-bobbing upper body. Now, having said that, some walkers with freakish knee flexibility like Tim Lewis and Allen James are able to stay legal at higher speeds because their extremely hyperextended knees allow the ankle-flexion forces to push them forward and down instead of forward and up, but when Tim walked in the 1:22-1:23 range he would bring the feet through a little higher and lose contact. He still looked more legal than most of his competitors at such speeds.

Walking speed, as with running sans hurdles, is the product of stride rate and stride length. The distance you travel forward while lifting makes you go faster, and without much energy cost because, remember this, at high walking speeds you have energy costs associated with maintaining the unnatural gait and by lessening those costs and freeing up your technique a little, you basically get your extra distance on each stride for free. This is not a violation of physics. The extra energy needed to maintain that greater forward velocity is mostly offset by the reduction in energy from not doing the crazy gyrations of super-legal walking. Now, as for the often-cited and fallacious theory that legal walking is faster because the high hurdler is coached to snap the lead leg down fast. LISTEN CLOSELY. In the hurdles, the only factor in speed is stride rate. All competitors have the same average stride length until after the last hurdle. Why? Because the hurdles are at fixed intervals, and each racer goes left, right, left, jump, left, right, left, jump, etc for 10 hurdles. In fact, there is an optimum range for leg length in hurdling, and if you are too tall you have to chop unnaturally between the hurdle and it is difficult to keep your tempo up. Most elite hurdlers are about 6' to 6'2" for the men and 5'7" to 5'9" for the women (women's hurdles are closer together). That's why some of the event's all-time great technicians, like Rod Milburn, Renaldo Nehemiah and Gail Devers, were shorter than their chief rivals.

So, to repeat, hurdlers need to get the heel down fast. So do walkers. But stride length is a factor in walking speed. Therefore, loss of contact, when done smoothly with flexibility and without a lot of wasted vertical component, can enhance speed and save a little energy. Most fast walkers know this instinctively and do it well, even if it still feels to them like they are maintaining contact. And that's where you need to be in a race-- at the point where it still feels like you're not lifting. When you get to the speed where you can feel that you're lifting, the judges can see it, too.

In a later post, Ray added:

For a top walker, the energy cost for maintaining contact with the ground is not so large at 5:00 per kilometer (8:00 mile) pace, at least not for one stride. It does add up though, over the distance. My stride length was about 1.1 to 1.3 meters, depending on speed. Usually around 1.25 meters when doing intervals on the track (say 4:00 kilos.) I probably took about 17,000 steps in a 20 km. (17,000 divided by 200 per minute equals 85 minutes, my best time). So a little energy multiplied by a lot of steps does count for something.

Now, the energy cost of maintaining contact rises with speed, but not linearly, more like exponentially. It starts to rise sharply at higher speeds, just like blood lactate does at anaerobic threshold. Obviously the two are related: higher energy cost equals higher oxygen demand equals anaerobic metabolism equals lactic acid. A little bit of lifting moves the energy curve to the right and therefore allows you to continue at that critical speed without maxing out. For me, this was once in the 4:15 per kilometer range. Now, it would be over 5:00. Flexibility and weight loss will help some.

Interesting sport... always something to think about.

Wayne Armbrust, coach of international athletes in a multiplicity of events, with a strong interest in racewalking through his wife, Gayle Johnson, had this comment:

This is in response to the article by Ron Daniel Towards the end of the article Ron made the comment ""Again, traditional physics says as soon as the walker is not on the ground pushing, he or she is starting to lose forward velocity. That is why a hurdler, when clearing a hurdle works very hard on getting the lead foot down on the ground as soon as possible rather than continuing a nice long float." The only force acting on a walker or runner while in the air is the force of air resistance. It is easy to show (see addendum below) that velocity loss while in the air is negligible for both the walker and the hurdler. In fact, the walker would only lose 0.0079 ft/sec while off the ground for the 0.02 sec, the estimated maximum time for which a "float" would be invisible to the judges.

Actually, the hurdler does not slow down appreciably either. The reason a hurdler gets his lead leg down as quickly as possible is not because of deceleration due to air resistance, but because he wants to make contact as close under his center of mass as possible and avoid the braking which would occur if contact was made in front of the center of mass.

Then I began to think about the problem of walking as fast as possible within the constraints of the rules of racewalking. Starting from velocity equals stride frequency times stride length and because of geometric constraints imposed by the contact rule, we might conclude at first that the only way to increase speed is to increase stride frequency. The legs are of fixed length and must form a triangle with the ground, although moving the hips fore and aft and up and down does provide some leeway. However, often walkers are not able to take advantage of their full geometric limits, to say nothing of any flight phase undetectable to the eye of the judges. In 1953 A. V. Hill determined that the force of muscular contraction is inversely proportional to the speed of muscular contraction. Therefore, at high stride frequencies the push to the rear by the walker decreases. The vertical component of force must always balance the walker's weight. The vertical component of force decreases and the horizontal component increases as the angle of the trailing leg decreases relative to the ground during extension to the rear. It is impossible for the walker to extend beyond the point where the vertical component of force is less than the walker's weight. Thus, it can be seen that at high stride frequencies, stride length to the rear can be compromised.

What happens when a walker attempts to maintain a high stride frequency with an insufficient push-off? The walker, because he cannot support himself at full extension, takes a step with a very short posterior segment. Another consequence of this situation can be the athlete snatching his trailing foot off the ground without full extension to the rear. This often occurs before the advancing foot contacts the ground, resulting in a loss of contact (that should be) easily visible to the judges.

Therefore, a walker should never attempt to walk at a stride frequency which would compromise push-off, because the loss of velocity due to shortened stride length more than negates velocity gains produced by the increased frequency, and also for questions of legality. One of the hallmarks of a world class walker, perhaps the singular most important characteristic, is a powerful full extension to the rear, still performed at a high stride rate. The push-off at full extension, if strong enough, will also produce a low flight phase that will be undetectable by the judges but still extend the stride.

From the above discussion it would seem that walkers should train to develop force at high rates of muscular contraction in the hip and ankle extensors through appropriate training.

Addendum

For the range of velocities found in track and field the force of air resistance on an object is given well by the formula $F = (1/2)(\sigma)(\rho)Av^2$, where σ is the drag coefficient of the object, ρ is the density of air, A is the cross sectional area of the object, and v is the velocity of the object with respect to the air. The human body is not very streamlined; it approximates a flat board moving through the air, and thus σ is approximately = 1. The density of air at sea level is

about 1.20 kg/m**3. The height of a typical male elite 20k walker is approximately 1.65 m and his average width is probably about 0.42 m, giving a cross section of about 0.7 m**2. Walking at a 1:20:00 pace for 20k, his velocity is 4.17 m/sec. Using these values, the air resistance is seen to be 7.22 N. A typical mass for an elite male walker would be 60 kg. Assuming a flight phase of 0.02 sec, which would be invisible to the eye, the decrease in velocity during the flight phase would be 0.0024 m/sec, a totally insignificant amount. Even if the walker were to be walking into a very stiff wind, the loss of velocity would be no more than three or four times this quantity, still insignificant.

In fact, when we repeat the above analysis for the case of the high hurdler, we arrive at a similar conclusion. A typical elite male 110 m hurdler is about 1.85 m tall and has an average width of about 0.45 m. Because he lays out over the hurdle during clearance, his average cross section over the hurdle is probably only about 2/3 his cross section when running erect. This would give a cross section of 0.592 m**2. If he runs a time of 13.00 sec, he has an average speed (allowing 0.80 sec for the start) of 9.02 m/s. (Amazing that a 110 hurdler is only going a little over twice as fast as a 20k walker!) The hurdler therefore experiences an air resistance of about 28.88 N. 80 kg would be a typical mass for an elite hurdler. If we accept the traditional rule of thumb for time lost per hurdle clearance of 0.2 sec, we find that an elite hurdler decelerates approximately 0.072 m/sec additional beyond that lost in a normal sprint stride. This amount is also small, even if we would consider the effects of running into a headwind.

And these thoughts from Ian Whatley:

Thanks to Ron Daniel for sharing his thoughts on this topic. The following come to mind at once:

1. The ankle and knee are not pure hinge joints and analysis of the motion of the lower leg and foot must take into account rotational forces as well as the linear forces relating to forward drive. This is further compounded by hip motion.

2. The foot position at toe off is not indicative of drive angle in some walkers. This is especially true amongst elite walkers who maintain a relatively passive ground contact for the last few thousandths of a second prior to toe off. In simplified form; after the drive work is completed, the foot motion is continued to keep a toe tip in contact for legality.

4. Ron observed that:

".....a walker in a 20,000 meter race who has a stride length of one meter is taking 20,000 strides. Let's say that he is able to float forward 1/10th of a meter. He has now saved himself 10% of the needed strides, or 2000 strides, which is a saving of 10% of the push-off energy and 10% of the braking energy."

I disagree. The body mass and acceleration due to gravity don't change. The number of strides decrease and therefore the acceleration required at each stride must increase to maintain the same velocity. Since $F=MA$ it follows that the force must increase and the energy cost will therefore go up in each stride but we would need to solve the resulting energy curve equation for each athlete for each velocity in order to predict their break even energy cost point. This presumes the use of otherwise legal walking form on a flat surface of constant restitution. There would also be an increase in energy cost due to braking forces which are directly proportional to the maximum inter contact height of the whole body centre of gravity. This may be moderated by alterations in lead leg to ground contact angle in the lifting versus the no lifting condition. I am working from the premise that this angle would remain unchanged but the human nervous system has shown incredible degrees of plasticity - we know that the spring constants for the leg muscles can alter in a single stride when a different hardness of surface is reached in running - that I doubt it is valid. It

wouldn't be a surprise if we found subliminal adaptations in muscle tension or limb angle occurring with a transition to lifting.

All off ground motion is parabolic but the individual body segment motions will have a mirror effect down the biomechanical chain. We can calculate these using Newton's third law of motion but would need a large array of 3D sensors and some googolsciously large number crunching machines.

5. There is no point number five.

6. Your feet should get hotter if you lift. This is an amusing and probably insignificant effect predicted by the second law of thermodynamics.

7. We can over analyze anything, my post being a prima facie case for this statement. The practical test of the energy cost of lifting would be to take a large group of trained subjects and race them over various distances using straight legged form but with or without lifting. The proof of the advantages of lifting would then be clear, I believe. It is rather like the urban myth that "scientists calculated that honey bees should not be able to fly." Lifting is an advantage and the fact that we can't theoretically calculate the exact nature of the advantage doesn't make it go away.

8. We can't ignore physiology and do a biomechanical study alone. There is an advantage in changing the muscle groups used during long races. A short form break can aid recovery. Such effects don't appear in a stride to stride energy comparison.

I am intrigued by Ron's theoretical finding that small amounts of lifting increase energy costs but large amounts decrease costs. If anyone has several thousand dollars in grant money in a shoe box under their bed, please send it to me and I'll arrange a full scale test of this hypothesis.

Australian Jack Tregurtha commented:

A couple of questions:

1 Shouldn't the float time and the distance of the float be related to the speed over the ground? I would think that if the body is moving at 11.11 feet per second, and is off the ground for 0.02 of a second, then the distance travelled in the float should be $11.11 \times 12 \times 0.02 = 2.67$ inches. If he floated for a greater or lesser distance, he would be off the ground for a greater or lesser time. I don't think you can ascribe arbitrary 2 inches or 4 inches for this calculation. While in theory there would be a slight slowing while in the air, for the very short time involved, I think this can be ignored - at least for this level of analysis.

Your alternative assumption with the walker floating 4 inches in 0.02 second, would give him a speed over the ground of 16.67 feet per second while he was in the air. This is a 50% increase in speed compared with his average speed. I don't think anything like that would happen. If it did, a massive amount of energy would be involved.

2 At the start of the Energy analysis you state: "If there is little or no extra effort (energy) to achieve the float, then there is little to no energy penalty for the loss of contact." Surely, to achieve a float, it is necessary to lift the whole body mass into the air, and this must require some energy. I don't think you can ignore this. I would expect that this is the major aspect which should be taken into account.

In response to these and other comments, Ron Daniel himself replied:

Elaine's original question (*As noted last month the article first appeared in Elaine Ward's Racewalking Bulletin*) had to do with when is lifting an advantage. Elaine asked me to give a description beyond the simple "faster turn over and longer stride equals greater velocity" answer. As Elaine suspected, my hypothetical description of the conditions that need to exist in order to

calculate what is necessary to have loss of contact result in faster velocity has sparked some interesting discussion. Please remember my hypothesis is for the race walker that is obeying the straight leg requirement. Discussions that include bent knee walking or even running is a change of topic. My calculations do not require energy or force analysis. In fact I was careful to say in the first part of my write up, "...more difficult to analyze are the forces and energy issues associated with race walking and the potential changes when walking with loss of contact". In Jack T's reply he astutely pointed out that to have a 4 inch float in 0.02 seconds would require a velocity of 16.67 ft per second during those 0.02 seconds, which is 50% faster than the base velocity of 11.11 ft per second that I used. By pointing this out, Jack is taking the calculations to the next valuable step in a performance analysis; that of setting parameters. Let's assume that 50% is above the upper bound for velocity in 0.02 seconds. Is 25%? Twenty five percent is 13.89 ft per second requiring a float of 3.33 inches. In fact, to maintain the velocity of 11.11 the float distance has to be 2.66 inches. At this point we have to accept that during a stride, the velocity of the center of the body (not necessarily the center of mass) is not constant.

If we are to model the movement and energy issues of a walker, we should be careful to NOT arbitrarily constrain any of the attributes of the walker, such as limiting ankle flexion to +/- 5 degrees.

In Ray Sharp's reply, he is agreeing with my comments that in order to walk with double contact or very nearly so, the walker must exert energy to maintain that gait. Consequently, less energy is required when relaxing from that effort and perhaps having more float.

The latter part of Wayne's reply, i.e. high stride frequency and push off, leads to something valuable. With this observation we can examine exercises that will improve the walkers strength in order to maintain push off through a greater part of the stride while sustaining high stride frequency.

Let's keep up the useful banter.

And then, in a letter to your editor via the U.S. mail, Bob Mimm, Olympian and winner of a zillion or so U.S. and World master titles in many age groups, unaware of all the banter, had the final word:

"The article by Ron Daniel was interesting, but should have been published in a physics magazine. It was too esoteric for us average racewalkers. I'm confused as to what his conclusion was supposed to be. I do know that most of us run faster than we walk. I also know that when I walk, I can not keep up with myself when I run (at attempt at humor).

When you run you lose contact with the ground. So, if you run faster than you walk, lifting must be an advantage. It's that simple."

So, put away the physics books, fancy formulas, deep thinking, and detailed analysis and listen to the wisdom of age and experience. But first, it's interesting to see what Ron Daniel had to say 30 years ago in a March 1973 Ohio Racewalker letter to the editor. I hope Ron won't object to this rehash, but I ran across this and thought it was interesting to see how some basic ideas have developed in his thinking over 30 years. Chances are he won't remember writing this letter.

"After many years of competition, viewing films of Americans and the European "greats", I have come to the following conclusion. That 100 percent contact in racewalking is non-existent at the championship level, especially in the high-speed races, such as a 20 Km. My guess is that the problem is one of mechanics not one of poor execution by the athlete. Let me try to explain. First, we assume that 100 percent can be attained. The ideal condition would be a perfectly flat surface and physically ready body (no injuries, no fatigue). There is now some maximum speed where 100 percent contact exists. In order to maintain this top speed and contact, a very high degree of

coordination and timing is taking place. neglecting fatigue or other physical problems, loss of contact can be caused by an irregular surface. The worst type being a blacktop road with occasional waves; this type of surface is so innocuous in appearance that the walker is lulled into complacency by the smooth surface. What occurs at high speed is similar to a car wheel with poor shocks. The walker steps off of one of the hidden waves and bingo, he's lifting before he is even aware of it and his reflexes have started to damp out the lift. But not before several non-contact steps go by. Now take other irregular surfaces, or a moving surface (indoor track) and add fatigue, strain, etc., and we have the ingredients for less than 100 percent contact. Usually, this type of break in contact is so slight that it only can be detected on film. Without further speculation, that is my theory on speed walking that wins the big ones." *(Of course Ron's original premise was eventually widely recognized and the rules of the sport changed to include the "as judged by the human eye" clause. A part of your editor's response to Ron's letter at that time was:*

As Ron states, the effects of irregular surfaces is a very important factor and becomes even greater as fatigue builds up. And this true not only in the speed races. I think this is one reason we often find more disqualifications in high level 50s than in 20s. It becomes extremely difficult to maintain a fluid style over an irregular surface after 3 hours or so. Perhaps the loss of contact is no greater than in a 20, but the style deteriorates so one no longer "looks like a walker" and the judges move in. As to the real high speed races, films taken of several of our walkers doing all-out 100 meter sprints at the 1968 Olympic training camp show that it is definitely possible to maintain contact at a pace of much better than 6 minutes a mile. But it is very tenuous and one can assume they would not have to go much further before fatigue factors would pull them off the ground."

The real distance records

While the 50 Km racewalk is the longest Olympic distance on foot, there are those fanatics out there who think of that as just a warmup. World ultra-distance racewalk records start with 100 km and then get longer. Here are the current records, according to an ultra-distance web site.

Track

100 Km	9:16:32.2	Frederic Marie, France, Etrecty, April 4, 1987
100 miles	17:18:51.1	Hew Neilson, Great Britain, Walton, Oct. 14-15, 1960
200 Km	21:58:40	Claudio Sterpin, Italy, Milan, Oct. 18-19, 1986
500 Km	90:49:55	John Dowling, Great Britain, Nottingham, Jul. 31-Aug. 3, 1983
12 Hours	118,805 m	Roberet Dobson, Great Britain, Colchester, Sept. 15, 1985
12 Hours	118,921 m	Tom Richardson, Great Britain, Woodford, Oct. 16, 1938*
24 hours	216,621 m	Claudio Sterpin, Italy, Milan, Oct. 18-19, 1986
6 Days	741,212 m	John Dowling, Great Britain, Nottingham, July 31-Aug. 5, 1983
6 Days	855,180 m	George Littlewood, Great Britain, Sheffield, March 6-11, 1882*

Road

100 Km	8:38:07	Viktor Ginko, Belarus, Scanzorosciate, Italy, Oct. 27, 2002
200 Km	19:55:07	Zbigniew Klapa, Poland, Chapelle, Belg., Oct. 22-23, 1983
24 Hours	226,432 m	Paul Forthome, Belgium, Brussels, Oct. 13-14, 1984
24 Hours	228,930 m	Jesse Castaneda, U.S., Albuquerque, Sept. 18-19, 1976*

*unconfirmed

Women

Track

100 Km	11:17:42	Sandra Brown, Great Britain, Etrecty, France, Oct. 27, 1990
100 Miles	19:00:47	Sandra Brown, Great Britain, Auckland, N.Z., July 10-11, 1982

200 Km	29:23:54	Anne Sayer, Great Britain, Nottingham, April 11-12, 1982
12 Hours	106,180	Sandra Brown, Great Britain, Etrechy, France Oct. 27-18, 1990
24 Hours	194,758	Sandra Brown, Great Britain, Ware, July 19-20, 1997
48 Hours	294,114	Anne Sayer, Great Britain, Nottingham, April 11-12, 1982
6 Days	695,236	Ada Anderson, Great Britain, King's Linn, Aug. 19-24, 1878

Road

100 Km	10:13:65	Cora Boufflert, France, Roubaix, Oct. 9, 1984
100 Miles	18:06:10	Annie Van der Meer, Netherlands, Rouen, France, April 10-11, 1986
200 Km	22:36:46	Annie Van der Meer, Netherlands, Rouen, France, April 10-11, 1986
12 Hours	211,250	Annie Van der Meer, Netherlands, Rouen, France, April 10-11, 1986

LOOKING BACK

35 Years Ago (From the Oct. 1968 ORW)--The Mexico Olympics saw an excellent performance by the U.S. Racewalking contingent. In the 20 Km, Soviet ace Vladimir Golubnichiy won his second Olympic Gold in 1:33:59 (at 7000 feet altitude in a smoggy city), holding off local favorite Jose Pedraza, who finished in a near flat out run in 1:34:00 to the cheers of his countrymen and consternation of the judges, who apparently feared for their heads. Nikolai Smaga, USSR, was third in 1:34:03 and Rudy Haluza a brilliant fourth for the U.S. in 1:35:01. Tom Dooley was 17th in 1:40:08 and a sick Ron Laird 25th. At 50, East Germany's Christoph Hohne was unchallenged as he overcame altitude and extreme heat to win by 10 minutes in 4:20:14. Antal Kiss of Hungary was second and Larry Young third in a gutty 4:31:56. Eighth at the mid-point, Larry was able to hold his pace and move through the field over the second half. Goetz Klopfer passed three men in the final 5 Km to take 10th in 4:39:14. Dave Romansky, also sick, was a distant 26th, but refused to stop with every excuse to do so.

30 Years Ago (From the Oct. 1973 ORW)--With Hans-Georg Reiman and Karl-Heinz Stadtmuller taking one two at 20 Km, East Germany swept to victory in the Lugano (World) Cup. That performance gave them a nine-point edge on the USSR, which held up through a strong Soviet performance in the 50 for a final four-point margin. Italy was third, West Germany fourth and the U.S. fifth in a best-ever performance. Ron Laird outdistanced Nikolai Smaga to capture his second Lugano bronze in 1:30:45. With Todd Scully seventh in 1:32:23 and Jerry Brown 14th in 1:34:05, the U.S. was third after the 20. The 50 went to West Germany's Olympic champion Bernd Kannenberg in 3:56:51, with Otto Bartsch (USSR) and Christoph Hohne close behind. For the U.S., John Knifton had a 4:16:49 in 14th, Floyd Godwin 4:23:48 in 20th, and Bill Weigle 4:28:40 in 24th. East Germany also captured the Lugano-Chiasso Relay, an annual affair in Switzerland. The U.S. was sixth in this one as Ron Laird ran into stomach problems on the first leg, and, after spending much time in the bushes, struggled in 16 minutes back of the leaders. Shaul Ladany won the 100 miler in Columbia, Missouri in 19:38:26 with Chuck Hunter, John Markon, and John Argo also going all the way. Jerry Brown captured the National 30 Km in Columbia, Mo., his third championship of the year, finishing in 2:28:12. Floyd Godwin was a minute and a half back, and a promising newcomer, Dan O'Connor, edged Augie Hirt for third, another 10 minutes back. The day before Ellen Minkow won the women's 10 Km title, also in Columbia, in 56:19.

25 Years Ago (From the Oct. 1978 ORW)--Alan Price won the National 100 miler in record time-18:57:01--with Paul Hendricks second in 19:10:37. The race saw a record 10 finishers, including the first woman Centurion in this country, Elsie McGarvey, who finished in 22:52:31. Leonard Busen and Bob Chapin joined the two leaders in finishing under 20 hours. The U.S. defeated Canada in a dual meet, which included races at 10 and 30 Km. Winners were Jim Heiring, U.S., in 44:44 and Marcel Jobin, Canada, in 2:19:33. Neal Pyke set an American 1 Hour record in San Francisco covering 8 mi 1081 yards, 335 yards better than Ron Laird's previous record.

20 Years Ago (From the Oct. 1983 ORW)--In World Cup competition in Bergen, Norway, the USSR men and Chinese women prevailed. The Chinese women edged the Soviets by 2 points in the 10 Km race, with Youn Ju Xu taking individual honors in 45:14. Maryanne Torrellas led the U.S. with a 47:52 in 16th as the U.S. team finished eighth. Czech Josef Pribilinic beat Mexico's Ernesto Canto by 11 seconds in 1:19:30 to win the 20. Jim Heiring had 1:24:51 in 16th. Mexico's Raul Gonzalez took command of the 50 early and drew steadily away to win in 3:45:37. Dan O'Connor was 18th in 4:09:50 as the U.S. team finished ninth. The Soviets had a third in the 20 and second and third in the 50 and finished well ahead of Mexico and Italy in the team race. Gonzalez also won the Alongi Memorial 20 Km in Dearborn, Mich. a week later in 1:27:55 with Carl Scheuler second in 1:29:05.

15 Years Ago (From the Oct. 1988 ORW)--Veteran walkers dominated in the Seoul Olympics. In the 20, Josef Pribilinic, 1983 World Champion, blistered the final 5 in 19:18 to edge East Germany's Ronald Weigel with a 1:19:57. Weigel was just 3 seconds back. 1980 Olympic gold medalist Maurizio Damilano was third in 1:20:14. Gary Morgan had a personal best of 1:27:26 in finishing 37th, just 4 seconds ahead of Jim Heiring. In the 50, Soviet Vyacheslav Ivanenko emerged from the shadow of East Germany's Hartwig Gauder and Weigle to take the gold in 3:38:29. He discouraged the veteran pair with a 20:39 split from 35 to 40 Km and then pulled away over the final 10. Weigel finished in 3:38:56 and Weigel in 3:39:45. Marco Evoniuk, only 40 seconds off the pace at 30 Km, hung on for 22nd in 3:56:55, with Carl Schueler 23rd in 3:57:44. Canada's Tim Berrett won the Alongi 20 Km in 1:25:09 with Giorgio Damilano (Maruicio's brother) second in 1:27:30.

10 Years Ago (From the Oct. 1993 ORW)--Italy's Annrita Sidoti and Mexico's Bernardo Segura were winners of the Alongi Memorial races in Dearborn. Sidoti took the women's 10 Km in 46:06, ahead of Debora Van Order (46:52) and Lynda Brubaker (47:46). Though unchallenged, Segura blasted the 20 in 1:21:55 with Italy's Giovanni Perricelli a distant second in 1:27:09. Gary Morgan was the first U.S. finisher with a 1:29:31 in 6th. Czech Ivo Majetic, a student at the University of Houston, won a 100 mile race in Xenia, Ohio in 18:26:24. Alan Price was second in 21:03:07 and Bob Keating third in 22:01:46. Herm Nelson won the national 2 Hour in Cambridge, Mass., covering 16 miles 182 yards to Gary Morgan's 15 miles 905. In the Women's 1 Hour, Gretchen Eastler won the title with 11, 165 meters, but Canada's Pascale Grand won the race with 12,223 meters. (I'm not sure why one race was reported in English units and the other in metric.)

5 Years Ago (From the Oct. 1998 ORW)--Joanne Dow won the Pan-Am Cup women's 20 Km in 1:38:57, ahead of Teresa Vaill (1:41:02) and Mexicans Rosario Sanches (1:42:22) and Aura Morales (1:43:03). Mexican men swept the medals in the men's 20, with Ignacio Zamudio winning in 1:28:33. Canada's Arturo Huerta was fourth, with Curt Clausen the first American at 1:37:11 in 10th. Mexico also swept the 50--Carlos Mercenario winning in 4:06:38. Philip Dunn was fourth in 4:25:30. In the National 40, Gary Morgan (3:21:37) and Cheryl Rellinger (3:40:38) captured the titles. Philip Dunn followed Morgan in 3:22:58. Rellinger was 32 minutes ahead of second-place Dorit Attias. Herm Nelson won the National 2 Hour going 23,694 meters and Gretchen Eastler-Fishman the women's 1 Hour 11,656 meters.