National Indoor Titles To Barron And Michta

Albuquerque, N.M., Feb. 25-16—Trevor Barron, still only 19, took immediate control of the race and went on to a decisive victory in the 3000 meter racewalk at the USATF National Indoor Championships on Saturday evening. Barron covered the first 200-meter lap in 47:21 and already led his coach, Tim Seaman, perennial winner of the Indoor title races, by nearly 4 seconds. He then quickened his pace (45.46 on the second lap) and by 1000 meters, reached in 3:48:15, he was 14 seconds ahead of Seaman and John Nunn. He maintained that pace for another 1000 meters, reaching 2000 in 7:35.92, now 21 seconds ahead. Dropping off a bit from there to the finish, he still managed a final kilometer in 4:00.35 for the win.

Seaman edged away from Nunn after the first 1500 and finished in 12:01.48, with Nunn 10 seconds back. Relative newcomer Nick Christie finished fourth in 13:35.08, just 4 seconds behind the meet record set by Patrick Stroupe last year. (Note, however that last year was the first for this distance. For many years the race was conducted at 1 Mile, switching to 2 Miles in 1974 and then to 5000 meters in 1984. Note also that Trevor is still well off the American record of 11:16.30, set by Ray Sharp on Feb.5, 1984.)

Barron is now in college in Colorado, where he trains alone at altitude, but still under the guidance of Tim Seaman. Now he turns his attention to the 20 Km, beginning with the World Cup Trials in April, as he seeks an Olympic berth.

On Sunday, the women provided a thrilling race over the same distance, with Maria Michta barely holding on at the finish, after leading from the gun. It was the third Indoor title in a row for Michta. Her winning time of 13:21.04 left her just .04 of a second ahead of Erin Gray who stayed glued to her throughout the race. Likewise, Lauren Forgues, in third, was right on Gray’s heels from the gun. As Michta went through 1000 meters in 4:20.79 and 2000 in 8:53.41, there was never as much as a second separating the first three until the final lap.

Actually, on the penultimate lap, they accelerated to a 51.96, stepping up from the 55 second range. When Michta really opened up, covering the final 200 meters in 44.88, Forgues could not respond and dropped away. But Gray was even faster, covering the final lap in 44.96. She couldn’t quite get her nose in front, falling that tantalizing .04 short. A thrilling race, although well off the Meet record of 12:28.32 set by Michelle Rohl in 2001. Debby Lawrence holds the American record at 12:20.79, set 19 years ago.

Miranda Melville beat Joanne Dow for fourth, staying within 2 seconds of the leading trio for the first 1000, dropping 8 seconds back by 1000 and finally finishing in 13:46.89, 13 seconds ahead of Dow. Results of the two races:

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The Talented Tallents
Fiobart, Australia, Feb. 25—While the first IAAF Racewalking Challenge event of the year didn’t draw a lot of international talent, it certainly drew the “Tallents”. In the Oceanica and Australia Race Walking Championships, which doubled as Challenge Races, Jared Tallent, who won both silver and bronze in the 2008 Olympics, scored a decisive win in the Men’s 20 Km despite a temperature that stood at 100 F as the race started. Not to be outdone, his wife Claire was unchallenged in the Women’s 20 and Claire’ s younger sister Raebel scored a win.


Other Results


Bevolich, a 14-year-old frosh, is into her second year as a race walker. She dropped her PR from an outdoor 8:14 walk to 8:01.5. (Diniz led the race early, but Borchin passed him with 2 Kms to go taking his two teammates with him. The World Record remains at 18:07.08 by Mikhail Schennikov in Moscow in 1995.)


