Saransk, Russia. Victor Chegin’s wife isn’t that fond of racewalking. It’s nothing against the sport as such, it’s just that she doesn’t get to see much of her high-profile husband when there is a major athletics championship to prepare for. And as that’s most of the time, there has to be a high level of tolerance between the two.

Chegin is the head coach at the Center for Olympic Performance in Saransk, Russia—the only performance center in the world dedicated to walking. The 45-year-old former athlete jokes about being the ‘big boss’, but he’s responsible for Russia’s finest at the event. And as that meant eight out of the eleven walkers at last summer’s World Championships in Osaka are under his wing, it’s easy to imagine the demands made on the man who runs the center near a forest a couple of kilometers outside Saransk.

Twenty years of nurturing his beloved project has produced an athletics facility as good, if not better, than anything comparable in the world. Today, he was a proud observer as the Head of the Russian Athletics Federation opened up a special 330 meter all-weather track at the center.

Why the odd distance? Because, according to Chegin, it’s easy then to calculate three laps to the kilometer required in training sessions from his charges. (Ed. So why not 333 1/3 meters?)

If it seems odd it’s taken a while to get a track at the facility, it’s because a short drive away in a forest clearing, must be the only purpose-built walking course in the world. A path has been tarred to walking perfection to produce a 3.2 km loop, marked every 100 yards and cleared every morning by a special machine. (Ed. again. So why 100 yards and not 100 meters? What do the Russians know about yards?)

The facility is reserved only for the center’s walkers and invited guests, and this morning there were coaches scattered around the loop checking the progress of those competing in Saturday’s IAAF Racewalking Challenge. (Note, This was written last September.)

It’s not hard to see why Russian women filled two out of three podium spots in Osaka. Both Olga Kaniskina and Tatiana Shemyakina were being put through their paces along with three World champions, a World record holder, and a host of others loping up and down in 1 km splits of 4 minutes.

Starting later than the others is Irina Stankina, who was the youngest ever IAAF World Champion when she triumphed in Gothenburg 12 years ago. According to Chegin, Stankina’s 1995 success somewhat appropriately paved the way for even more attention to the
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 Street, Columbus, OH 43202. E-mail address is: jmortonl@columbus.rr.com. Approximate deadline for submission of material is the 24th of each month.

The current annual budget is around $2 million dollars with one aim in mind—walking success for Russia. The weight room is fixed up to improve walking strength: the sauna and plunge pool are augmented by a massage and physio center manned by eight staff including physiotherapists, doctors, and nurses.

It was worth noting they all leaped to attention when Gegin led the way into the suite, as did the cafeteria staff at the "Victory Restaurant", which feeds everyone. Even the cleaners seem in awe of the man, who is surprised to learn the rest of the walking world sometimes has to struggle to make their voice heard.

He said: "Racewalking is the most popular sport in Saransk. Maybe, it's because we have been successful on the world stage. If our walkers train in a public place, they are applauded all the time."

Potential champions are first spotted at school, and eventually get invited to the center where the only thing they have to do is listen to the coach. If they fail, he says, it's his fault.

Olga Chegin probably wishes they all would, so her husband could be relieved of his post and spend more time with her. It seems hardly likely. The coach has no intention of giving up the job he claims is as rewarding as anything else he has done in his life.

(A few days later, Warburton had a follow-up story after Vladimir Kanaykin broke the World's 20 Km record in the IAAF Challenge in Saransk, which included a description of Kanaykin's daunting training regime.)

One of the least expected rewards for Vladimir Kanaykin after breaking the World record for the 20 Km racewalk at the IAAF World Racewalking Championship Final was a live goat. Whether the unusual gift was a tradition in this part of the world isn't clear, and record for the 20 Km racewalk at the IAAF World Racewalking Challenge Final was a live goat. This regime leading up to a championship is enough to make even international walker draw breath.

A typical Friday morning requires 8 x 2 Km with each repetition no more than 7:50. A five-minute kilometer between each effort is the allowed recovery period. In the afternoon around 4 pm, Kanaykin does 15 km at around 4:45 pace On Saturday morning, he walks only one session of 40 km at 4:45 pace.

