Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER

VOLUME XXXIX, NUMBER 9 COLUMBUS, OHIO NOVEMBER 2003

Some results:

National Masters 20 Km, COconut Creek, Fla., Nov. 23: Male 45-49--1. Maark Green 1:41:43 Male 50-54--1. Roderick MacElwain 2:10:45 Male 55-59--1. Leon Jasionowski 1:57:41 2. Norm Frable 2:03:08 3. Gary Null 2:09:18 4. John Fredericks 2:14:20 Male65-59--1. Paul Johnson 2:11:38 2. Bob Cella 2:15:26 3. Jim McGrath 2:19:15 4. Peter Bayer 2:23:44 Male 70-74--1. Max Green 2:10:30 2. Gerry Gomes 2:22:09 Male 75-79--1. Jack Starr 2:20:56 Female 35-39--1. Janna Miller 2:14:06 Female 40-44--1. Carolyn Kealty 1:51:43 2. Monetta Roberts 2:06:43 3. Grace Mutz 2:17:41 4. Kelly O'Neil 2:19:41 Female 45-40--1. Nicolle Goldman 2:07:55 2. Luanne Pennesi 2:24:35 Female 50-54--1. Cathy Mayfield 2:22:52 Female 55-59--Jacqueline Picha 2:38:52

Conn. 10 Km, New London, Oct. 26--1. Patrick Collier 53:19 2. Joe Light (56) 57:06 3. Andy Cable 59:07 4. Bob Barrett (69) 59:35 5. Rick Ruquist (65) 64:20 6. Charles Mansbach (59) 65:22 7. GInger Amrstrong (41) 67:24 8. Bill McCann (74) 70:01 9. Lou Free (73) 31:11 10. Gus Davis (65) 74:46 **Jr. 5 Km, same place**--1. Mark Dennett (18) 27:11 **Jr. Women's 5 Km, same place**--1. Kara Steele (13) 34:14 **10 Km, Concord, Mass., Nov. 16**--1. Joe Light (56) 57:57 2. Bob Ullman (55) 58:37 3. Bill Harriman (56) 60:00 4. Charlie Mansbach (59) 65:42 6. Richard Ruquist (66) 69:59 7. Joanne Harriman (60) 69:28 8. Michelle Bouchard (50) 69:38 **5 Km, New York City, Nov. 16**--1. Nicholas Bdera (55) 24;05 2. Vyacheslav Troshkin (55) 25:34 3. Vlado Haluska (51) 25:35 4. Bruce Logan 27:25 5. Tim Davidson (16) 27:46 6. Erin Taylor 27:52 7. Bob Barrett (69) 28:17 8. Alexis Davidson (48) 28:22 9. Seth Kaminsky (63) 28:49 10. Luannes Pennesi (48) 30:30 11. Jennifer Marlborough 30:47 12. Marc Varasano 30:55 13. Alice Tan 31:20 14. David Lee (49) 31:38 15. Raven Pilgrim (16) 32:03 16. Anne Marie Kunz (62) 33:40 17. Bob Thaler (65) 33:56 18. Howard Burkhart (60) 34:04 (32 finishers) **5 Km, Orlando, Fla., Oct. 25**--1. John Fredericks 29:27 2. Jeremy Evans (16) 30:58 3. Karl-Heinrich Barsch 33:22 **10 Km, Celebration, Fla., Nov. 9**--1. Don DeNoon 59:14 2. John Fredericks 62:18 3. Tim Forman 62:59 (10 finishers) Women--1. Lisa Sonntag 53:26 2. Sandra DeNoon 65:42 3. Beverly Burijon 70:10 (9 finishers) **5 Mile, Hilliard, Ohio, Sept. 13**--1. John Fitzgerald (47) 53:08 2. Jack Shuter (73) 58:50 Women--1. Sandra Cifranic 53:33 **Columbus Marathon, Oct. 19**--John Fitzgerald 5:02:14, Joyce Prohaska 5:02:29 (These are Buckeye Strider finishers; I don't know if there were other racewalkers. Great reporting by you editor on a local race.) **5 Km, Paw Paw, Mich., Sept. 6**--1. Bill Reed 27:03 2. Marvin Barnes 30:51 **10 Km, Portage, Mich., Sept. 14**--1. Bill Reed 55:03 **5 Km, same place**--1. Bill Reed 28:25 2. Rick Sack 29:51 **1 Hour, Royal Oak, Mich., Sept. 28**--1. Gary Morgan (43) 12,405 meters 2. Dan O'Brien 12,139 3. Leon Jasionowski (58) 11,434 4. Bill Reed (51) 11,161 5. Max Green (72) 10,218 6. Joe Fischer (59) 8,855 (8 finishers) Women--1. Debbie Topham (50) 10,454 2. Lynette Heinlein (47) 9,800 3. Mary Franklin (41) 9437 4. Walda Tichy (63) 8,168 5. Julie Puzdrowski (51) 8,405 6. Susan Lolli (50) 8,179 (10 finishers) **10 Km, Dearborn, Mich., Oct. 26**--1. Mark Green (47) 48:15 2. Gary Mortan 49;35 3. Bill Reed 56:29 4. Max Green 58:14 (6 finishers) Women--1. Debbie Topham 58:09 2. Lynette Heinlein 61:34 3. Walda Tichy 66:08 **1 Hour, Aurora, Col., Oct. 12**--1. Ivo Majetic 11,198 meters 2. Al Leibold (46) 11,156 3. Mike

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $12.00 per year ($15.00 outside the U.S.) Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, OH 43202. E-mail address: jmortlan@columbus.rr.com. Approximate deadline for submission of material is the 20th of the month, but it is is usually the 25th or later before we go to the printer, so material received by then may get in.

