Dunn Easy Winner of 50 Km Title

Santee, Cal., Feb. 15—The good news for two-time Olympian Philip Dunn is that he won his fourth U.S. 50 Km title, his second in a row, and that he qualified for the America’s Racewalk Cup and the World T&F Championships. The bad news for U.S. racewalking is that he was completely unchallenged and that there were only three other walkers who even accepted the opportunity to challenge him.

The 37-year-old Dunn first won the title in 2001 when he walked a sparkling 3:57:18 (his best ever is 3:56:13 in 2002). He also won in 2006 (4:17:18) and last year (4:12:55). Most other years he was runner-up to Curt Clausen. This year, a 4:28:53 was sufficient, and that left him nearly 36 minutes ahead of runner-up Theron Kissinger. That’s the second slowest winning time since 1970. (Curt Clausen won in 2003 with 4:29:32 when Dunn was not there to challenge him. There were only seven competitors that year, but they all finished under 4:45 so this year’s four starters, three finishers, and only one under 5 hours was a new low from any perspective.) All of which is not to detract from Philip’s accomplishments this year or in the past. He did what he needed to take the title and we are sure will go much faster in the races to come.

On the women’s side, Karen Karavanic won in 6:24:22, with the only other starter, Dorit Attias, disqualified. Karavanic moved up from her second place finish last year when she was more than 3 minutes faster. Attias, who flew in from New Jersey the night before, was starting her preparation for a 24-hour race in France and led early in the race, before falling afoul of the judges before the half-way point.

Veteran racewalker Ray Sharp, whose 50 Km experience extends back to 1979 and who has represented the U.S. in two World Cups since coming back to the sport 5 years ago, was with Dunn through 25 Km (52:43 at 10, 1:45:24 at 20), but had arrived in California the day before with a nasty head cold. sinuses full, and eyes in pain. He had to drop away after 25 and was suddenly walking the 1250 meter laps in 10 or 11 minutes. a drop from the 6:35 pace they had been going at. He says he was mercifully DQ’d at 36 Km, since he didn’t know how to drop out. Dunn pretty much held that pace to the finish. In second was Theron Kissinger at 5:04:33 well off his normal pace for the distance. The only other finisher was Stephen McCullough, who had arrived on a flight from the east at 2 am for the 7 am start. He showed some gutsy determination as he kept his weary legs moving for a 7:00:01 finish.

Accompanying races showed much greater future promise. In the 20 Km Western Regional race, veteran Tim Seaman paced Trevor Barron still only 16, to a U.S. Junior record. Seaman won in 1:37:49, with Barron given the same time. The former Junior record was 1:42:15, set by none other than Philip Dunn in 1990. 18-year-old Jose Moncada, in his first 20, was third in 1:45:13.

The women’s 20 went to Canada’s Rachel Lavallee, who had a personal best 1:38:30. Solomiya Login was second in 1:48:43, winning the Western Regional title.
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Mike Tarantino, who had walked a 3 Km in 12:11 the night before to qualify for the National Indoor meet, won a 10 Km race in 44:43. The big story here was 14-year-old Tyler Sorensen who finished second in a personal best 47:06. Finally, Tyler's little sister, Nicolette (13) won the women's 10 Km race in a spectacular 55:10. So the day certainly had some positive tones.

**Results:**

**50 Km:** 1. Philip Dunn 4:28:53 2. Theron Kissinger 5:04:33 3. Steven McCullough 7:00:21

**DQ/Disqualified Women:** 1. Karen Karavanic 6:24:22


**Men's 10 Km:** 1. Philip Dunn 4:28:53 2. Theron Kissinger 5:04:33 3. Steven McCullough 7:00:21

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bettered 5 hours was in 1991, when there were 23. Since then the peak is 15 in 1999. And in that period there have been eight years with fewer than ten under 5 hours, something that had last occurred in 1976.


**Why the pattern of greater participation in a year preceding the Olympics?** Perhaps walkers are inspired to go for the Olympics and push themselves in the year before and then become discouraged when they see there are still 10 or 12 ahead of them.


