Manozzi Triumphs Again

Ocean Township, N.J., Oct. 13—For the second month in a row, Ohio's own (although he competes for the Shore AC in Joisy) Michael Manozzi grabs the headline in the ORW. (I just received his renewal so I have to treat him right.) This time, he won the National 40 Km, as reported by Race Director and Shore AC impresario, Elliot Denman in the following tale of the race:

Shore Athletic Club teammates Michael Manozzi and Erin Taylor-Talcott added to their portfolios of USA T&F National Championship racewalking titles with decisive victories in the 75th edition of the U.S. National 40 Km event at Joe Palaia Park today.

Manozzi led the men's field over the 40 Km route with a clocking of 3:28:49. It was the fastest winning time in past six years and set Manozzi's total of national titles at three—he'd previously won crowns at 30 Km (a month ago in Valley Cottage, N.Y.) and one-mile (at New York's Armory in 2012.) Teammate Taylor-Talcott kept building her reputation as the nation's finest women's distance walker by taking the 40 Km crown in 3:39:20. It was her fifth 40 Km title, as well as her third straight and fastest of all.

Shore AC's Dave Talcott—Erin's husband—claimed second among the men in 3:35:00, while teammate Maria Paul was second over the line in 5:24:39.

International guests—although not eligible for U.S. national honors—played key roles in the event, too. After Bruno Carriere of Canada led the entire field through 20 Km in 1:33:34, Colombia's Jorge Armando Ruiz and Rodrigo Moreno took over the pace-making roles. Ruiz went on to reach 40 Km in 3:13:14, while Moreno, age 47, circled the 2 Km loop five more times to complete a 50 Km clocking of 4:06:22, one of the fastest times in Masters walk history.

Starring, too, was USA Olympic ace Maria Michta—the nation's top women's walk athlete at both the 2012 London Olympics and the 2013 Moscow World Championships. Michta cruised through 25 Km in 2:19:13 after helping sister Katie cover 15 Km in 1:24:53.

Results of the 40 and the other events of the day:


Guests—Jorge Armando Ruiz, Colombia 3:13:14 and Rodrigo Moreno, Colombia 3:14:40 and 4:06:22 for 50

Other distances:
25 Km, Maria Michta, Walk USA 2:19:13
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20 Km—Bruno Carriere, Canada 1:33:34. James Carmine, Potomac Valley 2:24:42. Dina Nydia Moreno, Colombia 1:45:53, Paspe Ger, Shore AC 2:22:43. 15 Km—Katie Michta, Walk USA 1:24:53. 10 Km—Irene Fletzemeier, RW Maryland 1:10:55. 5 Km—Ra Robertson, Freehold Area AC 33:38 and Nicholas Toochek, Mid Atlantic 38:46.

Further notes: Mike had the fastest time in the past six years, but was well off the record for the event of 3:06:17, set by Tim Seaman in 2002. In the middle 1980s, Carl Schueler won the event three years in a row with times of 3:14:03, 3:13:57 and 3:15:04. The only other with a winning time under 3:20 was Curt Clausen with 3:15:42 in 1997. Regarding Moreno’s performance, the World Record for the 45-49 age group is 3:57:44 by Jorge Costa of Schotland.

Race splits provided by Ray Somers are interesting. Mannozzi started out with a 53:07 on the first 10, accelerated to 52:10 (1:45:17) on his second 10, slowed slightly to 52:38 (2:37:55) on his third, and then accelerated sharply on the final 10 with a 50:54 for his final time of 3:28:49. Erin Taylor-Talcott accelerated through the first 30 Km (55:18, 54:58, and 53:51) and then slowed at the end with a 55:03 for her final 10. Ruiz and Moreno were together through 20 Km with 49:04 and 1:37:25. At 30, Ruiz was four seconds ahead in 2:25:42 stretching that lead to 1:26 at the end, as Moreno saved something for another 10 Km.

In a pre-race release, Elliott Damsen provide a little history on the event: The National 40 Km-then under AAI auspices was first held in 1939 and saw John Rahkonen of Portugal. Moreno is now eighth on the all-time list.

