

THE HISTORY OF WALKING
IN THE
TIDEWATER STRIDERS, INC.
2010 - 2014

BY
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To Amy, whose kind and loving spirit touched the lives of all who knew her.

ACKNOWLEDGMENTS

I am indebted to Tidewater Strider walkers who made this history possible. They are from diverse backgrounds, lift each other's spirits in times of sadness and revel in joy as new personal records are set. For some, simply crossing the finish line is an occasion for "high fives."

Primary source material in the current study came principally from articles by Steve Durrant each month in *The e-Rundown*. I used the Strider Web Site multiple times and appreciate the access to information Site Manager Steve Speirs made available to a third rate computer bumpkin like me. I could always depend on Mettle Events' Kevin Hupp to provide finish line information before the athletes arrived back home and unlaced their shoes.

Although there was much confusion over the whereabouts of Strider newsletters following publication of the 40 year history in 2012, Dr. Mel Williams provided copies from his personal files when called upon.

I am grateful to my wife, Carol, for proofreading the text and making valuable suggestions. Charlie Goldman came to my rescue when I experienced computer glitches. His expertise made it possible to deliver the history to Holly Chacon, Colley Avenue Copies and Graphics for assembling and printing.

CONTENTS

INTRODUCTION

Chapter One, 2010	3
Chapter Two, 2011.....	15
Chapter Three, 2012.....	29
Chapter Four, 2013	41
Chapter Five, 2014	56

APPENDICES

I	WAVA Age Graded Results, 20K Distance Series, Feb. 20, 2010	78
II	WAVA Age Graded Results VA & Eastern Regional USATF 1500M Race Walk Championship, Aug. 14, 2010	79
III	WAVA Age Graded Results, Dismal Swamp Stomp Half-Marathon, Apr. 16, 2011	80
IV	“We Walk! Minnesota, Marathon, Half, 50K,” May 20, 2011	81
V	WAVA Age Graded Results, Elizabeth River Walk 10K, May 28, 2011	82
VI	WAVA Age Graded Results VA Association & Eastern Regional, USATF 1500M Race Walk Championship, Aug. 6, 2011	83
VII	WAVA Age Graded Results, Race for Breath 5K, Nov. 5, 2011	84
VIII	WAVA Age Graded Results, Wachapreague 7.7 Mile Walk, Dec. 3, 2011.....	85
IX	WAVA Age Graded Results, Hair of the Dog 5K, Jan. 1, 2012.....	86
X	WAVA Age Graded Results, Distance Series #1, 10K & 20K, Jan. 7, 2012	87
XI	WAVA Age Graded Results, Distance Series #2, 15K & 25K, Jan. 28, 2012.....	88
XII	WAVA Age Graded Results, Distance Series #3, 20K & 30K, Feb.18, 2012.....	89
XIII	WAVA Age Graded Results, Dismal Swamp Stomp Half Marathon, Apr. 14, 2012	90
XIV	“An Event to be Remembered.” Article in the May <i>e-Rundown</i>	91
XV	WAVA Age Graded Results Elizabeth River Run 10K, May 25, 2012	93
XVI	Race Results, Distance Series #1, 10K & 20K, Jan. 5, 2013	94
XVII	Race Results, Distance Series #3, 20K & 30K, Feb. 23, 2013	95
XVIII	WAVA Age Graded Results, CRR Jamestown H.S. Swamp Run 5K, Mar. 9, 2013	96
XIX	WAVA Age Graded Results, Elizabeth River Walk 10K, May 23, 2013	97
XX	Race Results, Yeah Buddy Half-Marathon, Nov. 16, 2013	98

APPENDICES (CONTINUED)

XXI Steve Durant’s Application to Tidewater Strider Hall of Fame..... 99

XXII Race Results, Distance Series #1, 6 Mile & 10 Mile, Jan. 4, 2014..... 103

XXIII Race Results, Distance Series #2, 9 Mile & 15 Mile, Feb. 2, 2014 104

XXIV Race Results, Distance Series #3, 12 Mile & 20 Mile, Feb. 22, 2014 105

XXV Race Results, 14th Annual Memorial Scholarship 5K, July 26, 2014 106

INTRODUCTION

The final chapter in *The History of Walking in the Tidewater Striders, Inc., 1972-2009, Revised Edition*, ends with the observation, “Looking back at the first decade of the New Century, one can safely say, ‘The Rise to Prominence’ was in full swing. Tidewater Strider walkers had the feeling the best is yet to come.”

The current study reveals the prescience of dedicated athletes during the five year period that followed. It was made possible by retaining hundreds of e-mails, minutes of Strider Board of Directors meetings, and articles submitted by members of the walking community, chief among them, Steve Durrant.

Throughout the study, publication deadlines for the Strider newsletter usually resulted in articles and minutes of board meetings appearing in print one to two months after an event occurred. A more subtle peculiarity occurs in age group data appearing with race place finishes for competitors moving up to the next age group.

USA Track & Field (USATF) races may reflect the competitor’s age group of the calendar year in which the event occurs. The age group in non USATF races, which applies to the majority of races on the Walker Grand Prix (WGP) schedule, is taken from the race registration form which asks the competitor’s age on the day of the race.

When not involved in weekend races, a group of walkers met at Mount Trashmore on Saturday mornings, sometimes at daybreak, often walking at a pace of 13:00 - 13:30 minutes per mile and distances of ten to twenty-five miles or more depending on the particular event for which they were training.

Veteran walker and coach Paula Graham attracted new walkers through “All About Walking Forum” on the Strider Web site. Never before had a Strider walker devoted more time to organize walks and make certain everyone was included. No matter the pace or distance of a weekend walk, or age of the walkers, one could always find companions with whom to walk. Bonds between veteran and new walkers were quick to form. After one loop around the lake at Mount Trashmore, there were no strangers.

Three outstanding Striders, Steve Durrant, Hartley Dewey and Dick Kole chaired or co-chaired the Walk Committee in the years covered by this study. Elite race walkers Lori Sherwood and Steve Shapiro were members of the Strider Board of Directors. As consensus builders, each contributed substantially to the advancement of walking in an organization established over forty years ago to promote running. Sherwood provided a vital service by updating Walker Grand Prix and Walker Participation records from month to month until she retired as record keeper in May 2014.

Although the current study covers a targeted reader group over a short span, it goes beyond myriad contributions of walkers who served on the Tidewater Strider Board of Directors and the participation of Striders in local events managed by Striders. Also included are records of Striders in events throughout the United States and abroad directed by analogous organizations.

Jordan "Buddy" Levitin
January 2015

Chapter One

2010

Two Distance Series races in January and one in February had become a tune-up for the Shamrock Marathon and were scheduled to lead off the 2010 race schedule. Severe weather forced cancellation of the second race.

Beginning in March 1981, the Tidewater Strider newsletter was *The Rundown*, a printed publication mailed to members each month at a special bulk rate. As the cost of printing and postage continued to rise, the Strider Board of Directors voted to dispatch *The Rundown* electronically. The February 2010 issue was appropriately renamed *The e-Rundown*.¹

In August 2009, Levitin was appointed to the Strider Board of Directors to replace a director who had resigned. The term was to end in four months. The Strider's 40th Anniversary was approaching and in minutes of board meetings there was no evidence consideration had been given to updating the organization's illustrious history.

Levitin's *History of Walking in the Tidewater Strider, Inc. 1972-2009* was near completion. In November 2009, he presented a letter to members of the board addressing the condition of Strider archives, disparity in reports of board meetings appearing in the newsletter, necessity to fill in historical gaps and the need for a qualified historian. His concerns appeared unedited in the February *e-Rundown*.²

Revelations by Levitin were not well received by the majority of the board, especially the need to hire a professional historian. However, his remarks did resonate with Vice President Jean Phelan. Upon becoming president in 2011, Phelan authorized the writing of a 40 year Strider history.

Of particular interest to competitive walkers was Age Graded Scoring, a system developed by the World Association of Veteran Athletes (WAVA) whereby individuals compared race performances. The system had been introduced one year earlier by Steve Durrant, Walk Committee Chair. (See Appendix I for results of the Distance Series 20K.)

Based on age graded finish times in the men's 2010 Distance Series 20K, Durrant finished first; Bill Spruill, second; and Hartley Dewey, third. In the women's 20K, Paula Graham finished first; Judy Paschall, second; and Lori Sherwood, third. For walkers in their 70s and 80s, age graded scoring provided "bragging rights."

In February, *The e-Rundown* reported the Strider Walk Committee would consider taking into account age graded scoring for Walker Grand Prix (WGP) and Walker Participation Awards.

Striders use of Fort Story for its annual Distance Series races came to an end following the 20K and 30K races on February 20. With the U.S. military engaged in Iraq and fearing conditions had become too precarious to allow public use of Fort Story for racing events, the commanding officer ordered the installation closed to all but military personnel.³ Not only were the Tidewater

Striders affected by the decision, but charities depending on support from Fort Story to hold races at the facility were forced to find other venues. Not all were successful.⁴

The dilemma of identifying competitors who registered as walkers and ran part of a race continued to be a thorn in the side to Strider walkers. In his report to the board of directors in November 2009, Durrant wrote,

During prerace packet pickup for the Race for Breath and Turkey Trot, individuals were questioned to determine if they were “competitive” walkers or walkers participating only in support of the “cause” of the race. Walker green “W” cards were issued to competitive walkers only. The race scorer was informed of the bib numbers of competitive walkers. This system appears to work well and aids in scoring the walkers in races with a large number of preregistered walkers.⁵

The system did, in fact, work well for two years before green “Ws” began to disappear. Eventually, they were worn only by competitive walkers known to judges on the course and at the finish line.

The February newsletter reported that during November 2009 walkers judged 4 Strider races.

- Race for Breath - 14 walkers competed, 7 were Striders.
- One Hour Race Walk & Virginia Association USA Track & Field (VA-USATF) Championship - 11 walkers competed, all were Striders.
- Cape Henry 10 Mile - 11 walkers competed, 8 were Striders.
- Turkey Trot 10K - 33 walkers competed, 9 were Striders.

Sherwood was named “Lion of the Year” at the Striders annual banquet in February. Dwight Kane received a President’s Award for outstanding service, and Jordan “Buddy” Levitin received a President’s Award for *The History of Walking in the Tidewater Striders, Inc. 1972-2009*.

For Striders who wanted to know where friends were walking, running or engaged in multisports events, the place to look was in the newsletter under “Striders on the Road,” compiled by Steve Scudder. A caveat in the February issue stated, “With the introduction of *The e-Rundown*, ‘Striders on the Road’ is now being limited to true ‘on the road’ events which take place out of the Hampton Roads/Tidewater area.”⁶

Four walkers were among a group of Striders participating in the Disney World Marathon and Half-Marathon, in Orlando, Florida, in January 2010.⁷

	<u>Marathon</u>	<u>Half-Marathon</u>
Hartley Dewey	5:45:57	2:59:32
Dwight Kane	6:16:40	3:09:27
Lori Sherwood	6:16:37	3:09:26
James Wolfe	6:52:07	3:04:43

An announcement by Durrant appeared in the March *e-Rundown* asking for volunteers for Shamrock walking events and spelling out in detail the definition of “walking.”

This year's 2010 Shamrock Sportsfest will again have two official competitive walking events. Both the Marathon and Half-Marathon races will have WALK divisions. Participants signing up as walkers in either of these two events will not be allowed to jog or run at anytime during the race. Individuals observed by volunteer officials doing so will have their results listed in the runner group age results. NOTE that these are NOT "racewalking" races which require that participants' advancing leg be straightened on contact with the ground and remain so until passed over by the body. The only requirement for a walker at Shamrock is to keep one foot on the ground at all times which means absolutely NO JOGGING and NO RUNNING (not even one step) at anytime. The first five overall men and women in each of the races will receive awards.⁸

The Walk Committee was justifiably concerned that instructions set forth in the Strider newsletter might not be conveyed to out of town competitors. Additionally, as one would expect in a race with 15,000-17,000 entries, some walkers who pre-registered for a half-marathon or marathon for the first time would come to the resort city to enjoy the experience paying little attention to the rules of competition.

Volunteer Strider walkers were prepared for the crowd to check in when the Expo opened at the Virginia Beach Convention Center at noon the day before the Shamrock.

Pre-registered walkers went to a designated area where they were individually welcomed. Each received a brief explanation of "walking" to insure they intended to walk the entire distance. Volunteers suggested to those who intended to combine walking and running to register as runners. Further, they explained that if a course judge observed a competitor wearing a walker's number who was running or jogging, the individual would not be disqualified from the race, but would be moved to the runner category.

If the athletes agreed, they signed a statement indicating they understood the instructions. Walkers who intended to run part of the way were directed to a different area to check in as runners. At no time did volunteers receive a complaint about the check-in system or the instructions they received. They thanked the volunteers for the explanation and proceeded to check in as runners. Tidewater Strider walkers had indeed provided services to Shamrock officials in accord with their agreement.⁹

In addition to assisting with the check-in on the previous day, Strider walkers did well in competition. Scott Stakes kept his streak alive by winning the half-marathon for the third consecutive year with a time of 2:23:20. The second Strider walker to cross the finish line was Wolfe in 3:08:08. In the women's division, Linda Janssen finished second in 2:35:45. On her heels finishing third was Debra Hovatter in 2:36:36. Other Strider women completing the half-marathon were Robin Land (2:59:28), Liz Shepherd (2:58:52), Desiree Haubner (3:12:03), Anita Bishop (3:16:33) and Paschall at age 70 (3:31:01).¹⁰

Bill Lipford, competing in his first marathon as a Strider, finished first in the men's division with a time of 5:30:31. Kane (5:57:30) and Dewey (6:31:33) finished fourth and fifth respectively.¹¹

It had to come as a surprise to the thirty-five walkers who received e-mail dated May 3, 2010, from Kristyn Shiring, J & A Racing, Inc., event director, and Jerry Frostick, owner of Shamrock Sportsfest, discontinuing future Shamrock walk divisions. Their e-mail read in part,

We tried 2 years ago to offer a race walking division in hopes that it would promote the sport of race walking and draw more participants that wanted to try race walking. Unfortunately, there were many more people who wanted to walk/run/jog whatever it takes to finish, than were serious about the rules and regulations about proper race walking techniques. We fielded numerous calls from upset athletes who thought they would be disqualified from the event if they ran a little. On our post race survey there were multiple comments about confusing information between walking the race and "walking" the race. It really caused confusion between completing (sic) for fun or race walking for an award... It was very clear that there are far more people who want the challenge of completing an endurance event (anyway possible) than there are athletes who love the sport of "race" walking...¹²

The May 3 e-mail from Shiring and Frostick was puzzling, to say the least. For sure, it had nothing to do with the performance of walker volunteers either before or during the 2010 Shamrock Marathon.

Responding to the disappointing news, Durrant and Dewey, former co-chairs of the Shamrock Walk Committee, reviewed walker participation in the marathon and half-marathon for the past three years:¹³

	<u>2008</u>	<u>2009</u>	<u>2010</u>
Marathon	39	Marathon 31	Marathon 19
Half-Marathon	<u>244</u>	Half-Marathon <u>296</u>	Half-Marathon <u>203</u>
	283	327	222

Taking the high road in their response to walkers regarding the decision by Shamrock officials, Durrant and Dewey wrote,

Unfortunately, but predictably, the race director after reviewing the numbers determined that the demand/desire for the walk divisions was not supportable for future years. He informed us that the walk divisions were discontinued for future Shamrocks. We're very appreciative of the opportunity that was provided to us, but disappointed we were unable to bring a sustainable walking division to our local Marathon (and Half-Marathon) with its excellence and continuous 38 years of service.¹⁴

Strider walkers attended VA-USATF annual training clinics at Christopher Newport University or University of Richmond to become Certified USATF Officials/Race Walk Judges

for the 2009-2012 Olympiad. Nine walkers were certified: Paschall, Sherwood, Durrant, Dewey, Lipford, Steve Shapiro, Diane Zinn, Cindy Williams and Kathy Nash.¹⁵

At the request of VA-USATF, the 2010 Strider Mile 3000 Meter Race Walk was replaced with a 1500 Meter Race Walk to avoid repetition of the 3000m event already scheduled as part of the VA-USATF Track & Field Championship.¹⁶

Throughout this study, the most prolific writer in providing copy for *The e-Rundown* among Strider runners, walkers and multisport athletes has been Durrant. The May issue included three articles under his byline, “Strider Walkers at Raleigh Relays Race Walk,” “Striders Make Presentation to a Trailblazer,” and “Strider Walkers Host Virginia Beach Race Walking Clinic.” All included color pictures.

“The weather was ideal,” wrote Durrant about race day for the Raleigh Relays 5000 Meter Race Walk. “The sky was clear and the temperature hovered near 40 degrees. Paula had a great race finishing in 33:46:72, her personal best. I was off my personal best time, but finished in 36:08, over two minutes faster than my time in Raleigh the previous year.”¹⁷

The “trailblazer” referred to by Durrant in *The History of Walking in the Tidewater Striders, Inc. 1972-2009, Revised Edition* was Cokey Daman, the Strider’s most celebrated athlete. In February, Durrant and Levitin visited Daman in his apartment in Virginia Beach and presented him with a copy of the history. Daman, 92, a gracious host and very alert, took delight in recalling some of the numerous records he set as race walker. A picture of Daman receiving a copy of the history from Levitin taken by Durrant appeared in the May *e-Rundown*.¹⁸

Fourteen walkers assembled in Virginia Beach on the weekend of April 16-18 for a race walking clinic conducted by Dave McGovern, international race walking competitor and coach. He was assisted by Rebecca Garson, Afton, Virginia, current women’s record holder in the Shamrock Half-Marathon walk, and Dan Serianni, a member of McGovern’s race walking team.¹⁹

Walkers from Virginia, North Carolina, Vermont, Pennsylvania, Connecticut and New York attended the clinic. Striders were well represented and included Durrant, Nash, Janssen, Sherwood, Wolfe, Dewey, Graham, Lipford, Kane, Spruill, Williams, Heidi Sleasman, Maureen Ventrice and Laurie Russell.

The clinic consisted of drills to improve one’s performance, track work and classroom instruction. On the first day, pictures were taken of each individual’s race walk technique, and later in the day McGovern showed a video commenting on their strengths and how they could become more proficient race walkers.

Classroom discussion on the morning of the second day emphasized physiology and conditioning in race walking with discussion of neuromuscular, cardiovascular and VO₂ systems followed by lactate threshold track workouts. McGovern determined the individual’s lactate threshold and maximum heart rate to assist the walker in attaining better race walking results.

On May 1, eight Strider walkers supported the 2010 Virginia Senior Games as competitors and judges at Hermitage High School in Hermitage, Virginia. Williams, Spruill, Durrant and Hovatter competed in the games. Shapiro, Lipford and Zinn were joined by Richmond native, Chris English, to serve as judges in the competition. Graham made the trip as cheerleader and photographer.²⁰

In the 5000 Meter Race Walk, Hovatter won the gold medal in the women's 55-59 age group, and Durrant won gold in the men's 70-74 age group. In the 1500m race walk, Williams won the gold medal in the women's 50-54 age group, and Hovatter and Durrant each won a second gold medal in their respective age groups.²¹

Continuing her quest to walk a marathon in each of the fifty states, Sherwood completed the Big Sur International Marathon in Monterey, California, from Big Sur to Carmel with a time of 5:58:40.²²

At the May meeting of the board of directors, Mel Williams proposed the Striders establish a Hall of Fame. A motion was made and passed unanimously forming an ad hoc committee to amend the club's bylaws to establish the Hall of Fame and develop policies and procedures governing the selection process by a Hall of Fame Committee. The announcement appeared in the July newsletter.²³

On a Saturday morning training walk at Mount Trashmore several weeks later, in Durrant's absence Levitin received unanimous consent from the core group of Strider walkers to pursue the nomination of Durrant to the Hall of Fame. Although reluctant at first, the self-effacing Durrant agreed to provide information required on the application.

