



OHIO RACEWALKER

Ohio Race Walker
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Olympic 20 Km in Beijing. Valeriy Borchin, Jefferson Perez, and Jared Tallent on their way to Olympic medals. They finished in this order. (Elliott Denman photo.)

A few results to get this November, light news, edition underway, November not typically being a particularly active month. **10 Km, Clinton, Conn., Nov. 2-1.** Theron Kissinger 49:44 2. Rafael Marin (43) 57:31 3. Jorge Torrealba (43) 57:42 4. Bill Vayo (44) 58:10 5. Matt Bolton (18) 61:28 6. Charles Mansbach (64) 69:22 7. Bill Harriman (61) 70:58 8. Bob Watkins (60) 71:10 9. Joanne Harriman (65) 76:07 **10 Mile, Coney Island, Brooklyn, N.Y., Nov. 16** (Handicap race with actual times shown, which is why some of the times seem to be out of place)-1 Lina Cruz 1:35:04 2. Lisa Vellucci 1:38:49 3. Bill Vayo 1:38:56 4. Alexis Davidson 1:40:33 5. Maryvane Daniel 1:47:04 6. Frank Stonitsch 1:47:05 7. Bruce Logan 1:45:05 8. Mike Korol 1:45:21 (12 finishers) **5 Km, New York City, Nov. 23-1.** Rafael Marin 27:46 2. Bill Vayo 27:56 3. Tim Davidson 28:03 4. Rebecca Katz (18) 28:04 5. Bruce Logan (43) 28:41 6. Alexis Davidson (53) 29:25 7. Teasha Savage (17) 30:00 8. Michael Korol (50) 30:12 9. Alice Tan 31:00 10. Amy Cha (17) 31:26 11. David Lee (53) 31:32 12. Luannes Pennesi (53) 31:32 13. Suzie Vassallo (49) 31:59 14. Joanne Freund (56) 32:11 15. Aimee Dawson 34:00 16. Elyse Mallin (50+) 34:26 17. Annaline Dinkelmann (47) 34:28 (34

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finishers. 1 DQ) **RRCA National 20 Km, Florida, Nov. 9-1.** Chris Schmit (61) 2:00:45 2. Sterling Klinger (50) 2:04:28 3. Juan Yanes (59) 2:08:34 4. Ann Hersh (58) 2:14:20 5. Peter Baycr (70) 2:26:75 **10 Km, same place-1.** Luc Bussieres (50) 61:35 2. Gary Null (63) 69:46 3. Sterling Klinger 61:25 . . . 5. Miriam Gordon (83) 84:21 (6 finishers) **1 Hour, Plantation, Florida, Nov. 23-1.** Ann Harsh (58) 9484 meters 2. Gerry Gomes (76) 8559 3. Bob Fine (77) 8522 4. Essie Faria (73) 8060 51 Miriam Gordon (83) 7143 (8 finishrs) **5 Km, Clermont, Fla., Nov. 23-1.** John Grsh (61), Maryland 32:31 2. Paul Pessa (67), Pcn. 3. 32:34 Brian Ringwelski, Maryland 32:34 Women-1. Lisa Walters (40), Canada 33:06 2. Faith Bennett (49), Mich. 36:47 ((11 finishers)) **Indiana 20 Km, Nov. 9-1.** Max Walker (60+) 2:00:15 Damon Clements (50+) DNF Women-1. Becky Benjamin (40+) 2:06:35 2. Cathy Mayfield (55+) 2:17:05 **5 Km, same place-1.** Sarah Kcnnedy 32:09 2. Barb Amerman (55+) 35:25 Men-1. David Harriman (50+) 33:38 (1 DQ) **5 Km, Grand Junction, Col. -1.** Sherrie Gosserr (55+) 32:22 **5 Km, Littleton, Col., Nov. 3-1.** John Kearns (68) 30:22 2. Daryl Mevers (65) 32:56 **1 Hour, Los Angeles area-1.** Carol Bertino 6566 meters 2. Nancy Alexander 8.187 3. Shirley Capps 8086 (8 finishers) Men-1. Pedro Santoni 10,800 2. Rick Campbell 9607 3. John Magnussen 9297 4. Wayne Wursberger 9242 5.Pat Bivona 8979 6. Carl Acosta 8769 7. Bill Moremen 8708 11 finishers) **5 Km, Long Beach, Cal., Sept. 21-1.** Alex Kazaryan (50+) 28:40 60 2.Raymond Billig (50+) 31:44 3. Art Morrow (40+) 32:31 4. Carl Acosta (70+) 32:45 5. Bob Nyman (65+) 33:58(7 finishers) Women-1. Yoko Eichcl (60+) 30:39.18 (3 finishrs) **2.8 miles, Seattle, Oct. 11-1.** Bob Novak (59) 27:01 2. Stan Chraminski (60) 27:12 3. Rebecca Lettwig 29:24

50 Km, Takahata, Japan, Oct. 26-1. Yuki Yamazaki 3:41:29 (new national record)
50 Km, St. Lo, France, Oct. 27-1. Scbastien Bilko 3:56:43 2. Ccdric Haussaye 3:58:54 3. David Boulanger 4:01:35 **50 K, Italy, Oct. 20-1.** Ivan Trotskiv, Belarus 4:04:17 Women-1. Yelana Ginko, Belarus 4:18:53 2. Monica Svensson, Sweden 4:22:20 3. Agnese Pastore, Latvia 4:41:52 **10 Km, Piacernsa, Italy, Oct. 12-1.** Ivano Brugnetti 39:40 2. Igor Trotskiv, Belarus 40:36 3. Andrey Stepanchuk, Belarus 40:41 4. Dicgo Cafagna 41:05 Women-1. Evangelia Xinou, Greece 44:33 2. Valente Trepletti 44:40