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PAGE 4


OCTOBER 2013


Some Places At Which You May Perambulate In A Competitive Fashion*

Sat. Nov. 2 15 Km, Manchester, N.H., 10 am (W)
Sun. Nov. 3 10,000 meters, Clinton, Conn., 10 am (N)
Sat. Nov. 9 1 Hour, Virginia Beach Va. (N)
Sun. Nov. 10 ½ Marathon, Portsmouth, NH (E)
Sat. Nov. 23 5 Km, Bethlehem, Pa. (S)
Sun. Nov. 24 50 Km (World Cup Trial, National Masters, South Region, and Florida State Championship), South Florida (S)
Fri. Dec. 13 Indoor 1 Mile, Milwaukee, Wis. (I)
Sat. Dec. 21 5 Km, Hudson, N.Y. (S)
Sun. Dec. 28 USAF Open/Masters Indoor 5000 meter, Rochester, N.Y. (L)
Sun. Dec. 28 3 Km, Pharr, Texas (O)
Fri. Jan. 3 1 Mile, Pharr, Texas (O)
Sat. Jan. 4 5 and 10 Km, Pharr, Texas (O)

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**From Heel To Toe**

**Westerfield honored.** The National USATF Officials Hall of Fame Class of 2013 was announced recently and it includes Gary Westerfield, long active in all aspects of racewalking. Gary will be inducted at the Officials Awards and Hall of Fame Banquet at the 2013 USATF Annual Meeting in Indianapolis in December. Gary has served as a past Chair of the Racewalking Committee, is current Treasurer and Officials Certification Chair, and is an Internationally certified Racewalking Judge. Gary was a National Class competitor in the late '60s and early '70s and has continued close contact with the sport through coaching, officiating, and administration. While he never won a National title, he had many top six finishes in his competitive days, topped by a third place finish in the National 50 Km in 1971 with a time of 4:21:05 and a second in the National 75 Km in 1974 with 7:47:53. He was sixth in the 1972 Olympic Trials at 50 Km. More honors. The Italian Athletics Federation celebrated the 80th birthday of Olympic gold medal winning walker Abdon Pamich at a special ceremony, in Rome. Pamich won the 1964 Olympic 50 Km in Tokyo and also won European titles at 50 Km in 1962 and 1966. He set a 50 Km world record of 4:03:02 in 1960. He was the Italian flag bearer at the 1972 Olympics in Munich. And, following his 40 Km win, Michael Mannozzi was named the USATF Athlete of the Week. "I went into the race with a plan of negative splitting, as my coach Michael Rohl and I planned in the weeks prior when I prepared for the race," said Mannozzi. (See lead article notes for evidence of his negative splits.) "I had executed a similar plan en route to winning the 30 Km title last month. Both races were used to help me develop and race effectively for an optimal performance for the upcoming USA 50 Km Nationals next month in Florida." Now in its twelfth year, USATF's Athlete of the Week is designed to recognize outstanding performers at all levels of the sport. Several other racewalkers have been named in the past, but Mike is the first in 2013. Doping ban. Russian junior racewalker Ekaterina Medvedeva has been banned for two years as announced by Russia's anti-doping agency RUSADA, effective from June 13 of this year. Medvedeva, who trains in Saransk, carries on what is becoming a tradition of doping bans of walkers from the Saransk training center (see article in the September 2013 ORW). Medvedeva won the 2012 Junior World Championship at 10,000 meters in 45:41.74 and was fourth in the World Cup at 10 Km in 2012. In May, she had won the European Cup Junior 10 Km in Dudince with 44:46. World Cup Qualifying Standards. The 2014 World Cup of Racewalking is scheduled for Taicang, China on May 3 and 4. U.S. Trials for the 50 Km are scheduled on Nov. 24, 2013 in Coconut Creek, Florida and for the men's and women's 20 Km and Junior men's and women's 10 Km In Whiting, N.J. on March 30, 2014. The teams will be selected based on finish places in these trials for athletes who meet the following qualifying standards: 50 Km-4:35:00; Men's 20 Km-1:32:00, Women's 20 Km-1:43:30; Jr. Men's 10 Km-47:45; and Jr. Women's 10 Km-53:15. Drake presentation. A feature of the Racewalk committee sessions at the Annual USATF meeting in Indianapolis in early December will be a presentation by Dr. Andi Drake. Dr. Drake will speak about "Racewalking Training for Distance Runners" on Dec. 4 and on "How To Create Olympic Podium Opportunities in the 20 Km and 50 Km Racewalk Event(s)" on the following day. He will also discuss other topics such as technical flaws that judges see. Andi Drake is the England Athletics National Coach Mentor for Endurance. He was a Great Britain and Northern Ireland athlete from 1984 to 2004 and has coached athletes from junior to senior level who have competed at 2008 and 2012 Olympic Games; 2007, 2009, 2011, and 2013 World Championships, as well as European and Commonwealth Championships. As an athlete, Andi had best times of 1:24:04 for 20 Km and 41:04 for 10 Km and ran a 30:25 10 Km and 2:23:42 marathon. He completed his PhD in exercise physiology at Coventry University in 2007. He was a Senior Lecturer in Coaching and Sports Science before taking on the role of Head Coach at the National Centre for Racewalking in 2009. In 2014, he will be the Endurance Coach for England's Commonwealth Games Team.
Canadian in the Netherlands. A pleasant little anecdote sent to me by Roger Burroughs in Ottawa: “Our club’s leading walker (Lauren Van Leeuwens) left in August for a one-year graduate degree program at the University of Amsterdam. I contacted the Dutch federation just to say that she was coming. A representative replied quickly with a warm welcome and an invitation for her to take part in a 3000 meter racewalk in the Amsterdam Open a few days after she arrived. The Amsterdam Open, apparently, was a first attempt at a “big meet.” The racewalk was in the afternoon, with other local events, but the evening session was part invitational track meet and part concert, with fireworks to follow. Lauren had a great experience winning the women’s race and getting a warm welcome again. A couple of days later, she sent a link to the Portuguese walking blog “O Marchador”, with the full results and a mention of her in the report. (Ed. O Marchador always appears on the Yahoo RW List, but this time didn’t register with me at the time although Van Leeuwen has been a subscriber, thanks to Roger.) For a Canadian female athlete, the 1928 Olympic Stadium, where the meet was held, is pretty significant. Of course, they were the first Olympics, the only ones where women were allowed in track and field. The six Canadian women, doubled then and now the Matchless Six, are still per capita, the most successful Olympic team we have ever sent!” In a P.S., Roger noted that you can check out the Matchless Six on Google. They got books written and documentaries made about them.