The Virginia Beach Flames, an AAU Track & Field Club, hosted a regional invitational meet in Virginia Beach in June at Landstown High School. Team members from the Tidewater area and neighboring states participated. Sixty-seven race walkers in age groups ranging from Primary (8 years old and younger) to Young Men and Women (age 18) were represented.²⁴

Certified USATF race walk officials Paschall, Nash and Zinn volunteered to assure race walks were conducted according to established rules. In his *e- Rundown* article covering the event, Durrant concluded, "I hope I live long enough to someday see 67 race walkers at a Tidewater Strider race."²⁵

North Carolina State University was host to the 40th Anniversary of the Southeastern Masters USATF Championships in Raleigh, NC on June 11-12. Strider race walkers excelled in their performances.

WOMEN

Age Group/1500 Meter Race Walk	Time	Place
(45-49) Paula Graham	9:46.89	2nd
(45-49) Linda Janssen	9:53:59	3rd
Age Group/5000 Meter Race Walk	Time	Place
(45-49) Linda Janssen	34:49.96	2nd
(45-49) Paula Graham	35:26.09	3rd

MEN

Age Group/1500 Meter Race Walk	Time	Place
(55-59) Bill Lipford	8:36.03	1st
(70-75) Steve Durrant	10:05.10	1st
Age Group/5000 Meter Race Walk	Time	Place
(55-59) Bill Lipford	43:35.56	1st
(70-75) Steve Durrant	35:34.05	1st

Although she was not a Strider member at the time, Garson finished first in the 1500 and 5000 Meter Race Walks, setting a new Southeastern Masters 1500m record in the W45-49 age group with a time of 9:16:09. Durrant matched Garson's achievement by establishing a new meet record in his age group with a time of 10:05.09.²⁶

Two weeks after the Southeastern Masters USATF Championships, Garson (W45-49) joined Striders Janssen (W45-49), Spruill (M75-79) and Lipford (M55-59) to compete in the 3000 Meter Race Walk in the VA-USATF Track and Field Championship at Maggie Walker Governor's School in Richmond. Each won gold medals in their respective age groups. (Garson competed for World Class Race Walking as a member of the Long Island, NY Association LI-USATF. She was awarded a non-VA-USATF open gold medal.)²⁷

On July 24, walkers gathered at the Shore Break Restaurant for a farewell party to Kathy Nash. The affable Nash was retiring from Federal Civilian Service with the U.S Coast Guard and moving to Maryville, Tennessee. She had been a long-time Strider volunteer and would be missed.

The VA-USATF & Eastern Regional 1500 Meter Race Walk Championship was held on August 14. Thirteen of seventeen walkers who finished the race were Striders. (See Appendix II for complete results.)

The 2010 USATF National 40K Race Walk Championship was held in Ocean Township, New Jersey. A race walking team of Dewey, Lipford and Shapiro representing the Striders was one of several teams in the September 12 event. Durrant and Graham also made the trip from Virginia Beach, as did Garson from Afton, VA.²⁸

Race walk results in the 40K:²⁹

Walker	Age Group	Place in Age Group	Time
Bill Lipford	M55-59	2 nd	4:58:25
Steve Shapiro	M55-59	3 rd	5:05:54
Hartley Dewey	M60-64	4 th	5:25:10
Rebecca Garson	W45-49	5 th	5:25:10

Race walkers not entered in the 40K had the option of competing in 5K, 10K, 20K or 30K simultaneously with the 40K. Graham and Durant finished the 10K together in 1:13:06. The Strider's 40K men's team (Lipford, Shapiro and Dewey) finished 4th overall.³⁰

More than sixty race walkers from twenty states were on hand to compete in the 2010 USATF National Open & Masters 5K Race Walking Championship in Kingsport, TN, on October 9. Strider walkers Graham, Durrant, Shapiro, and Lipford made the 8 hour drive to Kingsport. They were joined by Garson and Tennessee resident, Strider Kathy Nash, who served as a race walk official in the 3.1 mile championship. Strider race walkers excelled in their age groups.³¹

<u>Name</u>	<u>Overall Place Finish</u>	<u>Place Finish in Age Group</u>	<u>Time</u>
Bill Lipford	19 th (Men)	3 rd (M55-59)	30:45*
Rebecca Garson	9 th (Women)	1 st (W45-49)	30:51
Steve Shapiro	21 st (Men)	4 th (M55-59)	32:00
Paula Graham	14 th (Women)	2 nd (W45-49)	33:37*
Steve Durrant	27 th (Men)	3 rd (M70-74)	35:28

*Lipford and Graham each established a 5K personal best.

In men's team competition, the team of Lipford, Shapiro and Durrant finished third behind high power race walking teams from Dave McGovern's World Class Racing (New York) and the Pegasus Athletic Club (Michigan).³²

For the fourth year, the One Hour Postal Race Walk was recognized as a VA-USATF Championship. The event is testimony to Durrant's temperament and skill as a race director, working through myriad details to organize a USATF Race Walk.

Walkers race against the clock rather than against each other. The walker's finish place is determined by the distance covered in one hour on a 400 meter track. Although much of the drama of competitive age group walking is missing, the event is a challenge for race walkers who for one hour must conform to USATF Rule 232.2, which states, "race walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position."³³

Eleven Striders competed in the 2010 One Hour Postal Race Walk on November 13. All were local residents. It would be several years before the event began to attract race walkers outside the Tidewater area.³⁴

Having attended McGovern's World Class Race Walking Clinic in April, new race walker Diane Cory was ready to test her race walking skills in the One Hour Postal. With four USATF certified race walk judges positioned around the 400 meter track, the first USATF judged race walk has been the "Waterloo" for newcomers to race walking. Not so with Cory. She breezed through the hour without so much as a yellow paddle (judge's caution to the walker for failing to comply with the rules of race walking) and no red cards (judge's proposal for disqualification).

The following results were recorded:

WOMEN

Place	Name	Age	Distance (Meters)	Pace (minutes per mile)
1	Paula Graham	48	8,664	11:09
2	Diane Cory	49	8,117	11:54
3	Heidi Sleasman	38	7,789	12:23
4	Lori Sherwood	46	7,303	13:12
5	Cindy Williams	49	7,043	13:41
6	Judy Paschall	70	6,274	15:23

MEN

Place	Name	Age	Distance (Meters)	Pace (minutes per mile)
1	Tom Gerhardt	59	9,787	9:52
2	William Lipford	58	9,319	10:21
3	Steve Durrant	71	8,295	11:39
4	Hartley Dewey	63	8,164	11:50
5	Jordan Levitin	77	6,804	14:50

Keeping up with Striders in out-of-state events, Scudder reported receiving e-mail from race walkers Sherwood and Janssen. Sherwood finished the New York City Marathon in 5:45:12. Janssen completed the Outer Banks Marathon in 5:40:20.³⁶

The final Strider Walking Grand Prix race of the year, the Seaside 7.7 mile walk in Wachapreague on the Eastern Shore of Virginia, was unlike any race on the walker schedule. It was a special occasion, occurring every year on the first weekend in December. Vernon Bell had been race director for 29 years, and little had changed since 1982. Proceeds from the event were donated to the Eastern Shore Association for Retarded Citizens.³⁷

The event began as a half-marathon for runners. At the request of Durrant, who had been suffering off and on with hamstring injuries, Bell laid out a 7.7 mile course for walkers within the route of the half-marathon. At the sound of a cannon, twenty-three walkers and sixty runners started the race on December 4, 2010, with a cold wind blowing off the Chesapeake Bay.³⁸

Walking the 7.7 mile course among women Sleasman finished first in 1:32:38; Graham, second in 1:32:39; and Williams, third in 1:46:24. Gerhardt finished first among men with a time of 1:19:33.³⁹

Hot clam chowder and chili awaited competitors at the finish line. Following the awards ceremony everyone adjourned to the Island House Restaurant for a seafood buffet lunch courtesy of the race director and folks from Wachapreague and surrounding small towns.

The 2010 event ended on a disappointing note. Bell announced the 30th Anniversary of the Southside Half-Marathon/ 9th Anniversary of the 7.7 Mile Walk, would be held on December 3, 2011, and would be the last Seaside races. At lunch that day, Paschall, 71 and Levitin, 78, the slowest among Strider walkers, made a pact to finish the final 7.7 mile race at Wachapreague arm in arm.⁴⁰

ENDNOTES

¹To the disappointment of many *Rundown* readers, paper copies were discontinued following the December 2009 – January 2010 issue. It was unlikely to become a “coffee table” publication read at one’s leisure or shared with visitors. Yet, Ada Lester, Editor of *The e-Rundown*, and her staff continued putting together a high quality publication each month which for the first time included the addition of pictures in color.

²Levitin. Letter to the Directors. 2 Nov. 2010. “Tidewater Striders Board of Directors Meeting.” *The e-Rundown*. Feb. 2010:8. TS Web site.

³Withdrawal of U.S. troops from Iraq had already begun and was not completed until December 2011.

⁴For twenty-five years, “Lions Journey for Sight,” a popular 5K and 1K event among walkers and runners, was generously supported by Lions clubs in District 24-D. Since 1985, Lions and Striders worked together to make it a special day for the blind and vision impaired. “Lions Journey for Sight” became the first casualty of the closing.

⁵“Minutes of November 2010 Board Meeting.” *The e-Rundown*. Feb. 2010:19. TS Web site.

⁶Scudder, Steve. “Striders on the Road.” *The e-Rundown*. Feb. 2010:28. TS Web site.

⁷*Ibid.*, p. 28.

⁸Durrant, Steve. “Announcement.” *The e-Rundown*. Mar. 2010:8. TS Web site.

⁹Durrant. “*Developing Organized Walking Within a Running Club.*” www.racewalking.org/walkrunclub.pdf. May 20, 2009. 4.

¹⁰Durrant. “Strider Walkers at Shamrock 2010.” *The e-Rundown*. Apr. 2010:21. TS Web site.

¹¹*Ibid.*, p.21.

¹²Regarding the 2010 Shamrock races, for this study to challenge point by point the argument presented by Frostick and Shiring serves no useful purpose. It is necessary, however, to bring to the reader’s attention a misconception Shamrock officials appeared to harbor as evidenced by their May 3 e-mail: the distinction between race walking and fitness walking. Durrant succinctly made the point in his *e-Rundown* announcement cited above and which was also made clear to walkers checking in prior to the events. The “confusion” referred to in e-mail from Frostick and Shiring might have been avoided had a single line been included in publicity electronically

disseminated by Shamrock officials: “If you are a walker and intend to combine walking with running or jogging, please register as a runner.”

¹³Durrant, Steve and Dewey, Hartley. Message to Walkers. 28 April 2010. E-mail.

¹⁴Ibid.

¹⁵Durrant. “Tidewater Strider Walking Committee Report.” *The e-Rundown*. Mar. 2010:8. TS Web site.

¹⁶Ibid., p. 8.

¹⁷Durrant. “Strider Walkers at Raleigh Relays Race Walk.” *The e-Rundown*. May 2010:13. TS Web site.

¹⁸Durrant. “Striders Make Presentation to a Trailblazer.” *The e-Rundown*. May 2010:16. TS Web site.

¹⁹Durrant. “Strider Walkers Host Virginia Beach Race Walking Clinic.” *The e-Rundown*. May 2010:21. TS Website.

²⁰Durrant. “Strider Walkers and USATF Officials at the 2010 Virginia Senior Games.” *The e-Rundown*. June 2010:12. TS Web site.

²¹Ibid., p. 12.

²²Scudder. “Striders on the Road.” *The e-Rundown*. June 2010:20. TS Web site.

²³Minutes of May Board Meeting.” *The e-Rundown*. July 2010:8. TS Web site.

²⁴Durrant. “Strider Walkers Officiate at Team Flames Invitational Track and Field Meet.” *The e-Rundown*. July 2010:6. TS Web Site [Nine age categories are included in the AAU youth division: Primary (8 years old and under); Sub-Bantam (9 years old); Bantam (10 years old); Sub-Midget (11 years old); Midget (12 years old); Sub-Youth (13 years old); Youth (14 years old); Intermediate (15-16 years old); and Young Men/Young Women (18 years old).]

²⁵Ibid., p. 6.

²⁶Durrant. “Tidewater Strider Race Walkers Compete at Southeastern Masters USATF Track and Field Championships.” *The e-Rundown*. July 2010:13. TS Web site.

²⁷Durrant. "2010 VA-USATF Southeast 3000M Race Walk Championship." *The e-Rundown*. July 2010:22. TS Web site.

²⁸Durrant. "2010 USATF National 40K Race Walk Championship." *The e-Rundown*. Oct. 2010:9. TS Web site.

²⁹*Ibid.*, p. 9.

³⁰*Ibid.*, p. 9.

³¹Durrant. "Strider Walkers Compete at 2010 USATF National Open & Masters 5K Race Walking Championship." *The e-Rundown*. Nov. 2010:13. TS Web site.

³²*Ibid.*, p.13.

³³2012 USA Track & Field Competition Rules. Article IV, "Race Walking." Section VI, Rule 232-2.

³⁴The race requires more volunteers than any event in which race walkers participate. Usually two heats are held with competitors in the first heat providing race management services in the second heat. Volunteers include USATF Certified Race Walk officials; starters; timers; lap counters; runners to carry notices of race walking rules violations from course judges to a recorder; volunteers to distribute bibs before the race begins and record the competitor's distance at the end of one hour; and volunteers to maintain a water station. At the 55 minute mark, the starter hands a bean bag to each walker passing the starter's location, which the walker drops upon the sound of an air horn. At that point volunteers measure the distance of the walker's final lap.

³⁵Durrant. "1 Hour Postal Walk." *The e-Rundown*. Dec. 2010:16. TS Web site.

³⁶Scudder. "Striders on the Road." *The e-Rundown*. Dec. 2010:19-20. TS Web site.

³⁷Durrant. "The Wachapreague Seaside 7.7 Mile Walk." *The e-Rundown*. Jan. 2011:16. TS Web site.

³⁸*Ibid.*, p. 16.

³⁹*Ibid.*, p. 16.

⁴⁰*Ibid.*, p. 16.

Chapter Two 2011

An announcement appeared in the January edition of *The e-Rundown* that to be eligible in 2011 for Walker Grand Prix (WGP) awards and Participation awards, walkers had to declare their intention to participate in the series of races prior to their first WGP race. In addition, walkers were required to compete in six WGP races and judge in three races.⁴¹ The announcement would reappear for the next several months.

Two inch square pins worn by walkers aroused the curiosity of runners in the first Distance Series race in January. The pin was designed by Sleasman with a picture of the cancer ribbon, the international symbol of cancer awareness, and bore the inscription, "I Wear (picture of the ribbon) for Hartley. Skin Cancer Awareness."⁴²

In an article appearing the February *e-Rundown*, Cindy Williams expressed the feeling of all who knew and respected our friend.

My personal hope is that the buttons will let Hartley know how much he means to us, in addition to reminding everyone that skin cancer is not something to be taken lightly. So keep an eye out for Hartley at the races and give him your best. (Yes, he's still racing.) If you see Heidi, tell her she did a good job. And finally always, always wear sunscreen.⁴³

Dewey responded, "I am getting my long day of chemo right now and have my skin cancer awareness pin on the table in front of me. I want each of you to know how much you touched my heart with those pins in the 20K.

Thank you.
Hartley"⁴⁴

With Loraine by his side and his faith never faltering, Hartley and his wife were beginning an arduous battle against a dreaded disease. His frequent health updates drew the walking community closer together as we awaited his return. And return he did, leading a small group of elite walkers in astonishing distances on Saturday morning training walks.

In February, Certified Race Walk officials Durrant, Sherwood and Paschall, attended the Virginia USATF Association training clinic at Norfolk State University to learn new rule changes approved at the USATF convention sixty days earlier. Levitin also attended the clinic to begin the certification process as a USATF official and race walk judge.⁴⁵

With the completion of his third race in 90 days at marathon distance or greater, Shapiro became eligible for the Marathon Maniacs Club. In November 2010, he completed the Outer Banks Marathon, followed in December by the Strider's Seashore Nature Trail 50K. On February 13, 2011, Shapiro walked the Mercedes Marathon in Birmingham, Alabama, in a time of 5:35:10.⁴⁶ Three weeks later, he underwent surgery for an impinged rotator cuff.

Sherwood was on the go again. In Myrtle Beach, SC, she completed the Myrtle Beach Desani Half-Marathon with Robin Land in a time of 2:45:00.⁴⁷

A picture appeared in the April *e-Rundown* of Chris Catoe presenting the Strider Hall of Fame Award to Cokey Daman in Daman's apartment. Daman had been unable to attend the induction ceremony at the annual banquet in February. Catoe is the elder statesman of active Strider runners. Durrant assisted in the presentation.

Initiated by Dewey, a discussion ensued at the February board meeting in regard to making a presentation on skin cancer at the forthcoming annual Strider banquet. The board thought a better venue for the presentation would be the next meeting of the club's general membership. If the presentation occurred, it is not reflected in the report of the general meeting on March 13 by Strider Vice President Hildreth.⁴⁸

In his March report to the Strider board, Durrant noted Sherwood had completed the Bataan Memorial Death March Marathon at White Sands Missile Range, New Mexico, marking the 22nd state in which she has participated in a marathon. Special recognition awaits the athlete upon completion of a marathon in all 50 states by becoming a member of the Fifty States Marathon Club.⁴⁹

Regarding the Bataan Memorial Marathon, Sherwood was moved to e-mail Scudder, "A most challenging and emotional marathon. It was humbling meeting and talking to a survivor. I have a relative who was one of the unfortunate ones to not make it home from Bataan."⁵⁰ Sherwood completed the marathon in 7:14:08 wearing a light backpack. Scudder noted Gerhardt completed the marathon in 6:53:13 wearing a 35 pound backpack.⁵¹

In April, Sleasman took over from Williams after two years as editor of the *Bullet News*, a bi-weekly newsletter that had taken root in Kane's frequent e-mail reminders to the walking community about events of interest. Sleasman's "Bullet News" was a masterful production of graphic design and useful information presented in eye-appealing layouts.

In the history of walking in the Tidewater Striders, examples of competitors assisting others have been repeated many times. On several occasions, Shapiro approached the finish line but turned back to complete the race with a walker who had not been feeling well when the race began. In a particularly grueling 24 hour event, Shapiro literally supported a weakened walker as they crossed the finish line, each having completed 75 miles in support of the American Cancer Society. Among Strider walkers, giving of one's self takes many forms.

In the May *e-Rundown*, Graham recounted her experience with a walker, disconsolate over a family tragedy, and frequently injured because of improper training habits, who had given up hope of ever walking a half-marathon. Graham was an elite race walker who had mastered the technique of race walking. Although she had never walked a half-marathon, Graham volunteered to coach the walker and accompany him in the Dismal Swamp Stomp Half-Marathon provided he followed her training plan.

Training became a challenge for both coach and walker, who had to adjust to a disciplined schedule. As Graham pointed out in the article, "I have to tell you that he has in the past had one pace and that is race pace, so getting him to train less intensely was not going to be easy on either of us."⁵²

Graham found a fourteen week training schedule on the Internet and stretched it to twenty weeks by building in rest weeks with lower mileage. Half way through the training schedule however, the “wannabe” half-marathoner was getting fidgety, thinking he wasn’t working hard enough. As Graham tells it, “Finally with about ten weeks left to train, I agreed to release him to do a fast 5K on a 400 meter track. Once he got it out of his system, we got back to the training at hand.”⁵³

On race day, Graham’s strategy to walk 13.1 miles in under 3:30 worked perfectly.

We had decided to use the first 2 or 3 miles as warm up so as not to walk faster than necessary. The weather was perfect and our spirits were high. We were very quickly at the back of pack and to motivate us we set our sights on each group in front of us and tried to “reel them in.” Once we passed one group we picked another target. We also used “Hartley Pick Ups,” named for Hartley Dewey who advocates short spurts of speed to alleviate some of the boredom of walking the same pace for such a long period of time.

Graham and her partner crossed the finish line in a respectable time of 3:28:17.⁵⁴

(See Appendix III for Results of the Dismal Swamp Stomp Half-Marathon, April 16, 2011.)

In an exchange of e-mail between April 30 and May 2 from Durrant to three recovering walkers, Dewey, Lipford and Shapiro, each reflected on what walking meant to them during an arduous recovery period. It began with a request from Durrant after a Saturday morning walk at Mount Trashmore. Durrant had taken a picture of the men finishing their walk, which he attached to the e-mail with a suggestion, “...Could be a possible future Rundown article (chemo, leg injury, & rotator cuff surgery) in the photo.”