The World Record remains at 18:07.08 set by Mikhail Schennikov in Moscow in 1995.)
And A Racing We Will Go

Sat. March 3  
Indoor 3000 meters and Youth 1500, Louisville, Kentucky (E)

Sun. March 4  
10 Miles, Yellow Springs, Ohio (M)
Indoor 3000 meters, Kenosha, Wis. (I)
20 Km and 2 Mile, Houston, Tex. (G)

Sat. March 10  
5 Km, Dover, Del. (T)
1500 meters, Houston (G)

Sun. March 11  
20 Km and 5 Km, Huntington Beach, Cal. (U)
1500 m and 5 Km, Palo Alto, Cal. (J)

March 16-18  
National USATF Masters Indoor 3000 m, Bloomington, IN (D)

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Sat. March 17  
1 Mile, Houston (G)
5 Km, Dover, Del. (T)

Sun. March 24  
1000 meters, Albuquerque (Q)
5 and 10 Km, New Orleans (G)

Sun. April 1  
20 Km and Jr. 10 Km World Cup Qualifiers, Men and Women, Eugene, Oregon
5000 and 10,000 meters, Nyaack, N.Y. (R)
1500 and 3000 meters, Houston (G)

Sat. April 7  
5 and 10 Km, Bethany Beach, Del. (T)

Sat. April 14  
5 Km, Newark, Del. (T)

Sun. April 15  
1 Hour, Ottawa, Ontario (Z)

Sat. April 28  
Penn Relays 10 Km, Philadelphia

Sun. April 29  
5 Km, Seaforth, Del. (T)

Sat. May 5  
5 Km, Newark, Del. (T)

Sun. May 6  
5 Km, San Mateo, Cal. (J)
Jack Mortland 20 Km plus 5 and 10 Km, Dayton (OH (M)
20 Km, Kenosha, Wis. (D)
Last Chance 20 Km, Eugene, Oregon (K)
4000 meters, Farmingdale, N.Y.

Sun. May 13  
National USATF 15 Km, Riverside, Cal. (D)
Marathon and ½ Marathon, St. Joseph, Minn. (S)
5 Km, Wilmington, Del. (T)

Sun. May 20  
5 Km, Rehobeth, Del. (T)

Sun. June 2  
National USATF 10 Km., Albany, N.Y. (D)

Sun. June 3  
10 and 20 Km, Pleasant Prairie, Wis. (I)

Wed. June 6  
1 Mile, Yellow Springs, Ohio (M)

Sat. June 9  
Ohio 10 Km Championship (Optional 20 Km), Yellow Springs (M)

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1 Mile, Houston (G)
5 Km, Dover, Del. (T)
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Ohio 10 Km Championship (Optional 20 Km), Yellow Springs (M)
From Heel To Toe

**Sorry, but...** The time has come when we must raise subscription rates again. The first rise in the rates since we went from $10 per year to $12 with the April 2000 issue. Effective next month the subscription rate will be $15 per year. To repeat myself, here is what I said 12 years ago with the last increase: “The ORW philosophy has always been to break even, not make a profit; but we don’t want the family to have to subsidize our humble efforts either. When Jack Blackburn and I started this effort nearly 47 years ago (March 1965), the subscription rate was $1.20. I don’t recall exactly, but I guess a stamp cost 4, 5, or 6 cents at that time, because, after the initial issues, we were generally sending out eight pages (reproduced by the ditto process on one side only). That put us over an ounce and required some additional postage, so most of the 10 cents per issue (we put that price on our masthead in those early days) was going to postage. Anyway, after Jack moved from Columbus and left me as editor, publisher, circulation manager, etc. I held the line on that rate until Feb. 1968, when I jumped it all the way to $2.00 (and deleted any mention of a per issue cost, since we had not cracked the newsstands—and still haven’t, unlike Runners World, which Bob Anderson kicked off as a little newsletter in the same month and year as the ORW was launched). By then, I was paying to have it mimeographed and had to collect something besides the postage cost. Further adjustments were made through the years as we went to a printed publication, costs rose, and postage rates skyrocketed. In stages, the subscription rate was eventually raised to $10 in 1992. Before that, we had a Second Class postal permit for several years and were charging $6.00, or $8.00 for those who preferred to get First Class delivery. When it got to where about half the subscribers were paying extra for first class mail, we decided the hassle of the second class permit wasn’t worth it, so we dropped it and adjusted the rate to inflation at the same time.”