Before we depart discussion of the 50, a little history suggests that the situation is seriously. Below, you will see the results of the 1979 National 50—the peak year in 11 U.S. 50 Km history. There were 39 starters, 27 finishers, and 19 under 5 hours. During that year, 22 U.S. walkers completed a 50 in under 5 hours. Over the course of the year, at least ten 50 Km races were contested—the Pan-Am Trials in Walnut, Cal., the Nationals in San Francisco, plus races in Arlington, Va., Colorado Springs, San Diego (two races), Detroit, Houston, Acton, Mass., and Burlington. Vermont U.S. walkers also competed in a Mexican race in April in the Pan-Am Games and in the World Cup. Marco Evoniuk and Dan O'Connor both competed in five 50s: Vincent O'Sullivan, Carl Schueler, and Wayne Glusker in four, and Augie Hirt, Karl Johnson, John Knifton, and Dennis Reilly in three. The 50 Km was king.

Since then, participation has descended. The last time that as many as 20 walkers...
Seaman Wraps Up Another National Title

New York City, Feb. 28—The two Millrose Mile Racewalks, which also served as USATF National Indoor Championships, saw impressive wins by Canada’s Rachel Lavelle and Tim Seaman, of the New York AC. Lavelle set a Millrose Mile record of 6:47.45 as she built a slim lead on Teresa Vaill, still very spry at age 46. Vaill also finished under Lavelle Schueller’s record time of 6:52.12, set in 2007. Vaill, who gets the U.S. title, recorded the fastest time by a U.S. woman since Jolene Moore’s 6:50.81 in 2006. This is her 34th National title as she extended her record for the most by any woman.

In the men’s race, Tim Seaman, a younger competitor to Vaill at 36, also won his 34th U.S. title, a number exceeded only by Ron Laird (65) and Henry Laskau (42). Tim had to hustle to stay ahead of Sweden’s Andreas Gustafsson as he won in 6:02.58. Gustafsson crossed the line 6:04.54. In third, Mike Tarantino showed a real turn of speed with his 6:08.58, but wasn’t far ahead of 16-year-old Trevor Barron, who finished in 6:14.12. That other young phenom, Tyler Sorensen, 14, was next in a stunning 6:37.44.

Post-race comments from the two National Champions:

Teresa Vaill: “It was a great race today. I’m happy I did it. I like coming to New York because I go from here. But I’m not really training for indoors, just preparing for outdoors. I’m working towards the National Championships to secure a spot on the World Championships team. I’ve been walking for 25 years. I’m starting to get into coaching to get more people involved in the sport.”

Tim Seaman: “That’s No. 34 in the bag. I had two poodle’s there at the end, so I just tried to be cautious in the last 400 meters. I slowed a little and really concentrated on my form and got it.”

Results:

USATF Indoor Mile Championship, Millrose Games, New York City, Jan. 30:


Other Results


FEBRUARY 2009

Italian Indoor Championships, Turin, Feb. 21. Women's 3 Km
Elisa Rigaudo 12:40.75 Men's 5 Km same place
Ivano Brunetti 18:23.47 Ukrainian Indoor
Men's 10 Km
Andrzej Rynko 39:49.28 Jr. Men-1. Igor Yatschenko
15:46.17 Finish National Indoor Championships: Women's 3 Km
Kolinan 14:42.78 5. Saara Mondio 15:41.42 (8 finishers) Men's 5 Km
(Only three entrants, so perhaps they were worse off than us with four competitors in the 50)

Attention! We have in store, racewalks galore

Sun. March 1
10 Km, Florence, Louisiana, 8 am (L)
Fri. March 6
NAIA College Indoor 3 Km Men and Women, Johnson City, Tenn.
Indoor 3000 meter and Under 18 15,000 meters, Louisville, Kentucky (V)
Sat. March 7
10 Km, Westwego, La., 8:30 am (L)
1500 meters, Baton Rouge, La. (L)
Sat March 14
2.8 Miles, Seattle, 9 am (C)
Indoor 3000 meters, Fayette, Missouri (P)
10 Km, Denver, 9 am (H)
5 Km, Brush, Col., 9 am (H)
2.8 Miles, Seattle, 9 am (C)
1500 meters, Houston, 8:30 am (L)
Sun. March 15
Conn. Indoor 1 Mile Championship, New Haven (F)
USATF National Masters 20 Km, Huntington Beach, Calif (Y)
USATF National Masters Indoor 3 Km, Landover, Maryland (D)
Indoor 3000 meters, Fayette, Missouri (P)
10 Km, Denver, 9 am (H)
1 Mile, Houston, 9 am (H)
Marathon and Half-Marathon, Virginia Beach, Va. (H)
1500 meters, San Antonio, Texas (L)
5 Km men, 3 Km women, Raleigh, N.C. (S)
1500 and 3000 meters, Round Rock, Texas (L)
5 Km, Aurora, Col., 8:30 am (H)
Pan American Cup Trials, Jr. 10 Km, Sr. 20 Km, Men and Women,
Pharr, Texas (O)
Sat. April 4
5 Km, Destrehan, La., 8:30 am (L)
1500 meters, Houston (L)
Fri. April 10
Women's 3 Km, Men's 5 Km, Fayette, Missouri (P)
2.8 Miles, Seattle, (C)
5 and 10 Km, Washington, D.C.
5 Miles, Stafford, Col., 9 am (H)
1500 meters, Las Cruces, N.M. (Q)
Florida 8K Championship (B)
North Region 10 Km, Dearborn, Michigan (F)