The following day, Dewey e-mailed his response to Durrant:

I started referring to my Saturday walks as my mental health days soon after the melanoma was removed from my arm. These Saturdays have become even more important to my mental health since chemo started. With all due respect to the Marines, is it fair to say that our group does not leave anyone behind? We are much stronger as a team than we are as the sum of each of us individually. It is not so much about how fast each of us walks but about how fast we can encourage each other to keep walking no matter what the circumstances. Besides, walking fast is sometimes way overrated.

“Since I began training with the group my fitness has improved and with that a few PRs. The Strider walkers are responsible for any gains attained,” wrote Lipford. “Thank you all very much.”

On May 2, Shapiro responded,

Whether it was coming back from my cancer surgery in Nov. of 2002 or coming back from rotator cuff surgery 2 months ago, the one constant has been my passion for race walking and my love for those that I have come to know and who I truly call good friends. The keys to recovery from any serious illness, other than prayer, is a positive attitude and having goals; our great sport has afforded me both. The one thing that kept me going these last 2 months, after the surgeon told me that I couldn't workout at all for 6 weeks was knowing that I would soon be back at Mt. Trashmore with my good friends...Even now, if I'm having a bad day, or days, at work, I look forward to our Sat. morning workout and bull session afterwards at Starbucks. Thank you all for being there for me.

Response to Durrant's e-mail provided the source for an article under his by-line in the June issue of the *e-Rundown*, "Three Recovering Strider Walkers."

The Virginia Senior Games were held in May at Hermitage High School in the Metro Richmond area. The games are held annually for individuals 50 years old and over. Race walk competition was held on May 8.

In the 5000 Meter Race Walk, Janssen finished first in Women's 50-54 age group with a time of 34:59, and Durrant finished first in the Men's 70-74 age group with a time of 36:18.⁵⁵

In the 1500 Meter Race Walk, Gerhardt finished first in Men's 55-59 age group with a time of 9:46, Durrant finished first in M70-74 with a time of 10:13, and Levitin finished first in M75-79 with a time of 12:06. Certified USATF Strider race officials/walk judges included Paschall, Sherwood, Williams, Shapiro and Lipford.⁵⁶

On Sunday, May 15, Levitin received a phone call from an excited Paula Graham in Riverside, California. Levitin promptly e-mailed her news to the eighteen currently active Strider race walkers:

"Subject: WE HAVE A CHAMPION!!!"

Just received a call from Paula in California. She won the GOLD MEDAL in her age group in the Masters National 15K Race Walking Championship today in 1:48:30."

In "My Secret for a Successful Race," which appeared in the July 2011 newsletter, Graham wrote, "I have to admit that competition at the national level is a humbling experience, but I enjoy the opportunity to test myself against the best walkers in the country."

Twelve Strider walkers traveled by plane, train and car from Norfolk, Newport News, Charlottesville, Richmond and Knoxville, TN, to Saint Joseph, MN for "We Walk! Minnesota Marathon, Half, and 50K" on May 20.

It was an event for walkers only, and they had their choice of the event to enter. Ten Striders competed in the half-marathon. Five were assigned to the race walk division, adhering to official rules (no bent knee and no lifting), and five were assigned to the power walk division where one foot had to be on the ground at all times but the “no bent knee” rule was not applicable.

Sherwood was the only Strider competing in the marathon, her 23rd, and Gerhardt the only Strider in the 50K.⁵⁷ (See Appendix IV, Tidewater Strider Individual Race Results, “We Walk! Minnesota Marathon, Half, and 50K.”)

The Elizabeth River Run in Portsmouth on May 28 was a highlight of the racing year for Strider walkers. Sporting “Dewey’s Ducks” t-shirts, with Shapiro and Sherwood on one wing and Durrant and Graham on the other, Dewey was ‘leader duck’ in a V-formation for 6.2 miles.⁵⁸

(See Appendix V for age-graded results of the Elizabeth River Run 10K.)

June and July were busy months for Strider race walkers and USATF certified officials/race walk judges.

The 8th Annual Invitational State AAU District Track & Field Meet was held on June 11, at Landstown High School in Virginia Beach. For some it was their first competitive race walk. Eight boys and four girls (sub midgets, age 11, and midgets, age 12) had entered the first heat of the 1500m race. In the second heat, seven girls and ten boys competed in the sub-youth (age 14) and youth (age 15) divisions.⁵⁹

Tony Vaughn, USATF Virginia Youth Chairman, welcomed the young athletes. Paschall, serving as chief judge, explained the rules of race walking while judges Zinn and Levitin looked on. Vaughn spoke earlier with the judges about the concern by USATF officials that even at the national level, many young race walkers have no knowledge of the rules of race walking.

Once the race began, judges recognized the most difficult rule in race walking for beginners was failure to keep one foot on the ground at all times. Before the race began Paschall had carefully explained to the young walkers the rule meant, “you may not run or jog, not even one step.” When shown the yellow paddle by the judge and cautioned for running, some adjusted their pace, others did not and were disqualified. For many coaches and walkers it was a learning experience.

St. Augustine College in Raleigh, North Carolina, was home to the 41st Annual Southeastern Masters USATF Track and Field Championship on June 10 and 11. Six Striders competed individually and as teams in the 1500 Meter Race Walk on the first day and 5000 Meter Race Walk the next day with the following results:⁶⁰

WOMEN

1500M Race Walk		5000M Race Walk	
W45-49		W45-49	
1 st Place	Rebecca Garson 9:26.56	1 st Place	Rebecca Garson 32:19.29
2 nd Place	Paula Graham 9:49.46	2 nd Place	Paula Graham 34:47.81
3 rd Place	Linda Janssen 10:11.84	3 rd Place	Linda Janssen 35:02.03

MEN**1500M Race Walk****M55-59**

1 st Place Bill Lipford	8:39.80
3 rd Place Steve Shapiro	9:03.74

M70-74

1 st Place Steve Durrant	10:35.47
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5000M Race Walk**M55-59**

2 nd Place Bill Lipford	31:39.04
3 rd Place Steve Shapiro	33:54.41

M70-74

1 st Place Steve Durrant	37:03.15
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Team Competition

Tidewater Strider Women finished 6th out of 14 teams.

Tidewater Strider Men finished 5th out of 25 teams.

Gerhardt competed in the National Senior Games in Humble, Texas, on June 25 – 26 in the men's 55-59 age group finishing first in the 1500 Meter Race Walk (8:18) and first in the 5K Race Walk (28:21).⁶¹

Closer to home on the same weekend, the VA-USATF Association Track and Field Championship 3000 Meter Race Walk was held at Maggie Walker Governor's School in Richmond. Four elite Strider walkers, Graham, Garson, Janssen and Lipford, represented the Tidewater Strider race walkers. USATF Certified Race Walk Officials, Shapiro, Sherwood, and Paschall, served as judges for the event.⁶²

Garson, Graham and Janssen won gold, silver, and bronze medals respectively in the Women's Division, 45-49 age group, of the 1500M and 5000M Race Walks.⁶³

Regardless of when or where race walk judges are needed in Virginia, USATF and AAU track officials go to the source for help: Steve Durrant, Co-chair of the Tidewater Striders Walk Committee. Eight days before the Area III AAU Junior Olympics Qualifying Track & Field meet in Hampton, Durrant received a call. It was a holiday weekend, but Paschall and Levitin, certified race walk officials, were available to work the event.

The event was important. Winners qualified for the National Junior Olympics. Additional judges were required. Durrant called on his friends Ray Funkhouser and Chris English, and on short notice they agreed to come to Hampton for the meet.

The young race walkers came prepared. Twenty-five boys and girls were divided into three heats for the 1500 Meter Race Walk. Eight competed in the 3000 Meter Race Walk. Only four were disqualified.⁶⁴

Sacramento, California, was the scene of the 2011 World Masters Athletics Championships on July 6-17. Competing in the women's 45-49 age group, Garson was the third USA finisher in the 10K (1:05:26) and 20K (2:16:07). Her finish times earned Garson a place on the three member USA Team, which won gold medals in both events. In e-mail to Durrant with news of the results, Garson wrote, "It was such a blast to stand on the podium and hear the National Anthem played for me and my friends!"⁶⁵

The Strider Mile for runners and 1500 Meter Race Walk are paired together on the Tidewater Striders race schedule and are Grand Prix races in their respective sports. It is the only Strider event featuring separate races for runners and walkers at the same venue on the same day.

The 2011 event on August 6 featured four one mile heats for runners, two heats for 1500 meter race walkers, two runner 4x1-mile random relays, and two separate awards ceremonies.⁶⁶

(See Appendix VI for race walker results of the VA & Eastern Regional USATF 1500M Race Walk Championship.)

For walkers, the 1500 Meter Race Walk is one of two races on the Walker Grand Prix schedule governed by USATF rules for race walking referred to earlier in this study. The other is the One Hour Postal in December.

Reporting in the September *e-Rundown*, Durrant noted, “Strider Walker Lori Sherwood, who mixes running with walking when competing in marathons, recently completed her 26th marathon, in her quest for membership in the “50 States Marathon Club.” The “Leading Ladies Marathon,” a race for women only, took place on August 21 in Spearfish, South Dakota, at an elevation of 6,000 feet. Sherwood completed the 26.2 miles in 5:50:56.⁶⁷

In September, the “Tim Seaman – Jeff Salvage Clinics of Excellence” co-hosted by Durrant and Dewey came to Virginia Beach for a weekend clinic to work with 22 race walkers ranging in age from pre-teen to 77. Attendees came from Virginia, North Carolina and Pennsylvania. In addition to Durrant and Dewey, Striders included Garson, Gerhardt, Graham, Janssen, Sherwood, Spruill, Williams, Levitin, Sarah Anderson and Lloyd Faul.

Tim Seaman was unable to attend the clinic due to college coaching commitments, but his place was aptly filled by Miranda Melville, a recent graduate of the University of Wisconsin-Parkside and 4th fastest female race walker in the United States.⁶⁸

The clinic began in a classroom on Saturday morning. Projecting photographs on a screen, Salvage reviewed proper race walking form. The group then went out to a nearby high school track and after a session of warm ups Salvage photographed each individual race walking on the track.

Later in the day, he projected the individual’s pictures on the screen pointing out adjustments needed to improve their race walking technique. The first day ended back on the track with Salvage and Melville personally working one on one with each walker.

Sunday morning began on the track with heart rate testing followed by a second series of photographs by Salvage to determine the advancement, if any, made by individual walkers. Following lunch, Salvage reviewed the morning’s photographs. The clinic ended on the track late Sunday afternoon with a final assessment from Salvage of what each walker needed to work on.

On September 17, Shapiro, Durrant, Lipford, Sherwood and Janssen participated in the Second Annual Marine Corps Crossroads 17.75K in Quantico, VA. In an article in the Strider newsletter Durrant, a retired Marine, explained how the race got its name.

The venue for the race “is referred to in Marine Corps jargon as ‘The Crossroads of the Marine Corps.’ In 1775, the Continental Congress authorized the formation of the U.S. Marine Corps. Hence, the race’s title: Marine Corps Crossroads 17.75K. 17.75 kilometers are equal to a distance of 11.03 miles.”⁶⁹

Race walking together, the five Striders, twice encountered a female Marine Gunnery Sergeant Drill Instructor, who yelled at them for not running. Lt. Col. Durrant described the second encounter as they neared the finish line, “With a surprised look that we were still race walking at this late stage of the race, and with a forceful voice and the bearing of a Marine DI, she ordered us to race walk even FASTER as we passed by her location and headed to the finish line a couple of hundred meters down the road.”⁷⁰

Durrant concluded, “Just have to keep my fingers crossed that there’ll be a Crossroads 17.75K in 2012.”⁷¹

After completing 50K training walks in September and October on different types of terrain, Sherwood felt ready to challenge a 50K course in a timed race. In November Sherwood, Lipford and Shapiro competed in the 49th JFK 50 Mile Race in Boonsboro, MD. Shapiro completed the race in 13:50:55, the 854th finisher. Lipford dropped out at mile 34.⁷²

An article by Sherwood in the December *e-Rundown* told the personal story of a courageous young woman, feet badly blistered, and the emotional experience of having to drop out of the race after 48.5 miles. “At mile 17,” she wrote, “my blisters began talking to me. ...I never doubted myself until mile 20, which is when I mentally checked out. I continued the madness, still secretly hoping I would be told I was too late and cut off - get on the bus,” Sherwood wrote.⁷³

At mile 41, two ladies ran out to keep her company. “I could not run, but they said I needed to run in order to make the time. So what do I do? Run of course.” continued Sherwood, “and off I went in search of the finish line.” She was the last person on the course.⁷⁴

At mile 47, a medical golf cart, police car, and ambulance followed her. They were concerned she would veer off the road and into oncoming traffic. Finally, with 20 minutes to go and suffering with excruciating pain, Sherwood called it quits for the day. “Getting into the ambulance was the hardest decision I could have made,” said Sherwood.⁷⁵

Those who know Lori Sherwood knew this would not be the end of her pursuit to complete a 50 mile timed race. Before the race began, she had exclaimed, “Once I cross that start line, quitting is not an option.”⁷⁶

Upon learning of their 50 miler result, Dewey sent the following e-mail to Lipford:

“Congratulations and condolences to all three of you. I know how much each of you wanted to finish strong. Sometimes it is the DQ paddle and sometimes it is something else. Remember that you toed the line that many would not even approach. You have made all the Strider walkers proud! Hopefully, each of you recover quickly and completely.”⁷⁷

The VA Association USATF One Hour Race Walk Championship, also known as the Striders One Hour Postal Race Walk, was held on November 12 at Landstown High School in Virginia Beach. It is the second of two annual race walks held in accord with USATF rules of race walking. The order of finish is determined by distance covered in one hour.

In his article for the *e-Rundown*, Durrant drew attention to improvements by Garson, Dewey and Levitin.⁷⁸

Although Garson did not compete in 2010, she bettered her 2009 distance by 506 meters, completing 8,805 meters in one hour. Dewey race walked 8,384 meters, improving his distance by 220 meters over the previous year when he was undergoing chemotherapy. Levitin improved his distance over 2010 by 380 meters, race walking 7,184 meters in one hour.⁷⁹

2011 One Hour Postal Race Walk Results

Source: Steve Durant

WOMEN

Place	Name	Age	Distance (meters)	Pace (min/per mile)
1	Rebecca Garson	47	8,805	10.96
2	Paula Graham	49	8,653	11.15
3	Linda Janssen	50	8,607	11.21
4	Heidi Sleasman	39	7,563	12.76

MEN

Place	Name	Age	Distance (meters)	Pace (min/per mile)
1	Tom Gerhardt	60	9,679	9.98
2	Hartley Dewey	64	8,384	11.51
3	Steve Durrant	72	7,684	12.57
4	Jordan Levitin	78	7,184	13.95

In November, Sherwood was re-elected to the Strider Board of Directors, and running for the first time Shapiro was elected to the board.

A report by Durrant on the USATF National 30K Race Walk Championship in Palisades State Park, Valley Cottage, NY, appeared in the December newsletter. Inasmuch as 2012 was an Olympic Year, the 30K was a U.S. Olympic Trials qualifying race for men and women in the 20K Race Walk and men in the 50K Race Walk. Forty-six race walkers from the United States, Canada, South America, Scandinavia and Europe were entered in the competition.⁸⁰

A Tidewater Strider team of Dewey, Lipford and Shapiro embarked on a 20 week training program to prepare for the race. Six weeks before the race, Shapiro learned he was required to be out of town on business and would be unable make the trip. Durrant, who had not been training with the group, stepped in to take Shapiro's place.⁸¹

Lipford finished the 30K in 3:49:58, 3rd in the M55-59 age group and 19th overall. Durrant finished in 4:08:26, 3rd in M70-74 age group and 21st overall. Unfortunately, Dewey received three red cards for bent knee infractions, which knocked him and the Strider team out of the competition.⁸²

According to race director Vernon Bell, the 30th Annual (and final) Seaside Half-Marathon and 7.7 Mile Walk on December 3 was the most successful of all. ⁸³ The feeling among Strider walkers was there had not been a more “walker friendly” event on the Walker Grand Prix schedule than the “Wachapreague,” as it was referred to by walkers making the trip.

Ninety-two runners and thirty-two walkers turned out for the race, including nine Strider walkers. Durrant and Graham won gold medals in their respective open walk divisions. Graham bettered her 2009 Wachapreague record by 5 minutes, 35 seconds. ⁸⁴

(See Appendix VIII for results of Strider walkers in the 30th Seaside Half-Marathon and 7.7 Walk.)

Durant had been a runner prior to becoming a walker. From 1990 to 2000 he ran in the Wachapreague Half-Marathon incurring numerous nagging injuries. “After many talks, letters, and e-mails between us,” wrote Durrant, “Vernon came up with the current 7.7 mile course that allows the half-marathon runners and 7.7 mile walkers to pretty much finish together. The first Seaside 7.7 Mile Walk was held in 2003.”

Dewey, Shapiro, Kane and Durrant walked 7.7 miles together for the last time at Wachapreague. In the homestretch, Dewey, Shapiro and Kane slowed the pace, making certain their esteemed colleague was the first walker to cross the finish line. ⁸⁵

On December 5, Durrant e-mailed his walking partners, “I’m not going to attempt to guess who amongst you came up with the idea I was going to win the Seaside 7.7 mile walk, but thank you. It was an unexpected surprise.” ⁸⁶

One more bit of drama was left to play out. Upon Bell’s announcement at the conclusion of last year’s race that it would not be continued after 2011, Paschall and Levitin, often the last to cross the finish line in Bell’s 7.7 mile “Watchapreague,” had made a pact to finish arm in arm in the final race.

Much to their surprise, a half-mile from the end they were met by Strider walkers approaching from the opposite direction. Graham, Williams, Durrant, Dewey, Kane, Shapiro, and Kim Pimento had finished the race and had come back to accompany Paschall and Levitin to the finish line.

Two years later, when it was thought they were lost, pictures of the two jubilant last place finishers turned up on Durrant’s camera, and are now part of their personal files. The pact between senior Strider female and male walkers had been fulfilled.

ENDNOTES

- ⁴¹“Walking Grand Prix.” Announcement. *The e-Rundown*. Jan. 2011:8. TS Web site.
- ⁴²Hartley Dewey, former co-chair of the Strider Walk Committee was being treated for a melanoma, and within several months was undergoing chemotherapeutic treatment for endodermal lymphatic cancer.
- ⁴³Williams, Cindy. “I Wear for Hartley.” *The e-Rundown*. Feb. 2011:6. TS Web site.
- ⁴⁴*Ibid.*, p. 6.
- ⁴⁵Durrant. “Strider Race Walk Judges Attend Annual USATF Officials Training.” *The e-Rundown*. Feb. 2011:7. TS Web site.
- ⁴⁶Durrant. “Strider Walker Completes Birmingham Mercedes Marathon.” *The e-Rundown*. Mar. 2011:18. TS Web site.
- ⁴⁷Scudder. “Striders on the Road.” *The e-Rundown*. Mar. 2011:26. TS Web site.
- ⁴⁸“Minutes for February 7, 2011.” *The e-Rundown*. Apr. 2010:11. TS Web site.
- ⁴⁹“Minutes for March 7, 2011.” *The e-Rundown*. May 2010:11. TS Web site.
- ⁵⁰Scudder. “Striders on the Road.” *The e-Rundown*. May 2011:23. TS Web site.
- ⁵¹*Ibid.*, p. 23.
- ⁵²Graham, Paula. “When You See a Turtle Sitting on a Fence Post... .” *The e-Rundown*. May 2011:14. TS Web site.
- ⁵³*Ibid.*, p. 14.
- ⁵⁴The walker/ trainee referred to in the article by Graham was the author. Recognizing the support he received from others leading up to his first half-marathon at 77, in particular Coach Paula Graham; Gavin McCall, DPT; and Hartley Dewey (“Make deposits only. No withdrawals”), Levitin referred to the comment by Phil Niekro upon his induction into the Baseball Hall of Fame, “When you see a turtle sitting on a fencepost, you know it didn’t get there by itself.”