The final session of the week is 25 km on Sunday morning, where he is required to walk the first 20 at 4:15 pace—and then, if 1:23:00 for the distance isn't enough—the final demand is 5 km in 20:00 or less.

Kanaykin won't be drawn on which session daunts him the most. "Everything is important to win races," he claimed with a poker face. But he smiled at the idea the folk in his village were planning to rename a street in his honor following the World record. "I'm not sure they will," he said, "but that would be a marvelous way to celebrate what's been a great end to the season." Better one imagines, than eating goat stew for the next month.

Let's Have Some Results

Pack Your Kit and Get With It--At the Races


**Contacts:**
A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
B--Indiana RW Club, P.O. Box 1302, Indianapolis, IN 46206
C--Bev McCall, 511 Lost River Road, Miamisburg, OH 45342
D--www.USA.TF.org
E--Don DeNoon, National Training Center, www.usantc.com, 352-241-7144, ext. 4206
F--Dave Talcott, 1650 N. Locust, West Long Branch, NJ 07764
G--Stella Cashman, 320 East 83rd St., New York, NY 10028
H--Bob Carlson, 2261 Glencoe St., Denver CO 80207
J--Art Klein, 324 Alta Vista, Santa Cruz, CA 95060
K--david.harriman@sbcglobal.net

**JANUARY 2008**

**Pack Your Kit and Get With It--At the Races**

**Fri. Feb. 1**
National USATF Indoor 1 Mile, New York City (D)

**Sun. Feb. 3**
5 km, Denver, 9 am (H)
Indoor 1600 and 3000 meters, Arlington, Va. (S)

**Sat. Feb. 9**
5 km, Franklin, Indianapolis (B)
2.8 miles, Seattle (C)

**50 km Olympic Trials, Miami**
Indoor 1 Mile, Cedarville (M)

**Sat. Feb. 16**
5 km, Denver, 9 am (H)
15 km, Los Angeles area (Y)
Indoor Meet, Kenosh, Wis. (1)

**Fri. Feb. 22**
National USATF Indoor 3 Km Women, 5 Km Men, Boston (D)

**Sat. Feb. 23**
Indiana Indoor 5 km Championships, Franklin (B)
Pacific Assn. 1 Hour, Los Gatos, Cal. (J)
Indoor 3 km, Columbus, Mo. (F)
Indoor 5 km, Greenacres, Indiana (K)
Florida 15 km and Open 20 km, Coconut Creek, Fla. (Q)

**Sun. Feb. 24**
10 km, Santa Ana, Cal. (Y)

**Sun. March 2**
Los Angeles Marathon (R)

**Sat. March 8**
Metropolitan Indoor 3 km/1 Mile, Youth 1500 m, New York City (G)
Indoor 5 km, Indianapolis (B)

**Sun. March 16**
5 and 20 km, Huntington Beach, Cal. (R)
Indoor 5 km, Indianapolis (B)

**Fri. March 28**
USATF National Masters Indoor 3 km, Boston (D)

**Sun. March 30**
World Cup 20 km Trials, Men and Women, Eugene, Oregon (D)

**Sun. April 6**
Wolrd Cup Jr. 10 km Trials, Men and Women, Hauppauge, N.Y. (D)

**Mt. SAC Relays 5 and 10 km**

**Sat. April 12**
Indiana 5 km, Indianapolis (B)
From Heel To Toe

Laird ahead of his time? In the Looking Back feature this month you will see where four-time Olympian Ron Laird was disqualified in a mile race in Chicago in 1963. We quote Chris McCarthy's comments on that DQ, “Laird had been working on a real screwball stride, which is supposed to have a magical effect on one's leg speed. Actually, all it accomplished was to ruin an otherwise basically good style. Judging in Chicago is now definitely up to par as warnings and DQ's are allotted where necessary. Laird, incidentally, has not only gone back to his old style, but is now taking lessons from Matt Rutyna in a determined effort to master the European type of hip swing that he (Laird) first saw utilized to brilliant advantage by Len Spirtin in Moscow in 1958. Rutyna, from Poland, is, as we have said before, far and away the best stylist we've seen. In fact, he's the only really good stylist we've ever seen.”