Junior camp. A reminder of the Elite Junior Racewalk Camp scheduled for Pharr, Texas from Dec. 28 to Jan. 4. The annual camp is presented by the North America Racewalking Institute and the South Texas Walking Club. It is open to junior walkers 14 years old and up. Head Coaches are Olympians Tim and Rachel Seaman, assisted by Dave Gwyn, AC Jaime, Tish Hanna, Diane Graham-Henry, and other guests. The camp offers daily training and discussions that may include training philosophy, sport psychology, and nutrition, plus racing opportunities (see schedule of events). For more information contact the South Texas Walking Club, 621 N. 10th Street, Suite C, McAllen, TX 78501, 956-686-2337, acjame@sbeglobal.net.

Chinese Racewalker Chen Is One In A Billion

by Paul Warburton for the IAAF

Clearly what China Needs for continued success at racewalking is 100 words of Mandarin and a guitar-toting talent. The strummer playing a happy tune is Olympic champion Chen Ding who followed up his gold medal along the Mall with a fine silver at the IAAF World Championships at Moscow in August.

If anything, his second-place finish in Russia behind hometown favorite Aleksandr Ivanov was more laudable than his London triumph when he became the youngest ever gold medalist in a racewalking event at the Olympics. Plagued by nagging injuries throughout 2013, the native from Hunan province on the old Silk Road overcame them all to land a second major medal—and he is barely 21. Overseeing stage one that took him to the podium in sight of Buckingham Palace was famed Italian coach Sandro Damilano.

The Italian is now ready to launch an assault on the IAAF World Race Walking Cup that takes place in Taicang next May. In fact, the unlikely pairing of Italy and China has been achieved on 100 “technical” words over the last four years since Damilano was charged with looking after the country’s finest. The coach’s grasp of Mandarin amounts to a mere ton of words—which is 100 more than every Chinese walker knows of Italian, he reckons, despite spending most winters at Damilano’s Italian base of Saluzzo, south of Turin. “The Chinese don’t speak a word of Italian, even after all these years of training in Italy, said Damilano.