- ⁵⁵Virginia Recreation and Park Society. "Virginia Senior Games 2011 Results Book." 2011:21. Print.
- ⁵⁶Ibid., p. 21.
- ⁵⁷Durrant. "Walkers Travel by Plane, Train and Car to Race in Minnesota." *The e-Rundown*. June 2011:24. TS Web site.
- ⁵⁸The USA Track and Field Association and Outrun the Sun, a non profit organization, had joined together to raise public awareness of skin cancer. Individuals and teams were encouraged to take part in a "Virtual, yet Real Race Against Melanoma." Dewey chose the Elizabeth River Run to encourage support of the joint venture. He distributed "Dewey Ducks" t-shirts just before the race began.
- ⁵⁹Levitin, Jordan. "Race Walking in State AAU District Meet." *The e-Rundown*. July 2011:14. TS Web site.
- ⁶⁰Durrant. "Tidewater Strider Walkers Compete at USATF Southeastern Masters Track & Field Championships." *The e-Rundown*. July 2011:13. TS Web site.
- ⁶¹"Minutes of June Board Meeting." *The e-Rundown*. Aug. 2011:11. TS Web site.
- ⁶²Ibid., p. 11.
- ⁶³Ibid., p. 11.
- ⁶⁴Levitin. "Heeding the Call." *The e-Rundown*. Aug. 2011:17. TS Web site.
- ⁶⁵Durrant. "Strider Walker Rebecca Garson Wins Two Golds at the 2011 World Masters Athletics Championships." *The e-Rundown*. Aug. 2011:17. TS Web site.
- ⁶⁶Durrant. "Strider Mile & USATF 1500M Race Walk." *The e-Rundown*. Sept. 2011:19. TS Web site.
- ⁶⁷Durrant. "Lori Sherwood is 'Over the Hump' in Her Quest for Membership in the 50 States Marathon Club." *The e-Rundown*. Sept. 2011:18. TS Web site.
- ⁶⁸Durrant. "Tidewater Striders Host Virginia Beach Race Walking Clinic." *The e-Rundown*. Oct. 2011:18. TS Web site.

⁶⁹Durant. “Strider Walkers Compete in Marine Corps Crossroads 17.75K Race.” *The e-Rundown*. Oct. 2011:21. TS Web site.

⁷⁰*Ibid.*, p.21.

⁷¹*Ibid.*, p.21.

⁷²Sherwood, Lori. “My JFK 50-Miler Experience.” *The e-Rundown*. Dec. 2011:21. TS Web site.

⁷³*Ibid.*, p. 21.

⁷⁴*Ibid.*, p. 21.

⁷⁵*Ibid.*, p. 21.

⁷⁶*Ibid.*, p. 21.

⁷⁷Dewey, Hartley. “Re: Health Issue.” Message to Bill Lipford. 20 Nov. 2011. E-mail.

⁷⁸Durrant. “One Hour Postal Race Walk.” *The e-Rundown*. Dec. 2011:18. TS Web site.

⁷⁹Levitin received two red cards for bent knee violation from two different judges (Three red cards - one from each judge - in the same race results in disqualification) The violation occurred when the advancing leg was not straightened at the knee from the time of initial contact with ground until the torso passed over the body. Durrant explained further. “As we say in race walking circles, when a competitor is awarded two red cards during a race – but not the dreaded third red card - he has walked the perfect race, pushing his race walking form to the edge of his ability.”

⁸⁰Durrant. “Striders Walkers Compete in 2011 USATF National 30K Race Walk Championship.” *The e-Rundown*. Dec. 2011:20. TS Web site.

⁸¹*Ibid.*, p. 20.

⁸²*Ibid.*, p. 20.

⁸³Bell, Vernon. Re: “Letter to Participants in The 30th Annual (and Final) Seaside Half-Marathon, with Race Results.” Wachapreague, VA. Dec. 2011. *TS*.

⁸⁴*Ibid.*

⁸⁵Durrant. Re: "Thanks for the Win." Message to Dewey, Hartley; Kane, Dwight; Shapiro, Steve; Levitin, Buddy. 5 Dec. 2011. E-mail.

⁸⁶Ibid.

Chapter Three 2012

Kole and Durrant served as Co-chairs of the 2012 Tidewater Striders Walk Committee. Other members of the committee were Dewey; Kane; board members Shapiro and Sherwood; and Sleasman, Editor of the walker newsletter, *Bullet News*.

The 2012 Walker Grand Prix schedule kicked off on January 1 with Hair of the Dog 5K at Mount Trashmore directed by Mettle Events. (See Appendix IX for WAVA age graded results calculated by Durrant.)

Provided by Active.com, Hair of the Dog walker results included data not usually published in small races.⁸⁷

FEMALE OPEN WINNERS

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Linda Janssen	VA Beach VA	50	2	34:24.88	34:34.00	11:06/M
2	Lori Sherwood	Portsmouth VA	47	8	38:45.48	38:59.64	12:30/M

MALE OPEN WINNERS

Place	Name	City	Age	Overall	Chip Time	Gun Time	Pace
1	Scott Stakes	Portsmouth VA	48	1	31:04.59	32:12.22	10:01/M
2	Steve Durrant	VA Beach VA	72	3	35:34.77	35:50.17	11:28/M

In addition to the top two male and female finishers listed above, 30 female and 12 male walkers, ages 0-99, were listed with the same data.⁸⁸

The 20K, 25K and 30K races in the Strider Distance Series are referred to as the “Marathon” race series. WAVA age graded walker results may be found in Appendix X, Appendix XI and Appendix XII.

The February *e-Run-down* listed Strider walkers who received awards at the annual banquet. Awards were given the top five male and female walkers in Walker Grand Prix races and to the top five who participated in service projects, including walkers who served as race judges, but did not receive a WGP award.⁸⁹

It had become clear that annual VA-USATF training clinics were of greater benefit to high school coaches and track meet officials than they were to race walk officials and judges, not least because Virginia high schools do not teach race walking or include race walking events in their track meets. However, the 2012 clinic on February 5 at Christopher Newport University in Newport News was an exception.

The new Apprentice level for USATF Certification was introduced and upgrades in current levels of certification were reviewed. The 2009-2012 Olympiad ended with the London Olympics in 2012, and all USATF officials were required to be recertified.

Attending the clinic at CNU were Durrant, Levitin, Paschall, Shapiro, Sherwood and Williams, who serve as walk judges in the two VA-USATF race walks on the Strider WGP schedule in which the rules of race walking apply.⁹⁰

Plans for the most significant event in the history of Strider walkers were announced in the February issue of *The e-Rundown*. The headline of an article by Durrant and Dewey read, "Striders Preparing for the Virginia 24-Hour Run & Relay for Cancer." The event to benefit cancer research would be held at Sandy Bottom Nature Park in Hampton on Saturday, April 21, beginning 7:00 a.m. and ending twenty-four hours later.

Cancer survivors Shapiro and Dewey invited others to join them on "Tumor Busters," a team of Strider walkers established for the event. The team goal was to raise \$5,000. Individually, Shapiro and Dewey planned to walk 75 miles each, and Sherwood aimed for 50-75 miles. Their training included long distance walks in diverse weather conditions.⁹¹

The 19th Annual Cerebral Palsy of Virginia 5K was held on March 24 at Mount Trashmore. The race drew 226 competitors including 44 walkers. The first six male walkers to finish were Striders: Gerhardt (29:21.52), Stakes (30:04.73), Kole (35:01.09), Durrant (36:27.88), Levitin (42:19.98) and Spruill (42:20.87). "Interestingly," wrote Durrant, "none of our Strider women walkers competed in the race, but two did serve on the walk judging staff."⁹²

On March 31, Graham and Lipford participated in the Smithfield Triathlon, the first triathlon for each Strider walker. Graham finished 161st in a field of 176 women competitors. Her times were 9:01 in the 300m swim; 43:27 in the 10 mile bike ride; and 33:57 in the 5K, which she walked. Her overall time, including transition, was 1:31:55.⁹³

Lipford finished 174th in a field of 279 men. His overall time, including transition time was, 1:07:21. His splits were 6:41 (swim), 33.50 (bike), and he ran the 5K in 22:34. Following the Smithfield Triathlon, Lipford was not to be seen again on the Strider race walk scene. According to Graham, "He enjoyed the multisport training so much he decided to stick with that, and he turned in his walking shoes for running shoes."⁹⁴

The History of Walking in the Tidewater Striders, Inc. 1972 – 2009, Revised Edition was posted on the Tidewater Striders Web site in April. The revision took seven months to complete and included extant information which became available after the original study was posted in March 2010.

The 6th Annual Dismal Swamp Stomp Half-Marathon, directed by Mettle Events' Ann Hupp, was held on April 14 at the Great Dismal Swamp National Wildlife Refuge in Chesapeake. The race drew 821 competitors including 760 runners and 61 walkers.⁹⁵

Five women and six men represented the Striders in the walk division. Ideal weather conditions in the mid 50s prevailed at the start of the race but soared to the high 70s. Overall Strider finishers were:⁹⁶

Name/Age Group	Race Place	Finish Time
Tom Gerhardt (M60-64)	1	2:15:51
Maureen Ventrice (W45-49)	2	2:23:33
Linda Janssen (W50-54)	3	2:33:34
Hartley Dewey (M60-64)	4	2:40:20
Steve Durrant (M70-73)	5	2:51:10
Dwight Kane (M60-64)	6	2:51:16
Steve Shapiro (M55-59)	7	2:51:19
Lori Sherwood (W45-49)	8	2:59:06
Olga O'Donnell (W50-54)	9	3:07:13
Kathi Culbreth (W45-49)	10	3:07:14
Grove Calvert (M65-69)	11	3:18:14

Gerhardt set a new event record for a Strider walker eclipsing his previous record of 2:17:08 in 2010. WAVA age graded results for Strider walkers in the 2012 Swamp Stomp Half-Marathon may be found in Appendix XIII.

We referred above to the Virginia 24-Hour Ultra Run and Relay for Cancer as the signature event in the history of walking in the Tidewater Striders organization. An article appeared in the May *e-Rundown* titled, “An Event to be Remembered,” with personal comments from team Tumor Busters recounting their emotions throughout the day and night. (See Appendix XIV for complete article by Team Tumor Busters, reprinted with thanks to Ada Lester, Editor, *The e-Rundown*, where the article first appeared.⁹⁷

Camping equipment was provided by Sleasman. Team Tumor Busters set up a shelter near the start line. Members of the team listed names on a clip board of family and friends currently battling cancer, or who had befallen the dreaded disease that brought them together for the event. Tapping the list as they completed another 3.75 mile lap stirred the innermost feelings of walkers and their supporters. In e-mail from Dewey to race director George Nelson, Dewey was moved to write, “I have never done anything in my life tougher than this event, but I have never been so motivated to keep moving toward a common goal - finding a cure to cancer!”⁹⁸

With the team gathered around minutes before the race began, an incident occurred which had the potential of resonating into the future. How far remains to be seen. Shapiro presented Levitin, senior member of the team, with a t-shirt silk-screened in four inch letters, “YEAH BUDDY.” Levitin wore the shirt throughout the daylight hours to a chorus of “Yeah Buddy” greetings by runners approaching from the opposite direction.

A nature trail course is not the friendliest place to walk. The course at Sandy Bottom was no exception. Dodging tree roots and avoiding ravines presented a challenge even to the most experienced walkers and runners. Conditions worsened at night when it rained and the underfooting became more precarious.

Appendix XIV includes e-mailed comments by members of Team Tumor Busters to Dewey and Shapiro, leading Strider walkers in the 24 Hour Ultra. Janssen, who met a personal goal of walking the distance equivalent to her second marathon wrote,

To all of you who put miles on that tote board, to all of you who supported Steve and Hartley and each other, for all the love and camaraderie you show, a big BRAVO and much love to you all. I am honored to have been a small part of it.

Steve and Hartley, I am truly inspired by your drive, tenacity and sheer craziness to stick with the event through the night, through the rain, through the pain and through the laughter. You have both kicked cancer in the butt. Way to Go!!! You Rock.⁹⁹

In an article published in the July issue of *The e-Rundown*, race director Nelson credits the Tidewater Striders team of walkers for helping make the event so successful, and urged runners to become fast walkers as they age.

As I've run more and more ultras, it has become clear to me that race walkers stack up very well against runners. It really 'hit me' when a team of Strider Race Walkers showed up to 'do battle' at this year's VA 24 Hour Run for Cancer at Sandy Bottom....

As Race Director, I've observed many outstanding performances over the nine years the race has been held. But this year the accomplishments of the Striders' Walkers Team really stood out!

...It is clear to me that as runners age and slow down, or get injured, they should become 'fast walkers' and start doing ultras. In doing so they will have many more opportunities for outstanding performances, even into their 70s. They will have a 'new lease on life!' Rather than beating ourselves up going even more slowly, and encountering more injuries, we runners need to embrace walking.

...Most runners have the mentality that walking is 'bad' and only do so when forced. I learned quickly that including walking breaks is the only way to succeed. ...At some point in very long ultras, strong walkers will eventually overtake the strongest runners.¹⁰⁰

Highlights of the 9th Annual Virginia 24-Hour Run/Walk for Cancer by Strider walkers individually and as a team include the following reported by Dewey.¹⁰¹

- Nine members of Team Tumor Busters established personal records: Sherwood, Williams, Dewey, Shapiro, Janssen, Durrant, Ventrice, Levitin and Richard Pidgeon.

- Team Tumor Busters raised \$5,244 for the American Cancer Society, which represents 34.2 % of the total raised, \$15,330.
- Team Tumor Busters ranked 4th in total mileage for 24 hours (458.75 miles).
- Strider runner Tommy Neeson finished third among all competitors with 100.25 miles. (Not included in walkers total mileage.)

The 2012 Virginia Senior Games were held at Hermitage High School in Henrico. Race walk events took place on May 12 with the following Strider results: ¹⁰²

1500 METER RACE WALK

W50-54	1st Place	Paula Graham	9:46:00
M60-64	2 nd Place	Richard Pidgeon	12:05:00
M75-79	2 nd Place	Buddy Levitin	11:55:00

5000 METER RACE WALK

W50-54	1 st Place	Paula Graham	34:40:00
M70-74	1 st Place	Steve Durrant	36:10:00

In e-mail on May 18 to members of the Strider Walking Committee, Durrant announced his intention to resign from the committee effective May 30, 2012. In part Durrant stated, “Dick Kole met with me this past Monday afternoon. For a number of personal reasons Dick has decided to not take on or retain the Walking Committee chair/co-chair when I step down. ... I definitely plan to keep walking and competing, but feel I must step away from any type of leadership role in the Committee.” ¹⁰³

A new Strider van made its first public appearance at the Elizabeth River Run in Portsmouth on May 26. For the first time in 40 years the club acknowledged in the lettering on a Strider vehicle it was a complete sports club. The lettering read:

TIDEWATER STRIDERS
running, walking & multi sport club

(See Appendix XV for age graded results of the 2012 ERR.)

VA Association-USATF race directors rely on Strider members who are certified officials not only to judge race walks but also to officiate in other track and field events. Making the trip to Richmond on June 23 for the Virginia Open and Masters USATF Outdoor T & F Championship, Williams, Sherwood, Paschall and Shapiro not only served as race judges in 3000 Meters and 5000 Meter Race Walks, they also officiated in several field events.

The same scenario unfolded the following month at the Virginia USATF Junior Olympics qualifying meet at Christopher Newport University. The meet is a stepping stone to the 2012 National Junior Olympics. Paschall, Sherwood, and Levitin joined Chris English and Ray Funkhouser to officiate in running and relay events.¹⁰⁴

The 2012 Virginia Association and Eastern Regional USATF 1500 Meters Open & Masters Race Walk Championship was held at Tallwood High School in Virginia Beach on August 18. The event marked the first appearance in a Certified USATF Race Walk in Tidewater of Irene Fletemeyer, a 17 year old race walker from Quince Orchard High School, Gaithersburg, MD. Fletemeyer demonstrated the race walking technique of an experienced veteran.¹⁰⁵

Race results of VA Association & Eastern Regional USATF 1500 Meters Championship:

WOMEN'S OPEN & AGE GROUP RESULTS

Overall Finish	Name/Age	Race Time	Race Place/Age Group
1	Irene Fletemeyer (17)	8:07:25	1st Jr. W
2	Rebecca Garson (48)	8:32:72	1 st W45-49
3	Paula Graham (49)	9:30:29	2 nd W45-49
4	Linda Janssen (50)	9:38:61	1 st W50-54
--	Pat Thomas (53)	11:09.34	(Invited Guest)
5	Lori Sherwood (48)	11:41:21	3 rd W45-49

MEN'S OPEN & AGE GROUP RESULTS

Overall Finish	Name/Age	Race Time	Race Place/Age Group
1	Tom Gerhardt (61)	8:02:44	1 st M60-64
2	Peter Blank (57)	8:55:78	1 st M55-59
3	Richard Kole (73)	9:57:22	1 st M70-74
--	Richard Pidgeon (63)	11:31:19	(Invited guest)
4	Jordan Levitin (78)	12:02:73	1 st M75-79

The Williams Farm Recreation Center featuring an asphalt walking course and indoor track provided an expansive new venue for Strider walkers. It was constructed in the vicinity of several elementary schools and a middle school in the Aragona section of the City of Virginia Beach. Plans began for a “walkers-only” half-marathon in November.

The 74th Annual USATF National Championship 40K Race Walk was held in Ocean City Township, New Jersey, on September 9. Representing Tidewater Striders, Garson won the gold medal in the Women's 45-49 age group. The race was sponsored by the Shore Athletic Club, which over the years has trained champion race walkers in national and international competition. Completing the 24.8 miles in 4:55:28, Garson established a new PR, beating her former 40K record time by five minutes. In an article in the October *e-Rundown*, Garson described the physical and mental challenge of winning the gold.¹⁰⁶

Representing Tidewater Strider Women Race Walkers, the team of Garson, Nash, and Cindy Alexander won the bronze medal in the National 2012 USATF 5K Race Walk Championship in Kingsport, TN, on September 29. The men's team of Gerhardt, Dewey and Shapiro won the silver medal.¹⁰⁷

Individual Strider performances in the 2012 National USATF 5K Race Walk:¹⁰⁸

<u>WOMEN</u>					
<u>Name</u>	<u>Strider Place</u>	<u>Time</u>	<u>Overall Place</u>	<u>Age Group</u>	<u>Age Group Place</u>
Rebecca Garson	1	31:34	12	W45-49	3
Cathy Nash	2	38:10	24	W55-59	3
Cindy Alexander	3	41:35	28	W50-54	3
<u>MEN</u>					
Tom Gerhardt	1	30:22	13	M60-64	2
Steve Shapiro	2	34:07	19	M55-59	2
Hartley Dewey	3	35:42	23	M60-64	4

Scudder reported Gerhardt successfully defended his title as Erie Half-Marathon Walk champion in September with a time of 2:20:09. In October, Sherwood completed the Niagara Falls Marathon in 6:03:48.¹⁰⁹

Following the 24 Hour Ultra Race for Cancer in April, Graham proposed “to hold a half marathon in honor of our good friend, Buddy Levitin, and the entire walking community.” Such was the beginning of the “Yeah Buddy Half Marathon,” or YBHM as it would become known.¹¹⁰

The date selected was November 4, which did not conflict with races currently scheduled, and coincided with Dewey's birthday and Levitin's birthday two days later. The venue was made to order – Williams Farm Park, across the street from the residence of Alexander and Shapiro.

Founders of the race determined the YBHM would be unlike any race on the schedule. It was for walkers only. There were no bib numbers, registration fees, t-shirts or medals. Participants kept track of their own time and number of completed laps.

Shapiro carefully laid out the course. The event began at 7:30 a.m. following instructions from Shapiro to 17 Strider walkers and one “runner turned walker for the day” and ended just before 11:30 a.m.¹¹¹

Alexander and Shapiro were gracious hosts to an overflowing crowd, which included family members and friends. A catered deli brunch with birthday cake was served. Voluntary contribution to the American Cancer Society raised \$700.00. Several days after the party ended, plans were being made for the 2nd Annual YBHM.