I don't remember if I took that as an insult at the time. But, a little advice that Ron gave before, far and away the best stylist we've seen, Hill McCarty's comments on that.

...
reins of that organization and that Tom would succeed her as President. Tom will be
American Racewalking Foundation (NARF) in 1986 announced that she was relinquishing the
North American Racewalking Foundation
pairs looking for a good racewalking check the web site at www.mrcg.net/shoes.asp.

He now has more in stock, but they are going quickly. He reports he has sold more than 100
importing racewalking shoes from Asia after Susan brought some back from a trip back home.

2003 in France.

strength required for the hurdles and water jump.

A good candidate might be your steeplechasers due to the coordination and core
mean he/she can't be a winner in the NAIA and beyond! Have

Stroupe, and Chris Tegtmeier. You NAJA coaches out there: You may have someone like
current and recent successful NAIA walkers with no previous experience Matt Boyles, Partick
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Valley. He got started because his roommate was on the cross country team and he came with
Valley with a 4.00 GPA. He never participated in track and field until he came to Missouri

Ambrust. Thiago Ferreira, who was fourth in last year's NAIA meet and who walked a
14:25 3 Km recently, is a junior from Sao Paulo and is number one in his class at Missouri
Valley with a 4.00 GPA. He never participated in track and field and he came to Missouri
Valley. He got started because his roommate was on the cross country team and he came with
him to practice one day. He was the number four runner the team last season with a best 8
Km time of 27.03. When he finished fourth in the walk at the NAIA Indoor Meet last year, it
was only his fifth race (running or walking) ever. Thiago is another example of an athlete with
no prior walking experience (in his case none at all!) Being successful in the NAIA. He joins
current and recent successful NAIA walkers with no previous experience Matt Boyles, Patrick
Stroupe, and Chris Tegtmeier. You NAIA coaches out there: You may have someone like
the NAIA and beyond! Have your best endurance athletes try walking.

A good candidate might be your steeplechasers due to the coordination and core
strength required for the hurdles and water jump. World Record. Vladimir Kamyakin's
1:17:16 performance at 20 Km as he won the IAAF Racewalking Challenge Final in Saransk
has been ratified as a new world record. It bettered the 1:17:21 of Jefferson Perez on Oct. 23,
2003 in France. Shoes. Mike Randall, husband of racewalker Susan Randall, has been
importing racewalking shoes from Asia after Susan bought some back from a trip back home.
He now has more in stock, but they are going quickly. He reports he has sold more than 100
pairs in the last 8 months and had only two customers who did not like them. If you are
looking for a good racewalking check the web site at www.mrcg.net/shoes.asp.

North American Racewalking Foundation

A couple of months ago (see November issue) Elaine Ward, founder of the North
American Racewalking Foundation (NARF) in 1986 announced that she was relinquishing the
reins of that organization and that Tom Eastler would succeed her as President. Tom will be

assisted by A.C. Jaime as Treasurer and Chief Financial Officer and Sue Eastler as Secretary,
with a new secretary to be appointed when Tom and A.C. fill out a new Board of Directors.

Shortly after Elaine's announcement, Tom released the following communication:
As A.C., Sue, and I begin what we envision to be an expanded program in funding
youth and collegiate racewalking development, we have already added a new fund to the
two funding programs sponsored by NARI (North American RaceWalking Institute, NARF's
non-profit institute). Currently, we have our very popular Al Heppner Fund, which annually
awards a $2500 stipend to a collegiate 20 Km racewalker. In order to keep the award at $1500
per year, we need to fund raise more than that sum annually to keep our Heppner account
principal at $25,000 or more. We are always ready and willing to accept your donation (to
NARI, 621 North 10th Street, Suite B, McAllen, TX 78501-4513). Attn: A.C. Jaime) no matter
what amount for the Heppner Award so that we can continue to assist our next generation of
Olympic 20 and 50 Km walkers. Our second fund, and one that has been very productive
lately, is NARI's Youth Development Fund. Monies collected for this fund find their way
to helping groups of youth racewalkers and individual walkers compete in national and
international competitions We are also open to gifts for this program.