Surprise. Tom Eastler, after referring to an article that he has been meaning to send me, but can’t find, that refers to a Central Park race in the ’60s, notes: “What to my surprise did I just find in my mailbox but none other than Kudos for my most successful 50 Km debut in Olympic ‘B’ standard time of 4:05:44 five years ago to beat my good friends Philip Dun and John Nunn and win the 2007 National 50 Km Championship. Wow!! Who cares about a dingy 12 mile race around Central Park or even the White’s 20mile walkathon where I finished as first military walker (also where my other coach John Markoff was hit by a car and carted off to the hospital), when I can now brag about my 50 Km championship win.”

Yes, the ORW did it again. In Looking Back last month, we referred to Tom Eastler’s win in the 2007 50 Km national. Son Kevin is probably equally surprised to learn that his father, not he, actually won that race. Apologies to Kevin, but Kudos to Tom for all he has contributed to the sport, beyond the trophy he won as first Junior in an ancient race. (I will await the article describing that feat, his first race under the guidance of coach Shaul Ladany. Tom says further: “Kevin’s mother was a young woman at the time, and she was the one who won the race.”)

**Sue remarked that this could be one of Jack’s most famous typos; well if it was, it sure was a fun one...** I enjoyed it immensely.”... **Essayah.** Harry Siltlen, the Frisco guru of racewalking, brings us up to date on the political career of Finish racewalking great Sari Essayah. “In regard to Sari Essayah’s Presidential campaign as Christian Democratic Party candidate, she finished last out of eight candidates with only 2.7% of the national vote. The eventual winner in a top two run-off was Sauli Niinisto, a veteran National Coalition Party politician and former Finance Minister. So it’ll be awhile before a racewalker is elected president of any country. But hope rings eternal!” As he reported earlier, however, Harry was not rooting for Sari as her political agenda doesn’t quite align with his... **Clinics.** Tim Seaman and Jeff Salvage Racewalking Clinics of Excellence are scheduled for Medford, N.J., June 16-17; Prescott, Arizona on October dates to be announced; and Minneapolis, September 22-23. Visit www.racewalking.com for further information. Dave McGovern offers numerous opportunities to visit one of his World Class Racewalking weekends: March 9-11 Nashville, Tenn.; March 23-25 Austin Texas: March 30-April 1 Waverly, Nebraska; April 25-26 Minneapolis; June 8-10 South Bend, Indiana; July 20-22 Locust Valley, N.Y.; August 10-12 leveland, Ohio; and Sept. 21-23 Indianapolis, Indiana. Visit www.racewalking.com. For more info... **College opportunity.** Antioch College, a liberal arts school, in Yellow Springs, Ohio has announced that they will provide full ride scholarships to all students who are admitted. Visit the website (www.antiochcollege.org), to get your application in. This school should be appealing to budding racewalkers because Yellow Springs is the hotbed of the sport in the Midwest with the Miami Valley Track Club and coach Vince Peters, currently the National RW Chairman.

