Vaill, McGovern Nail National 30 Km Titles

Valley Cottage, N.Y., Oct. 3—Setting a new American record in the process, Teresa Vaill won the USATF National 30 Km today in a swift 2:31:10, nearly eight minutes ahead of men’s winner Dave McGovern. Vaill bettered the American record of 2:34:37 set by Michelle Rohl in 2001. Both Vaill and McGovern also won National Masters titles, while winning the U.S. title, McGovern actually finished sixth in the race behind five guest walkers from Ecuador, Colombia, and France.

Second in the men’s title race was Chris Schmid with an impressive 2:48:04, taking down U.S. age 60-64 records at both 25 and 30 Km. He edged out Markilen for the second spot. Despite the one-two finish of World Class Racewalking’s McGovern and Schmid, Pegasus AC, out of Michigan, won the team title, with Leon Jasionowski and Rod Craig joining Green.

Maria Michta, while overshadowed by Vaill, walked a strong race in her first attempt at anything over 20 Km as she slipped under 2:40 and finished 5 minutes ahead of third place Solomiya Login.

In an accompanying 20 Km, John Nunn walked his fastest time since 2006, winning in 1:25:08, more than three minutes ahead of Ecuador’s Maruicio Arteage. Dan Serianni was a solid third in a personal best 1:34:15. The results:

**Men’s 30 Km:**
1. Andres Chocho, Ecuador 2:21:12
3. Samuel Babatiga, Colombia 2:28:03
4. Fausto Quinde, Ecuador 2:28:52
5. Aurelian Vadant, France 2:37:12
7. Enrique Bustmante, Ecuador 2:39:59
8. Chris Schmid, World Class RW 2:40:04
9. Mark Green, Pegasus AC 2:48:25
10. Leon Jasionowski, Pegasus 2:57:55
11. Omar Nash, Miami Valley TC 3:03:17
12. Rod Craig, Pegasus 3:09:03
14. Bruce Logum, Park RW 3:20:06
15. Bill Reed, Pegasus 3:22:36
16. Edouard Sorrenti, World Class RW 3:35:15
17. Ronald Salvio, Freehold Area Running Club 3:37:52
18. John Backlund, So. Cal. TC 3:57:08
20. Bill Reed, Pegasus 3:20:06
21. Bill Reed, Pegasus 3:57:08
22. So. Cal. TC 3:57:08
23. Pegasus AC 4:08:04
24. World Class Racewalkers 9:02:39

**Women’s 30 Km:**
1. Teresa Vaill, Walk USA 2:31:30
2. Maria Michta, unattached 2:39:45
3. Solomiya Login, Southeastern PA 2:44:51
4. Rebecca Benjamin, Pegasus AC 3:09:26
5. Debbie Topham, Pegasus 3:55:09
6. Rebecca Garson, World Class RW 3:58:07
8. Maryanne Harvey, World Class RW 4:08:04

**20 Km:**
3. Dan Serianni, World Class RW 1:34:15
4. Edison Cayambe, Ecuador 1:58:22

**Women:**
1. Pamela Alva, Southeastern PA AC 1:54:44
NOVEMBER 2010

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Other Results


50 Km, Takahata, Japan, Nov. 6-1. Mirooki Arai 3:56:22 Women’s 20 Km, same place-1. Kumi Otochi 1:32:46

Get thee To A Race

Sun. Dec. 5 5 Km, Universal City, Cal., 7:30 am (Y)
Sat. Dec. 11 2.8 Miles, Seattle (C)
1 Hour, Los Angeles, Cal Tech track, 6:50 am (U)
5 Km, Denver, Col., 9 am (H)
Sat. Dec. 18 5 and 10 Km, Washington, D.C., 8:30 am (N)
Sun. Jan. 16 10 Miles, Pasadena, Cal., 7:30 am (Y)
Sat. Jan. 23 National USATF 50 Km, Tusin, Cal., 7 am (Y)
Sun. Feb. 20 Marathon and half-marathon, pasadena,Cal., 6 am (Y)
Sun. Jan. 30 Masters Indoor 3000 meters, Providence, R.I. (X)

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From Heel To Toe

Mimm speaks. The following, from Olympian, octogenarian, contrarian, humanitarian, disciplinarian, and whatever other “ans” you can think of, Bob Mimm: “When I first read your INFO on ending DQ’s, my first reaction was that this idea was very unlikely to happen. It does make evident though that there is a problem with the present racewalk rule. It was interesting to look at the results of the last three national championships. In the One Hour, there were 30 total finishers and only three were under 40. In the 30 Km, there were 22 finishers and none were under 40. (I remember a 30 in New York where I went by a male judge who remarked that I should have no problem with my form because of how I looked to
his appointment is for one year. Salonen's dates are 1936-1950, with 1948-1949 and 1950.

One of Canada's all-time great racewalkers, Alex Oakley, passed away on October 24 after a brief illness. He was cremated with a private memorial and celebration planned for a later date.

Roger Burroughs reports: "Alex age was given as 84, supporting a 1926 birth; the

exact year had become somewhat of a mystery that Alex liked to perpetuate! While there was no doubt that Alex was (and still is) the oldest Canadian male Olympian in track and field, both 1926 and 1928 were recorded in reputable sources as his year of birth. It looks like this remarkable man really did stride into Montreal’s Olympic Stadium in the 20 Km walk a few months after his 50th birthday."

Clarifying Roger’s comments, Sherry Watts reported: “Alex actually lied about his age before the Montreal Olympics—he made himself younger because it would be embarrassing for the sport to have someone his age competing—which has confused the story.”

1976 was Oakley’s fifth Olympics, beginning in 1956. He missed only Mexico City in 1968. His best Olympics was in Rome where he finished ninth in the 20 with 1:38:46 and came back with a sixth in the 50 in 4:33:09.6. I raced against Alex several times as he used to come down for many of our national races. I think the only time I ever beat him was in Tokyo at the 1964 Olympics where he dropped out of the 20. (He was 18 seconds ahead of me at 10 Km (47:26), however, before dropping out shortly thereafter. He came back in the 50 to finish 14th in 4:27:24.6.

Finally, this from Elliott Denaman: “Alex was truly a wonderful guy, a contemporary and colleague and lively spirit. He often came to the USA races from his home in Oshawa, Ontario and in fact won the 1956 Olympic Trials 20 Km in Pittsburgh. The three Americans who finished 2-3-4 behind him, Jim Hewson, Henry Laskau, and Bruce MacDonald, of course, were among his best friends. Only Bruce is now still with us. I will always remember Alex’s trip to Long Branch, N.J. for a 10-miler in 1964. That was one of the first events we staged on my arrival in this vicinity in the early 1960s. Alex, of course, won it. At Melbourne in 1956, certain he cold medal and seeing the Europeans’ technique, Alex made major style changes of his own, soon causing his own problems with the judges and a DQ at 4 Km. He later made the changes which got him right up there with the best in the world.”
some interesting discussion. Since then, we received the following little essay from Canada's Racewalking Chair, Roger Burrows, and feel it is well worth airing. Roger says:

I have been following the “penalty box” discussion with interest. I certainly see the problem — why is the only option in our rules to remove a competitor?

But the problem goes deeper. Racewalking is the only event in track and field where a competitor can be removed before it is over. (OK, false starts I will concede. But, even there, a quick-thinking athlete or coach can get the race run “under protest, with the sorting-out to be done afterwards.)

There are historical reasons for the exception, but that’s a different discussion. The topic would make a decent Master’s thesis in sport history or sociology.

But are these reasons valid in the modern sport? DQs are discussed afterwards in all other events. “All relevant persons” are consulted and “other available evidence” is considered. Why? To preserve the rights of all concerned”. (Quotes from IAAF Rule 146: Protests and Appeals).

Once a walker is hauled off the course, any talk of “rights” is pretty academic! The “penalty box” discussion addresses a valid concern, but perhaps in the wrong way. I think it would be more productive to rearrange a couple of the present rules in order to put race walking on an equal footing with all other events. Here’s how.

(i) First, delete rule 230-6(c), requiring a disqualified athlete to leave the race. The present penalty for not doing so is further punishment under rules governing “unsportsmanlike conduct” and “conduct that brings the sport into disrepute”. Other events would see that as outrageous!

(ii) Then, create a new 230-6(c) with the sentence: “An athlete who is disqualified by the Chief Judge shall be allowed to finish the race.” These words would simply be moved from their present place in 230-3(a) (the rule giving the Chief Judge the power to DQ unilaterally in the last stages of a race) and would apply to all DQs. Eventually, this clarification could be dropped, since no other event needs it. But we have over a century of removing athletes to de-program ourselves from first!

Nothing else would change: the judging system would operate as at present. But race walking would now be subject to the same procedures as every other event under which athletes have a perfect right to ask for officiating decisions to be examined after the race.

Aren’t RW judging calls non-protestable? Well, even many knowledgeable people think so, and I did too for years. Then Bob Bowman, the wise Chair of the IAAF RW Committee at the time, gently corrected me: you can protest them. I scoured the rule book for words that said otherwise, and Bob was clearly right. But, he went on, such protests are rare; you will never win with any form of the argument that “the judging sucks!” (Since then, I have taken Bob’s advice and picked my battles: I rarely protest judging calls, but when I do, there is a good reason and I am batting 1000!)

I am fully convinced by the case that some ORW correspondents have made that, on balance, our judging system is darned good, has excellent checks and balances, and is a lot more objective than casual observers tend to think. I believe that about track and field officiating generally. That’s why I feel that post-race DQs in race walking would fit well with the sport’s processes designed to “protect the rights of all concerned”. Would walkers simply make a mockery of the rules if they knew they could not be removed? I suppose it’s possible, but that could also happen in any other event. That’s where the “unsportsmanlike conduct” and “bringing the sport into disrepute” rules come in — and how seldom do we need them, in all the myriad competitions held around the globe every year?

But the “penalty box” argument is also asking if there is an alternative to outright removal. Of course there is. Why should an athlete be so drastically penalized simply for trying too hard or getting tired, the sources of most judging calls?

For example, why not add the ability to keep a three-red-card athlete in the results, but with a “dq” notation where the time would normally be? If the issue is essentially about the athlete’s own technique and doesn’t directly affect other competitors, then it would just mean “sorry, buddy, no ranking or standard for you today, better luck next time”. If other competitors are affected (say by a minor position change) then put the “dq” notation where the place would normally be: no awards, no contribution to a team score.

Removal would still be possible, but it would be reserved for downright cheating or when a method of progression is clearly and demonstrably unfair to other competitors throughout the race. How to tell? Well, the sport already has assessment criteria for judgement calls in other events. I have also used those words “clearly and demonstrably” as tests in other formal decision-making in the sport, and I can assure you they provide remarkably clear and resilient outcomes.

Incidentally, in the smaller competitions that our club organizes, disqualifications are virtually unheard of. This is because we also have what we call “Common Sense Judging (CSJ)” rules that allow our power walkers and our learners to compete without worrying. The three CSJ rules are more elegant in the full form we announce, but they can be summarized as (1) lifting is a no-no, (2) it won’t kill you to TRY to straighten your knee, and (3) don’t mess with us — this is a walking race and we can tell when you are faking!

You declare IAAF or CSJ when you register. In the rare case where someone falls foul of IAAF judging, we just move them to CSJ as the race proceeds. Then, unless someone is downright abusing the spirit of the race, we use CSJ as a tool for coaching, and, if we don’t know the competitor, maybe for recruiting!

Two Hundred Years of Competitive Walking
A History of Racewalking

by Glenn Artur Sweazy, December 1981

(Glenn Sweazy is a Canadian and a prominent racewalking competitor at the time he wrote this. This is the first installment of a paper he wrote in 1981.)

If there were an award for sport anonymity, competitive walking would surely be one of the first sports to be so honored. Indeed, speed walking, which is officially recognized as racewalking, is a poor second cousin to the more popular sport of running. Most people have witnessed the rapid germination of running as a sociological sporting phenomenon, but racewalking remains that vaguely familiar sport that is best associated with the quadrennial competitions of the modern Olympiad.

The “heel-and-toe” sport is not well understood and the athletes who practice it are often the target of many jokes. Although it is “recognized as a specialized and even esoteric off-spring of the parent sport of track and field” (per Martin Rudow), racewalking has suffered much criticism. As recently as the 1976 Olympic Games, the sport has been threatened with removal from major international sports competitions. In the Montreal Olympiad, the standard 50 Km event for racewalking was dropped from the program and only the 20 Km event was contested. The event has since been reinstated into the Olympic program and was contested in the 1980 Moscow Games; however, the sport continues to be unappreciated by most people.
The elimination of traditional racewalking events from the track and field competitions remains a constant threat to the sport's future. In his book *A Brief History of Race Walking*, published in 1975, Robert Osterhoudt noted in referring to racewalking events: "In fact, few athletic endeavors have been more maligned and less appreciated than these. Though attracting a small, but enthusiastic coterie of adherents, they have been generally among the least highly regarded categories of event on the standard international track and field program...nor so much as well tolerated even among members of the track and field community, let alone others.

It is interesting to note, however, that the neglect and anonymity that racewalking now suffers was not always a problem. Although competitive walking is a relatively recent development in sport history, there have been periods when there was great public interest in it. By examining the exciting history of competitive walking and then associating the various sports forms that have been a part of its history, there can be a better understanding of racewalking as an amateur track and field event. (Ed. Note that this was written when track and field was still considered an amateur sport although the elite athletes were hardly amateurs.)

Racewalking has been associated with various styles of walking activities during the past 200 years. There have been competitions designed to test walking speed and there have been others modeled to test endurance. "In all these activities, there is an element of challenge, of competition. The walkers pit themselves against nature, against other walkers, against their own physical capacities." (Quote from John Man, in his book *Walk! It Could Change Your Life*)

It is hoped that by analyzing the changes that have taken place in this sport, a solution to the problem of its alienation in the sports community can be tendered. A perspective history of this sort will include any significant references. There will be an examination and analysis of the periodic, social significance that competitive walking has had. The quality of athletic performances will also be given consideration and there will be a comparative review of the predominant athletes and their celebrated status as "sport heroes." With this historical perspective well-in-hand, it is then wise to consider the constructive changes that the sport might be advised to take.

**England's Earliest Competitive Walkers**

In his book, John Man said: "There have always been long-distance walkers, of course-like the Elizabethan eccentric, Tom Coryat, who walked across all Europe and finally headed for the Holy Land and on to India, where he died. There were medieval friars who would wander back and forth across Europe for the whole of their lives. But the idea of walking competitively really only took hold in the latter half of the eighteenth century, when the main interest of the sport was in gambling:

Walking was a predominant form of transportation during the eighteenth century, and it was during this period that long-distance walking became popular. After time, long distance walkers would establish reputations based upon the notable walking achievements; then there would be challenges offered to encourage these men to walk phenomenal distances. These activities served the gambling interests of sportsmen and it was in this way that competitive walking began.

Man noted that organized walking competition had its start in England, when town-to-town walking events drew large and enthusiastic crowds of both spectators and competitors. A number of these walkers became "celebrities" because of their walking, and their appearance in a small town would bring out many spectators. (Quoting from Man)

"An eighteenth-century gentleman named Foster Powell correctly clad in frilled shirt, long waistcoat, full-skirted coat, wig and three-cornered hat, walked the 402 miles from London to York and back again in five days and eighteen hours. A more athletically clad

champion named George Wilson set himself to walk 50 miles a day for ten consecutive days and completed his 500 miles in eleven. An early nineteenth-century gentleman, Captain Robert Barclay, walked 1000 miles in a thousand consecutive hours.

There was usually a substantial amount of money wagered upon the outcome of these walkers and the men who walked these long-distance events would most often race against themselves. The competitions were an individual test of endurance and will power. It was Foster Powell who was the first of the celebrated distance walkers in England. His walk from London to York and back again was accomplished in 1773. According to Man, "The feat made him something of a national hero...his return to town was heralded by a crowd of 3000 people on horseback and in carriages, which kept him company form Highgate."

By the turn of the century, there were two new "champion" walkers. George Wilson and Robert Barclay were the famous long-distance men of the early 1800s. Captain Barclay, in particular, gained a major reputation for his competitive feats and his accomplishments during this time were legendary.

"In 1801, he undertook to walk 90 miles in 21 ½ hours for 2000 guineas, but brindy and nausea stopped him. He failed again and then, when a third attempt was suggested, this time for 5000 guineas at stake, he decided to take the matter seriously. He trained remorselessly, once covering the whole 90 miles through heavy rain and often up to his ankles in mud. On the day of the event a mile was measured out on the York-Hull road; observers were stationed to notch the rounds and Barclay accomplishing the feat...with 1 hour and 8 minutes to spare." (Man)

Barclay's most famous achievement was accomplished in 1809. He was the first person to complete 1000 miles of walking in 1000 successive hours. A sum of 100,000 pounds was wagered on the result—a staggering amount for those days. The match began at Newmarket at midnight on July 11, 1809, and lasted for 42 days. He completed the course at 3 pm on July 12 to the sound of church bells.

It was the town-to-town walks by Powell, Wilson, Barclay and others distance men of the late 1700s and early 1800s that was the beginning of competitive walking. Their accomplishments served as inspiration to many walkers during later years. These men were the pioneers of competitive walking and the events that they took part in are the genesis of contemporary racewalking. The efforts of Barclay and the others from this period were inspired by a sense of challenge and the gambling stakes that sporting enthusiasts wagered. These long-distance men were undeniably professional participants; however, it is important to note that without the gambling and financial gain to be had, it is doubtful whether these competitive events would have lasted for any length of time.

**The Local Races**

The exploits of the long-distance walkers near the turn of the century became an inspiration for more organized events in the 1820s and the 20 years to follow. The popularity of the earlier events encouraged small towns to organize walking competitions between local athletes and a traveling champion. Advance men would arrive in a town and there would be challenges made to anyone willing to race against the celebrity walkers.

"Beginning in the 1820s and reaching a peak in the '40s and '50s, pedestrianism or walking races became a craze that attracted many persons in the town, villages, and at fairs. Walkers or pedestrians moving from town to town and acquiring a reputation, would challenge the best walker of a community to a race from a quarter of a mile to ten, twenty, or thirty miles." (Betty Spears and Richard Swanson in a book *History of Sport and Physical Activity in the United States*)
The popularity of these events grew to such an extent that the walking races were among the most significant of sporting events. The special races between local aspirants and the traveling “champions” became so popular that pedestrianism held a position of social significance equal to horse racing, boxing and cock fighting. Essentially these sports were based on a clearly visible competition between one man fighting another or upon competition among horses of men for speed. Gambling continued to be an accompaniment to these activities and it was a major reason for their popularity. The long-distance foot events that had been the fashion of earlier were for a short time overshadowed by these shorter, local events. Although the performances of Powell and Barclay had served as the encouragement for these localized events, the competitions were no longer the reserve of a few. As a result, pedestrianism was one of the most widely reported of sports activities by the middle of the nineteenth century. These local pedestrian competitions proved to be a preview of what was to become of walking competitions. The last half of the nineteenth century was to become popularized as “the golden age of pedestrianism”.

Training in a Heat Chamber

(From the British site spikesmag.com)

England’s Jo Jackson struck gold in the women’s 20 Km walk at the Commonwealth Games in New Delhi with the help of preparing in a heat chamber to simulate the conditions in India. So, spikesmag.com decided to find out more. When Jo Jackson crossed the finish line after a grueling 1:34:22 effort to win the Commonwealth Games walk, she had shattered Australia’s stranglehold over the event. In fact, prior to the English woman’s success the Aussies had won each and every previous edition of the women’s walks since it was introduced at the 1990 Auckland Games.

Yet, in the wake of Jo’s victory, there was much attention thrust on the fact she had trained in temperatures of 31°C (90°F) and a humidity of 60 percent in a heat chamber at the Carnegie Leeds Metropolitan University to prepare for the oppressive conditions she was likely to face in New Delhi. Of course, she is not the first athlete to use a heat chamber to prepare for an athletics challenge, but we thought it would be good to find out a little bit more.

First, a heat chamber is, strictly speaking, an environmental chamber and it can be used to simulate altitude as well as extremes of temperature whether hot or cold. Mountaineers preparing to climb Mount Everest have used it and it is used for various high-end athletic purposes.

Andi Drake, one of Jo Jackson’s two coaches, is the Carnegie Director of Racewalking at Leeds Metropolitan—supported by UKA—saw the opportunity to use the heat chamber in preparation for New Delhi as too god to turn down, especially with hot and humid conditions expected in the Indian capital. He believes there are psychological advantages to training regularly in such conditions but the main benefit is physiological.

“The main aim of training is such conditions is Jo starts to sweat more quickly,” he explains. “The principle mechanism to cool the body is through sweat evaporation from the skin, but to do that effectively the blood flow has to be distributed effectively. By training in such conditions, the plasma volume will increase, which allows the delivery of heat to the skin and this helps athletes keep their core body temperature lower. Once athletes hit a body temperature of 38°C (100°F), they start to struggle.”

Drake then put in place a three-week program to maximize the benefit. Every other day, Jo walked for one hour on a treadmill in the heat chamber. The temperature was at 32°C and 60 percent relative humidity because after extensive research of the New Delhi climate in

USATF Grand Prix Standings (compiled by Dave Talcott as of Nov. 4, 2010)

Women
1. Teresa Vaill, Walk USA 59
2. Maria Michta, Walk USA 57
3. Erin Taylor-Talcott, Shore AC 42
4. Lauren Forgues, Maine Racewalkers 29
5. Susan Randall, World Class Racewalking 27
6. Solomiya Login, Southeastern PA RW 27
7. Loretta Schuellein-McGovern, World Class 24
8. Debbie Topham, Pegasus AC 22
9. Miranda Melville, U. of Wisconsin-Parkside 19
10. Joanna Dow, unattached 17
11. Erin Gray, Track City AC 16
12. Erin Taylor-Talcott, Shore AC 15
13. Rachel Phillips, Huntington College 15
14. Erin Bresnan, Walk USA 14
15. Stephanie Casey, unattached 13

Men
1. Dave McGovern, World Class Racewalking 60
2. Dan Serranni, World Class RW 54
3. Tim Seaman, New York AC 38
4. Patrick Stroupe, Kansas City Smoke 37
5. Chris Schmid, World Class RW 32
6. Dave Talcott, Shore AC 31
7. Ray Sharp, Pegasus AC 22
8. Allen James, Bond Lake AC 18
9. Mike Manozzi, Notre Dame College 7

October for the scheduled start time of the women’s 20, it was found the average was about 19-20°C and the highest would be 32°C.

However, the work on the treadmill needed to be steady to balance the overall needs of the training regime. “The aerobic endurance sessions we would do would be at an aerobic speed of 70 percent of her speed at maximum oxygen uptake,” said Drake. “We would then do a second session that in day in much cooler conditions normal conditions at full speeds for particular sessions. In that way, the heat chamber work didn’t impact on training too much.”

The results at the end of the three-week program proved positive. A 1.8 percent improvement in her 60-minute heat performance trial was discovered, but as Drake freely admitted, tiny percent changes at elite sport can prove decisive. In fact, the coach said of training in the heat chamber: “It allowed Jo to race optimally in the conditions when she got to New Delhi. I know her main rivals were doing an almost identical procedure to us in their preparation.”

However, despite the importance of training in the heat chamber—the temperature at the start of the women’s race was about 20°C, rising to the high 20s by the end of the race—he warns we should not overplay the significance. “Mind, you have to be super-fit in the first place,” he added. “It’s an accumulation of many years hard work.”
10. Ben Shorey, unattached
Matt DeWitt, Parkside AC  
John Souchek, Shore AC

13. Jose Moncada, Southeastern PA AC
Leon Jasionowski, Pegasus AC

15. Mark Green Pegasus AC
(Sort of brings home Bob Munn’s point-only seven of the first fifteen are under age 40.)

Men’s Team
1. Pegasus Athletic Club
2. World Class Racewalking
3. Shore Athletic Club

Women’s Team
1. Pegasus Athletic Club
2. World Class Racewalking
3. Maine Racewalkers

Junior Men
1. Alejandro Chavez, South Texas WC
2. Jonathan Hallman, unattached
3. Tyler Sorensen, unattached
4. John Randall, Miami Valley TC
5. Matthew Forgues, Maine Racewalkers
6. Evan Vincent, Maine Racewalkers
7. Trevor Barron, New York AC
8. Mitchell Brickson, Miami Valley TC

Junior Women
1. Abby Dunn, Maine Racewalkers
2. Rachael Phillips, Huntington College
3. Nicolette Serensen, unattached
4. Rachel Zoyhofske, unattached
5. Erika Shaver, Miami Valley TC
6. Maite Moscoso, Lake Brantley HS
7. Molly Josephs, Walk USA
8. Nicole Court-Menendez, Maine Racewalker

American Racewalking Records (Track)
(As of Dec. 23, 2009)

**Men**

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<th>Name</th>
<th>Location</th>
<th>Date</th>
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<td>11:19:2</td>
<td>Tim Seaman</td>
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<td>March 7, 1999</td>
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**Women**

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<td>Sara Stevenson</td>
<td>Abbotsford, Canada</td>
<td>May 26, 2000</td>
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<td>10,000 meters</td>
<td>44:41:87</td>
<td>Michelle Rohl</td>
<td>St. Petersburg, Russia</td>
<td>July 26, 1994</td>
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<tr>
<td>1 Hour</td>
<td>13:19:4</td>
<td>Victoria Herazo</td>
<td>Santa Monica, Cal.</td>
<td>Dec. 6, 1992</td>
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**Road**

**Men**

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<th>Time</th>
<th>Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>5Km</td>
<td>19:09</td>
<td>Tim Seaman</td>
<td>Hildesheim, Germany</td>
<td>Sept. 13, 2003</td>
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<tr>
<td>10Km</td>
<td>39:22:7</td>
<td>Tim Seaman</td>
<td>Storstein, Norway</td>
<td>April 20, 2004</td>
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<tr>
<td>15Km</td>
<td>1:01:30</td>
<td>Tim Seaman</td>
<td>Denmark, May 23, 2004</td>
<td></td>
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<tr>
<td>20Km</td>
<td>1:22:02</td>
<td>Tim Seaman</td>
<td>Denmark, May 23, 2004</td>
<td></td>
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<tr>
<td>25Km</td>
<td>1:49:36</td>
<td>Tim Lewis</td>
<td>Seattle, Wash.</td>
<td>April 15, 1984</td>
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<tr>
<td>35Km</td>
<td>2:38:45</td>
<td>Curt Clausen</td>
<td>Edmonton, Can.</td>
<td>Aug. 11, 2001</td>
</tr>
<tr>
<td>40Km</td>
<td>3:02:18</td>
<td>Curt Clausen</td>
<td>Seville, Spain</td>
<td>Aug. 25, 1999</td>
</tr>
<tr>
<td>50Km</td>
<td>3:48:04</td>
<td>Curt Clausen</td>
<td>Deauville-Mazidon, France</td>
<td>May 2, 1999</td>
</tr>
<tr>
<td>100Km</td>
<td>9:36:33</td>
<td>Dan Pierce</td>
<td>Houston, Texas</td>
<td>Dec. 20, 1987</td>
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**Women**

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<tr>
<td>5Km</td>
<td>22:15</td>
<td>Debbi Lawrence</td>
<td>Hamden, Conn.</td>
<td>Sept. 8, 1991</td>
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<tr>
<td>10Km</td>
<td>44:17</td>
<td>Michelle Rohl</td>
<td>Gotenburg, Sweden</td>
<td>Aug. 7, 1995</td>
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<tr>
<td>15Km</td>
<td>1:08:35</td>
<td>Michelle Rohl</td>
<td>Kenosha, Wis.</td>
<td>May 13, 2000</td>
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<tr>
<td>20Km</td>
<td>1:31:51</td>
<td>Michelle Rohl</td>
<td>Kenosha, Wis.</td>
<td>May 13, 2000</td>
</tr>
<tr>
<td>30Km</td>
<td>2:34:37</td>
<td>Michelle Rohl</td>
<td>Kenosha, Wis.</td>
<td>July 22, 2001</td>
</tr>
<tr>
<td>40Km</td>
<td>3:32:08</td>
<td>Susan Armenta</td>
<td>Ocean Twp., NJ.</td>
<td>Sept. 1, 2001</td>
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**LOOKING BACK**

**45 Years Ago** (From the Nov 1965 ORW)-In the Ohio Track Club’s annual Distance Carnival, Jack Mortland won the opening racewalking event, a 7 miler, in 55:45 with Chuck Newell.
second in 60:21 and Wayne Yarcho third in 61:32. A couple of hours later, Jack Blackburn was looking for a 14-minute effort in the 2 mile, but fell 12.3 seconds short. However, he left Mortland 44 seconds back with Newell third in 16:38. Canada's Bert Lifedge Yarcho for fourth, with both at 17:12. On Sunday, Jeannie Bocci was an easy winner in the 5 mile in 48:38. Mortland had little trouble in the 15 mile, as Blackburn had finished a 4-mile run only 15 minutes before the start. Mortland had a 2:09:10 to Blackburn's 2:24:57, with Yarcho third in 2:26:44. Ron Laird won his seventh National title of the year, taking the 35 Km in Detroit in 3:07:09. Ron Daniel was 5 minutes back and Dan Calef third in 3:14:47. Elliot Denman took 28th in the annual London-to-Brighton race (52 1/2 miles) in 9:32:14, 3:18 off the best ever by a U.S. walker (Paul Schell in 1963). The race was won by Italy's 1964 Olympic 50 Km gold medalist, Abdon Pannich, in 3:7:37:42 ahead of 1950 Olympic 50 Km winner Don Thompson (7:45:04). Laird also won the 25 Km national in Seattle in 2:01:42, better than 12 minutes ahead of Karl Johnson and Bill Ranney.

40 Years Ago (From the Nov. 1970 ORW)-Goetz Kloter walked an American record 2:34:20 for 20 miles in Seattle. On the way, he set records at 15 miles (1:54:47), 25 Km (1:58:32), 2 Hours (115:192 yards), and 30 Km (2:23:14). In the annual Thanksgiving Day 6 mile (short) in Cincinnati, Wayne Yarcho edged Doc Blackburn (48:45 to 49:10) with Dale Arnold and Clair Duckham following. Always billed as a 6-miler, the course was actually 5 1/2 miles, as I recall. Primarily a running race with a racing walking category, the race started in Ft. Thomas, Kentucky, crossed the Ohio River and finished in downtown Cincinnati. It had a 50 to 60-year history at that time. Gerry Bocci won two races at the OTC Distance Carnival with 1:25:40 for 10 Miles and 15:44 for 2 .. . Dave Romansky beat Ron Daniel for 20 miles in Seattle. On the way, he set records at 15 miles (1:54:47), 25 Km (1:58:32), 30 Km (2:23:14), 40 Km (3:36:28) and 50 Km (4:50:30). Ron Daniel won the 100-km walk in Rotterdam in 3:58:25 with Rob Cole fourth in 4:13:22. Personal bests for both. Chylinski thus joined Allen James, Ron Laird, and Matt Lewis in winning the Olympic Qualifying Standard for the 1996 Games.

35 Years Ago (From the Nov. 1975 ORW)-Larry Young easily won the National 30 Km title in 2:25:36, with Paul Ide nearly 13 minutes back and Augie Hirt in third. Two weeks later, John Nilson edged Young in the National 35 Km in Pittsburgh. John had 2:53:04 and Larry 2:53:36. Ide was third. Bernd Kampsberg (West Germany) set a World 50 Km record on the track with 3:56:51 and Italy's Vittorio Visini betted the 20 Mile record with a 2:27:38.

30 Years Ago (From the Nov. 1980 ORW)-In San Diego, Paul Hendricks walked brilliantly to beat Allen Price and Price's American record in the National 100 Mile race. Paul finished in 18:49:52. Price was also beaten by surprising newcomer Jonathan Rem (has he ever been heard of again?) who did 19:19:46. Allen smacks under 20 hours and 5 others finished the distance in under 24 hours . . . The National 40 Km in Long Branch, N.J. went to Dan O'Connor in 3:24:21. Ray Sharp led with 10 Km to go, but trailed by more than 4 minutes at the finish. Randy Minn was third. Nikolai Vinnetchenko cruised to a 1:21:47 20 Km in the Soviet title race as 13 walkers bettered 1:26. Another Soviet Walker, Boris Nikolayev, won the 9-day, 9-stage Tour de Romandi in Switzerland, covering the 289.7 Km in an elapsed time of 25:28:27.

25 Years Ago (From the Nov. 1985 ORW)-Sweden's Bo Gustafsson was the first walker home in the New York City Marathon with a time of 3:15:55. Marco Evoniuk was next in 3:23:56, and Sweden's Ann Jansson led the women, finishing third overall in 3:39:43. Tom Edwards edged Curtis Fisher in the Metropolitan 10 Km Championship, 45:35 to 45:36. Fisher also won the Henry Laskau 5 Mile in Mineola, N.Y. in 36:51. Mexicans swept the first four place in a Los Angeles 10 Km. Bildulfo Andavio had 39:57 and Martin Bermudez 39:58. Paul Wick was the first U.S. walker in 41:46 and Larry Walker led the masters division in 43:51. In Czechoslovakia, Josef Pribilinex did a track 10 Km in 38:02.61. Roman Mrazek was a full minute behind.

20 years ago (From the Nov. 1990 ORW)-Mexican walkers were dominant in the Pan American Cup races. In the women's 10 Km, Graciela Mendoza (46:07) was well clear of Canada's Janice McCaffrey (46:41). Teresa Vaul was first for the U.S. in 47:18. Led by Ernesto Canto (1:21:46), Mexico swept the first four places at 20 Km, with Canada's Guillaume Leblanc (1:23:26) finishing fifth. Carl Scheuler had 1:28:12 in seventh. And at 50, Martin Bermeze (3:51:30) beat teammate Francisco Reyes by 8 minutes. Gene Kitts was fifth in 4:19:27. Mexico won the team races in all three events with the U.S. third in each, behind Brazil at 20, Guatemala at 50, and Canada at 10. Canada's Tim Berrett was the first walker in the New York City Marathon in 3:24:12. Following were Carlos Mercenario, Mexico 3:36:28, Bo Gustafsson, Sweden 3:30:31, Ronald Weigel, Germany 3:35:11; and Stefan Johansson, Sweden 3:36:05. Tim Lewis was eighth in 3:45:37.


10 Years Ago (From the Nov. 2000 ORW)-Viktor Ginko, Belarus, walked 100 Km in 8:43:30 to win an Italian race, ahead of Latavia's Modris Liepins (8:59:14). In an accompanying women's 50 Km, Natalia Brumiiko did 4:52:29. The Italian 50 Km went to Francesco Galli in 4:01:34 and the French 20 to Denis Langlois in 1:23:20.

5 Years Ago (From the Nov. 2005 ORW)-Overall winners at the National Masters 20 Km in Clermont, Florida were Carolyn Kealty in 1:50:26 and Ed Parrot in 1:44:51. Marshall King became the 61st U.S. Centurion, finishing a 100-miler in Addison, Texas in 23:42:15.

One of several racewalking badges someone sent me years ago.