It gives me great pleasure to announce a new NARI fund, dedicated to elite junior
racewalking education and competition. The fund is named the National Junior Elite
Racewalking Endowment Fund (NJREF). We have just opened this fund with a gift of
$1321.88, and our current goal is to raise this minor amount to more than a million dollars
to provide a major annual funding source for racewalking camps and racewalking competitions for elite
junior age racewalkers (ages 14-19).

The principal in the fund will never be spent, and only interest accruing on that principal will be used for these funding purposes.

I will soon announce the composition of our New Board of Directors and Advisory
Board, and begin solicitation for funds in earnest. My first proposal for potential racewalking
philanthropists is aimed at those who have had a wonderful career of racewalking and who
would like to see the ranks of racewalking grow past the great number there used to e into
greater numbers. I would challenge all of you, and you know who you are, to consider giving
the gift that keeps on giving, long after you have made that last great racewalk into eternity.
How can I do this you ask. Simply include NARI's endowment fund account in your will or as
a target for current and future giving (at any level), or even consider leaving us a piece of
property of any kind that we can then turn into endowment funds. Endowments are great since
every dollar you give keeps on working because it is never spent, only the interest on it is ever
used to support racewalking activities. NARI is a 501 C3 non-profit, tax exempt entity, and
you gift will be acknowledged as a tax exempt gift with al of the appropriate IRS paperwork.

Thanks to Elaine for all the wonderful work she has done for youth and junior
racewalking in the U.S. all these years.

Enjoy the long walks? Maybe this is for you.

ExtraMileEndurathon
From Uli Kamm

Dear Walking Friends,
A group of 25 or so participants walks together on approximately 4 mile loops until
only one walker is left. He/she gets $1,000. No sleep breaks... recently in Las Vegas it took 31
hours, in Buenos Aires 102 hours. That's "ExtraMileEndurathon". The top four at every event
are qualified for the World Championship in Las Vegas in December, where the winner gets
$10,000. These charity events are conducted globally, see www.ExtraMileEndurathon.com
Join us in beautiful Boulder, Colorado on May 30, where I am Race Director for the

ExtraMileEndurathon
Nashua Man Shaves Off His Decades-Old Beard

In the Name of Good Will

By Dean Shalloup

Nashua, N.H. Telegraph, Jan. 21, 2008

(Bob Keating is a long-time racewalker in New England who won the National 100 Km and the National 100 Mile in 1982. He completed 100 mile events in ’81, ’82, ’84, and ’93, with a best of 19:19:31 in the ’82 National win, and now well known in Masters circles and as a man with a great heart.)

A few minutes past 2 on a recent afternoon, Bob Keating settled into a barber’s chair in a well-known downtown Nashua barbershop. Thirty-three minutes later, another man stood up from the same seat, brushed himself off and gave Bob’s wife, Hilary, a big kiss. Or so it seemed.

The “new” man, truth be told, was still the same Bob Keating—at least on the inside. Externally, though, was a different story. In those 33 minutes, barber Sue Reynolds and her trusty clipper—make that two clippers, the first one died on her—took Keating’s facial appearance back 40 years.

With Hilary, friend Jim Tollner, and several others reveling in the carnival-like atmosphere at Chuck’s Barber Shop, Reynolds chopped and hacked and buzzed away at Keating’s trademark bushy beard and oft-disheveled, Einstein-like hair until his entire beard, and much of his hair was in clumps on the floor.

By itself, all the fun that everyone, especially Keating, had in carrying out this exercise made it worth doing. But Keating’s main motivation wasn’t laughs—although there were plenty—it was rooted in the long-standing commitment to community service and helping out agencies that help people. Specifically, the Nashua Soup Kitchen and Shelter was the beneficiary of Keating’s beard-shaving stunt, an idea that was hatched by fellow board member Tollner and his wife Patty at the agency’s recent dinner and auction, one of its major annual fund raisers.

A speaker was talking about the homeless and how most homeless men seem to have beards. “I looked over at Bob, I thought of Youkilis... and it hit me,” Tollner said. Tollner spoke, of course, of Red Sox first baseman Kevin Youkilis, who in November shaved his trademark goatee in exchange for a $4,000 donation by the Gillette Company to his charity “Kevin Youkilis Hits for Kids.” “I thought, if it worked for Yook in Boston, it can work for Bob in Nashua.”