Sun. Dec. 7	5 Km, New York City, 8:30 am (G)
Sat. Dec. 13	2 8 Miles, Seattle, 9 am (C)
Sun. Dec. 14	5 Km, Ncw York City, 8:30 am (G)
	1 Hour, Pasadena, Cal., 6:45 am (R)
Sat. Dec. 20	5 Km, Denver, 9 am (H)
Sun. Dec. 21	1 Hour, Red Bank, N.J., 10 am (A)
Sat. Dec. 27	5 Km, Aurora, Col., 10 am (H)
	1 Hour, Pharr, Texas, 7 am (O)
Sun. Dec. 28	10 Mile, Asbury Park, N.J., 10 am (A)
Fri. Jan. 2'	1 Mile, Pharr, Texas (O)
Sat. Jan. 3	5 Km, Pharr, Texas, 8 am (O)

Sun. Jan. 11 50 Km, Houston, Texas (L)
Marathon and Half Marathon, Mobilc, Alabama (P)
Sun. Jan. 18 Rose Bowl 10 Mile and 5 Km, Pasadena, Cal., 7:30 am (Y)

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From Heel To Toe

Annual Award Winners. The USATF Racewalk Committee has announced winners of its annual awards to be presented at the annual convention. They are: Captain Ron Zinn Memorial Award to the 2008 Outstanding Male Racewalk Athlete—Philip Dunn. Captain Ron Zinn Memorial Award to the 2008 Outstanding Female Racewalk Athlete—Joanne Dow. Mike Ribani Award to the 2008 Outstanding Association—Oregon. Mike Ribani Award for Outstanding Contributions to Racewalking in 2008—Diane Graham. Henry Henry Laskau Junior Award to the 2008 Outstanding Junior Male Racewalk Athlete—Trevor Barron. Henry Laskau Junior Award to the 2008 Outstanding Junior Female Racewalk Athlete—Miranda McIlvillc. 2008 Grand Prix Award winners with points scored in the Grand Prix Events: 1. Theron Kissinger, New Balance 51 2. Patrick Stroupe, Kansas City Smoke 47 3. Matt Boyles, Miami Vallehy TC 38 Women: 1. Teresa Vaill, Walk USA 69 2. Solomiya Login, Southwest Penn. 52 3. Joanne Dow, adidas 28. Junior Men-1. John Randall, Miami Valley TC 32 2. Matthew Forgues, Maine RW 28 3. Roberto Vergara, South Texas Walking Club 27. Junior Women-1. Catherine Davis, Southeast Penn. 37 2. Allison Chin, Miami Valley TC 27 3. Jenna Monahan, St. Josephs College 25. Men's Team Awards: 1. Pegasus AC 2. Shore AC 3. New England Walkers. Women's Team Awards: 1. Walk USA and Pegasus AC 3. Maine Racewalkers. **Instructional book follow up.** Last month, we previewed Tom Eastler's book introducing racewalking to youth. As noted then, you can order the book or get further information at www.dragonfeatherbooks.com/racewalk-book-order.html to learn more or to order the book. Now a curriculum to teach racewalking elementary school children as a complement to the book is available at www.eteamz.com/stwc. It was developed by the South Texas Walking Club. They have also produced a 15-minute instructional DVD featuring eight to fifteen year old club members as a further complement to the book. The DVD can be purchased for just \$3.00 plus \$5.00 shipping through Tevinos Digital, 1101 N. Cage Street D-5, Pharr, TX 78577. **A clinic duo.** Two-time Olympian and many, many

time National Champion Tim Seaman and Jeff Salvage, former national class walker and founder of www.racewalk.com, are pooling their knowledge for a series of educational racewalking clinics. They have planned a weekend clinic that will feature individualized attention, group lectures, and high tech know-how designed to help participants walk more quickly, more legally, and more powerfully than before. Between them, they will be able to focus on beginners and advanced walkers simultaneously. Attendees will experience hands-on coaching and prepared lectures covering technique, training philosophy, nutrition, injuries, and strength work. Tim Seaman has competed since 1988 and became one of America's premier racewalkers. He broke his first junior record in 1990 and was a member of the 2000 and 2004 Olympic teams. He is third on the all-time list of National titles and holds 10 American records. Tim has coached some of America's top National Team women as well as many of the best and brightest upcoming stars from the South Texas Walking Club and from around the country. Jeff started racewalking in 1984 and had a brief, but successful, career competing nationally and internationally before turning to coaching and educating. He is the author of "Walk Like an Athlete" and "Race Walk Like a Champion" as well as their corresponding videos and DVDs. He has coached walkers at all levels from beginning fitness walkers, marathoners, elite juniors, and international competitors. Their first clinic is set for Feb. 7-8 in Santa Cruz, California. The clinic fee is \$180.00. Those who enroll before January 15 will receive a full-color Evolution of Racewalking T-shirt. Contact Walking Productions, 79 North Lakeside Drive, Medford, NJ 08055 or visit www.racewalk.com/Clinics/CaliforniaClinic.asp.