Blanchard (42) 10,756 4. Ray Franks (68) 8906 **5 Km, Pasadena, Cal., Sept. 20**--1. Donna Cunningham (56) 29:31 Men--1. Carl Acosta (69) 33:11 2. William Moremen (75) 33:13 3. Raymond Billig (46) 33:14 **1/2 Marathon, Long Beach, Cal., Oct. 12**--1. Fran Bustos 2:21:34 2. Stephanie Barone 2:30:57 3. Julie Griffith (44) 2:35:48 (26 finishers) Men--1. Jerry Gelbwachs (59) 2:35:55 (4 finishers) **1 Mile, Kentfield, Cal., Oct. 14**--1. Kevin Killingsworth 8:13.50 2. Jack Bray 8:28.52 3. Doris Cassels 10:00.13 4. Stewart Canning 10:16 5. Shirley Dockstader 10:17 (16 finishers) **Giulio de Petra 10 Km, Seaside, Cal., Oct. 25**--1. Ed Parrot 48:54 2. Robyn Stevens 54:22 3. Danielle Kirk 55:09 4. Bill Penner (57) 55:14 5. Daniel Coupal 58:26 6. Joe Berendt (48) 59:17 7. Nicolle Goldman (44) 60:53 8. Art Klein (50) 64:35 9. M.J. Baglin (56) 65:13 10. Quang Than (48) 66:00 (33 finishers) **5 Km, Fair Oaks, Cal., Nov. 2**--1. Joe Berendt 27:07 2. Jack Bray 28:03 3. James Beckett 30:51 4. Joseph Anderson 31:32 5. Stud Kinney 31:51 6. Stewart Canning 32:08 7. Jim Scheller 34:04 8. Garland Murphy 34:18 0. Norman Stodt 34:18 ((14 finishers) Women--1. Danielle Kirk 25:54 2. Nicolle Goldman 29:10 3. Coc Beuchet 30:32 4. Karen Stoyanowski 30:39 5. Joan O'Brien-Hakim 32:31 6. Doris Cassels 32:59 (10 finishers) **1 Hour, Banks, Oregon, Nov. 2**--1. Pat Detloff (51) 11,01 meters 2. Rob Frank (51) 10,431 2. George Opsahl (61) 10,197 4. Carmen jacinsky (40) 10,099 5. Ron MacPike (71) 8818 6. Dick Vaughn (72) 8461 **2.8 Miles, Seattle, Oct. 4**--1. Bob Novak (54) 25:04 2. Stan Chraminski (55) 25:04 **Huntsman Senior Games, Saint George, Utah, 10 Km, Oct. 11:** Men 55-59--1. Norm Frable 58:03.7 Men 60-64--1. Jim Carmines 58:26.0 2. Zdenek Gosniowousky 60:51 Men 65-69--1. Paul Johnson 59:56.1 2. Gary Steel 60:56 Men 70-74--1. Arvid Rolle 69:07 Women 55-59--1. Kathy Frable 65:03.5 Women 60-63--1.. Donna Lafayette 66:13 2. Jolene Steigerwalt 66:37 **1500 meters, Oct. 13**: Men 50-54--1. Stanley Sosnowski 7:46.8 Men 55-59--1. Norm Frable 7:44.3 Men 60-64--1. Jim Carmines 7:46.0 2. Zdenek Gosnsiorousky 8:30 3. Daryl Meyers 8:42 Men 65-59--1. Paul Johnson 7:45.5 2. Gary Steck 8:30 3. Ted Moore 8:36 Men 70-74--1. Jack Bray 8:04.8 2. Presley Donaldson 9:19 3. Cliff Elkins 10:01 Women 55-59--1. Kathy Frable 8:50 Women 60-64--1. Jolene Steigerwalt 8:54.3 2. Rita Sinkovec 9:09 3. Donna LaFayette 9:17 Women 65-59--1. Susanne Keefer 10:01 Women 70-74--1. Paulette Caron 10:25 **5 Km, Oct. 14**: Men 55-59--1. Norm Frable 27:13 Men 60-64--1. Daryl Meyers 29:29.9 2. Sdenek Gonsiorousky 29:40 3. Jim Horton 30:50 Men 65-59--1. Gary Stock 29:50.2 1. Ted Moore 31:09 Men 70-74--1. Jack Bray 28:38.6 2. Presley Donaldson 32:36 3. Arvid Rolle 34:23 Women 55-59--1. Kathy Frable 30;34.5 2. Elizabeth Birgess 34:12 Women 60-64--1. Jolene Steigerwalt 31:26.2 2. Rita Sinkovec 32:01 3. Donna LaFayette 32:09 Women 65-59--1. Susanne Keefer 34;09.6 Women 70-74--1. Paulette Caron 35:55.6 Women 75-59--1. Annie Barker 39:58.7 **Women's 15 Km, Calabria, Italy Oct. 12**--1. Gisella Orsini 1:12:37 2. Sibilla DiVencenzo 1:14:23 3. Annarita Fidanza 1:15:15 (13 finishers, 1 DQ) **3 Km, Melbourne, Australia, Nov. 6**--1. Simone Wolowiec 13:27.94 2. Kellie Wapshott 13:54 3. Erin Adamcewicz 14:25 (y finishers) Men--1. Nathan Deakes 11:17.91 2. Jared Tallent 11:58 3. Duane COusins 12:14 4. Christopher Erickson 12:36 5. Franklyn Bertei 13:01 (13 finishers) **50 Km, Inglewood, N.Z., Nov. 2**--1. Craig Barrett 4;09:31. . .3. Gary Little 5:25:44 (Possibly agee 62 world best) **Women's 15 Km, same place**--1. Gabrielle Gorst 1:13:50 **3 Km, Hamilton, N.Z., Nov. 22**--1. Craig Barrett 12:17.4 2. Tony Sargisson 13:11.7. . .2nd heat--1. Gary Litttle 14:33.5 (Age 61 record?)

Races to end the old and ring in the new

Fri. 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)
	Indoor race (distance TVA), Brentwood, N.Y. (F)
Sun. Dec. 14	Indoor 1500 and 3000 meters, New York City (G)
	1 Hour, Red Bank, N.J., 10 am (A)
	50 Km (track), Santa Clara, Cal., 9 am (R)
Sat. Dec. 20	5 and 10 Km, , Washington, D.C., 8:30 am (O)
Sun. Dec. 21	5 Km, Denver, 9 am (H)
	1 Hour, Red Bank, N.J., 10 am (A)
Sat. Dec. 27	5 Km, Denver, 10 am (H)
Sun. Dec. 28	Indoor 1 Mile, New York City (G)
	Polar Bear 10 Mile, Asbury Park, N.J. (A)
	Indoor 3 Km (and possibly 5 Km), Brentwood, N.Y. (F)
	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)
Sat. Jan. 10	2.8 Miles, Seattle, 9 am (C)
Sun. Jan. 11	Indoor 1500 and 3000 meters, New York City (G)
	Indoor 1600 meters and 3 Km, Arlington, Va., 7:45 am (O)
Sun. Jan. 18	10 miles and 5 Km, Pasadena, 7:30 and 8:30 am (Y)
Sun. Jan. 25	Indoor 1600 meters and 3 Km, Arlington, Va., 7:45 am (O)
Fri. Jan. 30	Indoor 1 Mile, New York City (G)
Sun. Feb. 8	Indoor 3 Km (and possibly 5 Km, Brentwood, N.Y. (F)
	Indoor 11600 meters and 3 Km, Arlington, Va., 7:45 am (O)
Sat. Feb. 14	2.8 Miles, Seattle, 9 am (C)
Sun. Feb. 15	**50 Km U.S. Olympic Trials, Chula Vista, Cal.**
Sun. Feb. 22	5 and 10 Km, Los Angeles (Y)

Contacts:
A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
B--Roman Olszewski, 45 Wellandvale Drive, Welland, Ontario M9A 4J9, Canada
C--Bev LaVeck, 511 Lost River Road, Mazama, WA 98833
D--Bill Reed, 8242 Greenfield Shores, Scotts, MI 49088
E--Sierra Race Walkers, P.O. Box 5221, Fair Oaks, CA 95628
F--www.walk-usa.com or mjroth@ix.netcom.com
G--Stella Cashman, 320 East 83rd St., New York, NY 10028
H--Bob Carlson, 2261 Glencoe St., Denver CO 80207
I--Legg Mason Funds First Light Marathon, 151 South Ann Street, Mobile, AL 36604
J--Walking Club of Georgia, P.O. Box 190011, Atlanta, GA 31119
K--Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11757
L--Diane-Graham Henry, 442 West Belden, Chicago, IL 60614
M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424
O--Sal Corrallo, 72 Creek Drive, Millsboro, DE 19966
P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
Q--Florida Athletic Club-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066

R--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086
S--Cheryl Sunman, 7060 North Woodnotes, Fairland, IN 46126
T--A.C. Jaime, 621 N. 10th St, Spt. C, McAllen, TX 78501
V--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072
W--Frank Soby, 4157 Colonial Drive, Royal Oak, MI 48073
X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
AA-Justin Kuo, 30 Oakland Road, Brookline, MA 02146
BB-New Mexico Walker, PO Box 16102, Albuquerque, NM 87191
CC--Laura Cribbins, 2937 El Sobrante Street, Santa Clara, CA 95051