ExtraMileEndurance. You get all the details at www.ultrawalk.com. Please spread the word.

The Group always stays together and no one gets left behind. This is due to the nature of this event, where the journey is the reward, since there is no finish line and speed is self-regulated by the genius of Group-Dynamics. The common competitive and aggressive attitude of “regular” races with a finish line, where speed is important, don’t appear at Extra Mile Endurathons. When you walk and talk with other walkers over an extended period of hours and maybe days, get to meet their friends and families and become friendly with them while sharing food and experiences, foundations for friendships for life are laid.

Be part of the Team, walk as long as you want. Please let me know through the ultrawalk site if you have questions.

Happy walking, Ulli

New York High School Racewalkers Injured On Way To Race

(I have several reports on this accident, which occurred on Saturday, January 12 as Erin Taylor was transporting several New York City high school girls to compete in the racewalk event at the Dartmouth Relays in Hanover, N.H. I draw here primarily from a report that was published in the New York Daily News four days after the incident, since it is more coherent than those published immediately after the accident and includes updates on athletes’ condition.)

Stuyvesant High racewalker Valerie Piro was left paralyzed from waist down and teammate Lucia Hsiao seriously injured when a van driven by Coach Erin Taylor crashed in Vermont. “It’s the call you never want to get,” said Alfred Piro, Valerie’s father. The Stuyvesant H.S. student most seriously injured when a van driven by her track flipped was paralyzed from the waist down, but the girl’s family is hoping she’ll regain use of her legs.

“It’s the phone call you ever never want to get: the hospital saying your daughter has been in an accident and they’re asking permission to perform surgery,” Alfred said. After rushing to be by her side. Valerie, a 16-year-old racewalker, has been upbeat and e-mailing friends from her hospital bed since the van carrying her and other students crashed Saturday in Vermont. The girls were heading to a track meet in New Hampshire.

When the van flipped, Valerie and her classmate Lucia Hsiao, 16, were seriously injured. Taylor also was hurt. Police still were investigating the cause of the accident, but noted that the road was dry at the time of the wreck. Officers said Taylor and the eight
All Calories Are Not Created Equal
by Ann Gerhardt, M.D.

For years, nutrition scientists said that a calorie is a calorie, and consuming too many or burning too few causes obesity. Bits of evidence refuting that axiom are trickling into nutrition science. For a long time nutrition research focused on fat vs. carbohydrate, but hints that fructose (a sugar) contributes more than glucose (the “bad sugar” in diabetes) to obesity and diabetes surfaced years ago. Scientists uncovered unsuspected effects of fructose on a variety of metabolic processes, which remained obscure pieces of information with unknown cause and effect until recently.

Now we know much more. We know that fructose increases enzymes (the worker bees of the body) that make fat. We know that fructose turns off at least three of the body’s mechanisms to keep blood vessels open and flexible. We know that it affects hormones that reduce insulin’s effectiveness. We know that eating excess fructose leads to high uric acid levels which contribute to high blood pressure.

For those of you who think I’ve lost my marbles and am making this up, I may have lost my marbles, but I’m not making this up. A lot of this data is very recent and not widely disseminated yet. All of these metabolic consequences of fructose feed into the Metabolic Syndrome, the constellation of abnormalities that eventually leads to diabetes, high blood pressure, obesity, abnormal cholesterol levels and heart disease.

Fructose, a very common sugar molecule, constitutes half of the sucrose in beet or corn derived table sugar. The other half is glucose. In addition to beet and cane, fructose occurs naturally in honey, fruit, maple syrup and corn. Fructose tastes sweeter that sucrose or glucose.

In 1957 Richard O. Marshall and Earl R. Kool developed a process whereby an enzyme (glucose isomerase) turns corn sugar’s glucose into fructose. The resulting “high fructose corn syrup” (HFCS) with up to 90% fructose, tastes sweeter than table sugar. In 1971, Japanese researchers figured out how to mass produce HFCS, which made it sweet and very cheap. Since the USDA subsidizes corn agriculture with price supports that foster overproduction, we have sustained corn excess and a very cheap route for sugar to your stomach.

HFCS entered the food chain in the mid-1970s. With sweeter sugar, food manufacturers don’t need to use as much, making sugary food even cheaper to make. By the 1980s, HFCS-sweetened sodas and juices had flooded the market. Food manufacturers switched to HFCS to sweeten anh processed food. Big Gulps replaced 12-ounce Dixie cups. Even your cut and tomato ketchup, two foods that I somehow thought would be “pure” contain HFCS.

The timing couldn’t have been worse. Public health nutritionists, promoting very low fat diets to lower cholesterol, could not predict the effect of HFCA because it hadn’t existed before. Sugars are part of the carbohydrate family, so high carb, sweet foods proliferated in the fat phobic 1980s when everyone thought that carbs were “good”. Contrary to the low fat promise though, people’s waistlines expanded rather than contracted.

It is no coincidence that the obesity epidemic and soaring rates of childhood diabetes and adult metabolic syndrome took off in the 1980s. The National Health and Nutrition Examination Survey, an ongoing project of the Centers for Disease Control, documents the dramatic ballooning of American’s weight. The 1960-62, 1971-74, and 1976-1980 surveys produced consistent levels of obesity and healthy weights. In each of these surveys, about 12% of men and 17% of women were obese and 46% of men and 53% of women were in the “desirable” weight range.

That all changed with the 1988-1994 survey in which obesity jumped to 21% in men and 26% in women, and kept climbing to 17.5% in men and 25% in women in 1999-2000. The rates of overweight but not quite obese are even higher.

What does have to do with you? Your choice of soda vs. tea or mile just graduated from “empty vs healthy calories” to “damaging vs. OK.” Perhaps the most insidious impact of fructose is that it drives its own consumption. Excess glucose tells the body “enough already” and the enzyme that degrades it stops working at least for a while. That doesn’t happen with fructose. Its enzymes turn on and the body churns any huge amount you give it into energy or fat. Unless those calories are burned during physical activity, most will end up around your middle before they cause disease that kills you.

A calorie is not a calorie, metabolically. Just like the total fat number doesn’t tell you how much “bad” saturated and “good” mono saturated fat there is, carbohydrate and sugar totals don’t tell you the source of sugar. Your food label-reading chore now must extend to the ingredients section. You get to make a choice between cost and health when you see the words HFCS or fructose corn syrup.

LOOKING BACK

45 Years Ago (From the January 1963 Race Walker published by Chris McCarthy) — One mile races were the order of the day. Alex Oakley (6:43.3) edged Felix Cappella (6:45), and Bill Grandy (6:46.3) in Toronto.
Maple Leaf Games. Ron Laird was a subdued fourth, but under 7 minutes. . . In New York, Alan Blakeslee (7:04.3) beat Ron Daniel (7:07) and Bruce Mac Donald (7:10). . . Bill Preston won the South Atlantic title in Baltimore with a 7:58.7. . . In Chicago, Ron Laird won in 7:03 ahead of Matt Rutyna (7:28) and then McCarthy beat Rutyna with a 7:27. Matt had 7:36.6. Laird walked 6:42.9 in that one but not without a DQ.

40 Years Ago (From the January 1968 ORW) - Dave Romansky turned in a sparkling 1:15:50 for 10 Miles in Asbury Park, N.J., leaving John Knill 4½ minutes behind. . . The Metropolitan Indoor 1 Mile title went to Ron Daniel in 5:39.7 and Ron Laird won the LA Times Mile in 6:32.9. . . Laird also won the Athens Invitational in Oakland with a 6:28.2. Tom Dooley was second in 6:33.9. . . Laird was named the 1967 recipient of the Ron Zinn Memorial Trophy, repeating his 1966 selection. . . Publisher Jack Blackburn had some commentary on the national political scene (which cost us a subscriber) and Editor Mortland reviewed a Modern Jazz Quartet concert. Walking news was apparently a bit light. . . The ORW's first Dr. John Blackburn Award for the year's outstanding single accomplishment went to Montana's Larry O'Neil for his 100 mile victory in a Columbia, Missouri race, his 1:24:53 performance shattering a national record set in 1878.