Contact:
Another opinion. Last month we ran an article by Bob Carlson on knee straightening in which he suggested that age is no excuse for walking with bent knees. Here is a response to that article from a 1960 Olympian and many times National Masters Champion, Bob Mimm—still young at 84. “Hey there. I just read Mr. Carlson’s comments on the straight leg rule. I’m sure you have received much feedback on that by now. (Ed. Actually, I think we have received much feedback on that by now.) He simply forgets that the essential difference between walking and running is ground contact. If you observe individuals walking down the street you never see anyone walking with stiff legs. People only do this when they are trying to racewalk. Racewalking has become just another form of running. It is now running with stiff legs. It’s that simple. The words in the rule, as seen by the human eye, just allows ground contact to be ignored by many judges. The RW rule should at least be modified for masters. And why not? The rules differ for masters in other events. The weights are different in the throw events. Hurdle rules are different, etc.” (Ed. Well, different weights for the throwing events and lower hurdles, but not different rules for conduct of the events. One still has to propel the weight without fouling and must go over, not around, the hurdles. And I’m not sure that many would agree that “it’s that simple.” There is a distinct between the mechanics of running and walking and I don’t think actually running with a straight leg is much appreciated. Perhaps we will receive more reaction to Bob’s comments than we did to Mr. Carlson’s. But then, we don’t receive a lot of comment on anything anymore, so Bob’s remarks are much appreciated.)... Youth Honor Roll. The USATF Racewalking Committee annually honors the top young racewalkers in America. The following athletes were judged the best in their age group by a panel of elite athletes and coaches based on times and places in major competitions: Young Men—Robert and Ricardo Vergara, South Texas WC and Evan Crowder, Kentucky Racers. Young Women—Catherine Davis, Southeastern Pennsylvania Athletics Club; Melissa Moore, Indiana Race Walkers; and Nana Yang, New York City. Intermediates—Trevor Barron, South Park TC; Matthew Forgues, Maine WR; John Randall, Miami Valley TC; Oly; and Alex Chavez, South Texas WC. Intermediate Girls—Sarah Derksen, Maine WR; Allison Chin, Miami Valley; and Claudina Ortiz, South Texas WC. Youth Boys—Tyler Sorenson, Pleasanton Heat Track Club, Cal.; Steven Valadez, South Texas WC; and Santosh Dandi, Meniam, Kansas. Youth Girls—Nicole Sorensen, Pleasanton Heat; Lila Haba, Umoja TC, Cal. and Molly Josephs, Walk USA, N.Y. Midget Boys—Nate Roberts, Salem TC, Oregon; Emilio Mancha, Elvis TC, Illinois; and Todd Goodman, Umoja TC. Midget Girls—Ashley Jacobs, Athletic TC, Texas; Katie Michta, Walk USA; and Jennifer Vargas, South Texas WC. Bantam Boys—Justin Liedke, Cornhusker Flyers, Nebraska; Adam Haba, Umoja TC; and William Katzman, Albuquerque TC. Bantam Girls—Caitlin Palacio, San Jose, Cal.; Sydney Beal, South Dayton Flyers, Ohio; Erin Jacobs, Athletic TC; and Cheryl Chaves, South Texas WC. Jack Bray. I fouled up the e-mail address for Jack Bray in last month’s issue. Jack is still in Florida and his new e-mail address is racewalkerjack@gmail.com. Last month I left off the “er” on racewalker and got an “r” rather than an “e” between mail and com. When Jack returns to Wisconsin he will probably be promoting some races and will then add contact to his race schedule. Chris McCarthy. I have just learned from Ron Laidr that Chris McCarthy is undergoing treatment for a malignant brain tumor. Chris was on the 1984 Olympic team and was our first finisher in the 50, placing 21st in 4:35:41.6. For three years prior to that, he published a monthly newsletter on racewalking, essentially the predecessor of the Ohio Racewalker, and at that time about the only source of information on our sport. I talked to his wife, Betty, and found he has gone through intensive care and is a rehab center (apparently one with a great reputation) having lost most sensation in the left side of his body. When he leaves rehab, he will begin radiation treatment for the tumor. Chris’s address is 976 W. 19th Street, Chicago, IL 60608, his phone No. 312-829-8578. Betty’s e-mail address is bettymc@ameritech.net. An interesting note. Before I knew about Chris’s present situation, I had come across what I believe to be the final edition of his newsletter, which had some way gotten separated from the rest of my collection of that August newsletter. The last issue in my collection had been No. 33, dated Spring 1964. This is No. 34, dated Late Summer 1964. In light of ongoing discussion about the dearth of elite walkers in the U.S. at present (like only three entrants in the National 50), his comments following the results of a 30 km race on Long Island are interesting: “It has long been a contention of many of us that the United States could become the top racewalking country in the world in just 3 to 5 short years if we could only tap some of our almost unlimited talent. This rapid rise of guys like Szekely, Mark, and now Rasmussen...