Fortunately, they have a very nice manager who brings them over to Italy and he speaks very good English and we manage to communicate in a third language.”
### Final 2013 U.S. Grand Prix Standings

#### Women
- **Maria Michna, Walk USA**: 70
- **Katie Burnett, un.**: 55
- **Miranda Melville, NYAC**: 53
- **Susan Randall, Miami Valley TC**: 28
- **Elin Gray, Bowerman AC**: 27
- **Teresa Vaill, Pegasus AC**: 21
- **Elin Taylor-Talcott, Shore AC**: 20
- **Katie Michna, Walk USA**: 14
- **Maryanne Daniel, Conn. RW**: 13
- **Rachel Tylock, Mansfield U.**: 13
- **Lauren Forgues, NYAC**: 13
- **Darlene Backlund, So. Cal. TC**: 11

(17 others with 4 points or less.)

#### Men
- **Dave Swarts, Pegasus AC**: 46
- **Mike Manoetti, Shore AC**: 45
- **Dave Talcott, Shore AC**: 39
- **Dan Serianni, World Class RW**: 31
- **Tim Seaman, NYAC**: 29
- **Patrick Stroup, un.**: 27
- **Richard Luetketch, Shore AC**: 27
- **Bill Vayo, Shore AC**: 25
- **Jonathan Hallman, Shore AC**: 20
- **Mark Green, Pegasus AC**: 20
- **John Nunn, USA Army**: 16
- **Edward O'Rourke, New England Walk**: 15
- **Dan O'Brien, Pegasus AC**: 15
- **Alejandro Chaves, Missouri Baptist**: 13
- **Bruce Logan, Park Walkers**: 13

(16 others with 4 points or less.)

#### Women's Team Standings:
- **Walk USA**: 20
- **World Class RW**: 10
- **Wassatch Walkers**: 8

#### Men's Team Standings:
- **Shore AC**: 50
- **Pegasus**: 24
- **So. Cal. TC**: 10

#### Junior Women
- **Brittany Collins, Walk USA**: 39
- **Abby Dunn, Goshen College**: 32
- **Katie Michna, Walk USA**: 30
- **Molly Josephs, Missouri Baptist U.**: 28
- **Nicole-Sourt Menendez, Dak. Wesleyan**: 29
- **Jesi Heiser-Watley, World Class RW**: 10
- **Tori Heiser-Watley, World Class RW**: 9
- **Irene Fletemeyer, RW Maryland**: 8

(7 others with 4 points or less.)

#### Junior Men
- **Spencer Dunn, Maine RW**: 39
- **Alexander Peters, Elgin Sharks**: 28
- **Anthony Peters, Elgin Sharks**: 25
- **Geraldo Flores, South Texas, WC**: 21
- **Nathaniel Roberts, Bowerman AC**: 20
- **Steven Berry, un.**: 10
- **Davis Heisler, un.**: 9
- **Jack Lazor, Conn. RW**: 9
- **And Vaswuez, Cornhusker Flyers**: 6

Rob Heffernan: “I don’t like walking anywhere.”

(The following quick quiz with Olympic 50 Km gold medalist Robert Heffernan was sent to me by Elliott Dannman: Apparently it was conducted by a web site Spikes.)

If you could star in another athletics event, what would it be?

“Wold have to be the 100 m. Just to be 6ft. 3in. and 100 kg. Living the life, living the dream. It beats the misery of walking the 50 Km.”

What did you have for breakfast today?

“A bowl of porridge with seeds and a coffee.”

What are your plans for today?

“After this interview, the next thing I'm going to do is go for a massage.”

If anyone could play you in a film who would it be and why?

“It would have to be Brad Pitt, because he is a man with a ripped body.”

What is the one thing you have to take around the athletics circuit with you?

“My wife, when I can.” (Irish 400 m international Marian Heffernan.)

If you were not an athlete what would you be doing?

“I have a secret fetish for boxing. I’d like to have been a boxer. I always really liked Barry McGuigan.”

What is the worst thing you've ever worn?

“When I was a junior athlete, I wore an orange shirt for a second night out in a row. I got spotted instantly by a fellow who said 'will you ever iron that shirt?' All the boys who were with me as part of the cross country team got a great kick out of it.