FROM HEEL TO TOE

2003 Awards. National Racewalk Chairman Vince Peters has announced the Annual USATF Racewalking Awards for 2003. Captain Ron Zinn Memorial Awards go to Philip Dunn at 50 Km and Kevin Eastler at 20. The women's Zinn Award goes to Joanne Dow. The Zinn Awards go to the outstanding U.S. walkers for the year in memory of Ron, who won 15 national titles and finished sixth in the 1964 Olympic 20 Km He was killed in combat in Vietnam inthe summer of 1965. The Mike Riban Award for the outstanding contributor goes to Bobby Baker, long-time race director for the National 5 Km race. The award for the outstanding association goes to the San Diego-Imperial association. Junior athletes awards go to Maria Michta and Adam Staier. Vince also announces that Steve Vaitones has been elected to serve as the Vice Chair of the Racewalk Committee. . .**World Cup Trials.** The U.S. Trials for the World Cup team (except for 50 Km) will take place April 4 in Overland Park, Kansas. Junior races have been added to the World Cup this year. The top five finishers in the men's and women's 20 Km races and the top three in men's and women's Junior 10 Km races will qualify for the World Cup in Naumburg, Germany, May 1-2. Joining them, will be top five men from the 50 Km Trial race in Chula Vista, Cal. on Feb. 15. **Bdera tribute.** As noted n last month's issue, Nick Bdera qualified for those 50 Km trials at age 55. Andrew Crane in Ocala, Fla. writes regarding Nick and his achievement: "When I read about Nick Bdera, the following came to mind. 1984 at Howard Jacobson's first racewalking camp in the Catskills. Present were Nick Bdera, Mamie Bdera, his mother (also a racewalker who walked many New York marathons and won many awards, Nick's father (an enthusiast not a walker), Vincent O'Sullivan (1984 U.S. Olympic at 50 Km), Dave McGovern, just getting started, Dan O'Connor (1984 Olympian at 20 Km), Gary Morgan (1988 Olympian at 20 Km), and many others who I don't remember. So we came to admire Nick and these many others. To qualify for the Olympic Trials at 55 is amazing and should be saluted and acknowledged. My wife Ingrid and I think he is an example to all racewalkers and athletes that age is not an obstacle." Regarding Nick and his mother, Andrew adds: "Nick's mother Mamie did not start racewalking until she was 65. She was becoming depressed about old age and did nothing for months. Nick saw this and encouraged her to come out for a walk with him. He showed her the racewalking style and she began to walk daily. One day she did a race in Central Park and won a medal in her age group. She was hooked. She never looked back and wom many medals and did all the Jacobson races and many New York Marathons, where she also won medals." **Don't try this at home.** Ray Sharp has reported that Ron Laird once taught a walking clinic to a bunch of liberal arts students at UC-Berkley. He told them that vigorous arm-pumping makes you walk faster. Someone asked him whether it would be beneficial to pump your armes twice for each step. Ray concludes, "Oh, the mockery we suffer for our noble pursuit!" **World Rankings.** An announcement from the IAAF Council meeting in Berlin reports that, beginning in 2004, IAAF World T&F Rankings will include a category for road events. This will include racewalking, as well as running events. . .**Marathon.** Dave McGovern reports that the Mobile (Alabama)

Marathon on December 26 is offering a judged racewalking division at both the marathon and half-marathon distances. The race director wants to see a big racewalk division and is offering a special $40 entry fee for racewalkers only. *(Ed. Doesn't seem very special to me, but I guess I'm still living in the days of 50 cent entry fees. It must be cheaper than the fee for runners.* Dave reports that it's a fun weekend, with free concerts, fireworks, etc. See the schedule of races for contact information. . .**Clinic.** A clinic in conjunction with the racewalking events in Pharr, Texas on Dec. 12-13 (see schedule of events) is being hosted by Tim Seaman. Tim will be joined by Ray Kuhles, coach at the U. of California in Pennsylvania and Erik Tysee, Norway's racewalking ace. The clinic will go from 1 to 6 pm on Saturday and 10 am to 1 pm Sunday. The clinic fee is $25, with all proceeds supporting youth in the South Texas Walking Club. TIi and Erik will also be competing in Sunday's 5 Km race.. . . **So, what happened?** I came across the following item in the March 1970 Ohio Racewalker: John C. Blackburn, our friend and publisher emeritus, now living in Van Wert, Ohio *(Ed. Since then living in Continental, Springfield, Xenia, and again in Springfield, Ohio)* more often known as Jack, who once planned a walk across the country , will be disappoinged to see the following. If he ever does his walk, he may not even be the first John Blackburn to do so. London: John Blackburn looks to the first day of April next and says "On that morning, with one kidney and in aid of transplant research, I will set out with my wife to walk from Los Angeles to New York. May God be with us." The Blackburns plan the 2785 mile trek to City hall, Manhattan, to help raise international interest in--and funds for--continued research into body organ transplanation. It is their way of thanking surgeons, the pioneers who took a kidney from John Blackburn and used it to save the life of one of his daughters. Blackburn, an artist, has every mile of the route strictly sceheduled. The shortest daily hike will total 23 miles. The biggest haul will be the 20-day, 97-miles from Indio to Blythe across California Desert. They are confidently determined to complete the marathon. For months, they have trained every day under the guidance of a man who already has jogged across the United States, British Olympic runner Bruce Tulloh. And they will be accompanied all the way by medical advisers, in truck and trailer. Journey's end in New York is set for June 25. Then John and Maude Blakcburn will be joined by their three children, including kidney recipient Victoria, for a 10,000 mile tour of the U.S. lasting about 6 weeks. *Unfortunately, I don't recall that I ever had a follow-up article or ever heard what happened to the venture. After all these years, does anyone else? We do know that Jack Blackburn never did attempt the cros country walk, but he did become U.S. Centurion No.19 in 1976 at age 40 and went on to complete four more 100 milers with a best time of 20:50:19 in 1981. And another Englishman, John Lees, did the LA to NYC walk in record time, but I don't remember just when. . .* **What's your gait signature?** Bev LaVeck included the following item in her most recent Pacific Pacers newsletter: "Washington (May 19, AP)--The Pentagon is developing a radar-based device that can identify people by the way they walk, for use in a new antiterrorist surveillance system. Operating on the theory that an individual's walk is as unique as a signature, the Pentagon has financed a research project at the Georgia Institute of Technology that has been 80 to 95 percent successful in identifying people. If the Defense Advanced Research Projects Agency, or DARPA, orders a prototype the individual "gait signatures" of people could become part of the data to be linked together in a vast surveillance system the Pentagon agency calls Total Information Awarness. That system already has raised privacy alarms on both ends of the political spectrum, and Congress in February barred its use against American citizens without further congressional review. Nevertheless, government documents reviewed by the Associated Press show that scores of major defense contractors and prominent universities applied last year for the first research contracts to design and build the surveillance and analysis system. At a cost of less than $1 million over the past 3 years, DARPA has been aiming a 1-foot-square radar dish at 100 test volunteers to record how they walk. Elsewhere at GeorgiaTech, DARPA is funding other researchers to use video cameras and computers to try to develop distinctive gait signatures." Of course, the vital question is--can they