The 6th Annual VA-USATF Association One Hour Open Race Walk Championship took place at Tallwood High School in Virginia Beach on November 10, 2012, with the following results:¹¹²

MEN'S OPEN

<u>Place</u>	<u>Name (Age)</u>	<u>Distance</u>	<u>Club Affiliation</u>
1	Tom Gerhardt (61)	9,649m	Tidewater Striders
2	Hartley Dewey (65)	7,738m	Tidewater Striders
3	Steve Durrant (73)	7,696m	Tidewater Striders
4	Fred Curry (68)	6,837m	Unattached
5	Jordan Levitin (79)	6,800m	Tidewater Striders
6	William Spruill (78)	5,562m	Tidewater Striders

WOMEN'S OPEN

<u>Place</u>	<u>Name (Age)</u>	<u>Distance</u>	<u>Club Affiliation</u>
1	Irene Fletemeyer (17)	9,060m	Unattached
2	Paula Graham (50)	8,424m	Tidewater Striders
3	Linda Janssen (51)	8,133m	Tidewater Striders
4	Cindy Alexander (51)	6,764m	Tidewater Striders

The Saturday before Thanksgiving, November 17, 2012, was a day Lori Sherwood and her coach for the event, Tom Gerhardt, would not soon forget. The occasion was the 50th Anniversary of the "JFK 50 Miler," an ultra-marathon that began in Boonsboro, MD, proceeded 2.3 miles east on a hard surface road to the Appalachian Trail, where it continued for 13 miles before meeting the Chesapeake and Ohio Canal for 26.3 miles to Dam #4, there to begin the final 8.4 mile leg on hard surface roads to Williamsport, MD.

Gerhardt, 61, deferred to Sherwood, 48, who stepped across the finish line in 13:46:17, one second ahead. Their pace was 16:32 per mile. Among 967 finishers, twelve finished behind Sherwood and Gerhardt.¹¹³

Following the race, Gerhardt e-mailed the Strider walking community,

With incredible tenacity and perseverance, the indomitable Sherwood has achieved what many (including Lori) believed was impossible: to complete the JFK 50 Miler and receive the prized 50th Anniversary Medal commemorating her achievement.

Her comment after this remarkable achievement: 'Once and done. ...I can cross it off my bucket list. On to the next challenge!' ¹¹⁴

The Sentara Sleigh Bell 5K in Williamsburg concluded the 2012 Strider WGP schedule on December 15. The race drew 126 walkers and over 800 runners. Striders participating in the race were: ¹¹⁵

MEN

<u>Place</u>	<u>Name</u>	<u>Finishing Chip Time</u>
1	Tom Gerhardt	30:34.7
2	Scott Stakes	31:00.2
3	Dick Kole	32:33.1
4	Steve Durrant	38:34.4
5	Dwight Kane	39:36.8
6	Grove Calvert	42:11.6
7	Buddy Levitin	43:22.1
8	Bob Curtin	45:25.3

WOMEN

1	Linda Janssen	35:38.1	(New women's course record)
2	Cindy Alexander	46:44.7	
3	Judy Paschall	47:03.1	

Scudder reported the following races completed by Strider walkers out-of-town: ¹¹⁶

December 1, 2012, Memphis, TN

<u>Memphis Marathon</u>	<u>Memphis Half-Marathon</u>
Steve Shapiro 5:54:03	Steve Durrant 2:56:55
Lori Sherwood 5:53:22	

December 9, 2012, Honolulu, Hawaii

<u>Honolulu Marathon</u>
Lori Sherwood 7:29:14 ¹¹⁷

ENDNOTES

⁸⁷Durrant. "Hair of the Dog 5K Age Group Results." Mettle Timing. Virginia Beach, VA. 15 Jan. 2012. E-mail.

⁸⁸Ibid.

⁸⁹Grand Prix Female Awardees: Graham, Janssen, Sherwood, Sleasman and Williams.
Grand Prix Male Awardees: Dewey, Durrant, Gerhardt, Kane and Levitin. Walker
Participation Awardees: Kole, Lipford, Paschall, Shapiro and Wolfe.

⁹⁰Durrant. "USATF Officials Training Clinic." *The e-Rundown*. Mar. 2012:16.
TS Web site.

⁹¹Durrant. "Striders Preparing for the Virginia 24-Hour Ultra Run & Relay for Cancer." *The e-Rundown*. Feb. 2012:8. TS Web site.

⁹²Durrant. "Tidewater Striders Walking Committee Report." *The e-Rundown*.
Mar. 2012:15. TS Web site.

⁹³Graham. Message to the author. 31 Mar. 2012. E-mail.

⁹⁴Ibid.

⁹⁵Durrant. "Strider Walkers Compete in 6th Annual Dismal Swamp Stomp." *The e-Rundown*. May 2012:15. TS Web site.

⁹⁶Ibid., p. 15.

⁹⁷Team Tumor Busters. "An Event to be Remembered." *The e-Rundown*. May 2012:15.
TS Web site.

⁹⁸Dewey. Message to George Nelson. 25 Apr. 2012. E-mail.

⁹⁹Janssen. Message to Hartley Dewey; Steve Shapiro; Lori Sherwood; Steve Durrant, Richard
Pidgeon; Dwight Kane; Buddy Levitin; Maureen Ventrice; Lorraine Dewey.
22 Apr. 2012. E-mail.

¹⁰⁰Nelson, George. "Long Fixed-Time Ultras: Where Walkers Beat Runners!" *The e-Rundown*. July 2012:24. TS Web site.

- ¹⁰¹Dewey. Message to the author. 2 Apr. 2014. E-mail.
- ¹⁰²Virginia Recreation and Park Society. "Virginia Senior Games 2012 Results Book." 2012:21. Print.
- ¹⁰³Durrant. Message to members of the Strider Walking Committee. 18 May 2012. E-mail.
- ¹⁰⁴Durrant. "Strider Walkers Officiate at 2012 Virginia USATF Junior Olympics Track & Field Qualifier Meet." *The e-Rundown*. July 2012:20. TS Web site.
- ¹⁰⁵Durrant. "Results of 2012 Virginia Association & Eastern Regional USATF 1500M Open & Masters Race Walk Championship." 18 Aug. 2012. E-mail.
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- ¹⁰⁷Durrant. "Strider Walkers Place at 2012 National USATF 5K Race Walk Championship." *The e-Rundown*. Nov. 2012:10. TS Web site.
- ¹⁰⁸*Ibid.*, p. 10.
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- ¹¹⁰Shapiro, Steve. "Yeah Buddy Half Marathon." *The e-Rundown*." Dec. 2012:8. TS Web site.
- ¹¹¹The "runner turned walker for the day" was Mel Williams doing his usual Saturday morning workout.
- ¹¹²Durrant. Message to the author. 10 Nov. 2012. E-mail.
- ¹¹³Sherwood, Lori. Message to author. 19 Nov. 2012. E-mail.
- ¹¹⁴Gerhardt, Tom. "Ultra Running Survival: Lori Sherwood Conquers JFK 50 Miler." Message to walkers. 17 Nov. 2012. E-mail.
- ¹¹⁵Durrant. "Strider Walkers at Sentara Sleigh Bell 5K." *The e-Rundown*. Jan. 2013:7. TS Web site.
- ¹¹⁶Scudder. "Striders on the Road." *The e-Rundown*. Jan. 2013:21. TS Web site.

¹¹⁷Ibid., p 21. Sherwood explained her 7:29:14 time in a note to Scudder. She was supposed to meet a friend getting married at mile 6 of the marathon, but the friend was late arriving. After the wedding, Sherwood chatted with the newlyweds, and although she wanted to run with them for a while, decided to get back into the race. Ninety minutes later her friends re-entered the race and crossed the finish line 9 hours after the race began.

Chapter Four 2013

Mettle Events “Hair of the Dog 5K” led off the 2013 race schedule on January 1. As expected, several runners (but no walkers!) showed up still wearing tuxedos and evening gowns from the night before. Participants did not seem distracted by intermittent light rain and temperatures in the mid 40s.

The first five 5 Strider walkers to cross the finish line were:¹¹⁸

1	Tom Gerhardt	30:17
2	Scott Stakes	30:40
3	Dick Kole	32:31
4	Linda Janssen	35:12
5	Lori Sherwood	37:24

Four Strider walkers in the 70+ age division completed the New Year’s Day event, the only occasion during the year all four would be entered in the same race.¹¹⁹

Name (Age)	Time	Avg. Pace	Age Division	Place in Age Gp
Dick Kole (72)	32:31	10:28	M70-74	1
Steve Durrant (73)	37:38	12:07	M70-74	2
Jordan “Buddy” Levitin (79)	49:12	15:51	M75-79	1
Judy Paschall (72)	50:19	16:13	F70-74	1

The venue for the 2013 Distance Series was the Dismal Swamp Canal Trail in Chesapeake. DS race #1, 10K/20K, was held on January 5. DS race #2, 15K/25K, was cancelled due to snow and ice. DS race #3, 20K/30K, was held on February 23. (See Appendix XVI and XVII for Distance Series Race Results.)

On March 9, ten walkers met in Jamestown for the 12th Annual Jamestown High School Swamp 5K Run. The race attracted 157 runners and 22 walkers. Durrant, Kane and Spruill served as walk judges on the course. The race had been designated a Walker Grand Prix event, which justifiably rankled one Strider walker over having to travel to Jamestown to compete in a WGP event when many 5K races supporting worthy causes were available locally. A noteworthy performance was turned in by Sara Nash, who set a new course record in her first 5K race as a Strider with a time of 35:56.¹²⁰

(See Appendix XVIII for 12th Annual Jamestown High School Swamp 5K Run Age Graded Results.)

As this study reported, three years ago Fort Story closed its gates to public racing events, leaving the “Lions Journey for Sight” without a home for the first time since 1985. In February, Kane saw an opening for Strider walkers to continue supporting the blind and vision impaired, the focus of Lionism throughout the world, by participating in “Vision Walk.”¹²¹

The mission statement of Vision Walk was forwarded to Walk Committee Chair Dewey. The chairman suggested walkers broaden their support by bringing the event to the attention of the Strider Board of Directors with the expectation an endorsement by the board would encourage participation by Strider members.

At its meeting on March 4, the board of directors endorsed Vision Walk and use of the Tidewater Striders name in establishing a team to receive contributions. Graham and Levitin volunteered to serve as co-captains of the team.

To increase awareness, an article was submitted to the newsletter by Levitin. In “VisionWalk – A Unique Opportunity for All Striders,” Levitin wrote, “There is no limit to the number of participants on a Strider Vision Walk Team. The more the merrier. ...It’s a family fun event. Everyone is a winner.”¹²²

In the April newsletter, Strider President Jean Phelan urged Striders to support the fundraiser. Recalling command changes at Ft. Story that put an end to the Lions Journey for Sight, Phelan wrote, “Now as members of the Tidewater Striders, we can help Vision Walk raise money to prevent blindness. Please join me at 17th Street Stage and walk to help restore sight to many individuals. If you can’t walk that day, please consider making a contribution.”¹²³ Ten Striders attended the event.

The goal set for the Tidewater Strider team by the Foundation Fighting Blindness was \$1,000. The amount raised was \$1,310, which came from individual Striders, their friends, and a generous donation from the Norfolk Host Lions Club.¹²⁴

The Shore Athletic Club of New Jersey is the national coordinator for the One Hour Postal Race Walk National Competition. The Strider One Hour Race Walk in November was the 2012 VA-USATF championship. For a fee paid by the competitor, participating clubs forwarded the distance walked in one hour by the competitor to the national coordinator, who determined individual places within five year age groups.¹²⁵

Competition for the event ended December 31. Locally, Strider walker results were received in February 2013 and appeared in the April *e-Rundown*.¹²⁶

- Cindy Alexander, (W50-54), 3rd place
- Steve Durrant, (M70-74), 1st place
- Hartley Dewey, (M65-69), 2nd place
- Tom Gerhardt, (M60-64), 4th place

In Men’s Masters team competition, the Strider team of Gerhardt, Dewey and Durrant finished in 5th place.¹²⁷

By the end of March, it had become evident a new point of contact with a fresh approach was necessary to attract new walkers. Graham envisioned a low maintenance format using the Strider Web site after *The e-Rundown* had been posted each month. “I have chosen the thing that I think will make the most impact for the group and that I will keep doing for the foreseeable future. ...My goal with the Web site is to reach out to new members who may be looking for a walking community,” wrote Graham.¹²⁸

On April 15, the world was shocked by the tragedy which took place at the Boston Marathon killing three people and injuring 260 others. In e-mail to the walking community, Alexander announced the “Boston Marathon Memorial Run/Walk” would be held Saturday, April 20, on the boardwalk at Virginia Beach. The race would start at 2:50 p.m. to coincide with the first explosion at the finish line and the distance, 4.09 miles, would coincide with the finish line clock time of four hours, nine minutes when the attacks occurred.¹²⁹

Participants were encouraged to wear black or the garment of a favorite race and carry flags to honor the fallen athletes. The event occurred without a time clock, bib numbers or awards. It was instead, as Alexander wrote, “an event open to everyone looking for a way to remember and honor those affected by this terrorist act.”¹³⁰

On Monday night, April 22, participants convened in Norfolk and Virginia Beach for 2.6 mile runs to raise funds and honor the tragedy’s victims. Similar events were held nationwide. Phelan announced, “The Striders are collecting donations for ‘One Fund Boston’ to support the victims of the Boston Marathon Bombing. ...Any transaction fees will be paid by the Club. You can donate any amount of money, large or small.”¹³¹

Garson was in the news again. Competing in the USATF Masters Indoor Track & Field Championships in Landover, MD, she finished 5th overall and first in the W45-49 age group. Three of the sixteen competitors were disqualified for violating the rules of race walking.¹³²

An article by Richard Pidgeon appearing in the May *e-Rundown*, takes the reader step by step showing how a middle-age walker completed his first marathon at age 64. It began when he was 62. About a mile from the finish line in the 2011 Rock and Roll Half –Marathon, he was befriended by Strider Liz Shepard, who introduced herself as they were walking along and suggested he might benefit from being a Strider.

Pidgeon’s interest in race walking flourished from that chance meeting. Heeding her advice, he became a Strider, and began training with Saturday morning walkers at Mount Trashmore. Pidgeon completed his first marathon in March 2013 with a time of 6:27:06.

During the period of this study, Garson established herself as an elite race walker in the W45-49 age group. At times Garson raced as a Tidewater Strider, at others as a member of McGovern’s World Class Race Walking Team.

On May 17, Garson competed in the 2013 USATF 15K Race Walk National Championship in Phoenix, AZ, as a member of the McGovern team, winning the gold medal in her age group with a time of 1:37:08 and finishing 5th in open competition.¹³³

From 2010-2012, the Virginia Senior Games were held in Richmond. In May 2013, the games moved to Christopher Newport University in Newport News. Race Walk events in Richmond came off without a hitch. However, upon arriving at the new venue on the morning of May 17, it became clear VSG staff in Newport News was unprepared to conduct scheduled 1500 Meter and 5K Race Walks.¹³⁴

Strider walkers at the Senior Games in Newport News were certified USATF race walk officials and race walk judges. They rescued 2013 race walks by instructing VSG officials how to proceed.

FINISHES BY STRIDER RACE WALKERS IN 2013 VIRGINIA SENIOR GAMES

5000 Meter RW

Name	Place	Age Group
Paula Graham	1 st	W50-54
Tom Gerhardt	1 st	M60-64
Richard Pidgeon	3 rd	M65-69
Steve Durrant	1 st	M70-74
Buddy Levitin	1 st	M80-84

1500 Meter RW

Name	Place	Age Group
Paula Graham	1 st	W50-54
Cindy Alexander	2 nd	W50-54
Tom Gerhardt	1 st	M60-64
Richard Pidgeon	2 nd	M65-69
Buddy Levitin	1 st	M80-84

The June *e-Rundown* included a brief report by Durrant on the Swamp Stomp Half -Marathon held on April 13. For the first time, walk judges on the course – Kane, Pidgeon, Alexander, Durrant, Paschall and Spruill – outnumbered Strider walkers. Representing Strider men, Gerhardt finished first in 2:22:16, well off his Strider course record pace of 2:15:51 set the previous year. Stakes finished second in 2:33:55. Strider women opted not to enter the event.

Scudder reported receiving e-mail from Sherwood and Virginia Davis at the Edinburgh, Scotland, Half-Marathon on April 14. Davis finished in 2:56:15, Sherwood in 2:56:14. Four weeks later, Sherwood and Shapiro walked 106 miles at “Three Days at the Fair,” May 16-19, Sussex County, New Jersey, Fairgrounds.¹³⁵

Strider Walkers competed and officiated in the 2013 Virginia USATF Masters Track and Field Championships at Maggie Walker Governor’s School in Richmond on June 22. The 3000 Meter Race Walk was the feature event for three Strider race walkers, Garson, Graham and Durrant. Their performances were outstanding. Garson and Graham established new meet records:¹³⁶

- Garson, W45-49, 1st place, 18:46
- Graham, W50-54, 1st place, 21:55
- Durrant, M70-74, 1st place, 23:04

Certified USATF officials and race walk judges for the event included Paschall, Alexander, Shapiro and Levitin. English, a Richmond native who makes frequent trips to Tidewater to work USATF races, served as Chief Race Walk Judge. Following the race, all pitched in to assist with field events. Sherwood worked the Shot Put and Discus; Durrant, Pit Judge for the Long Jump and Triple Jump; Shapiro, Head Field Judge for the Long Jump and Triple Jump, assisted by Alexander; Paschall, Graham and Garson, pit rakers; and Levitin, High Jump. A group picture appeared in *The e-Rundown* of all participating Striders.¹³⁷

The USATF Virginia Association Junior Olympics Outdoor Track and Field Championships were held at Todd Stadium in Newport News on June 15. Durrant, Shapiro, English and Levitin served as race walk judges. In the 3000 Meter Race Walk, representing Team Flash Track Club, Williamsburg, Abby Leschinger, girl's 13-14 age group, finished with a time of 23:05.76 and Amber Horner, girl's age group 15-16, finished with a time of 20:14.36. Both qualified for the USATF Region III Championships.¹³⁸

Representing team Star Track Y in the 1500 Meter Race Walk, girl's 9-10 age group, Makayla Gatlin finished in 13:02.63. Sydney Ware, representing team Second to None, finished in 10:58:57 in the girl's 11-12 age group. Strider race walk judges agreed the young athletes had been well coached in the technique of race walking in spite of the absence of the sport in local high school programs.

Although Tidewater Strider New Energy youth group runners were represented at the meet, unfortunately the sport of race walking is not part of New Energy program. The adult leaders have not yet embraced the sport, nor has the Strider Board of Directors moved in that direction.

In Spring 2013, Durrant came across a notice circulated by an internet race walking group requesting certified race walk judges to volunteer as officials at the National Senior Games in Cleveland, OH, on July 30-31. A request to work at that level is not easily turned down.¹³⁹

On July 29, Durrant, Dewey and Levitin drove to Berea, OH, for the start of the NSG at Baldwin Wallace University. One hundred men and eighty-eight women had pre-registered for race walk events.¹⁴⁰

Eleven 1500 meter gender specific race walk heats were completed in four hours on the first day starting with the oldest men followed by the oldest women and alternating to the youngest age group. Gerhardt finished second in the M60-64 age group.¹⁴¹

On the second day two gender specific 5K road race walks were held on a certified 1K course in downtown Cleveland adjacent to the Cleveland Browns Football Stadium.