How much money is in your pocket at the moment?

“None.”

What is your favorite holiday destination?

“I went to Miami on my honeymoon and it was great.”

Are you fast when walking around the shops?

“No, I don’t like walking anywhere when I’m not training. I’m lazy.”

Who would be your three celebrity dinner party guests?

“Mike Tyson, a boxing legend and diverse character. Luke Kelly, an Irish singer and a great man. And Roy Keane, the ex-footballer. He, like me, is from Cork, so it would be great to catch up with him.” (Ed. The LA Galaxy will be surprised to learn that Keane is an ex-foottballer.)
My Claim To Fame

At the risk of being accused of immodesty, but with the purpose of acquainting some readers with just who this editor might be, I offer the following.

I had a high school and college career as a runner and jumper before moving into racewalking and surprisingly, international competition, including the 1964 Olympics. While any thought of the Olympics was no more than a day dream in those early days, I did compile a list of Olympians I had "competed" against, in quotes because participating in the same event doesn't always mean one was in any way competitive with the leaders. Anyway, let me review that rather impressive list.

First off, was at the 1954 Michigan AAU Indoor meet in Ann Arbor when I was a freshman at Bowling Green. Those were the days when freshmen were not eligible to compete in varsity sports, but could compete in open competitions. I was entered in the 600 yard run. On the starting line, I turned to the runner on my right, noting that he represented the U. Of Chicago Track Club, and wished him well in the race. He replied, "The Lord be with you," I had no idea who he was until after the race, which he won. It turned out to be John Barnes, who ran at Occidental and was an 800 meter runner in the 1952 Olympics, where he was eliminated in the semi-final. "Wow", I said to myself. "I have competed against an Olympian." I finished sixth in 1:18.2.

The following summer, I visited one of fellow cross country runners and roommate to be for the next three years, Larry Trask. Larry lived in Otego, New York. We had gotten wind of a National AAU 15 Km run in Binghamton, near Larry's home, so we entered. Also in the field were young John Kelly, 1951 Olympic marathons, and Browning Ross, Olympic steeplechaser. I finished well behind them in 39th place with a 64:40. Not too bad for my first time going over 4 miles. Anyway, two more Olympians.

In the spring of 1955, we ran the sprint medley relay at the Ohio Relays, and who should run the anchor leg with me but Arnie Sowell of Pittsburgh, who was soon to run in the 1056 Olympics in Melbourne, finishing fourth. Fortunately he was well ahead of me when we started our leg, so it wasn't quite as evident that he ran 1:49.2 to my 1:58.2. Olympian No. 4.

That summer, I journeyed to College Park, Maryland for the National AAU All-Around Championship, ten events in one day. Also in the event was George Shaw, 1952 Olympic triple jumper. The best part of my day was winning the 880 walk in 3:48.8, my first. Over the 440 yd. hurdles at the 1957 National AAU meet in Dayton, and in a workout over the 440 yd. hurdles at the 1957 Ohio AAU meet in Dayton, and in a workout at Ohio State in 1958. I was in grad school then and worked out regularly with the OSU team indoors, even being placed on a team for the annual Scarlet and Gray intra-squad meet, where I finished second to soon-to-be racewalk teammate Jack Blackburn in a 3 1/3 mile run and also second in a 660. In a practice we ran an 880 time trial and Glenn made his first and only attempt at the distance. I didn't win the race, but I beat him. I think he ran about 2:03 or 2:04 and complained that he couldn't run that slow. He didn't say anything about fitness for the

Mortland leading world record holder Glenn Davis at 440 yards. But of course we are only twoor three steps out of the blocks on a staggered start. Davis won, I was fourth.

