Some results:


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Races to end the old and ring in the new

Fri. Dec. 12 1 Mile (ages for ages 12 and under, 13-18), Pharr Texas, 5 pm (T)
Sat. Dec. 13 South Region 5 Mile, Pharr, Texas (T)
2.8 Miles, Seattle, 9 am (C)
Indoor 1 Mile, Cambridge, Mass. (C)
Sun. Dec. 14 5K, 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)
50K (track), Santa Clara, Calif., 9 am (R)
Sat. Dec. 20 5 and 10K, , Washington, D.C., 8:30 am (O)
Sun. Dec. 21 5K, Denver, 9 am (H)
1 Hour, Red Bank, N.J., 10 am (A)
Sat. Dec. 27 5K, Denver, 10 am (H)
Sun. Dec. 28 Indoor 1 Mile, New York City (G)
Indoor 3K (and possibly 5K), Brentwood, N.Y. (T)
(1/2 Marathon and Marathon, Mobile, Ala. (I)
Sat. Jan. 3 Indoor H.S. 1500 meters, New York City (G)
Sun. Jan. 4 50K, Houston (Y)
Sun. Jan. 11 Indoor 1500 and 3000 meters, New York City (G)
Indoor 5K and 3K, Atlanta, Va., 7:45 am (O)
Sun. Jan. 18 Indoor 1500 and 3000 meters, New York City (G)
Indoor 5K and 3K, Atlanta, Va., 7:45 am (O)
Fri. Jan. 30 Indoor 1 Mile, New York City (G)
Sun. Feb. 8 Indoor 3K (and possibly 5K), Brentwood, N.Y. (F)
Indoor 11000 meters and 3K, Atlanta, Va., 7:45 am (O)
Sun. Feb. 14 Indoor 1500 meters, New York City (G)
Sun. Feb. 22 5K and 10K, Los Angeles (Y)

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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
O—Stella Cashman, 320 East 83rd St., New York, NY 10028
H—Bob Carlson, 2261 Glencoe St., Denver CO 80207
L—Leg Mason Funds First Light Marathon, 151 South Ann Street, Mobile, AL 36604
J—Walking of Georgia, P.O. Box 19011, Atlanta, GA 31119
K—Gary Waterfield, 350 Old Willets Path, Smithtown, NY 11775
L—Diane Graham-Henry, 442 West Burton, Chicago, IL 60614
M—Vince Peters, 607 Oscar Circle, Yellow Springs, OH 45387, 937-767-7424
O—Sal Corallo, 72 Creek Drive, Millsboro, DE 19966
P—Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
Q—Florida Atlantic Club-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066
FROM HEEL TO TOE

2003 Awards. National Racewalking 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 Easter 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 in the summer of 1965. The Mike Riben Award for the outstandingcontributor 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 Stuier. Vince also notes that Steve Vaione has been elected to serve as the Vice Chair of the Racewalking 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 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, Ca. on Feb 15. Bledara tribute. As noted last month's issue, Nick Bleda qualified for those 50 Km trials at age 55. Andrew Crane in Ocala, Fl. writes regarding Nick and his achievement: "When I read about Nick Bleda, the following came to mind. 1984 at Howard Jacobson's first racewalking camp in the Catskills. Present were Nick Bleda, Marnie Bleda, 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. Olympian at 50 Km), Dave McGovern, just getting started, Dan O'Connor (1984 Olympian at 20 Km), Gary Morgan (1988 Olympiam 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 Olympian 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 Marnie 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. She showed him 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 won 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 took a walking clinic to a bunch of liberal arts students at UC-Berkeley. He told them that vigorous arm-pumping makes you walk faster. Someone asked him whether it would be beneficial to pump your arms 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 racewalking 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 9 to 3 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. Tim and Erik will also be competing in Sunday's 5 Km race. 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 disappointed 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 transplantation. 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 scheduled. 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 confident 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, truck and trailer. Journey's end in New York is set for June 25. Then John and Maude Blackburn 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 cross 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 LaVeeck 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 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's 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 Awareness. 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
detected 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 Technology Center—originally RACIC, the Remote Area Conflict Information Center) collected and disseminated information on surprise, tactical technology, including other things as interesting as age signatures. If not age 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 irreverent newsletter on our sport that flourished for a short time in the early 70's. 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 unaccustomed 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 trial 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 DO me?” Doctors from eastern liberal states, such as New York, should be especially suspect. Catholics obviously have a “holier than thou” statute 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 chuch. 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. Obviously, there were a few slips 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 Mann 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 headwind 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 racers 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, racers 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.

Im 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 racetrack 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. Subtracting the PE at midstance from the toeoff KE gives the midstance PE = 0.474 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


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 technique 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 loosening exercises, 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 angle of approach (about 9 degrees) before vertical and effective leg length is 80 cm, the c.g. must rise to 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 3.3 kg*meters**2/second**2. Subtracting the PE at midstance from the toeoff KE gives the midstance PE = 0.474 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.

Hey! We ain't 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 Sportman's Park, St. Louis. Panting and perspiring, Albert Ciccone, a 31-year-old Prudential Insurance Co. clerk from Newark, N.J., nipped the tape 300 yards in front of his nearest rival, William Milhau of Detroit. Ciccone, who for two months of training had frequently hiked 3 miles from home to his office and back, took 25 1/2 minutes (ed. actually 25:00.0) 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 60,000 meters, there is not one United States representative. The best that Ernie Cotsbush, 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 athletes in other branches of sport, many still competing actively beyond 40. (Ed. Imagine that!)

The trouble with most Americans is that in their thrill 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 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 64th accompaniment 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 competing 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, Raúl Gonzales, topped the 50. Todd Scully and Marco Eveniuk were number one in the U.S. at the two distances. On the women's side, Sweden's Britt-Marie Carlson 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 comeback 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 Savill in 3:33:12, with defending champion Bob Keating being about 9 1/2 minutes back, but gaining ground over the finish 25 Km. Two-time winner and early leader Alan Price was third in 3:44:08. Chris Knotts was fourth, and Sal Carallo beat Jack Blackburn for the master's title as they finished fifth and sixth. Bill LaVeck was next and the first woman in 3:52:47... Mike Morris won the National 2 Hour title in New Jersey, covering 4 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, Calif. The Canadian National 50 Km was a fast race, with Guillaume Lefebvre winning in 3:58:32, 4 minutes ahead of Francois Larouche. 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 1:57:14, 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 3:12:15, with Chris Knotts (3:12:17) second, and Allen Price (3:12:17) 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 Columbus, 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 U.S. 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
astern 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 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 23100s between 1978 and 1993. In both 1980 and 1983, he completed 3 centuries. Actually, in 1980, he did three in a 3-month period, and in 1982 in a 3 1/2 month period. Over the six years from 1979 through 1984, he did 1400s. 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, there are 57 USA Centurions, but interest in the event seemed to drop sharply after 1989. A race in Golden, Colorado in 2000 saw 9 finishers, 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**

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<td>USA</td>
<td>17</td>
<td>27-Sep-80</td>
<td>Columbia, MO</td>
<td>23:37:30</td>
<td>17</td>
<td>19-Aug-25</td>
</tr>
</tbody>
</table>
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 Kms. 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.