Fourteen judges from five states worked 11 heats of the 1500 Meters on July 30 and two heats of the 5K on July 31. Approximately 25% (45-55) were disqualified for rules violations on each day. Durrant, Dewey and Levitin worked all three races, and in the 5K, Dewey doubled as race walk judge and recorder.¹⁴²

The 2013 Virginia Association USATF 1500 Meter Open & Masters Race Walk Championship was held at Tallwood High School in Virginia Beach on August 17. Finishing ahead of three Strider race walkers in the women's division was a familiar name, 15 year old Amber Horner of Team Flash.¹⁴³

WOMEN'S OPEN & AGE GROUP RESULTS

Name (Age)	Finish Place	Time	Age Group Place/Age Group
Amber Horner (15)	1	8:52.50	1 st W Jr.
Paula Graham (50)	2	10:08.22	1 st W50-54
Lori Sherwood (49)	3	12:19.16	1 st W45-49
Judy Paschall (73)	4	13:41.71	1 st W70-74

MEN'S OPEN & AGE GROUP RESULTS

Name (Age)	Finish Place	Time	Age Group Place/Age Group
Tom Gerhardt (62)	1	8:25.27	1 st M60-64
Hartley Dewey (65)	2	10:43.81	1 st M65-69
Richard Kole (73)	3	11:25.55	1 st M70-74
Richard Pidgeon (65)		11:40.26	Invited Guest
Dave Harrah (66)	4	12:39.90	2 nd M65-69
Bill Spruill (78)		12:41.23	Invited Guest

In the August newsletter, Scudder reported two walkers competed in the Missoula, MT, Marathons. Alexander finished the half-marathon in 3:31:34 and Sherwood, the full marathon in 6:00:40.¹⁴⁴

Continuing their quest of completing a marathon in all 50 states, Shapiro and Sherwood added Pennsylvania to their lists on September 15. The event was the Marathon at Presque Isle, PA. Shapiro completed the marathon in 5:48:35; Sherwood in 5:58:11. For Sherwood, it was marathon #36; for Shapiro, #15.¹⁴⁵

A half-marathon race walk in Erie started 30 minutes after the marathon on the same course and drew 41 competitors. Gerhardt finished 1st overall in 2:23:45 and Durrant 13th in 2:54:37.¹⁴⁶

Winding through historic Ghent, downtown Norfolk and skirting Eastern Virginia Medical School, the "Heart of Ghent 10K" on September 21 was a defining event on the hometown racing schedule of Mettle Events' Ann and Kevin Hupp. The race is family oriented and walker friendly. It benefits ACCESS AIDS, Care For Kids, and Ronald McDonald House. Five bands played along the way keeping bystanders entertained. The after-the-race party was outstanding, and the finish line remained intact until the last competitor crossed.

Striders were among four of the first five overall walker finishers: ¹⁴⁷

1 st place	Tom Gerhardt	1:04:54
2 nd place	Scott Sakes	1:07:13
3 rd place	Steve Shapiro	1:10:18
5 th place	Lori Sherwood	1:17:47

On September 26 and 27, English and Levitin officiated in the 1500 Meters and 5K Race Walks at the 29th Annual North Carolina Senior Games in Cary, North Carolina. ¹⁴⁸

The NC games are the largest senior games in the United States. Over 60,000 athletes in 53 local games serving all 100 counties in the state competed to reach the state finals. In 2013, 2,800 competitors reached the finals. ¹⁴⁹

The History of Walking in the Tidewater Striders, Inc. 1972-2009, Revised Edition, describes the transformation to walking by injured runners Durrant and Spruill. Another pure runner, Dr. Mel Williams, would begin recovery by training with Strider walkers years later.

In June 2013, Williams had a second operation for Peripheral Arterial Disease. The Marine Corps Marathon was four months away. Williams was oldest of four runners who had completed the previous 37 Marine Corps Marathons, winning his age group on 18 occasions. ¹⁵⁰

He began walking in July and on Saturday mornings joined Strider walkers on their “slow and easy” weekend outings. On October 27, with a combination of running and walking, Williams completed his 38th Marine Corps Marathon in 6:18:56, 6th place in Men’s Age Group 75-99. He is an inspiration to all runners who would include walking in their training routine following injury. ¹⁵¹

In the November newsletter, Durrant reported Kathy Nash finished 4th in the USATF National Masters 5K Race Walk Championship in the W55-59 age group and 23rd overall in the women’s division. Garson finished 11th overall in the women’s division and 3rd in the W45-49 age group. The event was held on October 5 in Kingsport, TN. ¹⁵²

The 2013 Virginia USATF Association One Hour Open Race Walk Championship was held on November 9 at Tallwood High in Virginia Beach. Steve Durrant served as race director. The race can be especially demanding for race walkers participating in a judged race for the first time.

On a 400 meter track under close scrutiny for one hour by four USATF certified race walk officials, walkers must conform to rules of race walking. Observed by three judges for failing to comply with the rules results in disqualification of the walker.

Irene Fletemeyer, Germantown, MD, was top overall finisher by 2 meters and top women’s finisher, covering more than 25 laps on the track in one hour. Lubin Hernandez Palomino, Silver Springs, MD, was top men’s finisher, also covering 25 laps in one hour. Both walkers represented Potomac Valley Track Club. ¹⁵³

MEN'S OPEN

Place	Name	Age	Distance	Club
	Lubin Hernandez Palomino	53	10,060 M	Invited guest (PV-USATF)
1	Tom Gerhardt	62	9,030 M	Tidewater Striders
2	Steve Shapiro	59	8,504 M	Tidewater Striders
3	Hartley Dewey	66	7,947 M	Tidewater Striders
4	Steve Durrant	74	7,382 M	Tidewater Striders
5	Richard Pidgeon	65	7,218 M	Tidewater Striders
6	Jordan "Buddy" Levitin	80	6,800 M	Tidewater Striders

WOMEN'S OPEN

Place	Name	Age	Distance	Club
	Irene Fletemeyer	18	10,062 M	Invited guest (PV-USATF)
1	Paula Graham	51	7,947 M	Tidewater Striders
2	Lori Sherwood	49	7,218 M	Tidewater Striders

Results of the Virginia USATF Association One Hour Race Walk competition were sent to the Shore Athletic Club of New Jersey for comparison with results from competing clubs. Team competition was based on three person teams. Race walkers representing Pegasus Athletic Club (Michigan) finished first, covering 31,773 meters (19.74 miles). Bytown Walkers Club de Marche, Ottawa, Ontario, Canada, finished second with 28,619 meters. Tidewater Striders "A" team of Gerhardt, Shapiro and Graham finished in 8th place with 25,481 meters. Striders "B" team of Dewey, Durrant and Sherwood finished 13th with 22,547 meters.¹⁵⁴

Strider overall finishing places by age group were:¹⁵⁵

- W45-49: Lori Sherwood 4th place
- W50-54: Paula Graham 3rd place
- M55-59: Steve Shapiro 4th place
- M60-64: Tom Gerhardt 2nd place
- M65-69: Hartley Dewey 3rd place
- M70-74: Steve Durrant 2nd place
- M80-84: Jordan "Buddy" Levitin 3rd place

The Second Annual Yeah Buddy Half-Marathon (YBHM) took place on November 16 at Williams Farm Park in Virginia Beach. Referred to by Durrant in his report of the event as "a race in a class by itself," the event drew 23 walkers, and is the only half-marathon in Virginia exclusively for walkers.¹⁵⁶

After a scheduled Walker Grand Prix race was cancelled, the Strider Board of Directors approved the request by the Walk Committee to substitute the YBHM. In lieu of registration fees, participants were requested to make a contribution to the American Cancer Society. Over \$1,000 was donated.

On race day, Shapiro laid out a 1.1 mile course encircling Williams Farm Park. Twelve laps equaled the half marathon distance (13.1 miles). For Cory, Curry, Mary Avery, Patti Gilbert and Bonnie Cabo, the YBHM was their first experience walking a half-marathon.¹⁵⁷

Gary Ruegsegger, reporter for the “Virginia Beach Beacon,” a supplement of the Sunday *Virginian-Pilot*, was on hand to gather information for an article in the “Beacon.”¹⁵⁸

Strider walkers were honored with the presence of Mel Williams and Dave McDonald. Not long after the Tidewater Striders was founded, Williams recognized the importance of including walking and multisport as purposes of the organization. Subsequently, McDonald was dubbed the “Father of Race Walking” in the Tidewater Striders.¹⁵⁹

McDonald and Williams were dedicated runners. Each served with distinction as Strider President, and each had special reason to take part in the YBHM. McDonald was battling cancer. Support of cancer research was the mission of the event. In an interview with Ruegsegger for the article, McDonald smiled and said, “It’s like training for an ultra-marathon. I’ve got a great team of doctors behind me, a good regimen going and a goal in sight.” Williams had been walking with the early Saturday morning group of walkers following surgery and was patiently working himself back into shape.

A festive mood prevailed throughout the morning of the race. Race starter Sleasman also served as Chief Walk Judge. Veteran Strider walker Harry Watson assisted Sleasman in keeping track of walkers’ completed laps and finishing times. Walk judges Paschall and Sarah Nash doubled as cheer leaders on the course.

A crowd gathered to support Cabo with rousing applause, the last walker to cross the finish line. After the race, walkers, their families and friends, were invited to the Shore Break Restaurant for food and drink. (For a list of race participants and finish times, please see Appendix XX.)

On Tuesday, December 5, 2013, at 10:55 a.m., Durrant received the following e-mail from Williams:

Dear Steve,

Your nomination for election into the Tidewater Striders Hall of Fame was reviewed by the Hall of Fame Selection Committee on December 4, 2013.

On behalf of the President Jean Phelan and the Committee, it gives me great pleasure to announce that you have been elected to membership in the Class of 2014 Tidewater Striders Hall of Fame.

Congratulations on your selection into this prestigious group. The Tidewater Striders look forward to your continued contribution to help make the Striders one of the best running, walking and multisports clubs in the country.

Respectfully,

Mel Williams, Chairperson, Hall of Fame Selection Committee

Upon receiving the news of his election, the grateful recipient e-mailed Levitin and Dewey. “Buddy & Hartley: Thank you for being the bull dogs that you are. I’m honored to be recognized as being on the same level as current Hall of Fame members. You two made it happen.”¹⁶⁰

Durrant’s friends were quick to react to the good news. Attorney Mal Higgins e-mailed,

Congratulations to Steve and the Strider Board for recognizing a true Hall of Famer. The nomination resume was so detailed, I had to make sure it wasn’t talking about two people. They broke the mold on Steve. It’s a well deserved honor, and as Buddy says, ‘Steve does it all: competition, volunteerism and professionalism.’¹⁶¹

Similar responses were received from others.

Election to the Tidewater Strider Hall of Fame is based on the nominee’s record in competition, volunteerism, and professionalism. A narrative is also part of the application. Durrant became the first pure walker to be considered for election to the Hall.

The application was prepared by Levitin from data received from Durrant. It was updated each year from 2011-2013. The narrative by Levitin remained unchanged. To Dewey went the honor of nominating Durrant.

Documentation supporting Durrant’s nomination to the Tidewater Strider Hall of Fame may be found in Appendix XXI.

The year ended with more good news. Graham’s effort to attract new walkers was paying off. The “All About Walking Forum” posted weekly by Graham on the Strider Web site called attention to three groups of walkers who got together on a typical Saturday morning at Mount Trashmore.

- Elite walkers doing 13:00 - 13:30 minute miles and distances of 10 miles or more, began at 7:00 a.m.
- “Middle of the pack” walkers took off between 7:30 a.m and 8:00 a.m., doing 14:30 – 16:30 minute miles.
- Slower walkers and beginning walkers at a comfortable pace and distance began walking at 8:30 a.m.

Veteran Strider walkers led each group.

Graham created an appealing full page flyer with for the monthly newsletter with lots of white space. It concluded with these words of wisdom:

***You don't have to be fast to join us. No matter what your pace,
You are still faster than the person who didn't
get off the couch!***

A highlight of Graham's efforts came on December 28, when a record of 10 regular walkers and 8 newcomers turned out to walk at Mt. Trashmore. Graham had indeed stepped in to fill a void where help was needed, and she kept it going.

Williams was constantly on the lookout for an opportunity to promote fitness, especially among those who may have thought about walking or running for exercise but for one reason or another never got around to it. In March 2002, Williams assisted in organizing the "Fit for the River Training Program," designed for walkers, non runners, and novice runners training for a 10K road race in May.¹⁶²

Although the program failed to attract boys and girls in public schools as intended, organizers enlisted support of Striders, who were successful in convincing friends and business associates to become involved. The program would continue for three years.¹⁶³

In the December *e-Rundown*, Williams reviewed an article in the *Tufts University Health and Nutrition Letter*, "Walking as Good as Running, If You have Time." An authority on health, exercise and nutrition, after running for 60 years Williams developed blood flow problems in the legs, commonly known as peripheral artery disease.¹⁶⁴

The Tufts University study showed when walkers and runners logged the same mileage each day, "walkers experienced slightly more effective health benefits than runners, particularly in preventing hypertension and unhealthy cholesterol."

Professor Williams concluded,

"...it was initially somewhat disconcerting to need 75-80 minutes to walk 5 miles which previously could be covered in 35-40 minutes. However, after time one adjusts to the new time requirements. Moreover, learning to walk faster, such as using a competitive race walking technique will reduce the time commitment and maintain the many health benefits."¹⁶⁵

ENDNOTES

- ¹¹⁸Hupp, Kevin. "Hair of the Dog 5K Results." 1 Jan. 2013. E-mail.
- ¹¹⁹Ibid.
- ¹²⁰Platt, Rick. "Jamestown High School Swamp Run Results for the Race Walk, a Tidewater Striders Grand Prix Event." 11 Mar. 2013. E-mail.
- ¹²¹"Vision Walk" was established in 2006 by the Foundation Fighting Blindness to support research on retinitis pigmentosa and macular degeneration, leading causes of blindness in the world. The Foundation is the largest tax exempt public charity in the United States engaged in retinal research.
- ¹²²Levitin. "Vision Walk – A Unique Opportunity for All Walkers." *The e-Rundown*. Apr. 2013:12. TS Web site.
- ¹²³Phelan, Jean. "President's Corner." *The e-Rundown*. Apr. 2013:3. TS Website.
- ¹²⁴The Foundation Fighting Blindness. Vision Walk Team Report." 29 Apr. 2013. E-mail.
- ¹²⁵Durrant. "Strider Walkers Place in 2012 National One Hour Postal Race Walk Competition." Apr. 2013:13. TS Web site.
- ¹²⁶Ibid., p. 13.
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- ¹²⁸Graham. "Walker Web Page." Message to author. 2 Apr. 2013. E-mail.
- ¹²⁹Alexander, Cindy. Message to community of walkers. 18 Apr. 2013. E-mail.
- ¹³⁰Ibid.
- ¹³¹Phelan. "President's Corner." *The e-Rundown*. May 2013:3. TS Web site.
- ¹³²Durrant. "Garson Wins Age Group at USATF Masters Indoor Championships." *The e-Rundown*. May 2013:5. TS Web site.

- ¹³³Garson. "2013 USATF 15K Race Walk National Championship." *The e-Rundown*. July 2013:11. TS Web site.
- ¹³⁴Subsequently, it was learned from Jeff Sykes, City of Newport News Director of Parks and Recreation, that his department was unfamiliar with how to conduct race walks in 2013. (See e-mail from Sykes to Durrant in text for 2014.) In a conversation with Levitin on April 16, 2014, Sykes expressed regret over the lack of understanding the previous year regarding race walks by both his department and college officials hired to supervise track and field events.
- ¹³⁵Scudder. "Striders on the Road." *The e-Rundown*. June 2013:26. TS Web site.
- ¹³⁶Durrant. "Strider Walkers Compete and Officiate at 2013 Virginia USATF Masters Track & Field Championship." *The e-Rundown*, Aug. 2013:10. TS Web site.
- ¹³⁷*Ibid.*, p. 10.
- ¹³⁸Durrant. "Strider Walkers Officiate at the 2013 Virginia USATF Junior Olympic Track & Field Championships." June 2013. Collection of the author. *TS*
- ¹³⁹Durrant. "Strider Race Walk Judges at the 2013 National Senior Games." Sept. 2013:10. TS Web site.
- ¹⁴⁰Stephens, Carolee. "2013 National Senior Games, Cleveland, Ohio - Race Walk Chair's Report." Message to race walk judges and officials at NSG. 13 Sept. 2013. E-mail.
- ¹⁴¹*Ibid.*
- ¹⁴²*Ibid.*
- ¹⁴³Durrant, "Results of 2013 Virginia Association USATF 1500M Open & Masters Race Walk Competition." Message to: results @usatf.org, copied to author. 17 Aug. 2013. E-mail.
- ¹⁴⁴Scudder. "Striders on the Road." *The e-Rundown*. Aug. 2013:23. TS Web site.
- ¹⁴⁵Durrant. "Strider Walkers at 40th Annual Erie Marathon, Half-Marathon and 5K." *The e-Rundown*. Oct. 2013:10. TS Web site.
- ¹⁴⁶*Ibid.*, p. 10.
- ¹⁴⁷"Heart of Ghent 10K Walk Overall Finishes." Web. 21 Sept. 2013.
<<http://heartofghent10k.mettleevents.com/results.html>

- ¹⁴⁸For the first time, a Tidewater Strider (Levitin) officiated at Senior Games in two States - Virginia and North Carolina and the National Senior Games in the same year.
- ¹⁴⁹Levitin. "Expanding Horizons." *The e-Rundown*. Nov. 2013:12. TS Web site.
- ¹⁵⁰Runners World. "Meet the Groundpounders of the Marine Corps Marathon." Web. Oct. 2013. <<http://m.runnersworld.com/runners-stories/meet-the-groundpounders>.
- ¹⁵¹Results Search. Web Marketing Associates (WMA).
<http://marathonguide.com/results/search.cfm>
- ¹⁵²Durrant. "Two Strider Walkers Compete in USATF National 5K Race Walk Championship." *The e-Rundown*. Nov. 2013:13. TS Web site.
- ¹⁵³Durrant. "Results of 2013 Virginia Assn One Hour Race Walk Championship." Message to: results@usatf.org, copied to author, 09 Nov. 2013. E-mail.
- ¹⁵⁴Durrant, Steve and Dewey, Hartley. "Results of the 2013 National Postal One Hour Race Walk Competition." Message to author. Feb. 2014. E-mail.
- ¹⁵⁵Ibid.
- ¹⁵⁶Durrant. "2nd Annual Yeah Buddy Half Marathon." *The e-Rundown*. Dec. 2013:16. TS Web site.
- ¹⁵⁷Ibid., p. 16.
- ¹⁵⁸Ruegsegger's article, "Taking Steps to Fight Cancer in Yeah Buddy Half-Marathon." appeared in the *Beacon* on November 28.
- ¹⁵⁹Levitin. *The History of Walking in the Tidewater Striders, Inc., 1972-2009, Revised Edition*. April 2012. p. 9.
- ¹⁶⁰Durrant. "Tidewater Striders Hall of Fame." Message to Buddy & Hartley. 5 Dec. 2013. E-mail.
- ¹⁶¹Higgins, Malcolm. "THEY BROKE THE MOLD. Re: Steve Durrant Elected." Message to Buddy, et al. 6 Dec. 2013. E-mail.
- ¹⁶²Levitin 2012, *op cit.*, p. 33.

¹⁶³Ibid. p. 33.

¹⁶⁴Williams, Mel. "Health Benefits of Walking and Running." *The e-Rundown*.
Dec. 2013:6. TS Web site.

¹⁶⁵Ibid., p. 6.

Chapter Five 2014

“New Faces Appearing Among the Strider Walkers” by Durrant and Spruill in the January *e-Rundown* was a prologue to weekend training walks for new walkers. A picture of Heather Simpson-Kong, Jacque Veasley and Graham, weekly contributor to “All About Walking Forum” on the Strider Web site, accompanied the article.¹⁶⁶

Others joining the group during the next few months were Sue Cunningham, Becky McKinley, Anders and Leslie Hellstrom and their seven year old daughter Olivia, John Garcia, Elon Perlin and Wendy Shepard. Mark Guzzo and Susan Mitchell, half-marathon runners, joined the group to learn the technique of race walking. Only a few continued coming back.¹⁶⁷

Durrant reported receiving a thank you note from Cokey Daman’s daughter for cards and well wishes her father received on the occasion of his 95th birthday on December 14. “Dad received quite a few cards and he was very moved and appreciative to hear from so many of his old friends. It really made his day. Thank you for your kindness.”¹⁶⁸

Scudder’s “Striders on the Road” reported Gerhardt completed the JFK 50 Miler in Boonsboro, MD on Nov. 23, 2013, in 13:19:40. Also included on Scudder’s page was a brief article by Durrant on the “4th Annual Race Around the Base 10 Mile Run” at Langley Air Force Base on Dec. 14. Durrant wrote, “The highlight of the event for Strider race walkers, Shapiro, Sherwood and Durrant was when we passed adjacent to the Base Flight Line and were awed by the sight of several parked squadrons of F-22 Raptors--the US Air Force’s highly sophisticated and super-maneuverable stealth fighter aircraft.”¹⁶⁹

Seven hundred walkers and runners participated in Mettle Event’s “Commitment Day 5K” on Jan. 1 at Mount Trashmore. The following results were recorded for Strider men and women who took part in the race.¹⁷⁰

MALE OPEN WINNERS

Place	Name (Age)	Overall	Chip Time	Gun Time
1	Steve Shapiro (60)	1	33:01.88	33:30.56
2	Dick Kole (73)	2	33:25.13	33:32.61

MALE 0-99

Place	Name (Age)	Overall	Chip Time	Gun Time
1	Steve Durrant (74)	4	38:16.16	38:47.01
3	Jordan “Buddy” Levitin (80)	11	43:51.58	44:24.58

FEMALE 0-99

Place	Name (Age)	Overall	Chip Time	Gun Time
2	Heather Simpson-Kong (38)	10	43:45.02	44:20.71
8	Judy Paschall (73)	18	49:19.03	49:52.43

Distance measurements for 2014 Distance Series events changed from kilometers to miles. Races previously measuring 20K – 25K – 30K became 10M – 15M – 20M. The shorter series, 10K – 15K – 20K, became 6M – 9M – 12M. Walker results may be found in Appendix XXII, XXIII, and XXIV.