LOOKING BACK

45 Years Ago (From the September 1968 ORW)-The Mexico Olympics saw an excellent performance by the U.S. racewalking contingent--actually the best set of placings ever. In the 20 Km Soviet ace Vladimir Goubovichy won his second Olympic gold medal in 1:33:59 (remember it was at 7000 feet altitude in a very smoggy city), holding off local favorite Jose Pedraza, who finished in a near flat-out run in 1:34:00 to the cheers of his countrymen and
consequence of the judges, who apparently feared for their own safety or just couldn’t locate those red cards. Nikolai Smaga, USSR, was third in 1:34:03 and Rudy Hausha a brilliant fourth in the U.S. in 1:35:01. Tom Dooley was 17th in 1:40:08 and a sick Ron Laird 25th. At 50, East Germany’s Christoph Hohne was unbeaten, as he overcame altitude and extreme heat to win by 10 minutes in 4:20:14. Antal Kiss of Hungary was second and Larry Young third in a gutsy 4:31:56 for the U.S. Eighth at the midpoint, Larry was able to hold his pace and move through the field in over the second half. Goetz Klopfer passed three men in the final 5 K to take 10th in 4:39:14. Dave Rominsky, also sick, was a distant 26th, but refused to stop with every excuse to do so.

40 Years Ago (From the September 1973 ORW) - With Hans-Georg Reiman and Karl-Heinz Stadtmeister taking one-two at 20 K, East Germany swept to victory in the Lugano (World Cup). That performance gave them a nine-point edge on the USSR, which held up through a strong Soviet performance in the 50 for a final four-point margin. Italy was third, West Germany fourth, and the U.S. fifth in a best-ever performance. Ron Laird outraced Nikolai Smaga to capture his second Lugano bronze in 1:20:45. With Todd Sealy seventh in 1:32:23 and Jerry Brown 14th in 1:34:05, the U.S. was third after the 20. The 20 went to West Germany’s Olympic champion, Bernd Kannenberg, in 3:56:51, with Otto Bartsch (USSR) and Christoph Hohne close behind. For the U.S. John Knifton had a 4:16:49 in 9th, Floyd Godwin 4:23:48 in 20th, and Bill Beige 4:28:40 in 24th. East Germany also captured the Lugano-Chicago Relay, an annual affair in Switzerland. The U.S. was sixth in the 20K as Ron Laird ran into stomach problems on the first leg, and after spending much time in the bushes struggled in 16 minutes behind the leaders. Shaul Ladany won the annual 100 miler in Colombia, Missouri in 19:38:26 with Chuck Hunter, John Markon, and John Argo also going all the way. Ron Laird captured National 30 K in Columbia, his third championship of the year, finishing in 2:28:12. Floyd Godwin won a minute and a half back and promising newcomer Dan O’Connor edged Augie Hirt for third, another 10 minutes back. Your aging, semi-retired editor was satisfied with an eighth-place finish in just over 3:45. The day before that race, Ellen Minnow won the women’s National 10 K title, also in Columbia, in 56:19.

35 Years Ago (From the September 1978 ORW) - Alan Price won the National 100 miler in record time-18:57:01 -- with Paul Hendricks second in 19:10:37. The race saw a record 10 finishers, including the first woman Centurion in this country, Elsie McGarvey, who finished in 25:45. Leonard Busen and Bob Chapin joined the two leaders in finishing under 20 hours. The U.S. defeated Canada in a dual meet, which included races at 20 and 30 K. Winners were Jim Heiring, U.S., in 44:44 and Marcel Jobin, Canada, in 2:39:33. Neal Pyke set an American 1 Hour record in San Francisco covering 8 miles 1081 yards, 335 yards further than Ron Laird’s previous record.

30 Years Ago (From the September 1983 ORW) - In World Cup competition in Bergen, Norway, the USSR men and Chinese women prevailed. The Chinese women edged the Soviets by 2 points in the 10 K race with Yuan Ju Xi taking individual honors in 45:14. Marianne Torrellas led the U.S. with a 47:52 in 16th as the team finished eighth. Czech Josef Pribilince beat Mexico’s Ernest Canto by 11 seconds in 1:19:30 to win the 20. Jim Heiring had 1:24:51 in 16th. Mexico’s Saul Gonzalez took command of the 50 early and drew steadily away to win in 3:45:37. Dan O’Connor was 19th in 4:09:50 as the U.S. team finished ninth. The Soviets had a third in the 20 and second in the 50 and finished well ahead of Mexico and Italy in the team race. Gonzalez also won the Alongi Memorial 20 K in Dearborn, Michigan a week later in 1:27:55 with Carl Schueler second in 1:29:35.

25 Years Ago (From the September 1988 ORW) - Veteran walkers dominated the Seoul