More Titles For Veterans Vaill and Seaman

The month of October was very productive for the two premier U.S. walkers, those canny veterans 37-year-old Tim Seaman and 46-year-old Teresa Vaill. With three National Titles on the line during the month, Seaman took full advantage, winning all three. That boosted his lifetime total to 41, leaving him just one behind Henry Laskau on the all-time list. Henry won his titles from 1947 to 1957. Ron Laird won 65 from 1958 to 1976. So it will be a while before Tim can attain that mark.

Vaill, in the meantime, won twice (she didn’t compete in the third race). That brought her to 37 titles, the first having come in 1984 in the Indoor 1 Mile. Sue Brodock, who competed from 1973 through 1983 is second on the list with 23 titles.

The month’s active began in Kingsport, Tennessee with the National 5 Km. Vaill was an easy winner in the women’s race with a 23:19, more than a minute-and-a-half ahead of 35-year-old Bobbi Chapman, apparently making a comeback after a four-year absence. Ohio’s own Susan Randall was well back of her in third. Seaman had an even easier time as his 21:35, a pace he has often exceeded over 20 Km, left 44-year-old author, coach, clinician, and general racewalking guru Dave McGovern more than 2 minutes back. In third was another of Ohio’s own, 62-year-old Chris Schmid, a relative newcomer to the sport, who has been cleaning up in the master’s ranks with his steady improvement.

A week later, the scene shifted to Waltham, Mass. For the National 1 Hour Championship. Vaill again was unchallenged in the women’s race, covering 12,263 meters and leaving Erin Taylor nearly three laps back in second. Taylor, in turn, was nearly 300 meters ahead of third-place Lauren Forgues.

Seaman also had another easy win, beating Lauren Forgues’ kid brother, 17-year-old Matthew, by nearly two laps as he covered 13,307 meters. Ray Sharp had another impressive outing with his third place finish with 12,599 meters. That’s more than 7 3/4 miles.

Finally, the caravan went to Hauppauge, N.Y. (on Long Island) for the National 30. There, the walkers faced a Nor’easter that had temperatures tumbling (to 42 F by the finish) and winds of 25 mph gusting to 40 mph. Plus the challenge of an outstanding contingent from Colombia. Seaman was again unchallenged for the National title but was well beaten by the Colombians. Luis Lopez, apparently unfazed, won easily with world-class effort of 2:13:00. His 43-year-old teammate, Rodrigo Moreno, finished in 2:30:59, and their female compatriot, Sandra Zapata in 2:35:38. Seaman led the U.S. contingent in 2:38:16, more than 15 minutes ahead of second place John Soucheck. However, between them were the first two U.S. women, Maria Michta and Susan Randall. After them came Erin Taylor and then Chris Schmid with a really tough 3:01:19 at age 52.

The 30-year-old Lopez’s win was no surprise. He was fifth in the World Championship 20 Km in August with 1:20:03 and was ninth in the Beijing Olympics at the same distance.
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 matter to: Ohio Racewalker, 3184 Summit Street, Columbus, OH 43202. E-mail address is jmortlan@columbus.rr.com. Approximate deadline for submission of material is the 24th of each month.

As to his race at this distance, Seaman said: “It isn’t my favorite distance, as I have been focusing more on shorter distances for some time. But in my quest to win more national championships, I have had to expand to longer distances than I usually compete in.” By the time you read this, Tim will have completed his highly-successful October with his marriage to Canadian racewalking champion Rachel Lavallee on Halloween day.


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Fast Times In China

While we in the U.S. struggle to get even a handful of elite walkers at any race, the Chinese seem to have world-class racewalkers to spare. Witness their National Championships in late October.

First up was the men’s 20 Km, featuring World Championship silver medalist Hao Wang. Wang won in a personal best 1:28:13, the world’s second fastest time this year. He was well clear of Jianbo Li, 12th in the Worlds, who finished in 1:19:10. The next three finishers were under 1:21 and 31 finished under 1:30.