Speaking of clinics. Dave McGovern, well known for his World Class Racewalking clinics, has scheduled a specialized clinic specifically for marathon and half-marathon walkers. Dave will be in Torrance, Cal., Jan. 17-19 for this one. Participants will learn techniques that will allow them to walk faster and more efficiently with fewer injuries and to recover more quickly from events. A \$175 fee covers individual video-taped technique analysis, group lectures, use of Polar Heart Rate Monitors, and all handouts. A competitive walker and walking coach for the past 25 years, Dave holds a Master's Degree in sport Science from the United States Sport Academy and is a USAT&F and LSA certified coach. He is the author of two books on racewalking. For details on this and other of Dave's clinics go to <http://racewalking.org/clinics.htm>. . . What? Another clinic. **Racewalk records ratified.** Two racewalking world records have been ratified by the IAAF, as announced on November 7. Both were set by Russian athletes during the World Cup of Racewalking held in Cheboksary, Russia in May. Denis Nizhegorodov won in 3:34:14 to better the 50 Km world mark previously owned by Australia's Nathan Deakes who did 3:35:47 in Geelong, Australia on Dec. 2, 2006. In the Junior 10 Km Aleksey Bartsayukin did 39:57 to establish a world record where none had met criteria before. . .

Doping bans. The IAAF, the governing body of world athletics, has imposed two-year doping bans on eight Russian athletes for testing positive to varied substances, including the banned blood booster, EPO. The athletes are mostly from racewalking and include Vladimir Kanaykin, the 20 Km world record holder and Aleksey Voyevodin, 50 Km bronze medalist at the Athens Olympics in 2004. Also included is Sergey Morozov, who set an as yet unratified world record of 1:16:43 in the 20 Km at the Russian National Championships in Saransk in June. Kanaykin was second in that race in 1:16:53, also under the recognized record. Morozov, a previous World Cup and European Cup Junior 10 Km champion, tested positive on July 20, while fellow walkers Igor Yerokhin, Anatoly Kukushkin, Igor Erokhim, and Viktor Burayev also failed dope tests. . . **Diniz switches coaches.** Leading French walker Yohann Diniz announced he is to be coached by Pascal Chirat, the French National Coach of racewalking, one week after he split with Denis Langlois, a former world-class French walker, who helped him to the European 50 Km title in 2006, a European Cup gold medal at

20 Km in 2007, and a silver medal at the 2007 World Championships 50 Km. In Beijing, Diniz pulled out 2:24 into the race. "I have a good engine, but the body doesn't always keep up", said Diniz. "That's partly what failed me in Beijing. I felt pain in the gluteal muscles and the hamstring four days before the event. It's my fault because I had neglected a bit of physical preparation recently and had problems every winter." He added: "I was looking for something new, since 2006 I was feeling weariness about training. I had the feeling it was too repetitive. I needed another way of doing things to go on for another four years." Chirat and Diniz will start working together one week a month from January, besides training camps. Diniz went back into training on October 10 and is thinking about doubling at 20 and 50 at the 2009 World Championships. . . **Breathing advice.** In the November issue of the Southern Cal Walkers newsletter, Elaine Ward offers this advice: At one of our workouts, the subject of getting "windied" during a race came up. This led to a discussion of ways to improve lung capacity by improving breathing. A basic is to remember that when you inhale through your nose, you filter the incoming air; when you exhale through your mouth, you get rid of carbon monoxide. To improve your oxygen supply, do not short change yourself by chest breathing—inhaling only as deeply as your chest. Inhale so the air fills your abdomen. Your stomach goes out when inhaling and in when you exhale. A baby breathes this way naturally. Also, inhale for a longer time than you exhale. Drills for improving oxygen intake: When you are walking, inhale for three slow counts through your nose and exhale for two counts from your mouth. Do this for 1-2 minutes. Then inhale for 4 slow counts and exhale for two counts. Repeat. When this becomes easy increase the count for inhaling. There is a tendency when you start tiring to breath inefficiently or if you have been going full speed beyond your physical condition, you may even start to pant. To avoid this, start counting. You may inhale for 5-8 steps, but always exhale for two steps. You will find better breathing technique aids endurance and counters pushing through feelings of being too tired. . . **Platzer plans retirement.** Kjersti Platzer, Norway's Olympic silver medalist at 20 Km, announced that she will end her career in 2009 after the World Championships in Berlin. The 36-year-old Platzer was initially thinking of retiring after the 2008 season, but her strong ties to Germany urged her to compete in the Berlin. She is married to a German, Stephan Platzer, and her first big events were in that country—the European Junior Championships in 1985, the European Championships in 1986, and the World Championships in 1993. **2008 Masters Racewalking Awards.** Bob Fine has announced the following awards to the Outstanding athletes in each of the age groups, as determined by the Masters Racewalking Committee: W35—Tamara Stevenson W40—Joanne Dow W45—Teresa Vaill W50—Not yet determined W55—Ivyn Tracy W60—Pansuela Gehr W65—Louise Walters W70—Bev McCall W75—Shirley Dockstader W80—Miriam Gordon M35—Tim Seaman M40—John Soucheck M45—Don Lawrence (Not sure how they ignored Ray Sharp, but I'm not making the awards) M55—Michael Wiggins M60—Leon Jasionowski M65—John Backland M70—Paul Johnson M75—Jack Bray M80—Jack Starr M95—Harry Drazin. Outstanding Female Joanne Dow. Outstanding Male Jack Bray And Jack Starr. . . **College opportunity.** Nate Rucker, the new cross country coach at Huntingdon College in Montgomery, Alabama is on the look out for college bound racewalkers. Huntingdon is an NCAA Division III school. Rucker was formerly at Central Methodist University where he worked with Patrick Stroupe, who has moved into the elite group of U.S. racewalkers. He wants to continue to coach and work with racewalkers and wants to let walkers know there is another option and in most cases a warmer one. Contact Nate Rucker, Men's and Women's Cross Country Coach, Huntingdon College, Montgomery, AL. Office 334-833-4513, Cell 334-652-1669, nrucker@huntingdon.edu. . . **2009 World Youth Championships.** This event for athletes aged 16 or 17 on Dec. 31, 2009 is scheduled for Bressanone, Italy in July. It includes a 10 Km racewalk for boys on Friday July 10 and a 5