tends to substantiate this theory. If we could get, say, 50 percent of the starters in the NCAA cross country meet to train for racewalking for the period between one Olympiad, we'd be willing to bet dollars against rubles that we'd come up with some really scorching pace setters. With our huge population, extensive leisure for youth, high caloric and protein diet, and similar factors working in our favor, we should be able to do in racewalking (and distance running) what we do in most track and field events—and other sports. All that's really lacking is some way to "tap our natural resources in this area." ..Keeping up with Derek. People ask from time to time how our son Derek is doing. Quite well, thank you. Last fall I mentioned that he and his musical partner had been nominated in two categories for NAMY Awards (the Native American music equivalent of GRAMMYs). Well, they didn't win in either category, but had a great time at the ceremony in Niagara Falls and got to play at the reception following the awards dinner. And, here is the latest. Each year the Ohio Arts Council hosts the Governors Awards for the Arts in Ohio at an Arts Day Luncheon. Awards are given in several categories, including Individual Artist. The award in that category, to be presented at the Arts Day Luncheon April 1, is going to Derek Mortland and Michael Joseph Ulery. The announcement on the Ohio Arts Council website reads: "Ohio natives and musicians Derek Mortland and Michael Joseph Ulery have accomplished a depth of creativity and equal virtuosity stemming from 10 years of working together. By blending Native American musical traditions, Mortland and Ulery have created a Native American Music Awards nominated project called 'Sketches of the Inner World' (SOTIW) to further these traditions through modern music technology. Ulery, self-taught at the age of 12, demonstrates a unique musical talent, including the mandolin, traditional Native American and drums. With a vision of combining spirituality with musical influences, he has developed a strong and unique style while exploring his Blackfoot ancestral roots. When asked in an interview, "If music is truly from the heart it should have the ability to move you" Ulery has been nominated for a New Age Reporter, Lifestyle Music Award in four categories, including one for cover art featuring a past OAC youth award recipients' work. His success has been written about in the articles of Acoustic Magazine UK and the national magazine, The Indie Review. Derek Mortland began playing at age eight and had formal lessons starting at 11. He continued a self-taught path when he played in a jazz band during high school. However, his life changed dramatically in 1997 (at age 28) due to a paralyzing semi-pro motocycle racing accident. Mortland had to relearn guitar and break through new musical barriers. "I sustained a spinal cord injury and head injury," says Mortland. "I had to relearn how to do many things we generally take for granted. As a guitarist, he has a unique musical style and has been involved with public speaking and workshops, showing others their creative potential. Performing in festivals around the world through the Artists with Disabilities Network, Mortland's work has been recognized with numerous grants from the OAC and the National Endowment for the Arts. He also assists other artists with disabilities through his work as artist services coordinator for VSA Arts Ohio. Collaboratively, Ulery and Mortland's contributions continue to be vital to the growth and development of Ohio's artistic landscape. They are educational advocates with efforts not limited to those with disabilities, but with an overall focus on the musical arts. Both have worked with prison outreach programs, presented to statewide flute circles, and performed for the International Native American Flute Association. They continue to perform for festivals that encourage environmental causes and bring people together for celebration, education, and stewardship. Rewarding their continued efforts in bringing together cultures with their art, Ulery and Mortland are the 2009 recipients of the Individual Artist Governor's Award." For more information of Derek and SOTIW you can visit www.derekmortland.com listen to some of their music and even order CDs is desired