Responding to an invitation from Shapiro, Rick Brown, Strider event timer, and Dan Edwards, Tidewater Striders Treasurer, met with him in late January to discuss a plan that would enable walk judges to identify walkers in Grand Prix races. Also present were Dewey, Sherwood and Davis.

Several options were discussed. A plan was adopted and details were sent to members of the Walk Committee stipulating the following procedure: ¹⁷¹

- Effective immediately, at least one walker will be present at packet pickup during the hours specified on the day prior to the event and at the race venue on the morning of the event.
- Upon receiving bibs, race participants will be asked if they are runners or walkers.
- Except for Distance Series events, people indicating they are walkers will be directed to a working walker who will
 - (a) explain what is considered walking and what is not.
 - (b) acknowledge the walker agrees to walk every step.
 - (c) use a highlighter to mark each walker bib with a wide “W,” which identifies the race participant as a walker.
- Prior to the start of the race, the working walker will make two identical lists of bib numbers marked with a “W” and give one copy to Brown and the other to the chief walk judge.
- All other participants in the race will be regarded as runners.
- A judge having in his possession an undistributed bib with a chip on the back must not approach the finish line with the undistributed bid.

A major test of the system would be forthcoming at the Elizabeth River Run on May 24.

Handsome attired in a tuxedo for the occasion, Strider Vice President Steve Shapiro, serving as Master of Ceremonies, added a touch of class to the Annual Strider Banquet and Awards Ceremony on February 8.

The highlight of the annual banquet since 2011 has been the induction of a new class into the Strider Hall of Fame. Durrant became the first pure walker to be inducted into the Hall. All agreed it was a well-deserved honor. Durrant’s brief, reticent response upon being introduced was indicative of his leadership style for the past ten years. His complete application may be found in Appendix XXI.

Sherwood received a President's Appreciation Award for 6 years of service on the Striders Board of Directors, her work with the New Energy group and for maintaining the Walker Grand Prix and Participation award totals.

With the 24 Hour Ultra Walk for Cancer six weeks away, Dewey proposed a twelve hour training walk to take place at night and continue into the next morning. Beginning at 10:00 p.m., March 7, participants would set out on four mile loops from Dewey's residence in Virginia Beach, and return briefly to home base for fuel, food and recovery time. At approximately 4:30 a.m. they would proceed six miles to Mount Trashmore, arrive at 7:00 a.m., and walk the final three miles with anyone who showed up for a Saturday morning training walk. Dewey extended an invitation to all Strider walkers to join the group.¹⁷²

Joining Dewey were long distance walkers Shapiro, Sherwood and Davis, a veteran Strider runner who accepted the challenge and made known her intention to be part of the Strider team of walkers doing the 24 Hour Ultra Walk for Cancer.

The foursome completed 40 miles in twelve hours. "Lori was awesome," wrote Davis when it was over. "She was really cranking it out, out-walking Steve and Hartley."¹⁷³ As for Sherwood, who is not known for being overly loquacious, her reaction to the all-nighter was simply, "we need to have our heads examined."

Sharing Scudder's page in the April *e-Rundown* was a short article by Durrant on the March 22 "Cerebral Palsy 5K" at Mt. Trashmore. Of 228 race participants, 52 were walkers, an unusually large number for the small size of the race.¹⁷⁴

Sherwood, Janssen and Durrant worked the morning registration for Mettle Events and doubled as walk judges on the course. Pidgeon was the first Strider walker to cross the finish line, followed by Spruill and Simpson-Kong. Each won gold, silver, and bronze awards respectively.¹⁷⁵

Mettle Events' Swamp Stomp Half-Marathon on April 12 in Chesapeake along the Canal Bank was an historic event for the walking community. For the first time in recorded history of a local race with a walk division and judges to detect registered walkers observed jogging or running, not a single walker was found to be in violation of the "walk only" agreement.¹⁷⁶ The Hupps had done their homework.

A mini-expo and packet pickup were set up at the Hyatt Place Chesapeake/Greenbrier. A list of pre-registered race participants was posted in the hotel lobby. From 10:00 a.m. to 6:00 p.m. the chief walk judge served as a greeter and welcomed everyone who came to pick up a bib and visit the expo.¹⁷⁷

Rules of walking were explained to all registered walkers. After hearing the "no jogging, no running rule," four participants requested a change in category from runner to walker. The orderly process continued on the following morning at the race venue where additional walkers and runners had an opportunity to register. Several more "walkers" became runners before the race began.

When the gun sounded, 698 athletes took off, including 36 walkers. The out and back 13.1 mile course enabled three course judges, including Durrant riding a bicycle, to observe competitors in both directions. Shapiro was the first Strider walker to cross the finish line with a time of 2:36:16, followed by Gerhardt (2:37:20), Graham (2:50:54), Garcia (3:15:20), and Simpson-Kong (3:17:05). Non profits helped by the race included H.E.R., “Help and Emergency Response for Victims of Domestic Abuse.”¹⁷⁸

In “Bad Day at Little Rock,” recounting the 12th Annual Little Rock Marathon on March 2, Pidgeon described every marathoner’s worst nightmare. Due to a recent foot injury, Pidgeon assumed it would take more than six hours to complete the race. Accordingly, he registered for a 6:00 a.m. start.¹⁷⁹

For the first two hours, the weather was not a factor. At 8:00 a.m. the wind picked up, it began to rain and the temperature dipped into the 40s. From then on, it was all downhill.

Within two hours, the temperature dropped into the 30s, and the wind chill factor made it seem much colder. The threat of lightening caused officials to redirect the course, and at 11:30 a.m. the race was put on a state of “high alert.”¹⁸⁰

Two miles from the finish line, Pidgeon heard bull horns announce the race had been cancelled. Competitors were told to leave the course and board buses for a ride to the finish line. In spite of yet another warning to take shelter in a parking lot at mile 25, Pidgeon pressed on and completed the race.

Next day, the *Arkansas Democrat Gazette* referred to the marathon and half-marathon as “Cold and confused.” It had indeed been a “chilling” experience, a disappointment for some, an exasperation for others.¹⁸¹

Of 869 participants who completed the Elizabeth River Run on Saturday, May 24, twenty-five were walkers. Packet pickup, handled by Dewey, went smoothly on Friday afternoon. A hitch occurred the following day, however, when sixty-five bibs were hurriedly distributed between 7:15 a.m. and 7:45 a.m. from four stations at one table. The chief judge was limited to speaking with only a few registered walkers who received a bib prior to the start of the race.

Only three walkers were observed jogging by course judges and were moved to the runner category. They were among the last to cross the finish line. The ERR proved with proper planning a recurring problem could be brought under control in a Strider timed event.

A problem of a different sort occurred, however, which was settled with an understanding between the parties involved.

The Elizabeth River Run had for the past several years included the following notice on its registration form:

“TIMING

ERR 10K participants will be chip timed. Basis for scoring will be gun time. Please pick up your chip on race morning at the Ntelos Pavilion.”

At the start of the 2014 ERR, Gerhardt positioned himself at the head of the start line, as he usually does in Walker Grand Prix races. Stakes started from the back of the pack of 869 competitors. At the time, Stakes’ Strider membership had lapsed and he was not competing for WGP points.

Gerhardt was the first walker to cross the finish line with a gun time of 1:05:52. Stakes was second with 1:05:59. However, Stakes’ chip time, 1:05:44, was faster than Gerhardt’s chip time of 1:05:49. The first place award went to Stakes. Gerhardt immediately filed a protest.¹⁸²

Addressing Gerhardt’s protest, Walk Committee Chair Dewey concurred the reference to timing should have been changed in 2011 when the race first began using a timing strip on the back of each bib. However, no one, including Gerhardt, protested the use of chip timing instead of gun timing in the ERR until this year. Dewey respectfully asked Gerhardt to withdraw the protest to give the race director and Tidewater Striders an opportunity to change the wording for future races.¹⁸³

Gerhardt responded,

O.K. No problem. For me, this was an academic exercise to have an issue resolved that required clarification. Because I was involved in the “Gun Time vs Chip Time” issue, I had standing to ask for a decision therein. Though it differs with the USATF standard, I agree with you and believe the decision of the race director should be the final word. I think that having all walkers start together two minutes after the runners start is a great idea and should be encouraged.¹⁸⁴

The “11th Annual 24 Hour Ultra Run/Walk for Cancer,” took place on April 26-27 at Sandy Bottom Nature Park in Hampton. The staging area was an outdoor pavilion where participants set up small “camps” for resting and storing gear and food for the challenging test of endurance ahead.

A Strider team of 10 walkers calling themselves “Team Tumor Busters,” wearing a lime green t-shirt featuring a zombie above the team’s name was off and walking with Starter Nelson’s command at 7:15 a.m.¹⁸⁵

Feeling the effects of a chemo treatment earlier in the week, Dewey miraculously managed to walk 22.50 miles before withdrawing. His place was taken by Graham who, though starting later in the day, recorded 31.25 miles.

It didn’t take long for 210 event participants to discover the major annoyance for the next twenty-four hours would be pesky inch worms falling from trees along the way attaching themselves to athletes’ clothing and skin.

Topping their team performance in 2011 by 6 miles, individual 24 hour performances by members of Team Tumor Busters in 2014 were: ¹⁸⁶

Steve Shapiro	70.00 miles
Virginia Davis	67.00 miles
Lori Sherwood	60.25 miles
Richard Pidgeon	52.50 miles
Steve Durrant	50.00 miles
Tom Gerhardt	32.00 miles
Paula Graham	31.25 miles
Cindy Alexander	26.25 miles
Buddy Levitin	26.25 miles
Maureen Ventrice	26.25 miles
Hartley Dewey	22.50 miles

Seventeen teams entered the event from 14 states, including one from Mexico. Team “Wingnutz” finished first with 798.75 miles in 24 hours. Team Tumor Busters finished seventh with 464.75 miles. ¹⁸⁷

The event raised over \$19,000 for the American Cancer Society. Eleven new Virginia age group records were established. ¹⁸⁸

On May 6, Nelson e-mailed the group of eleven record setters, “Congratulations are now in order to all the folks below! Their VA State records have been officially confirmed and published at: <http://virginiastateroadracerecords.com/VSRRR.html>

F10-14	50.00 miles	Emmy Demin
F20-34	108.75 miles	Megan Stegmiller
M20-34	112.25 miles	Gregory Holden
M35-39	100.00 miles	Thaddeus Meyer
F33-39	84.75 miles	Rachel Swift
M50-54	108.25 miles	Glenn Hrinda
M55-59	125.00 miles	Keith Straw
M60-64	107.75 miles	Tom Dekornfeld
F60-64	67.50 miles	Virginia Davis
M75-79	50.00 miles	Steve Durrant
M80-84	26.25 miles	Jordan “Buddy” Levitin

This is so awesome! Congrats to all the new record holders. The bar has been set much higher for next year!
George.” ¹⁸⁹

Among those setting new Virginia records were three members of Team Tumor Busters, Davis, Durrant and Levitin.

In the May *e-Rundown*, Scudder reported the recent travels of walkers on the road.¹⁹⁰

- Simpson-Kong completed the “Disney Princess Half Marathon, Orlando,” FL, Feb. 23 in 3:26.43.
- Sherwood completed “Ukrop’s Monument 10K,” Richmond, VA, Mar. 29, in 1:34:11; “Credit Union Cherry Blossom 10-Miler,” Washington, D.C., April 6, in 2:06:18; and “Marine Corps 17.75K,” Prince William County, VA, Apr. 12, in 2:25:22.
- Shapiro and Kane also completed the Cherry Blossom 10K. Shapiro crossed the finish line in 2:00:55, Kane in 2:15:08.

Race walks in the Virginia Senior Games in Newport News were set for May 17. In the past, Durrant had encouraged race walkers over 50 to register for the games, organized the judging staff and provided transportation. This year, however, Durrant would be in Italy when the games were held.

Two weeks before Durrant was scheduled to leave, no one had stepped forward to fill the gap. Moreover, two USATF race walk judges were reluctant to commit because of the 2013 experience.¹⁹¹

On April 15, Durrant received e-mail from Jeff Sykes, Senior Recreation Program Supervisor, City of Newport News Department of Parks and Recreation, which read in part,

Last year you graciously assisted our Virginia Senior Games by providing Race Walk officials. ...I would like to have you involved again and provide any assistance you would be willing to offer. Race Walk is not an event that our Parks and Recreation department has any knowledge or professional affiliation with so we have to rely on experienced individuals like yourself.

Durrant forwarded the e-mail to Levitin, who agreed to be the contact person.

On April 18, Levitin requested a meeting with Sykes and meet director, Nickie Wills, to discuss the preparation USATF officials expected from the Parks and Recreation Department and what they could expect from our team of VA-USATF Certified Race Walk Officials and Race Walk Judges.¹⁹²

The meeting was held on April 29 in Newport News. It lasted one hour and went well. Representing VSG in the Parks and Recreation Department Office were Wills and Kevin Myers, Superintendent of Athletics and Sports Facilities Recreation Programs for the City of Newport News.

All details of conducting race walks were covered from bib numbers to be worn on the front and back by each competitor to placement of a water station on the track and the number of lap counters required in the 5000 Meter Race Walk. Questions were asked and notes taken.

Assurance was given that race walk officials would be on the track at Christopher Newport University's Pomoco Stadium and in position at 8:00 a.m. for the 5000 Meter Race Walk. Both sides felt confident problems encountered in 2013 had been addressed and would not be repeated.

Judging the 5000 Meters and 1500 Meter Race Walks were English, Shapiro, Alexander, Paschall, and Levitin. Dewey served as Recorder, and in the absence of volunteers, picked up judges' red cards during the races, a detail overlooked by the meet director.

Strider race walkers excelled in both events. In the women's division of the 1500 Meters Race Walk, age group 50-54, Garson won the gold medal in 9:06:95; Graham took the silver in 10:38.56. In the men's division of the 1500M Race Walk, Gerhardt won the gold medal in the 60-65 age group with a time of 8:49.56 and Levitin won the gold in the 80-84 age group in 12:44.09, proving once again that it never hurts to be the only competitor in the age group.¹⁹³

In the Women's 5000 Meter Race Walk, Garson won gold in 32:22.41 and Graham, silver in 37:18.65. In the men's division, Gerhardt won gold in 31:31.58.¹⁹⁴

At the conclusion of each race, walkers who had received red cards from three judges resulting in disqualification had an opportunity to meet with judges to discuss the reason for their DQ. For some race walkers, this was their first opportunity to be judged in competition. They sought our advice about technique, and we were pleased to oblige.

The USATF Southeast Region Masters Track and Field Championships takes place in Raleigh, NC, each year in early June and usually attracts Striders competing and judging the 1500 Meters and 5K Race Walks. This year it was held on June 6-7 at North Carolina State University.¹⁹⁵

Publicity for most out of state races usually begins six to eight weeks prior to the event with an announcement by Durrant that he plans to participate and has six seats available in his van for competing race walkers and certified USATF judges. In the past four years, Graham, Janssen, Garson, Shapiro, Lipford and Durrant medaled in the USATF Southeast Masters. With Durrant away, however, the race was not brought to the attention of Strider walkers, and no one competed from the Tidewater Striders.

The lone Strider attending the event was Levitin as a Certified USATF Official and Race Walk Judge. The absence of competing Strider race walkers was noted by several Southeast U.S. Masters officials.

The highlight of the event came on the second day as Myrle Mensey from Jennings, MO, set three National records in the Women's Throws Pentathlon. On the first day, Ms. Mensey missed the world record in the weight throw by .5m after suffering an injury in the hammer throw earlier in the day.¹⁹⁶

Ms. Mensey is Founder and Executive Director of the Throwing and Growing Foundation, giving back to the sport that has given so much to her.

In the July *e-Rundown* Durrant wrote about his vacation with his wife and granddaughter in Riccone, a sports mecca in Northern Italy on the Adriatic Sea. Apparently, there was no language barrier. He had no difficulty ordering in local restaurants, gaining 6 pounds while race walking five miles three days each week.¹⁹⁷

An article in the July *e-Rundown* by Richard Pidgeon describes two dissimilar marathon courses encountered by Shapiro and himself at Bear Lake, a fresh water lake on the Utah-Idaho border. The first marathon took place in Idaho on June 13 at an altitude of 6,000 feet and the second in Utah on June 14. Rocky terrain made the Utah course more challenging. Their marathon walking time in Idaho was 6:55:16, and in Utah, 6:44:13. Alexander completed a 5K in Utah, winning her age group gold medal in 48:50.¹⁹⁸

Scudder reported Kane completed the “Hatfield-McCoy Half-Marathon” in South Williamston, KY, on June 14 in 2:55:09.¹⁹⁹

The May-June issue of *The Good Life Magazine* carried an article by Dr. Oz crediting Heather Simpson-Kong’s loss of 125 pounds to daily walks with her dog, which led to a regular walking routine. Simpson-Kong is fast becoming a long distance walker.²⁰⁰

The 2014 VA-USATF Masters T & F Championship was held in Richmond on June 21. Participating in the 3000 Meters event were three Strider race walkers – familiar names all - Garson, Graham and Durrant - and Ray Funkhouser, a former member of the USATF National Race Walking Team living in White Marsh, VA. Funkhouser is a Masters Level USATF official, who frequently comes to Tidewater to assist in judging race walks.²⁰¹

Each won a gold medal in their age group. Garson made the race interesting as she closed in on Funkhouser in the final 50 meters, finishing less than three seconds behind. The foursome provided a clinic in the technique of race walking as four Certified USATF Race Walk Judges, Paschall, Sherwood, Shapiro, and Levitin, looked on from their positions around the 400 meter track.²⁰²

Race results in the VA-USATF Masters T & F Championship:²⁰³

Place	Name	Age Group	Time
1 st	Ray Funkhouser	M60-64	19:41.60
2 nd	Rebecca Garson	W45-49	19:44.01
3 rd	Paula Graham	W50-54	21:55.83
4 th	Steve Durrant	M75-79	23:39.27

Upon completion of the race walk, participants assisted with field events. Sherwood, Durrant and Levitin worked the high jump; Graham, Shapiro, Paschall and Durrant worked the triple jump; and Graham, Shapiro, Paschall, and worked the long jump.

The four day 2014 USATF Masters Outdoor Track and Field Championships was held July 17-20 on the campus of Wake Forest University in Winston-Salem, NC. Striders Durrant and Levitin travelled to WFU to officiate as race walk judges.

Twenty-three race walkers competed in the first heat of the 5000 Meters event on the 17th, which consisted of women's age groups between 35 and 74 and men's age groups between 45 and 94. Twenty-two competitors completed the race and one did not finish. A second heat, M45-74, followed with 18 finishers and 2 DQs.²⁰⁴

The following day, Durrant and Levitin raked the Long Jump pit. In the afternoon, Durrant met up with Funkhouser, who had arrived in Winston-Salem to take over as chief judge for the 10000M road course race walk on July 19. They went over the course.