35 Years Ago (From the January 1973 ORW) - The Colorado Track Club's 10-Man relay team covered 162 miles 275 yards for a world's walking record in a 24-hour relay. And they did it indoors. Jerry Brown led the effort with an average speed of 7:15.2 for his 17 miles (team members alternated 1 Mile stints). Foord Godwin averaged 7:29 and Peter Van Arsdale 7:37.4. . . The NAAL 2 Mile went to Steve Tyrer in 15:04, with newcomer Augie Hirt fourth in 15:55. . . Ron Kulik was king of the boards in the East with a 6:40.5 win in the Mets and a 6:35.2 in Philadelphia. Ron Daniel was second in both. In Philly, Howie Palamarchuk, known mostly for his libelous contributions to the infamous Guano Press (racewalking's underground paper of that era), was a close third. (Actually, we were mostly entertained, not offended by that paper, which was done in a mean-spirited fashion.) Now a prominent podiatrist, Howie has contributed much to the sports medicine aspects of our sport.

30 Years Ago (From the January 1978 ORW) - The first page and a half were devoted to the editor's discussion of Columbus in the blizzard of '78 and its effect on training and such. . . Steve Pecinovsky edged Chris Knotts for fast time honors in the New Year's Eve 6 Mile Handicap in Springfield, Ohio (a week prior to the blizzard) with a 48:21. Chris had 48:30. However, the handicapping was tough on the fastest Walkers as those two finished sixth and seventh and handicapper Jack Blackburn (50:27) brought up the rear, except for Jack Mortland (50:42).

25 Years Ago (From the January 1983 ORW) - In the Millrose Games, Ray Sharp edged Jim Heiring, covering the mile in 5:46.21—the fastest ever to that date. Heiring was just a second back and Tim Lewis also broke 5:50. (Five years later, Lewis got down to 5:33.53, which remains the world's best, indoors or out.) Tom Edwards had 5:57 in fourth and Jim Mann, way back in ninth, had 6:17. . . Edwards earlier had winning efforts of 6:04 and 6:12, and did 13:55 for a 2 Milnor.

20 Years Ago (From the January 1988 ORW) - Dan Pierce won 1987's final National race, the 100 Km held in Houston on Dec. 21. Dan had a 9:36:33 after going through the first 50 in 4:47:26. Dave Wadde was second in 11:01.4 and Alan Price third in 11:11:42. Jeanne Bacci captured fourth in 11:30:28, breaking the Masters Women's 50 Km record (5:31:37) on the way. . . At the same site, Gene Kitts, 40, did 50 Km in 4:23:19. . . Tim Lewis won the Honolulu marathon walking division in 3:56:23, leaving Randy Munn 15 minutes back.

15 Years Ago (From the January 1993 ORW) - Dave McGovern was a prominent figure with 3 Km indoor times of 12:11.47 in New York City, 12:25.33 at West Point, and 12:04.56 in Cambridge, Mass. Marc Varsan was just 2 seconds back in the Cambridge race and Debbi Lawrence walked a 12:31.89 at the same site for a national record. . . In Princeton, N.J., Ray Funkhouser had a 12:25.9 3 Km win over Sean Albert, whose 12:28.8 was a U.S. junior record. . . Philip Dunn won a Salem, Oregon 5 Km in 22:53.410 with Andrew Hermann second in 22:53:411. (We noted that timing rules don't recognize thousandths of a second, but that apparently they wanted to emphasize that this was a close race. . . Debby Lawrence also had a 5:53.94 for 1500 meters in Montreal, 11 seconds ahead of Janice McCaffrey.

5 Years Ago (From the January 2003 ORW) - Another great ORW typo. In a cover photo of Larry Young, the caption told us that he racewalking's third member of the T&F Hall of Fame and that he was 'deducted' on Dec. 2, 2002. Good that's the same date that he was inducted. But, in reality he was not deducted and never will be.

Curt Clausen won the National 30 Km in Chula Vista, Cal in 2:15:56, more than 9 minutes ahead of Sean Albert. Kevin Eastler was third in 2:26:58. Cheryell Reiling won the women's title in 2:51:49.