Aerobic Training

by Jonathan Matthews

(Acrobatic training is the foundation of training for all distance athletes, including racewalkers. Aerobic training takes place when the heart rate is between 65 and 75 percent of an individual's maximum. The weekly or bi-weekly long walk and other shorter, base-building walking takes place in this heart rate zone. An exception would be those times when soreness and stiffness caused by a previous hard session make it advisable to walk at a pace that is too slow to elevate the heart rate into the aerobic training zone.

When you are in the base-building phase where virtually all training is in the aerobic heart rate zone, you should include some brief periods of faster cadence walking of 10 to 20 seconds several times a week. These fast intervals insure that your ability to walk fast will be maintained—perhaps improved—when the majority of your walking is considerably below your race pace.

As a general rule, an athlete in the aerobic training phase does 10 percent of his or her weekly mileage on one day of the week. The rest of the week's mileage is distributed over the other six days with the longest workout coming as far as possible from the long-walk day.

To start the base-building phase, you start at the mileage you are doing. You then add 10 percent to the distance walked each week, increasing the amount each week for no more than 3 weeks before taking a plateau week. During the plateau week, the mileage of the previous week is maintained. Or, if you are overly tired, you may take a week where you decrease the distance by 10 percent from the previous week.

Due to the moderate intensity training, in the aerobic zone can take place for months at a time. Training in this zone builds the cardiovascular system, the cellular mitochondria, the muscles, tendons, and ligaments. It is referred to as base training because it develops the necessary physiological foundation required to support more intense training and racing. Even though its pace and stress on the body is moderate, you cannot simply add 10 percent per week for 3 to 4 weeks. Even with unlimited available time for training, an individual will experience an upper limit to the amount of training that is beneficial. This upper limit may increase over the years as one adapts to the life of a serious athlete. On the other hand, it may decrease as life's other responsibilities cause fatigue or as the body ages or suffers from overuse injuries.

Above all, you need to listen to your body. Your body will tell you if you should decrease your training volume for a period of time, or if you should hold the current training volume constant for a while to allow the body to adapt to the new norm.

All of my training recommendations are based on an individual's maximum heart rate. In order to follow my training guidelines, you must have a quality heart rate monitor that will record heart rate during a workout and have upper and lower limit alarms that will alert you when your heart rate falls below or rises above the desired range. An athlete is likely to achieve maximum heart rate during a maximum intensity competitive effort. Those with cardiovascular disease should never enter maximum heart rate territory! Heart rate monitors foster honesty, precision, and success in training.

FEBRUARY 2009
Saville finishes her long walk

(An article from the Australian, February by Nicole Jeffrey. I have appended to it another article from the internet sent to me by Elliott Deane.)

Jane Saville has walked the circumference of the Earth at least twice in her 20-year quest for excellence. Her routine for the past 12 years has involved covering between 130 km and 140 km a week (some 80,000 km in total), and she has worn out a pair of shoes every three weeks.

But at 34, Australia's queen of the walk has decided her battered feet deserve a rest. The four-time Olympian and triple Commonwealth Games gold medallist announced her retirement from competitive athletics yesterday. A nagging foot injury, which impeded her performance at the Beijing Olympics, finally convinced her that she had reached the end of the line. "In Beijing, I know it was going to be my last Olympics but I was thinking I would do one more year and go to the worlds (championships in Berlin in August) and finish on a high note," she said.

"My last worlds wasn't very good and my Olympics wasn't very good. But I am still injured, I haven't been able to walk more than 10km since then. I am 34, I've had a good go at it and Matt (White, her husband, the former professional cyclist) and I want to start a family."