Two days later the women’s 20 Km was won by World bronze medalist Hong Liu who walked her season’s best of 1:28:11 despite unexpectedly warm weather. In second, 19-year-old Yanfei Li lowered her personal best by almost 2½ minutes, finishing in 1:28:57. Yanmin Bo in third returned to the form she had shown five years ago when she won the National Games as she finished in 1:29:17. Shanshan Wang in fourth also dipped under 1:30.

Several of the men in the 20 came back four days later to contest the 50, with Hao Wang taking second and Jianbo Li fourth. The winner, however, was Chengliang Zhao in a quick 3:40:33. Zhou has walked many quick times in the past, but has disappointed in international competition with 21st in the Beijing Olympics and 17th in 2004. As a matter of fact, in the past five years there have been only four U.S. times under 4:10. Curt Clausen, Kevin Eastler and Philip Dunn twice. Likewise, at 20, where the Chinese had been under 1:25 in this race. The U.S. has only 10 all-time under that mark. And again, since 2004, when Kevin Eastler, Tim Seaman, and John Nunn were all under 1:23 to make the Olympic A standard and Curt Clausen also went under 1:25, there have been only
six performances under 1:25, three by Eastler, two by Seaman, and one by Nunn. Similarly, there were thirteen Chinese women under 1:35 in the one race compared to seven all-time for the U.S. (And one of those being Yueying Chen who won Olympic gold for China before she walked for the U.S.) Since 2004, only Joanna Dow (three times) and Teresa Vail (twice) have been under 14 youth, and indeed, they are both in the mid 40s. Okay, that's my statement for today on the state of U.S. racewalking. And here are the Chinese results:

**Men's 20 Km, Oct. 22:**
- 1. Hao Wang 1:18:13
- 2. Jianbo Li 1:19:10
- 3. Yafei Chu 1:20:27
- 4. Gao Li 1:20:49
- 5. Leiwei Wang 1:20:58
- 6. Tao Yang 1:21:27
- 7. Wei Yu 1:21:37
- 8. Xiangdong Bo 1:21:47
- 10. Ronghua Lu 1:22:16
- 11. Xuezi Zhang 1:23:02
- 12. Jincui Zhou 1:23:40
- 14. Ding Chen 1:24:25
- 15. Lei Li 1:24:32
- 16. Zhu Lei 1:24:38
- 17. Ende Zhan 1:24:59
- 19. Shengping Wang 1:25:08
- 20. Guosong Wu 1:25:33

**Women's 20 Km, Oct. 22:**
- 1. Han Liu 1:28:11
- 2. Yanfei Li 1:28:57
- 3. Yanmin Bo 1:29:17
- 4. Shaoshan Wang 1:29:54
- 5. Yawei Yang 1:31:11
- 7. Li Li 1:32:18
- 8. Xue Chai 1:32:21
- 9. Dan He 1:32:22
- 10. Limin Sun 1:33:22
- 11. Jingjie Nie 1:33:52
- 12. Xuqing Sun 1:34:23
- 13. Hua Li 1:34:55
- 14. Yang Shi 1:35:12
- 15. Qing Xu 1:35:27

**Other Results**

1. Doug Johnson 5:27:32
2. Mike Mannozzi 5:29:17
3. Chris Schmid 5:33:06
4. Pablo Gomez 5:46:42
5. Rick Campbell 6:00:21
6. John Magnussen 6:00:43
7. Mark McConville 6:05:14
9. Shangli Xue 6:12:47
10. Emma Yang 6:16:14

**Marathon, Melbourne, Australia**
- Jared Tallent 3:04:38
- Gabrielle Muffcr 3:05:09
- Ellen Vlahov 3:05:53

**Half Marathon, Broomfield, Colo.**
- 1. Ryan Lacy 1:24:46
- 2. David Walker 1:25:08
- 3. Dan O'Brien 1:25:34

**Other results**

If You Care To Race, There's Many A Place

Sun. Nov. 8
- Florida State 20 Km (B)
- 20 Km, Indianapolis (K)
- 5 and 10 Km, Albuquerque, NM, 9 am (Q)

Sat. Nov. 14
- 1 Hour, Virginia Beach, Va. (T)
- 2.8 Miles, Seattle, 9 am (C)