Km for girls on Saturday July 11. Qualifying standards are 48:40 for the boys and 25:25 for the girls with a maximum of two athletes per nation. Qualifying performances must be achieved between Jan. 1 2008 and June 22, 2009 in an official competition organized in conformity with IAAF Rules. **Youth Olympics.** The Youth Olympics, to be held in Singapore, August 14-26, 2010, will also include a boy's 10 Km and a girl's 5 Km. Qualification will be through five Area/Continental Youth Championships earlier in the year. **Sharp still at it.** Ray Sharp, age 49 as you read this (his birthday was Nov. 25), is back in the hunt. We quote him: "OK, I'm out of semi-retirement and training for the next national 50 Km. This along with a couple ski marathons and an Ironman triathlon are in the works for 2009, so I'm giving racewalking less than my full attention. I'm planning to race the Nokemanon ski marathon on Jan. 25, the National 50 in early February, the Birkebeiner ski marathon Feb. 22, probably the Great Bear Chase March 8, and the Louisville Ironman Triathlon Aug. 30. I'm starting to build up my racewalk mileage now. The basic training pattern is something like this: Saturday and Sunday, one or two long walks, most weeks a long one starting at minutes per Km and finishing closer to 5:00. I'd like to get to 40 Km in 3:35 by January. Monday I usually run for an hour with 4-8 X 800 meters in 3:00 and some skipping drills. Tuesday is a recovery day (until January, when we start evening ski relays). Wednesday and Friday, or sometimes just Thursday, some racewalking at goal pace or faster—say 16 or 20 or 25 Km with the last 10 at 50:00, or something like 15 X 1Km in 4:40. How I'll integrate skiing this year I'm not sure. Probably a long racewalk on Saturday and a long ski on Sunday. I try to swim 2 or 3 times a week at lunch and ski two evenings a week. So here's a rough outline for December of an idealized week: Saturday—40 Km walk in 3:40 with 10 Km splits of 58, 56, 54, 52; Sunday, 2 to 3 hour ski; Monday, fartlek run and drills; Tuesday, ski hill reps; Wednesday, 16 km walk in 1:22 with last 5 at sub 25 plus walking drills; Thursday, easy ski or walk; Friday, easy walk and drills. Plus 2 or 3 swims and weights on Monday and Thursday.. I'm hopeful that I can walk the same 50 Km time at age 49 as I did at age 21 and 46 (4:21)." So, who cares to join Ray in this training schedule? Maybe you too can go 4:21. Or maybe Ray will be the next Tebbs Lloyd Johnson—see following.

Persistence Pays Off

Tebbs Lloyd Johnson was born at Melton Mowbray, Leicestershire, England on April 7, 1900. He was quite a useful boxer in his army days, 1918-20. With proper training, he thought he could have done quite well as a high jumper.

On Good Friday 1921 at Birmingham in a 2 mile handicap, he began a racewalking career that was to cover 40 years and one which must rank as one of the longest and most successful in the history of racewalking in England. During this period, he won six National titles, was placed on 15 occasions and competed in two Olympic Games. While a member of Leicester Harriers, he took bronze in the RWA 20 Mile Championships in 1923 and 1924 and won silver in 1925. He also showed good versatility in taking bronze in the AAU 3 Mile track championship in 1926.

As the Harriers had only a walking membership of two or three, he joined Surrey A.C. around 1926. In their ranks, he won the 1927 National 20 Mile event (2:55:53) and led their team to their first and only victory in a National Championship. The club expressed their thanks by making Lloyd a life member. In 1927, the "Leicester Mercury" walk started and Leicester W.C. was formed. Thus, he was able to join a club nearer home. He then walked with that club for the duration of his long and illustrious career.

Controversies in the 1924 Olympic Games had spelled an end to Olympic track

walking and indeed nearly spelled the end of walking. Fortunately, there followed a change walking fashion with road walking overtaking track walking in popularity and British officials worked together and bid for a long-distance road event to be introduced into the Olympics. It was accepted and the first Olympic road walk, over 50 kilometers, was announced for the Los Angeles Games in 1932.