detect lifting and creeping? Actually, your editor knows about DARPA first hand. During my 28 years at Battelle Memorial Institute Columbus Laboratories, primarily as a technical writer and editor, there was a six-year period during which I was an "information scientist", whatever that is. I was working in an information center that was operated under a DARPA contract (just ARPA during most of that period--the Defense was added on at some point). TACTEC (the Tactical Tecnhology Center--originally RACIC, the Remote Area Conflict Information Center) collected and disseminated information on,surprise, tactical technology, including other things as interesting as gait signatures. . .**If not gait signatures, perhaps psychological profiles (or what else is new?)** Just to show you that neither controversy on judging of racewalkers or identifying terrorists is new, this item from the May 1973 issue of the Guano Press, an irreverant newsletter on our sport that flourished for a short time in the early '70s. Greg Diebold wrote as follows: "We have followed with interest the recent, enlightening articles in the Ohio Racewalker on the complex and difficult task of judging a racewalk *(Ed. Yes, there were such discussions then, as well)*. In the interest of balanced reporting, Guano offers its own helpful hints. One must begin with the oft-stated truism that it is impossible to catch a walker off by means of the naked eye. As often as this obvious fact is repeated, the more the judges attempt to detect loss of contact, but nevertheless, another method must be found. The answer might well be found not in the pages of the ORW or in the mind of Chris McCarthy, but in the offices of the Federal Aviation Administration. For those of our readers unaccostomed to the latest in jet-age travel, the FAA has developed a hijackers' profile used in screening all passengers *(Ed. Think of that. Passenger screening)*, on the theory that all hijackers possess the same psychological traits. Guano believes that all cheaters possess the same traits as well. Once judges become aware of these traits, they can readily disqualify the cheaters--prior to the race, in fact. The first trait is hair color. One cannot underestimate the satanic symbolism involved in red hair. Redheads should get a red flag immediately with no questions asked. Ph.D.'s should be the next to go. Their general attitude is "who are these judges to DQ me?" Doctors from eastern liberal states, such as New York, should be especially suspect. Cahtolics obviously have a "holier than thor" atatitude and cannot be trusted. We note approvingly that San Francisco judges are beginning to agree with us in this respect. Vegetarians should get the ax for the same reason. And, if possible, they should be kept away from races altogether, since they are likely to create a scene. Driver's ed teachers are so used to driving, they cannot sustain the slow pace of walking and sooner or later break into a run. Those athletes who can speak five or six languages deserve and expect to get the chuck. Why else would they learn so many languages except to be able to understand cautions when they compete overseas. Finally, math teachers, engineers, and others with calculating, scheming minds cannot be trusted. They play the judges, and what's worse, usually are able to outsmart them." Ed. Obivously, there were a few slaps taken at specific individuals of that era, but to protect the innocent and the guilty, they will remain unnamed, not that I could name all, anyway, with my fading memory. Actually, some of that went over my head even at the time. Also, I might note that I had to clean up several typos from the original, as the Guano Press apparently was trying to follow in the hallowed footsteps of the ORW.

Lifting--An Advantage?

As suggested above, the recent discussions on lifting in these pages are nothing new--lengthy commentaries on the general topic of judging our event rear up every few years. Last month, we ran several reactions to the Ron Daniel article "When is Lifting an Advantage?" that appeared in the September issue. Now we have a reaction both to that article and to the comments that followed. It's been nearly 10 years ago that Martin Smith, a veteran Iowa racewalker and keen observer of the scene, wrote a very well-thought out essay on the a

proposed "Run-Alarm" that was in the news at that time. Here are Martin's comments on the present issues, which like much of the other discussion, get rather technical and a bit over the head of one like me (Bob Mimm will not approve), but are interesting, nonetheless.

I see the great lifting controversy is back for another go around--complete with the misplaced hurdle takeoff analogy (back ten years after I thought we demolished it). My main complaint about Ron Daniel's article in the September issue was his seeming unwillingness to offer judgments about what really happens during racewalking. With his considerable experience, I expected him to have reached some conclusions. The comments you subsequently published in October covered the basic shortcomings in Daniel's analysis. Those comments also raised other issues.

Ray Sharp got it right. One might add extreme headwinds to the bad places for lifting, but the general advantage in speed or reduced aerobic power requirement seems clear.

Others had criticisms or different analyses of what happens during "float time." By chance, *Track Coach,* number 165 (Fall, 2003), published "Radar Technology As a Tool for the Sprint Coach," by David Headly of the Collegiate School, Richmond, Virginia. In this article, Figure 1 shows an "expected horizontal speed-time curve for a full sprint over two complete steps." This graph shows speed falling from initial contact to a minimum near the midpoint of contact, then increasing to a maximum at loss of contact. During the air time, speed gradually falls until the next ground contact. Daniel and others who mention braking at ground contact implicitly accept a similar curve for speed through the racewalking step (with air time much reduced or, for actual double contact, zero).

None of them mentions the obvious conclusion. For a racewalker, time off the ground begins at the point of maximum horizontal velocity and slowing during float time is not important. Because a walker spends a larger time fraction near peak speed, lifting increases average speed. Does the walker have to pay for this speed increase with higher aerobic power output by pushing harder?

The thrust force required for a walker at any steady-state speed depends only on the braking forces. During lifting, average ground force during contact must increase to offset the time not supported. The resulting increase in braking force per step should closely offset the decrease in number of steps. This assumes the leading leg to have the same angle at contact whether lifting or maintaining contact. To increase total braking force during a race, the advancing foot would have to contact farther ahead of the center of gravity when lifting than when achieving double contact. I doubt that anyone believes good racewalkers do that!

In contrast to Sharp, I believe the major energy penalty of staying on the ground is not the hip drop on the advancing leg side or other gyrations. The real energy burner is the extremely rapid recovery swing of the advancing leg. To maintain contact, the advancing foot must move forward at least twice as fast (on average) as the center of gravity, much faster than the leg's natural pendulum frequency or for running at the same speed. (In this recovery swing, racewalkers must avoid increasing pendulum frequency by bending the knee to an acute angle, because it would raise the body's center of gravity at midstance, almost assuring (obvious) loss of contact.) Loss of contact allows this recovery to be slightly slower, reducing aerobic demand at any given speed.

Tim Lewis and Allen James can not actually push themselves forward and downward when racewalking. If flexibility and coordination allow them to develop their forward thrust with smaller vertical force than their competitors, that is still an advantage for maintaining contact. During the push phase, a walker must have an average vertical ground force less than the body weight if the walker is not to lose contact. Because the advancing foot contacts the ground ahead of the center of gravity, the vertical component of leg length is shorter at initial contact than at midstance. The c.g. must fall to allow the advancing foot to reach the ground. (Zounds! The Alexander model, so much maligned in 1992-1993, got that part right.)

While some have suggested that speed loss during float time is insignificant, none have compared that loss to other speed variations. We can use the tradeoff between kinetic and potential energy to estimate loss of horizontal speed during the braking phase of the racewalk step. For a 60 kg mass walker going 4.00 meters per second at toeoff with 0.000 seconds double contact time and 0.000 seconds air time, kinetic energy is 480 kg*meters**2/second**2. (KE=1/2mv**2, using Armbrust's notation, thus showing my age, I suspect.) If ground contact occurs with a lead leg angle of arccosine 0.9875 (about 9 degrees) before vertical and effective leg length is 80 cm, the c.g. must rise 1.00 cm to midstance. (For simplicity, I ignore the well-known methods for reducing this rise.) The gravitational PE change, (represented by PE=mgh) is 5.88 kg*meters**2/second**2. Subtracting the PE increase at midstance from the toeoff KE gives the midstance PE=474.12 kg*meters**2/second**2. The corresponding velocity is 3.9754 meters per second, so the velocity loss from braking is 0.0246 meters/second.

This loss in speed is about ten times that calculated for loss to drag during 0.02 seconds air time in the latter part of Armbrust's letter. It seems reasonable to consider unimportant the loss of speed during float time. However, for the entire step, aerodynamic drag might be comparable to the foot contact braking during the first half of the support phase. Note that the muscular forces required to move the legs faster than their natural pendulum frequency are probably large compared to external forces of contact-related braking and aerodynamic drag.

How To Increase Racewalking Speed

by Bob Carlson

(This article appeared in the June 2001 issue of Bob's club newsletter, Front Range Walker News. *Bob is the author of two books:* Walking for Health, Fitness and Sport, *Fulcrum Publishing Company, Golden, Colorado, 1996, and* Health Walk, *Fulcrum, 1988, the latter written in conjuncton with Dr. O. J. Seiden.)*

I have often heard runners who want to try walking say that they cannot walk fast enough to get a decent workout. That may be true for ordinary walking when you depend mainly on momentum to carry you forward. But these persons are surprised to discover that legal fast walking has the same benefits as jogging or fast running if similar energy output is expended. It all has to do with proper technique--that is, using the walking muscles to their best advantage. Actually, many more muscles are called into play during racewalking than running. Anyone can learn to have good tecnhique by utilizing the following principles to gain walking efficiency through practice.

It is wise to warm up a bit prior to vigorous walking, but only by stretching lightly until the muscles and tendons are warmed up by slow walking or doing some arm and shoulder lossening exericses, such as arm swings similar to the swimming backstroke. Remember that you can do almost any type of stretching after a workout when the muscles and tendons are warm and flexible. They tend to act like ropes when cold but like rubber bands when warm as they stretch nicely.

It is known by the better racewalkers that the keys to faster walking are increased foot speed (turnover), stride length, and the amount of toe push you can attain as the toe leaves the ground at the rear of the stride. Learning to optimize these technique factors will surely increase speed if they are practiced regularly. You can increase turnover by walking downhill rapidly on about a 5 degree slope and uphill to develop firmer toe push. Drive the non-supporting knee forward low and vigorously, which will bring the powerful hip flexors into play. Avoid a high knee lift as the leg swings forward.

A very important factor is to elevate the toes as the foot lands by flexing the ankle joint such that the heel strikes the ground first. Plopping the foot down flat is very inefficient because of

its braking action. This plopping negates the rolling across the entire foot during each stride--one vital key to fast walking. Beware of shoes with high heels--the leverage caused by high heels causes foot slapping and loss of forward power. Good racewalking shoes have a low profile and relative smooth soles. Beginners will feel a bit of soreness in the shins as the anterior tibialis muscle and tendon is stretched beyond its accustomed range of action. The elevation of the toes causes the knees to straighten, which is necessary for efficient, legal walking technique.

Overstriding to the front of the body also has a slowing effect, as it creates difficulty in pulling the torso center of mass over the striding leg. This "hiker stride" slows a walker by causing a reverse force up the striding leg. Some coaches say that the stride for non-elite walkers should be 30 percent to the front and 70 percent to the rear. The elite walkers tend to land the heel a very short distance in front and then extend the toes far to the rear to achieve good stride length. But this is inefficient for beginners as their stride will be too short due to less hip rotation than the flexible elites can accomplish. Keep the feet close to each other, close to the ground, pointed straight ahead and land one directly in front of the other. Good hip rotation can extend the stride up to 8 inches with no extra effort. This extra distance really mounts up as you realize how many strides you take in 5 or 10 Km walk.

Walkers must keep in mind that keeping the arms bent at a 90 degree angle and swinging them through a limited motion from the point where the thumb is at the rear pocket to about 6 inches in front of the center of the breast bone is a great aid in creating proper rotation because of a counterbalancing effect on the torso. The elbows must be kept close to the side as they swing to prevent them from having sideways motions (sometimes called "chicken winging"). Keeping the elbows at close to a 90 degree angle is very important in helping proper hip rotation. Stand in front of a full-length mirror, pump the bent arms vigorously with the elbows in close to your side and see how this works. Straighten you legs alternatrely and bring the other (bent) knee in toward the body's center line. Your hips shoud rotate naturally without forcing them to do so.

Experienced walkers gain speed by pushing the toes backwards as they leave the ground. Our very strong hip flexors must be used to provide much of the power needed for fast walking as the toes push powerfully backwards. Also strong calf, ankle, and toe muscles are key factors. There are exercises that can increase the strength of these muscles through practice--things such as walking on the heels only or doing toe lifts to raise the body up and down. Since many beginners don't leave their feet on the ground long enough to the rear of the stride, a good exercise is to drag the toe lightly as it starts to go forward. The walker can then sense what it feels like to keep the foot on the ground long enough to provide a push. You can practice toe push all day long no matter where you are walking if you learn to keep the rear foot on the ground until you can feel it pushing backwards.

Bending forward from the waist hinders hip rotation and may cause swayback and lower back strain. It also shortens the stride. The body should remain vertical and straight during the entire stride. Be sure to maintain good posture at all times. Also, keep the head erect. Bending it forward and dropping the chin can restrict breathing. The ability of the body to process oxygen has a profound effect on how fast you walk. VO2 max is the term for maximum oxygen capacity of an athlete. Numbers in the 40s or 50s are common for non-elites, but can range up to 90 for the world's best.

Tightness is the walker's enemy. Tight shoulders seem to tighten the whole body. The muscles must be kept loose and flexible through stretching and loosening exercises to develop the smooth flowing style of the best walkers. Practice, practice, practice. You must keep in mind that the more things that are done correctly, the faster you can walk from one place to the other.

Hey! We aint dead yet!

An item in the July 29, 1940 issue of *Newsweek:*

Aside from Alfred E. Smith's much-publicized political stroll in 1936, no walking event has captured nationwide attention for many a moon. Walking as a competitive sport--big time stuff 40 years ago--appears to be staggering on its last legs.

One of the featured walking races of track the calendar--the 10,000 meters (about 6 1/5 miles)--stirred up practically no excitement last week in Sportsman's Park, St. Louis. Panting and perspiring, Albert Cicerone, a 31-year-old Prudential Insurance Co. clerk from Newark, N.J., nipped the tape 300 yards in front of his nearest rival, William Mihalo of Detroit. Cicerone, who for two months of training had frequently hiked 3 miles from home to his office and back, took 52 1/10 minutes *(Ed. actually 52:00.1)* to complete the course, far over the world's 10,000-meter record of 43:25.2, set by Edgar Bruun of Norway in 1937.

In fact, in the list of the ten fastest times at distances ranging from 5000 meters up to 50,000 meters, there is not one United States representative. The best that Ernie Crosbie, leading United States long-distance walker, could do in the 1936 Olympics was to finish 21st. In front of him were clusters of Englishmen, Germans, Swiss, and Latvians--countries which really have excelled at the sport.

Competitive walkers--good ones can cover a mile in 7 minutes 30 seconds, or at the rate of 8 miles an hour, about twice as fast as the average man stepping on all cylinders--claim that it takes more energy to walk a fast mile than to run it. The strain, while not as severe on the heart, is much more so on the muscles, particularly over the shin bones. Nevertheless, walkers retain their vigor much longer than athletres in other branches of sport, many still competing actively beyond 40. *(Ed. Imagine that!)*

The trouble with most Americans is that in their thirst for speed, they have paid too little attention to learning proper form. The result is that, under tension, the walkers frequently break into a run, which prompts officials to wave them off the track.