Sun. Nov. 15
- 5 Km, New York City, 8:30 am (G)
- 5 and 10 Km, Coney Island, N.Y., 9 am (Q)
Final U.S. Grand Prix Standings

The U.S. Grand Prix consisted of all National Championship races plus the Trials for the Americas Racewalk Championships. The Championships are the Indoor 1 Mile and 5000 meters (3000 for women), and the outdoor 5, 10, 15, 20, 30, 40, and 50 Km, and 1 Hour. For Masters the Grand Prix races were Indoor 3000, outdoor 5000 and 10,000 meters, Masters' 15 and 20, and the open 5, 30, 40, and 50 Km, and 1 Hour. The first 10 places in each scored starting with 10 points for first down to 1 point for tenth.
12. Tommy Auman, Oregon and Pedro Santoni, SC Walkers 16
14. Rod Craig, Pegasus 15
17. Rick Campbell, Easy Striders WC 12
18. Damon Clements, Indiana RW 11
19. Don Lawrence, un., N.Y.; Jonathan Matthews, un., Mont.; and Stephen McCollough, un., Conn. 10

(Total 46)

Masters Women

1. Debbie Topham, Pegasus Walkers 43
2. Becky Benjamin, Pegasus 41
3. Vicki Pritchard, World Class RW 29
4. Susan Fassell, Pegasus 21
5. Teresa Vaill, Walk USA 20
6. Maryanne Daniel, Conn. Walkers and Louise Walters, Sierra Walkers 19
7. Darla Graff, World Class RW; Marianne Martino, HART; Kathleen Balser, Un., Ariz.; and Darlene Backlund, RW Northwest 17
8. Rebecca Garson, World Class RW; Karen Karavani, World Class RW; and Donna Green, Chicago Walkers 15
9. Jolene Steigerwald, S. Cal. TC 13
10. Cathy Mayfield, Indianapolis Walkers 11
11. Kathy Frable, un., Utah 9
12. Rebecca Garson, World Class RW; Karen Karavanic, World Class RW; and Donna Green, Chicago Walkers 15
13. Mary Baglin, Pacific RW and Carol Bertino, Easy Striders 7

(31 total)

From Heel To Toe

A shoe clue. Harry Siitonen, Finland’s gift to racewalking in the San Francisco Bay area, offers the following: Just received a post from Ron Day, one of our old Golden Gate RW members who now lives in Bloomington, Indiana where he is a professor at the U. of Indiana. He says: “I found these Finnish shoes, the Karhu, are very nice for racewalking, as well as running. Particularly the pronation support shoe that is listed as ‘stable’. The arch plate gives a smooth transition and there is plenty of heel support. The shoe is soft, but not gooey, and so stands up when landing. I found these to be the best RW shoes I’ve ever had, mostly because the transition is so smooth due to the internal plate.” Harry adds: “I’m surprised they still even made Karhuis in Finland. I had a pair in 1991 and was quite satisfied with them. But in recent years I saw none stocked in Finnish athletic shoe stores. Advertising hype probably steered people to the big brand internationals. You might try the internet to find out where Karhus can be gotten. In fact, I saw one or two pairs in a Finnish store in Helsinki. From the Online edition of Helsingin Sanomat, Helsinki, Finland: "Menkaa Karhut", or ‘Go Bears’. So when rooting for the Cal teams at Berkeley you can cheer them on in Finnish: "Menkaa Karhut", or ‘Go Bears’. More druggies. Harry also supplied the following report from the Online edition of Helsingin Sanomat, Helsinki, Finland: Two Russian racers were among three athletes dealt bans on doping charges based on tests made at the Russian Cup competition at Periz on Sept. 18. The racers were Yevgeny Apasenko, who was dealt a two-year ban from the sport, and Maria Petrova, who was barred for 30 months. The third athlete was a hammer thrower. Take care with those injuries. Bev McColl, who as Bev LaVeck is one of the few U.S. female centurions (those who racewalk

When Simplicity Reigned

(A few months back there was a lengthy discussion on the Yahoo Racewalking List regarding attention to heart rate in training. I posted a message about the days of old before heart rate monitors existed and before heart rate was given a great deal of thought in one’s training—least not in the circles in which I moved. Elaine Ward, founder of the North
American Racewalking Institute and editor of the Southern Cal Walkers newsletter picked up on it and published it under the above title. I figured I might as well take advantage of the article in these pages, so here I what she published from my posting, which was a little more extensive, but which I didn’t save. I have added here a few parenthetical notations.

I am thankful that my serious training came in the days before heart rate monitors and before much of the awareness of training effects existed so I didn’t have to worry about such details. After a day on the job, I would get out at 5:30 to 6 pm, ask my body how it felt, decide what I would try to do, and let my body direct me through a workout. I had no planned schedule of hard and easy days other than what my body told me, which might be a day off. I still have no heart rate monitor, but sometimes take my pulse after a workout—finger to throat while watching a second hand. At age 74, a series of “sprints”—say 100 meters at perhaps an 8:20 to 9-minute pace if walking or around a 7-minute pace if running—can put my pulse up to 180 or occasionally even higher. (I might add that what I learn has no effect on my “training”, if what I do these days can be called training. Maybe I will discuss that some time in the future.)

For whatever it’s worth, here is a sample of my self-coached, do-as-my-body-directs training schedule in May of 1964. It typifies my training throughout the year. (My training was not seasonal since there were races throughout the year at many distances and I just wanted to be ready to race. I did point for certain events for which I might intensify the load for a few weeks.) Most of these workouts were conducted on a 188-yard track that Doc Blackburn had constructed outside his house. The 188-yard distance, purely coincidentally put the quarter mile and one-mile marks at nearly the same spot (about 2 1/3 laps for the quarter and 9 1/3 for the mile.) It also meant you just had to travel one additional lap for each mile to get a metric distance, (i.e., 5 Km, 10 km, etc.) The “stroll” between represent approximately 125 yards—were in a hiking style at somewhere near an 11-minute pace, i.e., minimal rest.

Sun. 16 miles in 2:16:05
Mon. 7 x 1 mile (7:32, 7:27, 7:25, 7:19, 7:21, 7:25, 7:25) 125 yard stroll between. With strolling included, I completed 8 miles in 62:30
Tues. 2 miles–14:32; 1 1/2 miles–13:37; 1 1/4 miles–9:35; 1 Mile–7:33; 3/4 miles–5:15; 1/2 mile–3:38; 1/4 mile 1:44. Stroll 1 lap between; passed 8 miles in 65:37
Thur. 10 K–46:45
Fri. 3 miles—25:23, 1 mile run–5:40
Sat. 7 miles–57:05 with last mile in 7:11
Sun. 10 miles–2:59:32
Mon. 7 miles–52:10 with 46:16 at 10 km
Tues. 5 x 3/4 mile (5:44, 5:38, 5:40, 5:40, 5:39), stroll 1 lap between, strolled to 6 mile mark in 48:37
Wed. 1 Hour–7 miles 330 yards (This is what I considered a recovery day)
Fri. 1 Mile–7:25; 2 Miles–15:30; 2 miles–14:45, 1 mile–7:08, stroll 1 lap between
Sat. 1/2 mile–3:45; 8 x 220 yards–55 second average, 1/2 mile–3:47; 2 Miles 16:45
Sun. 20 Miles 3:07 (7:50 last mile)
Mon. 2 x 5 K–23:12 and 23:05, stroll 188 between
Tues. 1/2 miles 11:18, 1 1/4 miles–9:32; 1 mile–7:24; 3/4 mile–5:24; 1/2 mile–3:36; 1/4 mile–1:43
Thurs> 7 miles–54:32 (last 2 miles in 14:27)
Fri. 3 x 1 mile run–5:49, 5:39, 5:33
Sat. 8 Miles–64:46

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Arm y Athlete Trying T Walk To Another Olympics

By Jerry Briggs, San Diego Express News, June 27, 2009

U.S. Army Sgt. John Nunn isn’t competing in racewalking for the tattoo. He’s not really thinking about strutting and swaying his way through the streets of London in 2012, displaying a colorful Olympic rings on his upper back. But, if you ask his daughter, she might tell you that she thinks that’s a pretty cool idea. As a matter of fact, 5-year-old Ella Nunn already has put in the request.

“Dad, I want you to get an Olympic rings tattoo,” she told her father. “Really?” John replied.

John Nunn, a 31-year-old San Diego resident who recently finished five months of training as a dental hygienist at Fort Sam Houston, chuckled to himself, the memory of the exchange with his daughter still fresh. He said that Ella, even at a tender age, knows that Olympic athletes sometimes wear “large and loud” tattoos.

So, she wants her father to display one on his shoulder. And to dress it up. Ella wants to see it adorned with the colors of the flag in the background—red, white, and blue. “Maybe we’ll just stick with the rings,” John told his daughter.

Nunn related the story last week over a bowl of tortilla soup at a coffee shop on Broadway. Today, he is in Eugene, Oregon, representing the Army at the USA Outdoor Track and Field Championships. He’ll compete this morning for the U.S. Championship in the 20 Km racewalk, the first of several steps he hopes to take on the road to qualifying for the 2012 Summer Games. (Ed. As we now know, John finished fourth in that race (1:27:43) as he did in the 2008 Olympic Trials.)

Last week, during an hour-long interview, a few things became apparent about Nunn. First, he has a burning passion for his sport. Second, his daughter is his pride and joy. And, third, he is proud to be involved in the Army’s world-class athlete program. All of that, combined, seemingly drives Nunn in his quest to make a second U.S. Olympic team.
Initially, when he was distance runner as a teenager in Ohio, he disliked the concept of racewalking, an event that sometimes takes a verbal beating at the hands of Olympic media pundits. Television sportscaster Bob Costas once said: “A contest to see who can walk the fastest is like having a contest to see who can whisper the loudest.” (Ed. A comment that has received enough space in these pages in the past.)

Nunn, a member of the U.S. team in the 2004 Olympics, bristles at the mention of the remark. It grates on him to think that some consider his sport a pointless pursuit. But he admitted that he, too, once didn’t care for it. Now?

“It’s just a lot of fun,” he said. “I never grew up believing I’d do racewalking. I never really had dreams or aspirations like that. I just saw it as an opportunity and took it.”

Nunn walked the inaugural San Antonio Rock 'n' Roll Marathon in 3:32 in November. He has traversed a 50 Km walk in a personal best 4:14. The Army’s fitness test, a nightmare for some, is usually a breeze for Nunn.

John Grifrey, who worked with Nunn at Fort Sam’s dental hygiene program, marveled at his friend’s performance in the marathon. “It’s a heel and toe, and one foot always on the ground,” Grifrey said. “To watch him, it’s almost confusing. It almost seems like his hips are going to come out of their sockets.”

Nunn tried and missed out on the Olympics in 2008, so whether he can make it in 2012 at age 34 seems uncertain. It’s also an iffy proposition as to whether he eventually will take his daughter’s advice and go all out on the tattoo design to include the red, white, and blue background or whether he will settle for just the basic rings. (Ed. He better be aware of the IOC’s copyright, which they get pretty picky about.)

But one thing is certain. Along with his daughter, those colors will always be in his heart. “At major races, you’ll find a lot of (U.S. military) people from Vietnam or the old vets, and you’ll hear them all ‘Go Army,” he said. “So this is not just for me. I feel like I’m part of something much bigger than myself.”

LOOKING BACK

40 Years Ago (From the October 1969 ORW)—A U.S. team of Bill Runney, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westerfield took fourth behind Italy, London, and Sweden in the annual Airolo-Chiasso road relay in Switzerland. Laird won National titles at both 1 Hour (8 miles 20 yards) and 30 Km (2:29:23). In the 1 Hour race, Larry Walker was nearly a quarter mile behind in second and John Kelly finished third. At 30, Tom Dooley gave Laird a good tussle, and finished in 2:30:08, with John Knifton, Ron Daniel, and Gary Bocci following well behind—East German ace Christoph Holme, the Olympic gold medalist in 1968, bettered the World Record at 50 Km (track) with 4:08:05. On the local scene, your already aging editor (then 34) won a 2 mile in 14:49 and a struggling 20 Km in 1:43:14.

35 Years Ago (From the October 1974 ORW)—Led by Bob Henderson and Augie Hirt, the U.S. won a dual meet from Canada in Montreal. Bob won the 20 in 1:34:32. Augie beat Tom Knatt in the 50 with a 4:40:15. Tom was 2 minutes back, well clear of Canada’s Pat Farrelly.

Larry Young captured the National 30 Km title in 2:30:06, with Hirt second and Mexico’s Domingo Colin third. That was in Columbia, Missouri, where on the same day, Ruth Eberle won the women’s National 10 Km in 57:30. Also in Columbia, the annual 100 miler saw a record five finishers, with Bob Chapin winning in 20:09:20. Chuck Hunter, Larry O’Neill, Dave Leuthold, and Leonard Busen followed. John Knifton turned in a “knifty” 1:31:20 for 20 Km on the track in Pine Plains, N.Y.

30 Years Ago (From the October 1979 ORW)—This time, Canada, led by Mike Stones and Helmut Boeck, prevailed over the U.S. The meet was held in Niagara Falls, N.Y. Stones won the 15 Km race in 1:10:41, just 5 seconds of Dennis Reilly, who was followed by his U.S. teammates Ron Daniel and Al Halbur. Boeck (2:33:17) and Pat Farrelly (2:34:47) were one-two at 30 Km giving Canada a one point win for the two races. Alan Price, Ray Somers, and Wayne Glusker took the next three spots for the U.S. Two weeks earlier, Price had defended his 100-mile title in Columbia, Mo., winning in 19:51:15. Seven others, led by Bob Chapin and Leonard Busen, finished the race. Dan O’Connor won the National 30 Km in Detroit with a 2:22:33. Steve Pecinovsky was 5 seconds back.

25 Years Ago (From the October 1984 ORW)—Carl Schueler, following his Olympic six-place finish, recorded on of the most one-sided victories in U.S. National Racewalking title annals by winning the National 40 Km in Fort Monmouth, N.J. Carl had a brilliant 13:35:07. Second-place finisher Ray Funkhouser finished in 3:39:21, followed by Nick Bdera, Fabian Kniazchek, and Randy Mimm. Once again, Alan Price won the National 100 miler in Columbia, recapturing the record for the event with 18:46:13. That was better than 2 minutes under Paul Hendrick’s mark from 1980. It marked Alan’s 15th 100 miler. (Note, however, that Larry Young walked 18:07:1 in his only attempt at the distance in 1971, the year it was driven indoors to a 220-yard trace by torrential rains that had flooded the outdoor track. It’s probably a greater feat that he did it outdoors, but a record must come on 440-yard or 400-meter track. Probably out of boredom and wanting to get finished, Larry walked his last 2 miles in under 8 minutes each.) Bob Keating (21:42:55) and Bruce Etherton were the only other finishers. Canada’s Guillaume Leblanc won the Aloni 20 Km in Dearborn, Mich. in 1:25:37, followed by Mexico’s James Lopez and Italy’s Sergio Spagnolo.

15 Years Ago (From the October 1994 ORW)—In one of the classier fields in recent years, Dave McGovern (apparently now conceding that he was a 40 Km walker) won another National 40 at Fort Monmouth, considerably faster this time with 3:28:02. Ian Whatley was second in 3:30:14, and Dan O’Connor, leading at 20 Km in about 1:45, faded to 3:39:52 and third place. In fourth was Curt Clausen n 3:43:19. A week later, Jonathan Matthews beat McGovern in the National 5 Km, going 20:12 to Dave’s 20:35. Allen James was third in 20:54 and Gary Morgan fourth. Another week later, Mexico won the Pan-Am Cup I.
Atlanta. Bernardo Segura (1:24:15) and Daniel Garcia (2:24:23) were one-two ahead of Ecuador's Olympic champ to be, Jefferson Perez (1:24:24). Matthews was the first U.S. walker in 12th (1:28:04) and James had 1:30:01 in 14th. Mexico took the first five places at 50, led By Carlos Mercecanio (2:52:06) and Miguel Rodriquez in the same time. Rob Cole was eighth in 4:13:10 for the U.S. The U.S. team finished fifth at 20 and third at 50. The women's 10 Km went to Mexico's Graciela Mendola (46:14) with Teresa Vaill second in 46:20. Mexico won the team title with the U.S. edging Canada for second. Then, yet another week later, the Alongi races went to Lyn Brubaker (46:59) and Mexico's Guillermo Rodriguez (1:24:17). The Mexicans were 1-2-3 with different people than had competed in Atlanta. Ian Whatley was fourth in 1:30:28. Finally, in the fifth straight week of high-class racing, Allen James won the National 2 Hour, covering 26,661 meters, a new American record. Marc Varsano (25:37), Carl Schueler (24:884), and Whatley (24:537) followed. Claussen, still searching for the secret that he soon found, was a distant fifth. Victoria Herazo won the women's 1 Hour title, going 12,400 meters, 802 meters ahead of Gretchen Eastler.

10 Years Ago (From the October 1999 ORW) National 5 Km titles went to Cheryl Rellinger (23:44) and Gary Morgan (22:01). Victoria Herazo and Donna Chamberlain followed Rellinger. In the men's race Ian Whatley and Keith Luoma were second and third. A week later, Morgan added the 2 Hour title in Worcester, Mass., covering 25,033 meters, nearly 4 Km ahead of Dave McGovern. Gretchen Eastler-Fishman won the women's 1 Hour, going 12,313 meters with Rellinger second at 11,938. France's Denis Langlois turned in 3:49:06 effort for 50 Km.

5 Years Ago (From the October 2004 ORW) - Tim Seaman and Deb Huberty won National 5 Km titles in Kingsport, Tenn. Seaman's 21:21 left Dave McGovern 2:03 behind with Ian Whatley third. Huberty (23:58) won a good race with Bobbi Chapman (24:07). Norway's Trond Nymark walked a 50 in 4:02:30 in a meet with Sweden and Denmark. 20 Km races in Italy went to Gisella Orsini in 1:36:19 and Marco Giungi in 1:24:39.

Another bit of history

Earlier in this issue we reported the results of the National 1 Hour in which only eight walkers reached 10 Km. Compare that to the results of the first National 1 Hour held in Chicago on April 19, 1964. The results are in English units, but remember that 10 Km is 6 miles 376 yards.

1. Ron Laird, NYAC 8 miles 159 yards (broke Rudy Haluza's American record of 7 miles 16142). Ron Zinn, Green & Gold AC 7 miles 1732 3. Art Mark, U.S. Military Academy 7 miles 1649 4. Jack Mortland, Ohio TC 7 miles 1640 5. Akos Szekely, USMA 7 miles 1395 6. Ron Daniel, NYAC 7 miles 1244 7. Olave Yli-Tokola, Reipas 7 miles 1140 8. Don DeNoon, US Air Force 7 miles 995 9. Phil McDonald, U. Of Chicago 7 miles 954 10. Alan Blakeslee, NYAC 7 miles 783 11. Ed Glander, USAF 7 miles 633 12. Matt Rutyna, UCTC 7 miles 609 13. Jerry Madden, USMA 7 miles 559 14. George Shilling, USAF 7 miles 585 15. Dan Culef, UCTC 7 miles 185 16. Wayne Yarcho, Dayton 6 miles 1319 17. Tim Stout, G&GAC 6 miles 1222 18. Dr. John Blackburn, Ohio TC 6 miles 1075 19. Arthur Lewis, G&GAC 5 miles 968 (prominent non-attendees who would have been well over 7½ miles were Rudy Haluza and Jack Blackburn. Now, in all fairness, I must admit that the distances are slightly inflated since the finishing gun misfired and everyone got several additional seconds before a gun was fired. Personally, I felt that I went 40 to 50 yards beyond where I expected to be based on my time at 7 3/4 miles. Anyway, it was a great debut for the 1 Hour championship, which was contested through 1986 and then revived in 2005. Now we need to get a few more people to contest it.