**Postal 1 Hour.** Dave Talcott announces: The Shore AC has renewed its One Hour Postal Championship for the 2012 calendar year. A long standing tradition of the Shore Athletic Club, I will coordinate and tabulate the results for this year’s event. The application and lap sheets will be posted to the Racewalking Yahoo Group’s files section. If you want me to send one directly, just let me know. There are a lot of one hour events that take place— if you have one in the past— make sure to have another this year and get into the action. If you haven’t have one in the past— please put one on (only requires 2 USATF certified officials) and see how many records and/or single aged bests can be broken. Any questions about the event— please send me an email at dtalcott@uno.com. **Bowman honored.** At the National USATF Convention in December, the Racewalking Committee passed a resolution honoring Bob Bowman for his 10 years of service on the IAAF’s Racewalking Committee. For a substantial portion of that time, Bob was the Chair of the committee. With Bob leaving the committee, the only North American member of the 12-member group is now Miguel Angel Rodriguez of Mexico. **Murray Rosenstein.** A highly respected athlete and racewalking official, Murray Rosenstein, passed away in Israel on January 15. Growing up in New York City, Murray and his older brother Arthur joined the athletic program at the famous 92nd Street YMHA in Manhattan when Murray was still a teenager. In 1935, still only 18, he won the famous City Hall to Coney Island race and as he improved in the sport had a good shot at making the 1940 U.S. Olympic team as a racewalker. But World War II wiped out the Olympics in both 1940 and 1944. After moving to L.A. in 1949, he immersed his love of sport in becoming a part-time coach, referee, and trainer. According to Jim Hanley, Murray was the most active Southern California racewalking judge during the ’60s. “He was the epitome of what a judge should be, and he was a role model to men and many other officials. He was also a world-class field event official with his signature on several world record applications”, according to Jim. Jim relates his favorite Murray Story: When the Mexican racewalking team, arguably the best in the world in the early ’80s, came to southern California for a major international race, it was my job to round up the judges. I knew that Murray had just had eye surgery, so I called all the other judges. After going through the list, I called Murray who promptly told me “I just had eye surgery and can’t see a thing.” Since we were one judge short of the number required to conduct a legal race, and there was no time to get others, I said this to Murray; “Can I pick you up and bring you to...
the race? You can stand on the course and, by doing that, will serve as a deterrent to anyone who might want to break the rules.” Murray agreed, and the plan worked perfectly. No one had any idea that he was temporarily as “blind as a bat” until many years later when we told this story. And we had a good, and very fair, competition — Only a highly well-known and universally respected racewalk judge could have pulled this off.” Murray was a judge in the Los Angeles Olympics in 1984. A few years later he was inducted into the first group of Athletes and Officials of the Southern California Jewish Athletes Hall of Fame. In 1989, having lost his beloved wife, Murray moved to Israel to be closer to family, his two sons having moved there about 20 ears earlier. His son Howard notes, “Athletics was his life and racingwalking his one true passion. His home, our home, was always like a shrine to the sport he loved so much.”

**Youth Honor Roll.** Named to the 2011 National Youth RacingWalking Honor Roll were: Young Men—Trey Sorensen, un.; Alejandro Chavez, South Texas; and Michael Nemeth, Wings of Moon. Young Women—Abby Dunn, Maine Racewalkers; Molly Joseph, Walk USA; and Courtney Williams, Maine RW. Intermediate Boys—I. Nathaniel Roberts, Bowserman; Alexander Peters, Elgin Sharks; and Anthony Peters, Elgin Sharks. Intermediate Girls—Maite Mascaro, Central Floridaa Gliders; Nicole Sorensen, Diablo Valley T&F; and Katie Michita, Walk USA. Youth Boys—Andy Vasquez, Cornhusker; Matias Serna, South Texas; and Matthew Schmidt, Northwest Florida. Youth Girls—Carolinia Palacio, LSI Sprint; Kasandra Rodriguez, South Texas; and Emily Belovitch, Miami Valley. Midget Boys—Ryan Thong, Equalizers TC; Jason Gomez, Oak Hill Racers; and Nehemiah Cioncel, Cougar TC. Midget Girls—Kim Facer, Temecula Valley; Janelle Zamora, Equalizers TC; and Julissa Suarez, South Texas. Bantam Boys—Emilio Andreane, Northwest Florida; Jaden Davis, Pikeville; and Malik Milton, Las Vegas Heat. Bantam Girls—Taylorskewnt, Miami Valley; Gladys Sanchez, South Texas; and Narda Garcia, South Texas.

A Message From Coach A.C. Jaime

Vince Peters, our USATF Race Walk National Committee Chair, stated in his 2011 Annual Meeting report that, “The development of Olympic medalists in race walking is similar to that of every other event in track and field. It is dependent on the availability of coaching, training and competitive opportunities for the athletes in the development pipeline.” Then he went on to express the concern that many of us have, stating, “In contrast to every other event in track and field, the race walk event does not share the large, continuous development pipeline where there are literally tens of thousands who participate from an early age into the collegiate ranks.”

Our USA Track & Field Board headed by President Stephanie Hightower has heard this appeal. The board has, through its limited budget, appropriated a $50,000 grant to fund the South Texas Walking Club and USATF South Texas Association’s proposal to promote race walking at the elementary school level at all fifteen of our Junior Olympic Regions in the USA.

Authors Jeff Salvage, Diane Graham-Henry and Tim Seaman have contributed significantly to the revision of the second edition of our book written by Dr. Tom Eastler on Race Walking — The Beginnings. Tom Eastler, of the University of Maine. Thank you for your consideration.

Racewalking—The Beginnings

(Excerpted from the book “The Sport of Race Walking”, published by the Race Walking Association (Great Britain) in 1961. Picking up where we left off in the January issue of the Ohio Racewalker.)

Nevertheless, as previously noted, it is very interesting to see the mention of names well-known in our own generations. Thus, we read of the exploits of Mr. Ricketts, of Whitchurch (who performed from Shoreditch Church to Ponders end and back in one hour and 50 minutes, or at something over 10 miles an hour), of Bentley, Whitehead, Orton, Pope, Evans, Wilson, Weston, Barrett, Wood, Lambert, Fairman, Bell, to mention only a few!

And so we will take leave of these ghosts of the past, earning their guineas the hard way on roads without car problems (but oh! The dust and the surface!) And make progress towards our own days and age. We may not do this, however, until we have paid tribute to two of the best known “peds” in the history of Sport, Mr. Foster Powell and Captain Robert Barclay.

Foster Powell was born at Horsforth, near Leeds, in 1736, and became clerk to an attorney in New Inn, London. In 1773, he walked from London to York and back again (402 miles) in six days for a wager of 1000 guineas. He set a number of world records in running and walking, including one in 1780 in which he ran from London to York and back again in 24 hours and 20 minutes.

Robert Barclay Allardice, a Scotsman, was born in 1779 and whilst still in his teens...
considerable sums of money were wagered on the result. This he accomplished on the Croydon Road in August 1796. Two years later, he was matched against Ferguson, a celebrated walking clerk from the City of London, to go from Fenchurch Street, London, to the tenth milestone beyond Windsor and back (70 miles). Barclay won in 14 hours despite tropical heat.

In December 1800, he was matched to go 90 miles in 21 ½ hours for 500 guineas. He was obliged to scratch, however, owing to a severe cold caught whilst training and in 1801 the match was again arranged, but for an increased stake of 2000 guineas. After covering 67 miles in 13 hours, we are told, “he incan-tiously drank some brandy, became instantly sick and consequently was unable to proceed”. In point of fact, he recovered within two hours and could have completed the distance within the stipulated time, but the bet was already lost.

In June, 1801, he covered 300 miles in five days in torrid weather; and a further bet was laid with Mr. Fletcher for the following November, this time for 3,000 guineas, over a 90 miles course as previously. The bet on this occasion called for a measured mile on the road between York and Hull. Two posts were driven in to mark the start and finish of the mile stretch and the extra paces required to circumvent the posts each time were ignored. Scorers were placed at each end and lamps were in position during the hours of darkness. Captain Barclay (as he was now universally known) attired in a close fitting flannel shirt, flannel trousers and nightcap, lambswool stockings, and thick solid leather shoes set off at midnight. The first two miles were covered in 25 minutes 10 seconds and he continued at this pace for 16 miles, when he retired to a roadside house (which added an uncounted 20 yards or so each time) for a 10 minute pause for refreshment and change of clothes. So he continued until at 60 miles he had a complete change and in 10 minutes was on the road again. Betting was now 6 to 1 and 7 to 1 in his favor and he completed the 90 miles one hour and seven minutes and 50 seconds within the specified time. We are told that at the finish he was strong and hearty and that thousands of spectators on horse and on foot were there to cheer him and chair him.

Barclay also took part in many running events, usually at a mile but also down to 440 yards on occasion. In March 1803, he walked from Birmingham to Wrexham, via Shrewsbury (72 miles) between breakfast and dinner and in July of the same year, he walked from Charing Cross to Seaford in Sussex—a distance of 64 miles in 10 hours. In December 1806, he covered 100 miles in 19 hours “over the worst roads in the country” accompanied by his servant William Craig, who shared the performance. Excluding time taken for refreshment, etc., the time taken was 17 1/2 hours. Craig, in December 1808, walked 100 miles in 19 hours 17 minutes on the Aberdeen Road, near Stonehaven.

In October 1807, a much publicized match against Abraham Wood, a pedestrian from Lancashire with a great reputation, took place. Both men were to go as far as they could in 14 hours. Barclay receiving 20 miles at starting. Wood retired after six hours, having covered 40 miles against Barclay’s 36 miles; and afterwards followed a series of disputes and unavailing allegations that ill-served the participants.

The following year came the event with which Captain Barclay’s name will always be associated as long as men admire endurance combined with speed. He contracted in October 1809 to walk 1,000 miles in 1,000 consecutive hours—one mile in each and every hour. The event took place on June 1, 1809 and the following days on Newmarket Heath and the reward for successful completion was to be 1,000 guineas.

His early training was at Brighton where he enjoyed the fresh air and bathing and on May 30 he transferred his quarters to Newmarket. He was well aware of the difficulties of the task which faced him and which had already defeated so many. The constant exertion with only a few minutes of sleep at a time could exhaust the strongest of men and give rise to every form of pain and anguish known to man. Tremendous interest was taken in the event and considerable sums of money were wagered on the result.

Barclay certainly believed in the adage—perhaps, even originated it—of marching on his stomach. He breakfasted at 5 am—usually a roasted fowl, a pint of strong ale, and then two cups of tea with bread and butter. Lunch was at noon with beef steaks alternating with mutton chops “of which he ate a considerable quantity”. Dinner was timed for 6 pm—roast beef or mutton-chops with porter and two or three glasses of wine. He supped at 11 pm on a cold fowl with vegetables in season. Throughout his appetite was good, but towards the end “spasmodic affections in his legs were particularly distressing”. Betts had been booked early on at 2 to 1 and 5 to 2 in his favor, rising after ten days before the finish to 10 to 1. On the day before he was due to finish, 100 guineas to one were offered, but there were no takers.

This tremendous performance came to an end at 3:37 pm on July 12 after extending over 42 days and excitement was intense. Thousands of spectators attended the closing stages of the event and beds were unobtainable at Newmarket, Cambridge and other towns and villages in the vicinity, and every horse and vehicle was engaged. It would seem that an event of this kind had the same power of attraction for the public that the Cup Final or Derby Day has for our generation, and Barclay, himself, was one of the best known figures in the country.

On finishing his 42 days and nights labors he was put into a hot bath for a few minutes, then taken out, well dried with flannel, and put to bed. He was in bed at 4 pm and slept soundly until midnight when he took water gruel and again lay down. He slept until 9 am, when he got up in perfect health and walked about Newmarket for a considerable time, including four hours on the race track. His weight of 13 stones 4 was reduced to 11 stones. (Ed. From 186 to 154, according to my calculation.)

A few days later, he rejoined his Regiment and resumed his position as A.D.C. to Lieut. General The Marquis of Huntly and embarked at Ramsgate for the expedition to Walcheren. He died at the age of 75 (a very handsome old age indeed in those days) on May 8, 1854 following a kick from a horse, sustained three days earlier. So passes from our story a more remarkable man who had the power to arouse the public interest in walking to a tremendous height—never known previously, nor since.

**LOOKING BACK**

**50 Years Ago** (From the Feb. 1953 Race Walker, published by Chris McCarthy in Chicago)—In the National AAU Indoor 1 Mile, Ron Zinn captured the gold in 6:36.0. Apparently finishing second was young Rima Vaicaitis who crossed the line in 6:43 and didn’t learn until.

**45 Years Ago** (From the February 1967 ORW)–Jack Blackburn won the first ever walking race in Ohio State’s French Fieldhouse, a hollowed hall he had once been booted out of even though he was an ex-OSU runner (Class of ’58, sixth in the 1956 Olympic Trials 10,000 meter run). His 6:43.6 for the mile left him well clear of Jack Mortland’s 6:56.4 and Chuck Newell’s 7:40.

**40 Years Ago** (From the February 1972 ORW)–Dave Romansky won the National Indoor 1 Mile title for the third time in four years, slicing 0.6 seconds off his own Championship record with 6:13.4. Ron Laird challenged all the way, but his 6:14.6 fell just short. Not far back were Larry Walker (6:17.5), Todd Scully (6:20.4), and Ron Kulik (6:22.6). … A week earlier, Dave had finished the Olympic Invitational 1500 meter race in a record 5:48.7, but was DQ’d. The
race went to Laird in 5:50.2, with Ron Daniel second in 5:51.5 and Kulik third in 5:53.3. On the West Coast, Goetz Klopfen stormed through 40 Km in 3:20:7. ... Here in Columbus and back in French Fieldhouse for the OSU Invitational, your already aging editor (37) managed to outkick Phil McDonald in a 3 Mile, 22:53.8 to 22:55.6.

35 Years Ago (From the February 1977 ORW)—February was Todd Scully month as the Virginia pig farmer set two American records. He won the Olympic Invitational 1500 in 3:48.6, leaving Dave Romansky and Ron Daniel way back. Two weeks later, he took the National Indoor 2 Mile title in 13:02.5, pulling away from Neal Pyke in the last half-mile. Rising star Jim Heiring had two fast races in Wisconsin—a 13:39 for 2 Miles and 21:06 for 3. Larry Walker walked away with the LA Times 1 Mile in 6:23.9.

30 Years Ago (From the February 1982 ORW)—National indoor titles went to Jim Heiring at 2 Miles and Sue Brodock at 1 Mile. Heiring won in 12:24.82 with Ray Sharp a distant second in 12:57.49. Todd Scully and Dan O’Connor were right behind Ray. Brodock got away from Susan Liers over the final 440 to win in 7:07.14. Liers had 7:12.02. Jeanne Bocci (7:39.05) edged Vicki Jones for third. The National 100 Km in Houston was an easy win for Bob Keating, whose 11:22.23 left nearly 45 minutes ahead of Jack Blackburn in second. Heiring turned in the world’s fastest indoor Mile in Richfield, Ohio with a 5:47.39.

25 Years Ago (From the February 1987 ORW)—In the National 15 Km in Wellington, Florida, Tim Lewis won the men’s title in 1:04:35 and Debby Lawrence topped the women in 1:23:40. Paul Wick (1:06:26) beat out Ray Sharp (1:06:39) and Paul Schwartzburg (1:06:53) for second among the men, and Lynn Weik followed Lawrence in 1:14:17. Lewis also had a world best in winning the U.S. Olympic Invitational 1500 meters in 1:57.17, nearly 30 seconds ahead of Jeff Salvage. In Boston, Lewis had the fastest mile of all time, winning in 5:42.3, with Schwartzburg second in 5:58.4. Carl Schueler just missed breaking 4 hours as he won the U.S. 50 Km title in 4:00:19 in Monterey, Calif. Marco Evoniuk was more than 6 minutes back and Jim Heiring took third in 4:10:35. Josef Fribilinac won the European indoor 5 Km title in 19:09.44. The Czech led the GDR’s Ronald Weigel by about 4 seconds, with another Czech, Roman Mrnzek, third. Natalia Smirechenken, USSR, won the women’s 3 Km title in 12:57.59, just ahead of Italy’s Giuliana Salce.

20 Years Ago (From the February 1992 ORW)—In indoor races, Michelle Rohl covered 3 Km in 13:05.82 to win in Johnson City, Tenn., and Debby Lawrence had a 6:18.03 Mile in Fairfax, Virginia. Debby also did 6:21.09 in Richfield, Ohio. In the Fairfax race, Rohl was just .04 behind Debby. Tim Lewis won the Millrose Mile in New York City with a 5:51.64 to Gary Morgan’s 5:55.73. In Paramount Cal., Allen James tore through 10 Km in 42:09. Sweden’s Madeleine Svensson did 3 Km in 12:14.01 in Paris.

15 Years Ago (From the February 1997 ORW)—Andrew Hermann became the sixth U.S. walker to go under 4 hours for 50 Km as he won the National title in Palo Alto with a 3:58:54, nearly 14 minutes ahead of second place Jonathan Matthews (4:12:36). In the process he beat for of the five others to go under hours—Marcio Evoniuk, Carl Schueler, Andrzej Chylinski, and Herm Nelson. The other, three-time titlist Allen James, did not defend his championship. Third place went to Mark Green (4:14:20) followed by Chylinski, Evoniuk, Schueler, and Nelson, all just shadows of their former selves. The Italian 50 Km Championship was won by Giovanni Perrielli in 3:52:31, with two others under 4 hours. In New Zealand, 55-year-old Gary Little set world age groups records for 3 Km (13:23.40) and 20 Km (1:39:18), and Craig Barrett blistered 3 Km in 11:21.50.

10 Years Ago (From the February 2002 ORW)—Curt Clausen won his fourth U.S. 50 Km title in five years, finishing in 3:58:55 to beat defender Philip Dunn, who went 1 second under 4 hours. Tim Seaman was third in 4:07:43, Sean Albert fourth in 4:09:58, and Al Hepner fifth in 4:11:18. Just six weeks after knee surgery, Clausen went faster on each successive 10 Km, starting at 48:39 and walking the final 10 in 46:45. Dunn was also accelerating throughout, until he slowed a bit on the final 10. Susan Armenta was brilliant in winning the women’s race. Her 4:39:30 was the fourth fastest of all time, bettered by only three Italian women. Seaman won the Millrose Games 1 Mile in 4:46:75, nearly 26 seconds ahead of Clausen with Jim Heys third in 6:22. Seaman also had an 11:51.7 for 3 Km. In Wisconsin, Amber Antonia covered 3 Km in 13:23.8 and Heys did 12:14.6. Gary Little set an age group record for 10 Km with 49:22.7 in New Zealand. Pedro Martins won the Portuguese 50 in 3:56:27 and countrywoman, Susana Feitor, won the National 20 in 1:31:12. Latvia’s Modris Liepkins covered 100 Km in 8:48:28 in an Italian race.

5 Years Ago (From the February 2007 ORW)—Tim Seaman won his tenth consecutive National Indoor 5 Km title with a 19:24, 6 seconds ahead of Kevin Eastler. Matt Boyles was third in 19:56. The Women’s 3 Km title went to Sam Cohen in 13:51.29, just ahead of Lauren Frodgen who had 13:55. In Italy, Alex Schwazer in 3:36.04, just 17 seconds off the world best of Australia’s Nathan Deakes, set just 2 months earlier. Seaman also won the National indoor 1 Mile in 5:51:18 with Boyles 10 seconds back. Loretta Schuellein took the women’s title in 6:52.12.

Recent winners; On the left, the Tallents after 20 Km wins in Australia. To the right, we see Aninya Kirdyapkina and Valery Borchin as they score 3000 meter wins in Moscow.