Lloyd Johnson was keen to represent Britain and moved up a notch in his training. After finishing second in the 1928 and 1930 National 20 milers, he became the first "double" National champion in 1931 with wins in both the National 20 (2:52:41) and the RWA 50 Km (4:55:48) and placed second to the Italian champion Pretti in the 1932 RWA 50 Km (4:43:34). But Tommy Green, Britain's leading walker and holder of the world best road time for 50 Km, was the only British walker selected for the Games. Lloyd Johnson was close to selection, but not close enough.

From 1932 onwards, he was a regular medallist in both the RWA 20 Mile and RWA 50 Km. Perhaps his finest performance of the period was his 1934 50 Km win when he recorded 4:36:30, one of the best times in the world at that time. It was no surprise when he was selected for the 1936 Olympic 50 Km, along with Harold Whitlock. But the Berlin experience was not a good one for Lloyd Johnson. Following a severe attack of sea sickness on the journey to Berlin, he did not recover in time and, while Whitlock took all before him with gold, he was back in 17th place in 4:54:56.

He announced his retirement in 1937, but found judging a poor substitute for the real thing, so he took to the road again. During the war years, he managed to regain his fitness with the result that he took third place in the 1946 National 20 Mile and enabled Leicester to win their first outright race.

In a monumental race in the 1948 RWA 50 Km (which was also the official Olympic trial), he took second with a personal best time of 4:36:02, only 29 seconds behind Rex Whitlock (Harold's younger brother). Thus, he gained his second Olympic berth at 48 years of age!

This time, it all came together. The Olympic 50 Km race was held over a grueling course at Wembley in hot conditions. As expected, the Swedish champion John Ljunggren led from start and had built his lead to 40 seconds by the 5 Km mark. At the half-way mark, passed in 2:12:17, he had increased the lead to 5 minutes with Whitlock in second and Martineau of Great Britain third. Whitlock was forced to retire at 35 Km and Martineau began to lose ground. Ljunggren, walking smoothly, entered the stadium nearly a mile in front to win gold. Behind him Lloyd made a superlative effort to move up into second place, only to give way to Gaston Godel of Switzerland in the closing stages. With his third place, he became oldest person ever to win an Olympic track and field medal. The results: 1. John Ljunggren, Sweden 4:41:52 2. Gaston Godel, Switzerland 4:48:17 3. T. Lloyd Johnson, Great Britain 4:48:31 4. Edgar Bruun, Norway 4:53:18 5. Harold Martineau, Great Britain 4:53:58 6. Rune Bjurstrom, Sweden 4:56:43 7. Pierre Mazille, France 5:01:40 8. Claude Hubert, France 5:03:12.

Lloyd continued to walk for many years after his Olympic medal performance. The following news snippet from 1959 shows his great longevity:

That a 59-year-old could beat the field in the Highgate Club's Luton to London 31 1/4 miles seems impossible, but on a day when the heat added several minutes to expected times, the old Leicester warrior, T. Lloyd Johnson, walked through into the lead to pass Freddy Brooks at halfway and to increase his advantage steadily to more than six minutes at the finish, reached in 5:11:15.

One of the races that he made his own was the Leicester Mercury 20 Mile. He won the inaugural edition in 1927 and, in fact, appeared in every one of the first 18 editions (1927-

37, 1947-49) for an amazing nine wins. Even more amazingly, he was never outside the first three in all 18 appearances. It was fitting that his farewell walk was in the 1970 edition of the Leicester Mercury 20 Mile at the age of 70.

He applied a general formula training—a little bit over the distance at a relaxed pace with a little bit under the distance fast on alternate weekends and mid-week 5 or 7 miles flat out. He never did exceed two stripped training spins a week, but he put his back into it and included a lot of all out sprints between telegraph poles as there was no track available in Leicester. Deep breathing and muscle loosening exercises he found to very beneficial. In his early days, he got a few hints from the great George Larner and he said that he owed a lot to the training methods of Bert Dunmore, trainer to Woolwich Arsenal, who he described as a wonderful man and a great personality.

And he was forward thinking, knowing what was attainable and how it could be reached. In a Nov. 1983 letter published in England's *Race Walking Record*, he said:

Several letters deplore the performances of our 50 Km walkers. Until the mid-1960s, we held our own with the world at this distance: Tommy Green, Harold Whitlock, Norman Read (although he 2walked for New Zealand), Don Thompson, Paul Nihill, and not forgetting my humble self. But we don't seem to have improved so much as the rest of the world.

I always knew that 50 Km times would be slashed because we never really started racing until the last 10 miles or so. I don't think we were ever really fit enough for all the way effort. Personally, I never trained more than twice a week in my life. I didn't have the time and this went for most of my contemporaries. Fifty kilometers is a very exciting race and must need a great deal of preparation. One of my old rivals, the Rev. David Christie-Murray, once had a plan. If he walked seven miles at his racing speed for that distance and immediately forgot that he done it and started another seven miles, he could do that in the same time, then rub that one from his mind and do another six at that same pace, it would be pretty good 20. It didn't work because he hadn't trained his body to keep up with this "mind over matter" theory.

Still, I think that something like this attitude must be adopted. We have walkers who can do 73-75 minutes for 10 miles quite comfortably and fairly. They must train and train until they can do this twice, then train and train again until it can be done three times.

But until we have full-time paid coaches and walkers who can be free to spend the time and the means not to have to worry about such mundane things as earning a living, it won't happen. We have other athletes in other spheres who seem to enjoy these facilities, so why not walkers? Having said this, I still regret the need for this sort of mentality. Sports should be fun, not a chore.

He is one of the giants of British walking and is proof that you are never too old to strive for your dreams. Until this day, he remains the oldest person ever to win an Olympic Track and Field medal.

Heppner Scholarships Announced In An NARI Report

(From Tom Eastler)

In their first full year as the new North American Racewalking Institute (NARI) staff, A.C. Jaime, Diane Graham-Henry, Tim Seaman, and Tom Eastler, the current Board of Directors, have raised funds to send competitive high school racewalkers, junior walkers, and collegiate age walkers to National championships and U.S. Team Trials throughout the U.S. We have funded our promising young USA open female racewalker Maria Michta with the Al

Heppner Memorial Scholarship (in 2008) and now for 2009 are happy to announce that we have chosen another female collegiate athlete, Laruen Forgues, and a male Collegiate athlete, Chris Tegtmeier, as the newest Heppner Award recipients.

Both will receive a \$25000 Al Heppner Scholarship presented to them at the elite Racewalk Camp to be held in South Texas in late December and early January. The Heppner scholarships will be personally presented by Al Heppner's mother, who will fly to Texas to observe the camp and honor the recipients. Al's mom has played an important role in assisting NARI to keep her son's memory alive through support of academically sound and competitively promising collegiate athletes. The NARI Board of Directors has teamed up to build a unique, one of a kind, racewalk development program, which is starting on its way. Tom has written the first ever racewalking book aimed at elementary school children (see October issue and above). Diane Graham-Henry played a pivotal role in editing the book prior to official editing. Tom and one of his former racewalk students, now a third grade teacher, have put together a three-week curriculum of lesson plans featuring third, fourth, and fifth grade teachers, who will learn how to racewalk and how to teach their students to racewalk.

Olympian Tim Seaman will be instructing the teachers on the basics of racewalking and teaching the racewalk. Eventually, well over 6500 books will be made available to elementary school children in South Texas. The ever-inventive Jeff Salvage is currently working on a flash animation version of the book with voice over to be made available for all to see at no cost on his web page. We feel that this in addition to plans of the publisher to promote this book will bring it in front of many more prospective buyers.

So where does this leave us. It leaves us near the end of the 2008 Tax year, and a most opportune time to make a significant financial contribution, tax exempt, to NARI. It is only with the generous contributions of many of you in the past, and, hopefully, now and into the future along with many new donors, that NARI can continue to bridge the gap between the ever diminishing financial support by USATF for racewalking and the ever increasing cost of becoming and remaining an elite racewalker. We will continue with your help, to foster an environment of positive athletic achievement at all ages leading up to Olympic Trials and the Olympics.

Again, I have witnessed just a small part of what NARI can do, since Elaine Ward, a visionary in her own time, started to assist the funding of Maine grade school, middle school, and high school racewalking athletes in 1986 and had two Maine athletes who she helped support in the 2000 Olympic Trials, two Maine athletes in the 2004 Olympic Trials, a Maine athlete at the 2004 Olympics in Athens at 20 Km, and three Maine athletes in the 2008 Olympic Trials. The formation of NARI was meant to do just what it has been doing, usually quietly without fanfare, and NARI is producing results and will continue to produce ever more impressive results.

NARI has three very important accounts (funds). The General fund covers a multitude of types of assistance to youth and junior racewalkers and occasional collegiate racewalkers. The Board of Directors has decided to name this account or one not yet developed "The Elaine Ward General Racewalking Fund".

Our second fund is Elaine's favorite, the Al Heppner Memorial Scholarship fund. We keep this fund at \$25,000 so that we can give one Al Heppner Scholarship of \$2500 per year, but without special assistance we cannot spend any more than 10 percent of that fund in any given year. We hope to make this an endowment fund with a million dollar endowment. As such, we could grant scholarships and give awards of up to \$50,000 per year based on interest rates.

Our third fund is one that I started in the 1980s called the National Junior Elite

Racewalk Endowment Fund, which is already an endowed fund, and which we also hope will someday make it the one million dollar level and beyond. The beauty of endowment funds is that they are the gift that keeps on giving forever. A simple cash contribution (which we really like, don't get us wrong) gets spent and although very helpful, is quite transient in its long-term effects. An endowment puts the capital to work and never touches it except to add more; only the interest is used to fund the appointed activities. This fund is geared primarily to Juniors and young collegiate walkers.. Contributions can be made to NARI, c/o A.C. Jaime, 621 N. 10th Street, Suite C, McAllen, TX 78501-4513, 956-686-2337.

Acjaime@sbcglobal.net. For further information contact either A.C. Jaime or Tom Eastler at 300 Mosher Hill Road, Farmington, ME 04938, 207-778-6703. Eastler@maine.edu.

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Elliott Denman Blogging From Beijing

Italy's Alex Schwazer is Fastest Walker In Nation of Very Fast Cars

Amazing but true—in the land of Fiat, Maserati, and Alfa Romeo, they still revere those who proceed on foot. Alex Schwazer is certain to get a world-class reception when he returns to his hometown village of Vipiteno, Italy, in the north of his nation, some 20 kilometers from the Austrian border.

He will deserve all of the honors—and fiscal rewards—heaped on him. He earned them the hard way, winning the gold medal Friday morning in the 50 Km racewalk, the longest of all footracing events in the Games, and in Olympic record time.

It took him three hours 37 minutes, and nine seconds—better than 8 miles an hour, by racewalking standards a Maserati-ish performance. He sped around a 2 Km loop set up outside the “Bird’s Nest”, 24 times, and then headed into the stadium to hear 91,000 voices of approval.

The loop was carpeted in Mondo-brand rubberized surfacing, rolled out at great expense to ease the burden on the 50 Km men’s feet. Blisters were kept to a minimum as the walkers, 61 of them gathered from 33 nations and all six continents, set a sizzling pace on a sizzling day.

Schwazer, 23, a member of Italy’s Carabinieri, is a former ice hockey player who was spotted by the racewalking talent scouts at age 15 and quickly recruited into his nation’s team. He performed like a grizzled veteran in the biggest race of his life, distancing himself from principal rivals Jared Tallent of Australia (second in 3:39:27) and Denis Nizhegorodov of Russia (third in 3:40:14) in the final five kilometers and won it decisively.

Among other things, he reinforced Italy’s reputation as a center of walking excellence (two countrymen, Abdon Pamich in 1964 and Giuseppe Dordoni in 1952, had won previous 50 Km golds) and lived up to the event’s reputation as a survival of the fittest. He called the 50 Km journey “the usual suffering”.

“My hamstrings are killing me,” said Tallent, who had won the bronze medal in the 20 Km race six days earlier. “If I sit down, I may not get back up again.”

Kevin Eastler Is Walking Away From Walking

Kevin Eastler is walking away from walking. The 30-year-old Air Force captain has been America’s number one 20-kilometer at the last two Olympic Games, but he’ll leave the

event knowing his missions to Athens and Beijing have been adventures in frustration.

“Things never did work out the way I’d hoped”, he said after finishing 43rd in a 51-man starting field Saturday. He was 21st in Athens four years ago.

Injuries did him in this time. In the past year, he’s endured a sports hernia, tendinitis of the knee, sciatic nerve trouble, and a strained hamstring. “My body is telling me it’s time (to retire)”, he said. “But I have no regrets, about it either. I know I gave it my best shot every time.”

An event that requires constant contact with the ground may seem like a strange choice for a U.S. Air Force Academy graduate, but Eastler has relished his time as a competitive walker. He got his original impetus into racewalking through the scholastic program in Maine, the only state that includes walking as a standard, scoring event in interscholastic competition.

Through years of lobbying Maine’s coaches, Thomas Eastler—Kevin’s father and a professor at the University of Maine at Farmington—finally got walking onto his state’s high school program. “Now if only the other 49 states did something like that, it wouldn’t be too long before the U.S. was competing with the world’s best, or at least at a higher level”, said Tom, who was on duty at the U.S. team’s refreshment station outside the “Bird’s Nest” stadium.

The world’s fastest walkers circled the stadium track three times before exiting onto Main Avenue, where they stepped out onto a 2 kilometer carpet of Mondo-brand artificial surfacing, meant to cushion the walkers’ feet.

“I have no idea how many yuan it cost to put down all that Mondo, but I do know that stuff doesn’t come cheaply”, said Tracy Sundlun, a U.S. team assistant.

They walked nine of those loops before heading back into the stadium. Nine minutes and 43 seconds after winner Valeriy Borchin of Russia crossed the finish line, Eastler reached the same destination. It took him one hour, 28 minutes, and 44 seconds to get there. No American has ever medaled in the 20 Km walk—a fourth place by Queens College graduate Rudy Halusa in 1968 is the best-ever American placing. The no podium tradition continues.

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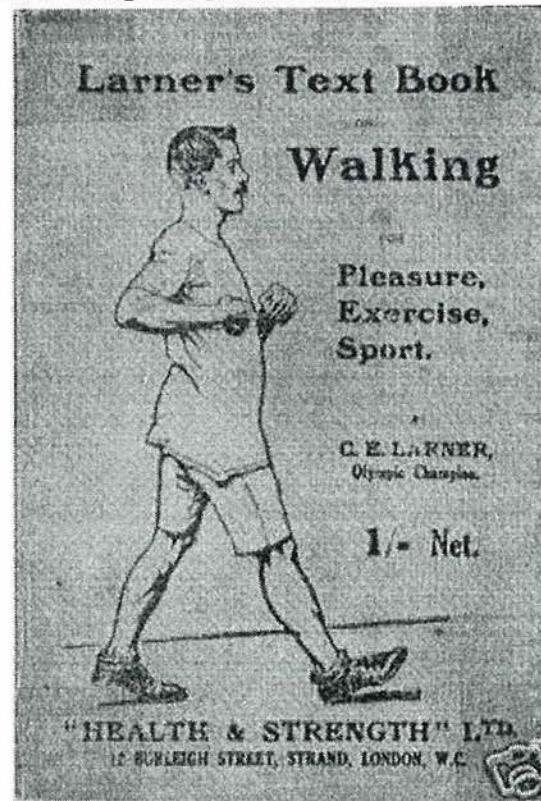
Ted Haydon was the coach and impresario of the Chicago Track Club in the 1960s and 1970s and a great friend of racewalking. For many years in the ‘60s, he hosted the National 10 Km on the Stagg Field track. Light-heartedly, he developed a very lengthy Athletic Alibi Check list. Here are just some of the items, adapted to racewalking, which you might to have handy after your next less-than-successful race. The adapted list was first published in the Sept.-Oct. 1963 edition of Chris McCarthy’s *Race Walker*.

- Not enough time to warmup.
- Warmed up too much.
- Started my kick too soon.
- I thought too much.
- It was too cold out.
- It was too hot out.
- I knew the judge was out to get me so I was real cautious.
- I’m a distance man and the race was too short.
- I’m a sprinter and the race was too short.
- When I got my time at the halfway I psyched.
- Had I known my time at the halfway mark I would have made it easily.
- I thought there was another lap to go.

I thought the race ended a lap sooner than it did.
 I'll show you what I can do next Monday in practice
 I'm allergic to pollen in the air out there in the country
 I can't breathe in that foul city air.
 I can't stand too much success.
 I have no alibis, but..(mumble something low and inintelligible.)
 I lost heart when I saw those guys (gals) ahead creeping and getting away with it.
 I lost heart when I saw those gals (guys) ahead lifting and getting away with it.
 My girl friend (boy friend) was unfriendly last night.
 My girl friend (boy friend) was too friendly last night.
 I can't walk unless it is an important race and those guys were just a bunch of
 hamburgers.
 I knew that judge was out to get me so I was real cautious.

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George Larner was a very successful racewalker in the early years of the last century, but judging from the illustration he chose for the cover of his book, published in that era, it may not be a source you want to consult when looking for help with your style.



LOOKING BACK

45 Years Ago (From the September-October 1963 Race Walker edited by Chris McCarthy)—In a 10 Mile Handicap on Long Island, Dean Rasmussen was first across the time in 1:29:22. Fast time honors went to Ron Zinn with 1:19:07, but he couldn't catch the 20-

year-old newcomer, Rasmussen, who had a 14-minute start. In third, Bruce MacDonald had the second fastest time, 1:21:16, and Ron Daniel had a 1:22:01 in seventh. . .Fastest 20 Km times for the year, according to McCarthy's stats were Ron Laird 1:34:52, Ron Zinn 1:36:02, Akos Szekely 1:36:41, Olavi Tokala 1:38:32, Jack Mortland 1:38:34, John Allen 1:38:50, Rudy Haluza 1:39:22, and McCarthy himself 1:40:07. The best 50s were McCarthy 4:44:14, Laird 4:46:28, Bruce MacDonald 4:58:17, and Mike Brodie 5:01:08. . .In those days, national records were approved at all sorts of odd ball distances and McCarthy listed the new records accepted at that year's AAU Convention. They came at 4, 6, 10, 15, 20, 30, and 50 Km; at 5, 6, and 20 miles; and at 1 and 2 hours.



Better style, that of the mid-century. England's great Ken Matthews is solid on the ground during a 10 Km track race. He won the 1964 Olympic 20 Km in 1:29:34. Note the shoes. The English believed strongly in a heelclad, somewhat cloddish shoe.

40 years Ago (from the November 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 ½) in 47:00 and Dave Romansky beat Shaul Ladany and John Knifton in a 20.6 mile race in 2:49:52.

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

30 Years Ago (From the November 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. It was still many years until officialdom admitted that "delicate" women could compete at a distance such as 20 Km, though a few did. . . June MacDonald won the U.S. women's title at 15 Km in 1:27:10, a step in the right direction. (In the U.S. we did recognize that women could go further.). . . Martin Kraft did 20 Km on the track in 1:33:42 and comebacker Bob Henderson covered 8 miles and 30 yards in a 1 Hour race.

25 Years Ago (From the November 1983 ORW)—The National 100 Km race, held in Arlington, Virginia, went to Brian Savilonis in 10:33:13, with defending champion Bob Keating about 9 ½ minutes back, but gaining ground over the final 25 Km. Two-time winner 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 was fast, 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 in third.

20 years ago (From the November 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 a 1:58:06. In the accompanying National 30 Km race, Dan O'Connor finished 5 minutes ahead of Jeff Salvage to win in 2:24:15. Curtis Fisher and Curt Clausen followed Salvage.

15 Years Ago (From the November 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 a better term. Nothing particularly easy about covering 30 Km in 2:14.). Bohdan Bulakowski led the masters with 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 Varsamo had a 21:40 for third in the men's race.

10 Years Ago (From the November 1998 ORW)—Talk about the energizer bunny, these guys just keep going, albeit somewhat slower. The results of the Blackburn 100 race in Yellow Springs, Ohio have a lot of resemblance to the National 100 Km in 1983 (above). Winning was Bob Keating in 12:15:16, with Chris Knotts (12:34:17) second, and Alan Price (12:50:17) in third. Keating and Price were both 51, Knotts 42, and sixth-place Jack Blackburn 62.

5 Years Ago (From the November 2003 ORW)—Mark Green, 47, walked a 48:15 for 10 Km in Dearborn, Mich, beating Gary Morgan by 1:20, and a month later won the National Masters 20 Km with a 1:41:34. . . Morgan, a youngster at 43, covered 12,405 meters in 1 Hour to beat Dan O'Brien (12:139), with Leon Jasionowski (58) third at 11,434. . . It was oldsters' month. In New Zealand, 62-year-old Gary Little did a 5:25:44 for 50 and 14:33.5 for 3 Km.



Beijing medal winners in women's 20 Km. Italy's Elisa Rigaudo, bronze in 1:27:12; Russia's Olga Kaniskina, gold in 1:26:31; and Norway's Kjersti Platzer silver in 1:27:07.