Saville developed tendinitis in her left shin a month before the Beijing Games and needed a pain-killing injection to get through the 20km race there. The injury then graduated down to her foot and she has found no relief.

"I have been radioactive for months, I've had so many scans," she said. "Sometimes your body says enough." The agony on Saville's face in the moment she was disqualified just 150m from the finish line "was the worst I will ever walk. The Sydney Olympics will remain in Australia's collective sporting memory.

But she got her reward four years later when she became the first Australian woman to win an Olympic race-walking medal (bronze) at the Athens Games. The same year, she was ranked No 1 in the world by the IAAF.

That Athens triumph remains her favorite memory of a long and admirable career. "It was just amazing," she said. "To hit your peak on one particular day is very difficult, more so for someone like me because I wouldn't call myself a super-talented athlete."

"Another highlight was when I beat (former world record-holder) Kerry Saxby at the 1998 Commonwealth Games. That gave me confidence that I could mix it with the best in the world. Contrary to expectations, she does not regard that devastating moment in the tunnel of the Sydney Olympic stadium as the low point. Saville revealed that she had reached her darkest hour 12 months later.

"It was probably after the 2001 world titles, when I was disqualified for the third time in a year, first in Sydney, then at the 2001 nationals, then at the worlds. After that I had worked so hard to improve my technique.

"Then I thought I was only going to be known as the girl who gets disqualified, and I couldn't see the light at the end of the tunnel." But that made Athens all the sweeter. "If I had won in Sydney, I may have retired, because you couldn't do better than an Olympic gold medal in your home."

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Arlington, Virginia, winning dipped under the 6 minute mark by just .36 seconds to 4:02:30 and Philip (Tommies) finished second for the second year in a row, breaking the US road record in the process. As he finished in 3:54:38. covering 10 years ago, mutual a setback in an element. He is remembered in many ways including the NAR Racewalking Scholarship in his name. We quoted Cheryl Reiling her then, "Don't dwell on the last year. Remember who he was when you saw him in his element, the man you knew for years." John Nunn won the Millrose Mile in 6:03:37 and also did a 3 Km in 12:55.8 in Brentwood, N.Y. In Ireland, Poland's Robert Kozeniowski blistered an indoor 5 Km in 13:28.79 and Gillian O'Sullivan covered a 3 Km in 11:59.79. Vladimir Stankin won the Russian 20 Km Winter Championships in 1:17:23 and Susana Feiter did a 1:29:32 in Portugal.

The Longest Walk

On January 26, 1977, a young Englishman and his Japanese girlfriend headed northward from the small Argentinian settlement of Ushuaia and began walking. Seven and a half years later, on September 18, 1983, George Meegan, former Merchant Marine seaman from Rainham, Kent, England, completed an epic marathon of a lifetime: he walked from the southernmost tip of South America to the northernmost tip of Alaska, Point Barrow, a total distance of 19,091 miles.

Starting in Tierra del Fuego, George wandered along deserts, jungles, Prairies, and highways through 14 countries. During the journey, he married his traveling companion, Yoshiko, who later gave birth to their children. (Ed. Sounds like, how ever many there were, she must have put them up during the trek for delivery after they were more settled.) He encountered "enough crawly things with teeth and fangs to last several lifetimes," as well as bandits, hostile police, and soldiers, and even a crazed jungle guide.

Four and a half years and 13,000 miles into the trip, talking to a reporter in the U.S., George pulled from his rucksack a story by the poet Robert Service:

"There's a race of men that don't fit in,
A race that can't stay still:
So they break the hearts of kith and kin
And then roam the world at will."

George then said to the reporter, "The English have a tradition in this sort of thing."

Reprinted from The Explorers Club Lecture Series by Heel & Toe, the official publication of the Walkers Club of America, Spring 1985. This was the second of three issues of Heel & Toe, the first being Fall 1984 and the third July 1986. An ambitious walk started by Howard "Jake" Jacobson with Elliott Danman as Editor-in-Chief that quietly disappeared. As to Mr. Meegan's feat, when you think in terms of 7½ years or 90 months, he was only doing about 210 miles a month, not a huge training load and I am sure his progress was not at a training pace. But, of course, he actually got somewhere and had a lifetime of adventure.

Last minute news that came as I was printing this out, so I'll throw it on the last page: