To begin this next to last issue of the ORW’s 48th year, let us have some...
..RESULTS!


Looking for a race? Find a place

**From Heel To Toe**

**Mexican Olympic medalist dies.** A little more than two weeks after being shot, Mexico's noe Hernandez died at age 35. On Dec. 30, three gunmen burst into the Queen of Kings nightclub in Los Reyes La Paz and then shot and killed two people and seriously injured two more. Hernandez was one of the two, losing his left eye. He underwent three surgeries and his condition was listed as serious. He had been recovering at home and appeared to have suffered a heart attack when he died on Jan. 16. It was unclear whether Hernandez was targeted in the attack or was a random victim, but he had said after the attack he had told reporters that it appeared to have been premeditated.

With his silver medal, Hernandez was ranked number two in the world at 2000 and was also ranked fifth in 2002. He had a lifetime best of 1:18:51 in 2005. At the time of his death he was sports secretary of the executive committee of the ruling Institution Revolutionary Party in the state of Mexico...

**Hal McWilliams.** From Jim Halley: "It is with great sadness that I report the passing of another racewalk legend. Hal McWilliams, like John Kelly and Murray Rosenstein, who both passed last year, was an icon of the sport in Southern California. During the 1960s, '70s, and '80s, Hal, a professional surveyor, measured every racewalk course in Southern California. In those days—to increase the exposure to the sport—we had races everywhere so he was very busy. In the four years leading up to the 1984 L.A. Olympics, Hal measured 200 possible courses for the 20 and 50 Km events as well as the marathon course. After the marathon course was laid out it was returned by the IAAF with EDM (lasers). It was "the most accurately measured marathon in history" according to Commissioner Bill Bedford, who stated that Hal's wheel..."
Thanks to Richard Wing for alerting us to a mistake in our list of the 2012 top 50 performers in

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measurements were just 1 cm different than what was obtained by the lasers. . .I (that is, Jim) first met Hal on April 25, 1964 during the two-mile walk at the Mt. SAC Relays in a packed-to-capacity stadium in the middle of the meet. Being a cocky, young UCLA runner, I was certain that I'd beat two "old guys" standing on the line next to me. Hal McWilliams, 48 at the time, and an even older Bob Long beat me. Worse, in an attempt to catch them, I lost form and was disqualified. Without the support and encouragement from Hal after the race, it is possible that I would not have continued to be involved in racewalking. Fast forward to March 4, 1972. In an attempt to provide exposure to the sport, we set up an exhibition racewalk in the Duarte Invitational high school track meet. Once again, the stadium was filled to capacity. While many thousand fans packed the Citrus College stadium, only three walkers showed up. They were Larry Walker (who would later make two Olympic teams, Hal McWilliams and me. To avert a public relations disaster, I came up with the last minute idea of Larry Walker going for the American record at the two-mile distance, with Hal, then 55, attempting to make the National Championship qualifying standard. I would be the announcer and later announcing the various records, I informed the audience that the 16 minute qualifying standard was comparable to the 4:01 mile run standard. They quickly got involved in the race. By being alerted to race progress via a pace chart and lap times, the crowd went crazy and started cheering. Larry just missed the American record. When Hal dipped under the hoped for 16-minute mark, the 10,000 plus spectators erupted in very loud applause. On the way to my car after the meet, I overheard several strangers talking about Hal and Larry. "I never knew a racewalk could be so exciting," said one. In another, Hal had many health problems, surgery, heart valves, etc. After one especially tough surgery, while in the recovery room, the doctor told Hal that "there are three ways we can get you back to your room. We can roll you back on the gurney, we can carry you back, or you can walk? Hal jumped up and said "I'll walk." The panicked doctor said "I was only joking" Hal loved to walk and walkers all loved Hal." Thanks to Jim for providing this peak at a legend. . . . Clark honored. Long-time ORW subscriber and great friend of racewalking, Bill Clark has been elected to the Missouri Sports Hall of Fame. How a scout for Major League baseball teams fell in love with our sport, I don't know, but racewalking has been the better for it. Noting first that Bill was the founder of the Heart of America Marathon in 1960 (a race still going strong), Joe Duncan, also a great friend of racewalking, notes that: "He started the Columbia (Mo.) Track Club in 1968 and organized the annual National 100-Mile Racewalk. That was in 1967 before there was a CTC. CTC took over that race, keeping it alive for 20 years. What to me was the most remarkable feature of that first 100-mile walk was not the performance of Larry O'Neill (Kalispell, Montana) in walking 100 miles in less than 20 hours, although that was some feat, but the performance of Bill Clark, alone, recording each and every quarter-mile split for each of the dozen or so walkers-400 laps (it was a 440-yard track then) for O'Neill. I was at that event as a spectator, off and on, not as a volunteer. Every time I was there, Bill Clark was sitting in his chair, in a T-shirt; he did that for 24 hours through a chilly October night. I'm not sure he ever took a

JOSEPH DOYLE

As he appeared in the First BAA Meet

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last month's issue. In the women's 20 Km., we listed Mirna Ortiz as being from Spain. She's from Guatemala. We don't need to give this hemisphere's good walkers away to Europe. Apologies to Mirna and to Guatemala. . . .

A Bit Of History

An archival article sent to me by Steve Vaitones provides an interesting bit of history as we are immersed in indoor races. This appeared in the program for the 1950 BAA (Boston Athletic Association) Games, an indoor meet.

Advocates Heel and Toe in B.A.A. Meet

Competitor in First B.A.A. Games Still Going Strong

There is no exercise for a young man which will stand him in good stead in later life like heel and toe walking. It provides lots of the proper exercise of every part of the body without undue strain on the heart.

That is the advice to all young men from a former heel and toe plodder, 78-year-old Joseph Doyle of Chestnut Hill, who participated in this event in the first B.A.A. meet, staged at Mechanics Building back in February, 1899. (Ed. Interesting that I am typing this the day following my own 78th birthday.)

All anybody needs for proof of that advice is to look at me or any other old-time walker; declares the spry septuagenarian who is still carrying on his lawn practice after 44 years.

"Why I play 18 holes of golf every Sunday and carry my bag, too. My legs are lots stronger than many younger men I know."

Doyle didn't win the B.A.A. walk that first year of the Unicorn meet, but he didn't have a chance to participate in it again because the event was discontinued.

Sharp corners

"They had sharp corners in those days, not the smooth track they have now," Doyle explained.

"The sharp corners caused the walkers to stumble and this caused spills, so they dropped the event."

Doyle is an advocate for the return of the heel and toe competitors to the B.A.A. program because he feels it not only would be a novelty but would add variety to the program.

"I'd say, have a half-mile handicap walk," he advised. "Send the walkers off at five seconds apart, which would keep each man on the pole. That wouldn't cause any spills and the distance would be just right. I think the people would like it. I know lots of my law friends have asked me why I don't suggest it."

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Still Interested

The Newton barrister still take an active interest in walking races. Only recently he judged a 31-mile walk in Providence and is singing the praises of the youthful winner.

"He's a yong lad, 18 or so, named McCarthy form Dorchester," enthused Doyle. "He showed great promise. I think in five years or so he'll be down to a 9-minute mile pace for a 30-mile walk, and will be able to compete with the Europeans, who excel in this sport."

(Ed. This can't be anyone but Chris McCarthy, who had New England roots before serving in the U.S. Army and then matriculating to the U. of Chicago. It took more than 5 years, but in 1964 he won his second U.S. 50 Km title, to go along with two at 40 and one at 35. He was then the first U.S. finisher in the 50 at the Tokyo Olympics, coming in 21st in a personal record 4:35.41.6-better than the 9-minute mile pace that Mr. Doyle predicted for him and beating some Europeans in the process. Good prognostication.)

Although walking was his first event in athletics, Doyle, who is a graduate of Boston English High and Northeastern University night schools, also competed as a runner and did considerable rowing. As a runner, he raced in every B.A.A. cross-country run between 1890 and 1998. He also was won the cross-country championship of America under the colors of the Trinont A.C. at Morris Park, New York in 1891.

Set Record

I'm still wearing the medal I won in that race," he said proudly, "also have six watches won during my athletic career.

One of Doyle's fondest achievements is a record he set for towing three miles in an ordinary rowboat back in 1896 in Marranacook, Maine. He, to win a bet that he couldn't accomplish this feat under 50 minutes, covered the distance in 34 minutes and 15 seconds.

"There were more than 200 witnesses there in barges and boats," declared Doyle. "I don't know of anybody who has ever beat that time. In fact, I'll give any an who can beat that time rowing in an ordinary rowboat right here on the Charles or any other place a $25 silver cup as a prize and shake his hand."

(Ed. Beginning in 1961, Chris McCarthy published a monthly newsletter on our sport, which went under various named during its three years plus life. That newsletter was instrumental in holding us together and building our sport. A gadfly at heart, Chris was outspoken and often satirical—yes, even imish—in his comments on the administration of the sport, on judging issues, and on anything that came to his fertile mind. He didn't pull his punches. For example, in one of his final issues, referring to the 1964 Olympic 20 Km Trial scheduled for July 4 in Pittsburgh, he said: "Zinn and Laird are both 'sweating' out the 20 Km—but nothing like they will on the day of the race, when it's going to be 90 in the shade! Pretty damn silly isn't it? To put a trial on the 4th of July for a race in October. Oh well, it's par for the course for the so-called walking committee."

Bob Carlson's Running and Racewalking Journey

I imagine some of you have read one or both of Bob Carlson's books on racewalking. For many years, Bob edited and published the Front Range Race Walker Club News out of Colorado, a highly entertaining monthly newsletter filled with all sorts of tidbits about health, nutrition, exercise, philosophy, humor, sex and anything else—also a bit about racewalking. He gave that up about a year ago and turned it reins over to Craig Foreman. For those who want to know a bit more about Bob, Craig penned the following tribute in the Dec. issue.

A year has gone by since I offered to take over the newsletter and I thought it was a nice time to give some space in this Newsletter to Bob and his athletic career.

Bob was born in December, 1924 in Denver and attended school at Park Hill, Smiley, and East High. He played baseball in a youth league while in junior high. He heard of a ski bus that took kids up skiing each Saturday during the winter from East High. Bob ended up being a regular on the ski bus during the winter months. Through this program, he had received the three required letters of recommendation and was inducted the 10th Mountain Division at Camp Hale near Leadville, Colorado.

After discharge, he enrolled at Colorado University to study architectural engineering. Bob would go to school in the summer and take the winters off to be on the first paid Ski Patrol at Winter Park, Colorado for the winters of 1946-47 and 1947-48. The next three years, he competed on the Colorado University Ski Team in four events, but was the best at cross country.

Bob married, had five great children, and settled into a fairly sedentary life style. It was during this time that Bob read two books that changed his life. One was Jogging by Bill Bowerman who had been the commanding supply officer of the 10th Division's 86th Regiment (also Bob's regiment) and also the co-founder of Nike (Ed. And longtime track and cross country at the U. of Oregon, hence Bowerman Field, site of many national meets and Olympic trials.) The other was Aerobics by Dr. Kenneth Cooper of the Dallas aerobics center. A jogging program ensued and Bob's fitness was regained by following the advice in those two books. A successful running/walking career ensued, most importantly enhanced by three weeks of racewalking instruction in Boulder by Coach Bruce MacDonald, who had his racewalking candidates there training for the Munich Olympic Trials in October, 1971. Bob had been grateful to Coach MacDonald that the racewalking instructors offered the runners in Boulder free technique lessons each evening after letting his athletes go. What Bob discovered was that his running stride was markedly enhanced by increased hip flexibility and looseness that running alone did not provide. It culminated in changing the usual 40 minutes running times in 10 Km races to a personal record of 36:38 at the 1977 Colorado Governor's Cup at 53 years of age.

Governor Lamont gave Bob credit for making a suggestion at a ski championship at Frisco in February 1977 that he form a Governor's Council for physical Fitness as a number of other states had already done. That Council was formed in October 1977 with Bob as a charter member. There were very few walking races in those days with a championship here and there. (Ed. But note that there had been a very strong racewalking program in the area just a few years earlier. In the late '60s and early '70s, the Colorado TC contended for National team titles, led by Jerry Brown and Floyd Godwin, and Colorado hosted several national races.) But by alternating running and walking training, excellent efforts seemed to happen in Bob's running career. But then, in about 1980, all that running started to take its toll on his legs, Bob having completed 28 marathons during the '70s. Racewalking came to the forefront as the way to stay in top condition. That was his main exercise for the future, along with cross-country skiing, telemarking, and downhill skiing.

The avid racewalkers around at the time joined the Pheidippides Track Club around 1981 for organized interval training sessions. Realizing racewalking was not a sprinting event, about 12 enthusiasts got together in August, 1985 at the Tivoli Building at Metro State College in downtown Denver and formed the Front Range Walkers. Credit for suggesting the name goes to our fellow walker, Friem Green

Wood Brothers Homes and one of its officers, Joe Louis Barrow, Jr., gave the local racewalking scene a great boost by bringing a string of National 5 Km Championships to Denver in 1984-86. The related press coverage jump-started a great interest in racewalking in Colorado and the Front Range Walker membership grew rapidly. To their delight, the demand for technique lessons was high and several members, including Bob, started to teach lessons.
Since 1985, the Club has taken on the traditional Doc Tripp Race, which is now the Colorado Association USATF 10 Km Championship Event.

In 1989, Bob was given the honor of being named on of the top 10 rated walking leaders in the U.S. by the Rockport Walking Institute.

In 1989, Bob had his first book published entitled Health Walk, followed by walking for Health Fitness and Sport in 1996—both published by Fulcrum Publishing of Golden, Col. He has been a member of the Colorado Author’s League since 1989. Research over the past 30 years has prompted Bob to adopt a very healthy lifestyle habits, which he shared through the FRW Club Newsletter to inform readers what he had learned about diet, exercise, and just plain healthy living habits.

It is probable that if Bob had not taken those racewalking lessons from Bruce McDonald over 40 years ago that he might have continued running until he tired of it or got injured and quit. Walking has opened up a great number of doors that would not have been open if Bob had continued running.

The Long Walks

(Reprinted from the March 1973 Ohio Racewalker.)

For those who like long walks and detest sleeping, you might go after the record for non-stop walking, which was recently set in Albuquerque by 33-year-old Jesse Castenada, a Spanish teacher at Albuquerque Academy. Castenada covered 302 miles in 102 hours and 24 minutes on a quarter mile track. The old mark of 300 miles 145 yards had been set in Pembroke, Ontario in October by Canadian Army Warrant Officer Phillippe Latulippe, age 53. Latulippe, however, required only 78 hours on his walk, which makes it look more commendable from the standpoint of racewalking, but I suppose less challenging from the standpoint of staying awake.

Latulippe is very big on this sort of thing having first set the world’s record in September, 1971 with 218.65 miles in 63 hours. Nine days later, a New Zealander, John Sinclair, did 230.8 miles and Latulippe began earning training by jogging 45 miles three times a week. In April, he set off after the record again, with 250 miles as a target, only to learn after he was already under way that a member of the British Parliament, Richard Crishaw, had just covered 255.84 miles. So, he proceeded to do 256 miles in 81:55 to again take the record.

Guidelines for these records are laid down by the Guinness Book of Records:

independent corroboration by local press clippings, signed authentication by an organization of standing, and a signed log showing the attempt has been subject to constant surveillance and stating the times and duration of rest breaks taken. The guidelines state that a walker may stop only 5 minutes per hour for eating, changes of footwear, etc. (This would have allowed Latulippe 6 hours and 27 minutes off the track, but he used only 2:21:20.)

On the experience, Latulippe stated: "From past experience, I figured my most serious moments against sleep would come some 24 hours after the start. But incredibly, the awful urge to quit and lie down blanketed me less than 6 hours after the start. I worried that something was wrong; certainly I couldn't visualize lasting at least 3 more days... But I finally shook myself out of it by spurts of jogging (Ed. Hey! C'mon!) And about 1 am, got my second wind. Never again did I feel seriously pooped."

Castenada had failed in two earlier attempts at the record, but in his record effort walked much faster than in the other two, although much slower than Latulippe. Following the race he was resting, blood pressure, and temperature were all found to be within normal limits. He had deliberately put on about 4 ½ pounds of fat prior to the race, which was felt to be enough to go 75 to 80 hours without food.

As good as these two efforts are from the viewpoint of physical endurance, they do not compare with what has been accomplished by trained racewalkers. The Paris-to-Strasbourg race last year went in 67 plus hours and was for a distance of more than 320 miles. However, they have three enforced rest stops of more than an hour each, as I recall, so times in that race do not qualify under the Guinness definition. Nonetheless, they are covering more distance in less time, and still with very little rest. Latulippe’s performance would not leave him completely outclassed in this race, but Castenada would have a way to go.

2012 World Masters Rankings

(For complete lists go to www.mastersathletics.net. The lists below are from a compilation by Dave Talcott that included only age categories where U.S. athletes were listed. From Dave’s compilation, I am including only the first three and the first U.S. athlete in each category, Some amazing performances from the aging racewalking population.)

5 Km


10 Km


the race Bonhag skipped (illegally), but with friendly judging from James Sullivan (Ed. Egads! He bullied the Sullivan trophy before it came into existence.) The U.S. official and Chief Walking Judge, the American was not disqualified. First past the post was Robert Wilkinson, Great Britain, and Eugene Spiegler, Austria, but they were disqualified for running. Initially, a re-run (re-walk) was ordered between Bonhag and Linden, but Bonhag never appeared and the original result was allowed to stand. (Ed. A great way to introduce q walking to the Olympics. And people complain about judging now.)

As in the 1500, Wilkinson and Spiegler became immersed in a struggle for first place in the 3000 and both began running, which ensured their disqualification. The third finisher Szantians thus became the Olympic champion after crossing the line 20 meters ahead of Muller. All in all, not an auspicious start for racewalking on the Olympic stage.

And two years later:

3500 meters, London, July 14, 1908

1. George Larner, Great Britain 14:55.0
2. Ernest Webb, Great Britain 14:57.4
3. Harry Kerr, New Zealand 15:43.4
4. George Goulding, Canada 15:49.8
5. Edward Rowland, New Zealand 16:07.9
6. Charles Ventergaard, Denmark 17:21.8
7. Enar Rothman, Sweden 17:50.0
8. Enar Rothman, Sweden 17:50.0
9. Dave Talcott, USA 1:44:45
10. Ray Sharp, USA 1:45:21

23 Entries

Larner (15:32.0), Webb (15:17.2), and Goulding (15:54.0) were the heat winners and the only men under 16 minutes. In the final, Webb led for the first 800 meters and was then joined by Larner. At halfway, Larner began to pull away from Webb, and he won by just under 50 meters (12:47 pace for 3000 meters).

LOOKING BACK

50 Years Ago (From the January 1963 American Race Walker, published by Chris McCarthy in Chicago)—Indoor one-mile races were the order of the day. Alex Oakley (6:43.3) edged Felix Cappella (6:45), and Bill Grandy (6:46.3) in the Toronto Maple Leaf Games. Ron Laird was a subdued fourth in 7 minutes flat. In New York, Alan Blakeslee (7:04.3) beat Ron Daniel (7:07) and Bruce MacDonald (7:10). Bill Preston won the South Atlantic title in Baltimore with 7:58.7. In Chicago, Ron Laird won in 7:03 ahead of Matt Rutyna (7:28) and then McCartney beat Rutyna with a 7:27. Laird walked 6:42.9 in that one, but not without a DQ.

45 Years Ago (From the January 1968 ORW)—Dave Romansky turned in a sparkling 1:51.30 for 10 miles in Asbury Park, N.J., leaving John Knifton 4 ½ minutes back. The Metropolitan Indoor title went to Ron Daniel in 6:39.7 and Ron Laird won the L.A. Times Mile in 6:32.89. Laird also won the Athens Invitational in Oakland with a 6:28.2. Tom Dooley was second in 6:33.9. Laird was named the 1967 recipient of the Ron Zinn Memorial Trophy, repeating his 1966 selection. Publisher Jack Blackburn had some commentary on the national political scene (which subsequently cost us a subscriber) and Editor Mortland reviewed a Modern Jazz Quartet concert. Walking news was apparently a bit light. The ORW’s first Dr. John Blackburn Award for the year’s outstanding single accomplishment went to Montana’s Larry O’Neil for his 100 mile victory in a Columbia, Missouri race, his 19:24:53 performance shattering a national record set in 1878.
40 Years Ago (From the January 1973 ORW) — The Colorado Track Club’s 10-Man relay team covered 162 miles 275 yards for a world’s walking record in a 24-hour relay. And they did it indoors. Jerry Brown led the effort with an average speed of 7:05:2 for his 17 miles (team members alternated 1 mile stints). Floyd Godwin averaged 7:29 and Peter Van Aarsdale 7:37:4. The NAIA 2 Mile event went to Steve Tyrer in 15:04 with newcomer Augie Hirt fourth in 15:55. Ron Kulik was king of the boards in the East with a 6:40.5 win in the Mets and 6:35.2 in Philadelphia. Ron Daniel was second in both. In Philly, Howie Palamarchuk, known mostly for his libelous contributions to the infamous Guano Press (racewalking’s underground paper of that era replete with such publications), was a close third. (Actually, we were mostly entertained, not offended by that paper, which was not done in a mean-spirited fashion.) Later a prominent podiatrist, Howie contributed much to the sports medicine aspects of our sport.

35 Years Ago (From the January 1978 ORW) — In the Millrose Games, Ray Sharp edged Jim Heiring, covering the mile in 5:46:21—the fastest ever to that date. Heiring was just a second back, and Tim Lewis also broke 5:50 (Five years later, Lewis got down to 5:33:53, which, I believe, remains the world’s best, indoors or out.) Tom Edwards had 5:57 in fourth and Jim Mann, way back in ninth, still had a 6:17... Edwards earlier had winning efforts of 6:04 and 6:12, and did 13:55 for a 2 Mile.

30 Years Ago (From the January 1983 ORW) — The first page and-a-half were devoted to the editor’s discussion of Columbus in the blizzard of ‘78 and its effect on training and such...Steve Pecinovsky edged Chris Knotts for fast time honors in the New Year’s Eve 6 Mile Handicap in Springfield, Ohio (a week prior to the blizzard) with a 48:21. Chris had 48:30. However, the handicapping was tough on the fastest walkers as those two finished sixth and seventh behind those with generous handicaps and handicapper Jack Blackburn (50:27) brought up the rear, except for Jack Mortland (50:42).

25 Years Ago (From the January 1988 ORW) — Dan Pierce won 1987’s final National race, the 100 Km held in Houston on Dec. 21. Dan had a 9:36:33 after going through the first 50 in 4:47:26. Dave Waddle was second in 11:01:40 and Alan Price third in 11:11:42. Jennie Bocci captured fourth in 11:30:28, breaking the Masters Women’s 50 Km record (5:31:37) on the way. At the same site, Gene Kitts, did 50 Km in 4:23:29. Tim Lewis won the Honolulu Marathon Racewalking division in 3:36:23, leaving Randy Minn 15 minutes back.

20 Years Ago (From the January 1993 ORW) — Dave McGovern was a prominent figure with 3 Km indoor times of 12:11.47 in New York City, 12:25.33 at West Point, and 12:04.56 in Cambridge, Mass. Marc Varsano was just 2 seconds back in the Cambridge race and Debbi Lawrence walked a 12:53.89 at the same site for a national record. In Princeton, N.J., Ray Funkhouser had a 12:25.9 3 Km win over Sean Albert, whose 12:28.8 was a U.S. junior record. Philip Doun won a Salem, Oregon 5 Km in 22:53.410 with Andrew Hermann second in 22:53.411. (We noted that timing rules don’t recognize thousandths of a second, but that apparently they wanted to emphasize that it was a close race. Point made.)... Debbi Lawrence also had a 5:53.49 for 1500 meters in Montreal, 11 seconds ahead of Canadian Janice McCaffrey.

10 Years Ago (From the January 2003 ORW) — Another great ORW typo. In a cover photo of Larry Young, the caption told us that he was racewalking’s third member of the T&F Hall of Fame and that he was ‘deducted’ on Dec. 2, 2002. Gosh, that’s the same date that he was inducted. But, in reality, he was not deducted and never will be... Curt Clausen won the National 30 Km in Chula Vista, Calif. in 2:15:56, more than 9 minutes ahead of Sean Albert.

5 Years Ago (From the January 2008 ORW) — Joanne Dow won the Dartmouth Relays Indoor Mile in 6:53.44, well clear of Lauren Forgues. Dow also won a 3000 meter race in Cambridge, Mass. in 13:27.12.

From the British humor magazine Punch, Jan. 10, 1968 issue.