Rules describe the legal walking gait as follows: the toe of the rear foot must not leave the ground until the heel of the other front foot has touched the ground. *(ed. How many front feet are there?)* The knee of the forward leg must be locked while the heel contacts the ground. Done properly, the stride sets up a hula motion of the hips. *(Ed. All we need is some ukulele accompaniement as we continue to stagger along on those last legs.)*

LOOKING BACK

35 Years Ago (From the Nov. 1968 ORW)--Gary Westerfield dominated racewalking events at the 11th Annual Ohio Track Club Distance Carnival. On the first day, he won the 7 mile by 5 seconds from Jack Blackburn in 55:01. Canadian Max Gould captured the master's division in 57:17. The following day, Westerfield was back for an easy 15 mile win in 2:06:13, with Jack Mortland, who had been busy conducting the 10 mile run the day before, a distant second (2:11:15). . .Fat Jack (Blackburn) won the Cincinnati Thanksgiving Day "6" mile (actually well short) in 41:53. . .Odd distances seemed to be in vogue as Rudy Haluza won a "7" miler (said to be closer to 6 1/2) in 47:00 and Dave Romansky beat Shaul Ladany and John Knifton in a 20.6 mile race in 2:49:52

30 Years Ago (From the Nov. 1973 ORW)--Our Fourth Annual World Rankings, published a month earlier than usual, saw Hans-Georg Reimann (GDR) and Bernd Kannenberg (West Germany) on top at 20 and 50, respectively. Ron Laird was ranked fifth in the 20, the only U.S. walker ranked. We hadn't yet started women's rankings, not because of sexism, but because there wasn't enough reported activity to justify rankings.

25 Years Ago (From the Nov. 1978 ORW)--Once again the rankings came early. On top of the world at 20 was Mexico's Daniel Bautista. His countryman, Raul Gonzales, topped the 50. Todd

Scully and Marco Evoniuk were number one in the U.S. at the two distances. On the women's side, Sweden's Britt-Marie Carlsson and Siv Gustavsson were ranked number one at 5 and 10 Km, respectively. Susan Liers was number one in the U.S. at both distances. . .June MacDonald won the U.S. women's title at 15 Km in 1:27:10. . .Martin Kraft did 20 Km on the track in 1:33:42 and combacking Bob Henderson covered 8 miles and 30 yards in a 1 Hour race.

20 Years Ago (From the Nov. 1983 ORW)--The National 100 Km race, held in Arlington, Virginia, went to Brian Savilonis in 10:33:12, with defending champion Bob Keating about 9 1/2 minutes back, but gaining ground over the final 25 Km. Two-time winner and early leader Alan Price was third in 10:44:08. Chris Knotts was fourth, and Sal Corrallo beat Jack Blackburn for the master's title as they finished fifth and sixth. Bev LaVeck was next and the first woman in 12:04:17. . .Mike Morris won the National 2 Hour title in New Jersey, covering 14 miles 1690 yards and leaving Mike O'Rourke better than a quarter mile behind. . .Dan O'Connor broke the American 50 Km record (track) with a 4:12:46 in Irvine, Cal. . .The Canadian National 50 Km was a fast race, with Guillaume LeBlanc winning in 3:58:32, 4 minutes ahead of Francois LaPointe. O'Connor was third in 4:14:35, some 4 weeks prior to his record effort. . .Morris also had a 1:31:58 for 20 Km at Niagara Falls, edging Peter Timmons, who was given the same time. Ed O'Rourke was 7 seconds back.

15 Years Ago (From the Nov. 1988 ORW)--Lynn Weik was an easy winner in the Women's National 20 Km, held on Long Island. Her 1:45:37 left Karen Rezach nearly 10 minutes behind. Susan Travellin edged Susan Liers for third, with both given 1:57:04, and Canada's Christine Ostiguy also went under 2 hours with 1:58:06. In the accompanying National 30 Km men's race, Dan O'Connor finished 5 minutes ahead of Jeff Salvage to win in 2:24:15. Curtis Fisher and Curt Clausen followed Savage.

10 Years Ago (From the Nov. 1993 ORW)--Allen James was an easy winner of the National 30 Km in Atlanta. His 2:14:31 left Canada's Martin St. Pierre 6 minutes behind. (Uncontested winner would be the better term. Nothing particularly easy about covering 30 Km in 2:14.). Bohdan Bulakowski led the masters with his 2:29:30 in third. . .A 5 Km race in Connecticut saw Lyn Brubaker (23:41) and Dave McGovern (21:03) winning over Susan Armenta (24:35) and Rob Cole (21:25). Marc Varsano had a 21:40 for third in the men's race.

5 Years Ago (From the Nov. 1998 ORW)--These guys just keep going, albeit somewhat slower. The results of the Blackburn 100 Km race in Yellow Springs, Ohio have a lot of resemblance to the National 100 Km in 1983 (see above). Winning was Bob Keating in 12:15:16, with Chris Knotts (12:34:17) second, and Allen Price (12:50:17) third. Keating and Price were both 51, Knotts 42. And in sixth, was 62-year-old Jack Blackburn.

Last month we listed the world records at the ultra-distance events. Perhaps the most popular of those events is the 100 mile race. In order to qualify as a Centurion, an athlete must complete the distance in 24 hours or under. The first Americans to accomplish the feat, at least as far as available records tell us, were J.B. Gillie, M.J. Ennis, and J. Schmidt in an 1878 race. The event was then neglected until revived in Columbia, Missouri in 1967, when 60-year-old Larry O'Neill became the fourth U.S. Centurion. The Columbia event became an annual affair and Larry went on to finish five more of them, four in Columbia and one in Los Angeles. But, it was not until 1970 that another competitor completed the distance in the U.S. That was Canada's John Argo, who became the fifth USA Centurion--those who complete the distance on U.S. soil, regardless of nationality. Two-time Olympic 50 km bronze medalist Larry Young became No. 6 the next year in his only attempt at the distance. His 18:07:12 is still the best ever by an American, but has an

asterisk after it since torrential rains drove the event indoors on a 220-yard track. By the mid'70s, the event suddenly became quite popular, with other sites offering races. From 1978 to 1985 and t and then in 1987 and 1993 there was a 100 mile race on the National Championship program. By the time Alan Price took up the event in 1978 there were 22 US Centurions. Alan became the most prolific, eventually finishing 23 100 milers between 1978 and 1993. In both 1980 and 1983, he completed 3 centuries. Actually, in 1980, he did the three in a 3-month period, and in 1982 in a 3 1/2 month period. Over the six yearaas from 1979 through 1984, he did 14 100s. His best was an 18:46:13 in 1984, and he was under 20 hours on nine occasions. Leonard Busen followed Price with 11 centuries and Chuck Hunter completed eight. The 1978 Columbia race was not only Alan Price's first, but also saw the first female US Centurion, Elsie McGarvey. There were a record 10 finishers that year. Seven other women have made the list since. McGarvey did her second century in 1980 and is the only women to do so. To date, their are 57 USA Centurions, but interest in the event seemed to drop sharply after 1989. A race in Golden, Colorado in 2000 saw 9 finishrs, all of them new USA Centurions, but only one was a U.S. citizen. Here is what, I believe is an up to date list of USA Centurions.

USA Centurions

Name	Country	C #	C Date	C Location	C Time	C Age	Birthdate
Gillie, J.B	USA	1	10-May-78	?	21:00:42	?	
Ennis, M.J.	USA	2	10-May-78	?	23:31:56	?	
Schmidt, J.	USA	3	10-May-78	?	23:46:15	?	
O'Neil, Larry	USA	4	23-Sep-67	Columbia, MO	19:24:34	60	01-Jan-07
O'Neil, Larry	USA	4	21-Sep-68	Columbia, MO	20:51:30	61	01-Jan-07
O'Neil, Larry	USA	4	26-Sep-70	Columbia, MO	20:42:42	63	01-Jan-07
O'Neil, Larry	USA	4	30-Oct-70	Los Angeles, CA	21:49:32	63	01-Jan-07
O'Neil, Larry	USA	4	28-Sep-74	Columbia, MO	21:53:26	67	01-Jan-07
O'Neil, Larry	USA	4	01-Oct-77	Columbia, MO	21:55:23	70	01-Jan-07
Argo, John	Canada	5	26-Sep-70	Columbia, MO	23:22:50	56	29-Apr-14
Argo, John	Canada	5	06-Oct-73	Columbia, MO	23:18:45	59	29-Apr-14
Argo, John	Canada	5	25-Sep-76	Columbia, MO	23:43:10	62	29-Apr-14
Young, Larry	USA	6	18-Sep-71	Columbia, MO	18:07:12	28	10-Feb-43
Clegg, Chris	USA	7	18-Sep-71	Columbia, MO	22:46:14	54	04-May-17
Knoppe, Ben	USA	8	16-Sep-72	Columbia, MO	22:15:05	29	22-Jun-43
McCoun, Carl	USA	9	16-Sep-72	Columbia, MO	23:52:08	25	14-Jan-47
Ladany, Shaul	Israel	10	06-Oct-73	Columbia, MO	19:38:26	37	01-Jan-36
Hunter, Chuck	USA	11	06-Oct-73	Columbia, MO	21:17:33	36	01-Jan-37
Hunter, Chuck	USA	11	28-Sep-74	Columbia, MO	21:14:17	37	01-Jan-37
Hunter, Chuck	USA	11	04-Oct-75	Columbia, MO	20:26:29	38	01-Jan-37
Hunter, Chuck	USA	11	25-Sep-76	Columbia, MO	20:05:50	39	01-Jan-37
Hunter, Chuck	USA	11	01-Oct-77	Columbia, MO	20:55:25	40	01-Jan-37
Hunter, Chuck	USA	11	23-Sep-78	Columbia, MO	21:23:44	41	01-Jan-37
Hunter, Chuck	USA	11	22-Sep-79	Columbia, MO	23:13:56	42	01-Jan-37
Hunter, Chuck	USA	11	26-Sep-87	Columbia, MO	22:50:21	50	01-Jan-37
Markon, John	USA	12	06-Oct-73	Columbia, MO	21:57:40	44	01-Jan-29
Chapin, Bob	USA	13	28-Sep-74	Columbia, MO	20:09:20	42	16-Oct-31
Chapin, Bob	USA	13	23-Sep-78	Columbia, MO	19:46:23	46	16-Oct-31
Chapin, Bob	USA	13	22-Sep-79	Columbia, MO	21:13:44	47	16-Oct-31
Chapin, Bob	USA	13	27-Sep-80	Columbia, MO	20:22:07	48	16-Oct-31
Chapin, Bob	USA	13	03-Oct-81	Columbia, MO	21:48:29	49	16-Oct-31
Chapin, Bob	USA	13	25-Sep-82	Columbia, MO	20:23:09	50	16-Oct-31
Leuthold, David	USA	14	28-Sep-74	Columbia, MO	22:31:43	41	20-Nov-32
Busen, Leonard	USA	15	28-Sep-74	Columbia, MO	23:07:27	44	16-Mar-30
Busen, Leonard	USA	15	04-Oct-75	Columbia, MO	22:39:00	45	16-Mar-30
Busen, Leonard	USA	15	25-Sep-76	Columbia, MO	21:49:21	46	16-Mar-30

Busen, Leonard	USA	15	01-Oct-77	Columbia, MO	20:04:46	47	16-Mar-30
Busen, Leonard	USA	15	23-Sep-78	Columbia, MO	19:40:20	48	16-Mar-30
Busen, Leonard	USA	15	22-Sep-79	Columbia, MO	22:11:19	49	16-Mar-30
Busen, Leonard	USA	15	27-Sep-80	Columbia, MO	20:52:47	50	16-Mar-30
Busen, Leonard	USA	15	01-Nov-80	Columbia, MO	21:11:06	50	16-Mar-30
Busen, Leonard	USA	15	09-May-81	Columbia, MO	22:50:59	51	16-Mar-30
Busen, Leonard	USA	15	03-Oct-81	Columbia, MO	23:27:24	51	16-Mar-30
Busen, Leonard	USA	15	25-Sep-82	Columbia, MO	23:17:44	52	16-Mar-30
Spier, Rob	USA	16	04-Oct-75	Columbia, MO	21:18:33	53	12-Jun-22
Spier, Rob	USA	16	25-Sep-76	Columbia, MO	22:35:01	54	12-Jun-22
Gragg, Bob	USA	17	04-Oct-75	Columbia, MO	23:16:28	50	19-Aug-25
Gragg, Bob	USA	17	25-Sep-76	Columbia, MO	23:37:30	51	19-Aug-25
Gragg, Bob	USA	17	01-Oct-77	Columbia, MO	23:07:52	52	19-Aug-25
Gragg, Bob	USA	17	23-Sep-78	Columbia, MO	23:03:42	53	19-Aug-25
Gragg, Bob	USA	17	22-Sep-79	Columbia, MO	23:48:42	54	19-Aug-25
Gragg, Bob	USA	17	27-Sep-80	Columbia, MO	23:31:33	55	19-Aug-25
Hirt, Augie	USA	18	25-Sep-76	Columbia, MO	19:55:16	25	01-Jan-51
Blackburn, Jack	USA	19	25-Sep-76	Columbia, MO	22:11:57	40	21-Nov-35
Blackburn, Jack	USA	19	01-Oct-77	Columbia, MO	21:18:26	41	21-Nov-35
Blackburn, Jack	USA	19	23-Sep-78	Columbia, MO	21:13:54	42	21-Nov-35
Blackburn, Jack	USA	19	09-May-81	Columbia, MO	20:50:19	45	21-Nov-35
Blackburn, Jack	USA	19	25-Sep-82	Columbia, MO	22:03:35	46	21-Nov-35
Hendricks, Paul	USA	20	01-Oct-77	Columbia, MO	19:45:17	34	11-Nov-42
Hendricks, Paul	USA	20	23-Sep-78	Columbia, MO	19:10:37	35	11-Nov-42
Hendricks, Paul	USA	20	01-Nov-80	San Diego, CA	18:48:52	37	11-Nov-42
Brown, Jerry	USA	21	01-Oct-77	Columbia, MO	21:59:34	35	01-Jan-42
Myers, Richards	USA	22	01-Oct-77	Columbia, MO	22:57:37	41	24-Aug-36
Myers, Richards	USA	22	23-Sep-78	Columbia, MO	21:44:26	42	24-Aug-36
Price, Alan	USA	23	23-Sep-78	Columbia, MO	18:57:01	31	03-Jan-47
Price, Alan	USA	23	11-Aug-79	Ft. Meade, MD	21:09:09	32	03-Jan-47
Price, Alan	USA	23	22-Sep-79	Columbia, MO	19:52:15	32	03-Jan-47
Price, Alan	USA	23	02-Aug-80	Ft.Meade, MD	21:51:35	33	03-Jan-47
Price, Alan	USA	23	27-Sep-80	Columbia, MO	19:28:16	33	03-Jan-47
Price, Alan	USA	23	01-Nov-80	San Diego, CA	19:55:22	33	03-Jan-47
Price, Alan	USA	23	09-May-81	Muthuen, MA	20:09:18	34	03-Jan-47
Price, Alan	USA	23	03-Oct-81	Columbia, MO	20:21:33	34	03-Jan-47
Price, Alan	USA	23	07-Aug-82	Ft. Meade, MD	19:43:51	35	03-Jan-47
Price, Alan	USA	23	25-Sep-82	Columbia, MO	19:43:51	35	03-Jan-47
Price, Alan	USA	23	20-Nov-82	San Diego, CA	19:35:44	35	03-Jan-47
Price, Alan	USA	23	06-Aug-83	Ft. Meade, MD	23:09:33	36	03-Jan-47
Price, Alan	USA	23	17-Sep-83	Columbia, MO	22:36:54	36	03-Jan-47
Price, Alan	USA	23	04-Aug-84	Ft. Meade, MD	21:18:27	37	03-Jan-47
Price, Alan	USA	23	29-Sep-84	Columbia, MO	18:46:13	37	03-Jan-47
Price, Alan	USA	23	28-Sep-85	Columbia, MO	20:32:06	38	03-Jan-47
Price, Alan	USA	23	02-Aug-86	Ft. Meade, MD	23:49:00	39	03-Jan-47
Price, Alan	USA	23	01-Oct-86	Springfield, OH	22:34:00	39	03-Jan-47
Price, Alan	USA	23	01-Aug-87	Ft. Meade, MD	21:51:00	40	03-Jan-47
Price, Alan	USA	23	26-Sep-87	Columbia, MO	20:58:42	40	03-Jan-47
Price, Alan	USA	23	30-Sep-89	Columbia, MO	19:54:11	42	03-Jan-47
Price, Alan	USA	23	21-Sep-91	Columbia, MO	20:41:31	44	03-Jan-47
Price, Alan	USA	23	25-Sep-93	Xenia, OH	21:03:07	46	03-Jan-47
McGarvey, Elsie	USA	24	23-Sep-78	Columbia, MO	22:52:31	49	30-Jun-29

McGarvey, Elsie	USA	24	01-Nov-80	San Diego, CA	23:46:17	51	30-Jun-29
Dyke, Albert van	USA	25	23-Sep-78	Columbia, MO	23:12:56	53	15-May-25
Hugener, Dave	USA	26	12-May-79	San Diego, CA	21:30:27	41	01-Jan-38
Hugener, Dave	USA	26	01-Nov-80	San Diego, CA	20:34:39	43	01-Jan-38
Reeves, Doug	USA	27	12-May-79	San Diego, CA	23:19:50	31	01-Jan-48
Reeves, Doug	USA	27	09-May-80	San Diego, CA	22:45:12	32	01-Jan-48
Amoroso, Chris	USA	28	22-Sep-79	Columbia, MO	22:40:01	45	01-Jan-34
Herrman, Gerard	USA	29	22-Sep-79	Columbia, MO	23:39:53	35	22-Sep-44
Lattarulo, George	USA	30	22-Sep-79	Columbia, MO	23:50:37	31	26-May-48
Rem, Jonathan	USA	31	01-Nov-80	San Diego, CA	19:19:46	25	01-Jan-55
Sutton, Dale	USA	32	01-Nov-80	San Diego, CA	22:03:45	41	29-Sep-39
Sutton, Dale	USA	32	20-Nov-82	San Diego, CA	23:36:55	43	29-Sep-39
Sutton, Dale	USA	32	30-Sep-89	Columbia, MO	20:21:43	50	29-Sep-39
Marshall, Robert	USA	33	01-Nov-80	San Diego, CA	22:39:40	38	01-Jan-42
Escobedo, Mario	USA	34	28-Feb-81	El Cajob, CA	21:57:23	22	01-Jan-59
Escobedo, Mario	USA	34	09-May-81	Methuen, MA	23:06:50	22	01-Jan-59
Keating, Bob	USA	35	09-May-81	Methuen, MA	20:31:26	34	01-Jan-47
Keating, Bob	USA	35	29-Sep-84	Columbia, MO	21:42:53	37	01-Jan-47
Keating, Bob	USA	35	25-Sep-93	Xenia, OH	22:01:46	46	01-Jan-47
Etherton, Bruce	USA	36	25-Sep-82	Columbia, MO	23:25:46	42	01-Jan-40
Etherton, Bruce	USA	36	29-Sep-84	Columbia, MO	23:51:16	44	01-Jan-40
Sigler, Phil	USA	37	25-Sep-82	Columbia, MO	23:54:00	43	01-Jan-39
Kelly, John	USA	38	20-Nov-82	San Diego, CA	19:42:11	53	01-Jan-29
LaVeck, Beverly	USA	39	20-Nov-82	San Diego, CA	21:42:14	46	01-Jan-36
Dooley Tom	USA	40	20-Nov-82	San Diego, CA	22:30:31	36	01-Jan-46
Kemp, Liz	USA	41	20-Nov-82	San Diego, CA	23:50:50	19	01-Jan-63
Custer, Chris	USA	42	17-Sep-83	Columbia, MO	23:50:49	30	01-Jan-53
Hindman, Darwin	USA	43	28-Sep-85	Columbia, MO	22:43:30	52	01-Jan-33
Franks, Ray	USA	44	30-Sep-89	Columbia, MO	22:46:19	56	01-Jan-33
Thorpe, Dave	USA	45	30-Sep-89	Columbia, MO	23:14:48	45	01-Jan-44
Thorpe, Dave	USA	45	25-Sep-93	Xenia, OH	23:52:16	49	29-Apr-44
Roubideaux, Veda	USA	46	30-Sep-89	Columbia, MO	23:21:06	43	06-Mar-46
Mandall, Niall	USA	47	21-Sep-91	Columbia, MO	23:16:55	48	01-Jan-43
Majetic, Ivo	Czech Rep.	48	25-Sep-93	Xenia, OH	18:26:24	25	21-Jun-68
Brown, Richard	Great Britain	49	24-Sep-00	Golden, CO	20:29:45	53	18-Nov-46
Brown, Sandra	Great Britain	50	24-Sep-00	Golden, CO	21:50:57	51	01-Apr-49
Schaerlaeckens, Ludo	Belgium	51	24-Sep-00	Golden, CO	22:20:36	40	25-Mar-60
Bhatti, Parminder	Great Britain	52	24-Sep-00	Golden, CO	23:05:10	45	14-Aug-55
Green, Jill	Great Britain	53	24-Sep-00	Golden, CO	23:35:07	58	10-Oct-41
Neubacher, Herbert	Germany	54	24-Sep-00	Golden, CO	23:36:38	47	03-Mar-53
Poulsen, Eric	USA	55	24-Sep-00	Golden, CO	23:48:10	49	25-Jul-51
Elsenga, Christina	Netherlands	56	24-Sep-00	Golden, CO	23:49:30	36	05-Aug-64
Tranter, Geoff	Great Britain	57	24-Sep-00	Golden, CO	23:49:52	52	03-Apr-48

This picture comes from Shaul Ladany's collection of old cards. A search of the records tells me that England's George Larner won two golds in the 1908 Olympic Racewalks in London. On July 14, he won the 3500 meter event in 1:14:55, having won a preliminary heat the previous day. On July 18, he came back to win at 10 Miles in 1:15:57.4, again after winning a heat the previous day. Larner won British titles at 2 miles in 1904, 1905, and 1908 and at 7 miles in 1904, 1905, and 1911. During that period, he set British records at 1,3, and 4 miles, as well as 5 Km. H.V.L. Ross won the London-Brighton race of 52 miles plus at that time in 1909 and 1920 with a record of 8:11:14 in 1909 that stood until 1930.