Sixteen women in the W35-47 age groups and 27 men in M45-89 age groups started the 10000M race together. Thirty-five walkers completed ten 1000 meter U shaped circuits.²⁰⁵

Garson, competing as a Strider, finished first in her new age group, W50-54, and third overall in the women's division of the 10000M with a time of 1:07:47.²⁰⁶

On July 26, history was made by a Tidewater Strider walker at the Norfolk Botanical Garden when Sara Nash became the first walker to complete a Walker Grand Prix race pushing a baby carriage 3.1 miles across the finish line. According to the official timer, mother and five month-old son, David Dean Nash, crossed the finish line in 44:37, second among women walkers in the 14th Annual Memorial Scholarship 5K.²⁰⁷

Results of all walkers successfully completing the Memorial 5K may be found in Appendix XXV.

The 2014 VA-USATF 1500 Meters Open & Masters Race Walk Championship and the Strider Mile duel event took place on August 16 at Tallwood High School in Virginia Beach.

The following results were reported by Durrant in the 1500 Meters Race Walk Championship.²⁰⁸

WOMEN

Name/Age	City	Time	Place/Age Group
Linda Janssen (52)	Virginia Beach, VA	9:40.60	1 st W50-54
Paula Graham (51)	Virginia Beach, VA	10:53.44	2 nd W50-54
Lori Sherwood (51)	Portsmouth, VA	12:48.24	3 rd W50-54
Judy Paschall (74)	Virginia Beach, VA	14:48.28	1 st W70-74

Invited guests (non USATF members):

Heather Simpson Kong, 38, Virginia Beach, VA, 12:20.68

Sara Nash, 30, Norfolk, VA, 12:42.76

Becky McKinley, 40, Virginia Beach, VA, 17:52.60

MEN

Name/Age	City	Time	Place/Age Group
Tom Gerhardt (63)	Chesapeake, VA	8:58.88	1 st M60-64
Richard Kole (74)	Virginia Beach, VA	10:49.09	1 st M70-74
Hartley Dewey (66)	Virginia Beach, VA	12:25.18	1 st M65-69

Invited guest (non USATF member):

Richard Pidgeon, 66, Virginia Beach, VA, 11:39.79

Race Walk Judges: Heat #1 – Hartley Dewey, Chris English, Tom Gerhardt. Heat #2 - Chris English, Judy Paschall, Lori Sherwood.

Durrant had directed the USATF 1500 Meters Race Walk Championship and Strider Mile since 2007. In keeping with his intention to relinquish future race responsibilities, he announced that 2014 was his final year directing the two races. Beginning in 2015, Shapiro would be the new race director.

Reviewing Strider participation in the event, Durrant noted a drop in interest had occurred for the past four years. To increase attendance, he recommended the annual Strider picnic should follow the dual event.²¹⁰

Additional judges were enlisted to monitor the Heart of Ghent 10K race on September 20. Starting and finishing at Blair Middle School on the Spotswood Avenue in Norfolk, the course changes little from year to year as it winds through Ghent neighborhoods. Nearing the end, it parallels the Tides light rail route on Brambleton Avenue before turning north on Colley Avenue and skirts Eastern Virginia Medical School to the finish line with a mile to go.

Five judges – Shapiro, Sherwood, Kane, Pidgeon and Levitin - a record number in a 2014 WGP event – were stationed along the route to record bib numbers of walkers observed running or jogging, a violation explained to walkers picking up race packets on the day before the race.

Sixty-one walkers had pre-registered. At packet pick up two women and one man indicated they would combine running and walking and opted to change to the running category.²¹¹ Walkers were identified by a red “W” marked on their bib. Forty-six walkers completed the race. Only one was disqualified and moved to the runner category.

Walking in her first Grand Prix 10K race since February, Sara Nash pushing seven month old David in a carriage, established another Strider record finishing 4th with a time of 1:16:17 in the Heart of Ghent 10K.

Upon arriving home, e-mail from Mettle Events awaited each finisher indicating the temperature at the start of the race, humidity, and wind velocity. Separating walkers and runners, finishers in each division were told their overall time, finish place, average pace, number of finishers in their division, and 5K and 10K split times.

The first five finishers in men's and women's walk division were:²¹²

WOMEN

Place	Athlete	Time
1	Jessica Robarge	1:03:51
2	Sarah Anderson	1:07:52
3	Linda Janssen	1:08:03
4	Sarah Nash	1:16:17
5	Heather Simpson- Kong	1:23:55

MEN

Place	Athlete	Time
1	Tom Gerhardt	58:15
2	Scott Stakes	58:34
3	Hartley Dewey	1:15:58
4	Steve Durrant	1:16:04
5	Jonathan Miller	1:27:33

Six men and 15 women completed the 38th Annual Neptune Festival 8K on September 27. Two of the six men were Striders: Dewey finished 2nd with a time of 62:39 and Durrant finished 3rd with a time of 62:57.²¹³

Five of the 15 women, including the first three, were Striders.²¹⁴

1st place – Maureen Ventrice 53:35

2nd place – Lori Sherwood, 62:45

3rd place – Sara Nash, 62:45

14th place – Elizabeth McKinley 98:18

15th place – Judy Paschall. 98:18

Minutes of the August Board of Directors meeting appeared in the October issue of *The e-Rundown*. For the first time in 42 years, a walker presided at a board meeting of the Tidewater Striders. The newsletter reported, “The meeting was called to order at 6:30 p.m. by Vice President, Steve Shapiro, at the Neptune Festival Offices.”²¹⁵

On a sad note, the October newsletter was without an article by its most prolific contributor, Hall of Famer Steve Durrant.

The 2014 USATF Masters National 5K Race Walking Championship was held on October 4 in Kingsport, Tennessee. In 2012, the Striders entered walking teams in both men's and women's divisions. Since then, the club's participation has fallen dramatically. In 2013, no Striders competed, and this year Garson was the lone Strider race walker.

For the past three years Garson has been beset with health issues. Four months before the National Open 5K Race Walk Championship, she was diagnosed with Lyme disease. In e-mail to Durrant and reported in the November *e-Rundown*, Garson wrote that she had adopted realistic goals in training, and in this race was aiming to finish 3.1 miles in 32:00 minutes. Her actual finish time was 32:12, 4th overall among 26 women, and 1st in the W50-54 age group.²¹⁶

On October 24, the walking community was saddened by the health update received from Dewey. “With game 3 of the 2014 Worlds Series being played tonight, I guess it is a little ironic to say I am going into extra innings,” wrote Hartley.²¹⁷

He referred to good news and bad news, and paraphrased Sir Winston Churchill “‘I will never, never, never give up.’ The key thing about a baseball game that goes into extra innings is the game is not over.....”²¹⁸

He concluded with quoting scripture, Romans 5:3-5 (The Message), and writing, “Lorraine and I are blessed beyond imagination by so many praying for and encouraging both of us. Thank you for being an integral of our team.”²¹⁹

A brief two paragraph article by an unnamed writer appeared in the November *e-Rundown* in an article captioned, “The Legend – Mel Williams,” about the end of an unbroken series by one of the most modest athletes and scholars ever to lace up a pair of running shoes in the history of the Tidewater Striders.²²⁰

The legendary professor, 76, one of four runners referred to as “Groundpounders” who completed each of the previous thirty-eight Marine Corps Marathons, shattered his own records along the way. On October 26, the streak came to an end. He did not complete the 39th MCM.

And so we tip our hat to a true gentleman, mentor and friend to all. “Well done, professor. Well done.”

Walkers on the road noted by Scudder in the November newsletter were Sherwood in the Marine Corps Marathon crossing the finish line in 7:05:26, and Shapiro in the New York City Marathon on November 2, finishing in 6:11:49.²²¹

On November 8, the Tidewater Striders One Hour Postal Race Walk, sanctioned as the VA Association-USATF 2014 One Hour Open Race Walk Championship was held at Tallwood High School in Virginia Beach. For six years, Steve Durrant has served as race director and assembled a host of volunteers to manage the One Hour Postal. Again this year, the race took place in two heats on a 400 meter track.

Gerhardt finished first among men with a distance of 9,508 meters in one hour; Shapiro, second, 8,153 meters; Durrant; third, 7,283 meters; and Pidgeon, fourth, 6,522 meters.²²²

Fletemeyer, 19, a member of the Maryland Potomac Valley Track Club, was first overall among women (and men) with a distance of 9,763 meters. She was followed by Graham, second, 7,639 meters; Simpson-Kong, third, 6704 meters; and Alexander, fourth, 6,161 meters.²²³

Chris English served as Chief Judge. Other judges were Levitin, Durrant, Shapiro, Gerhardt, Alexander and Dewey. Graham and Pidgeon served as starters/timers/final lap measurers, assisted by McKinley in both heats.

The annual meeting of the Walk Committee was held the following day at the home of Hartley and Lorraine Dewey. A full agenda had been prepared by the chairman.

The meeting began with a discussion of the Grand Prix schedule for the ensuing year. By way of introducing a new race for the committee to consider, Levitin distributed copies of the 2014 application for the Tacky Sweater 5K to be held on December 13 in Ocean View. The race is unique, he explained, by calling attention to the charity it supports, EDMARC Hospice for Children.

Prepared by Mettle Events' Ann Hupp, the application for the Tacky Sweater 5K included separate registration check offs for walkers and runners.

**For the 5K Run, the registration form stated,
“Register for this race if you plan to run, or run/walk the event.”**

**For the 5K Walk, the registration form stated,
“Walkers only in this division. You must walk the entire distance. If you plan to run/walk, please sign up for the run.”**

The wording is remarkable. It appears for the first time on a registration form, paper or electronic, for a local race benefiting a charity of any description timed by any of the several local timing organizations.

Levitin suggested walker friendly race directors could help eliminate the confusion that has prevailed over the years regarding the difference between the two by including separate sign up space on event applications for RUN/RUN WALK and WALK, with the appropriate explanation for each. The result, he indicated, would be a win-win situation for walkers, runners, race directors, and official timers.

After an absence for several years from the WGP schedule, the Jewish Family Service 5K was reinstated. The Boo Yah 5K replaced the All America 5K in October. Gerhardt proposed a 50K race, but received no support from the committee. The majority of 2014 races were retained, beginning with the Hair of the Dog 5K on January 1 and ending with the YBHM in November, although a suggestion was made to include the Tacky Sweater 5K in December.

The committee voted to change the name of the Yeah Buddy Half Marathon (YBHM) to the “YBHM Invitational.” The schedule must be approved Strider Board of Directors.

The committee recommended house keeping changes to Policies and Procedures and to change the name of the committee from “Walking Committee” to “Walk Committee.”

Regarding walk policies and procedures, the chair announced a sub committee would be appointed to consider how to handle disputes at future WGP events.

The chairman thanked members of Walk Committee for their assiduous attention to maintaining a high level of performance in 2014.

- Steve Durrant, Race Director for two VA-USATF races and monthly contributor to *The e-Run-down*.
- Richard Pidgeon, Vice Chair, monthly Walk Committee report to board.
- Paula Graham, Walker Forum and chief communicator with walkers.
- Steve Shapiro, in charge of judging for WGP races.
- Buddy Levitin, author, Tidewater Striders history of walking.
- Dwight Kane, head cheerleader.

Durrant, former Committee Chairman, reviewed Strider participation in national level race walks: 5K in Kingsport, TN; 30K in Valley Cottage, NY; and 40K in Ocean Township, NJ.

Graham reviewed WGP judges guidelines for non- USATF races. Significant clarifications stipulate:

- (1) the finish line judge will write down the numbers of all WGP finishers or top 5 male and top five female participants in each race who walk across the finish line.
- (2) The chief judge should check with the timer to determine when the timer wants the first finish time list for the timer to match with prospective award winners.

Durrant, Chairman of the Nominating Committee, reported the committee recommended the following walkers to serve on the Walk Committee for the ensuing year: Dewey, Shapiro, Graham, Pidgeon, Simpson-Kong and Levitin. The slate was elected as presented.

In accord with Tidewater Strider “Walking Committee Policies and Procedures” the chairman of the Walk Committee will be appointed by the president of the Tidewater Striders and approved by the Board of Directors.

The final WGP race, the Third Annual Yeah Buddy Half Marathon was held on November 15 at Williams Farm Park. Two elite runners recovering from injury, McDonald and Williams, joined fifteen walkers between the age of 39 and 81 on a cold blustery morning for the 7:30 start.

Race director Graham counted the laps for each walker and recorded their finish time while starter and course judge, Gerhardt, walked the course in the opposite direction taking pictures.

In lieu of registration fees, race participants were requested to make a contribution for the American Cancer Society. The amount of \$710 was contributed.²²⁴

Finishers in the women's category were led by Sherwood and Davis, who completed the 13.1 mile course in 2:56:50. Simpson-Kong finished in 3:14:40 and Barbara Gerhardt in 3:40:00. Completing their first half-Marathon were McKinley and Walking Turtle Laura Vick in 4:31:45. The most determined walker to finish 13.1 miles was McKinley, who limped across the finish line. The next day McKinley discovered she had a broken foot. The distance was a PR for McKinley and Vick.²²⁵

Leading the men's category were Shapiro (2:56:50) and Durrant (3:07:22), first and second respectively, followed by Pidgeon (3:09:37), Curry (3:48:03) and Levitin (3:54:04).²²⁶

The *History of Walking in the Tidewater Striders, 1972-2009, Revised Edition*, refers to McDonald and Williams as the most influential runners in the early development of walking in the Striders running club. Each had distinct roles in walking becoming a secondary purpose of the organization, and each turned to walking to rehab from serious injuries.

Eleven of the seventeen participants completed the half-marathon distance. Dave and Sharon McDonald lined up at the start line and walked 4.4 miles before retiring. Arriving at the course earlier, Williams had completed 5 miles before the YBHM began and did 2.2 additional miles. Dewey accompanied Levitin on laps 10 and 11. Spruill clocked 12.1 miles and Kane 5.5.

Four days prior to the YBHM, McDonald, premier Strider runner and founder of Mediation Center of Hampton Roads, dispatched e-mail to friends bringing them up to date on his battle with cancer and what it meant to be running again. McDonald wrote in part:

Last year, after I was diagnosed with cancer, the Walk organizers of the Yeah Buddy ½ invited me to come participate in their walk. I was glad I did. A number of the participants had been through it (and continue to battle through it.) My good friend Pat Moore drove out to the event. We walked a few of laps of the course and got a decent workout, but more importantly, I received some great support from guys who had been through this new battle I was about to face. (You don't have to be a "race" walker, nor must you walk 1.3 miles.) Good people. Good exercise, A good Cause.²²⁷

Scudder reported the finishing times of 22 Striders who participated in the Redneck Romp 10-Miler in Wachapreague on November 29. To the surprise of no one, the last to cross the finish line were four elite Strider walkers: Sherwood, 2:18:52; Durrant, 2:18:53; Pidgeon, 2:20:11; Shapiro, 2:20:11. The average pace per mile for Sherwood/Durant was 13.53 and for Shapiro/Pidgeon, 14.01, just another slow and easy Saturday morning workout for the walking foursome.²²⁸

The inaugural Tacky Sweater 5K was held in Ocean View on December 13 to benefit EDMARC Hospice for Children. Directed by Mettle Events, the race drew 300 participants, including 41 walkers. Registration for the race, referred to previously in these pages, precisely described the difference between “walking” and “run/walking” and was responsible for no apparent violations occurring.

Among the walkers were three Striders, Shapiro, Pidgeon, and Simpson-Kong. Shapiro was first to cross the finish line in 34:56, followed by Pidgeon, second in 40:03. Simpson-Kong, fourth place finisher (42:45), was the first female Strider walker to finish, six seconds behind Kelly Hoffer, a non-Strider ²²⁹

Noticeable among the walkers were members of the “Running Turtles,” a neophyte group of walkers adorned in tacky sweaters enjoying the fresh air and the stroll out and back on West Ocean View Ave. Voted on by pizza eating race participants, the award for tackiest sweater went to Pidgeon.

As the 2014 racing season drew to a close it had become evident a renewed effort to curb the number of race participants who register as walkers and also run was paying off. The cooperation of Tidewater Striders and Mettle Events made it possible.

On December 19, just before the current study went to the printer, e-mail was received from Dewey in which he referred to an early Christmas present. He reported no active cancer can be detected by a PET scan. “My oncologist,” wrote Dewey, “noted that it is unusual for a treatment to continue to have a beneficial impact on a patient 4-6 weeks after chemo. My last chemo session was more than four months ago.” He concluded by writing, “If the absence of cancer cannot be attributed to the chemo, it must be attributed to the power of prayer!” ²³⁰

As the current study comes to an end, a major challenge to the Tidewater Striders awaits their attention if they are to remain among the premier sports clubs in the United States: the introduction of race walking to young athletes who would wear the Strider uniform, competing as race walkers alongside their New Energy friends competing as runners. Together they would travel to local meets and beyond.

Certified USATF Race Walk officials among the Striders can attest to the success of young walkers trained by adults associated with the Team Flash Track Club in Williamsburg. They have witnessed New Energy runners compete successfully in Junior Olympic meets. A major step forward would be made when the same Strider van transporting New Energy runners made room for New Energy race walkers.

A tribute to Tidewater Striders New Energy staff occurred at the conclusion of the 2014 annual banquet in February. Thirty-five adults, runners all, were recognized for their work with aspiring young athletes. To demonstrate the fundamentals of race walking to New Energy leaders takes less than ten minutes. The rest is practice. Therein lies the challenge.

ENDNOTES

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- ²⁰⁹Durrant. "Strider Mile & VA-USATF 1500M Race Walk." *The e-Rundown*. Sept. 2014:23. TS Web site.
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- ²¹¹Levitin served as chief judge and received a list of pre-registered walkers from Ann Hupp, race director, prior to the start of packet pick up on September 19.
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²¹⁵“Minutes for August 11, 2014.” The e-Rundown. Oct. 2014:8. TS Web site.

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APPENDICES

Appendix I

Tidewater Strider Age Graded Walker Performances

20K Distance Series Race

Fort Story, VA, February 20, 2010

Source: Steve Durrant

MEN

<u>NAME (AGE)</u>	<u>Finish Time</u>	<u>A/G %*</u>	<u>A/G Time**</u>	<u>Finish Place</u>	<u>A/G Place</u>
Steve Durrant (71)	2:35:14	.6875	1:53:56	4	1
Bill Spruill (75)	2:55:12	.6442	2:01:31	5	2
Hartley Dewey (62)	2:31:19	.6354	2:03:12	3	3
Scott Stakes (46)	2:17:33	.6095	2:08:27	1	4
Steve Shapiro (56)	2:31:06	.6019	2:10:03	2	5
Tom Gerhardt (58)	3:08:41	.4905	2:39:36	6	6

WOMEN

Paula Graham (47)	2:31:02	.6219	2:16:23	1	1
Judy Paschall (70)	3:36:01	.5882	2:24:11	6	2
Lori Sherwood (45)	2:46:55	.5521	2:33:38	4	3
Maureen Ventrice (44)	2:45:33	.5516	2:36:46	3	4
Heidi Sleasman (37)	2:49:53	.5370	2:37:56	2	5
Dianna Hinshaw (28)	3:18:16	.4278	3:18:16	5	6

*Percentage walker's time is of the current world record for 20K

**WAVA age graded adjusted times walker would have had if raced 20K at age 20-29, considered the prime time for performances.

Appendix II

Ager Graded Walker Results
 2010 VA & Eastern Regional USATF 1500M Race Walk Championship
 Landstown High School, Virginia Beach, VA
 August 14, 2010
 Source: Steve Durrant

MEN

Name (Age)	A/G%	A/G Time	A/G Place	Race Time /Place
Tom Gerhardt (59)	.8144*	6.24	1	7:51.54/1
Ray Funkhouser (59)	.7496	6.58	2	8:32.26/3**
William Lipford (55)	.7446	7:00	3	8:16.88/2
Scott Stakes (47)	.6712	7.46	4	8:35.47/4
Jordan "Buddy" Levitin (76)	.6638	7.52	5	11:45.05/8**
Hartley Dewey (62)	.6583	7:55	6	10:01.52/6
Rick Craven (54)	.6282	8.18	7	9:44.18/5
Bill Spruill (75)	.6228	8.23	8	12:21.82/9**
Dean Wewetzer (51)	.5495	9.30	9	10:51.46/7

WOMEN

Name (Age)	A/G%	A/G Time	A/G Place	Race Time/Place
Rebecca Garson (46)	.7216	7:47	1	8:28.58/2**
Aleiza Higgins (17)	.6950	8:05	2	8:16.43/1
Linda Janssen (48)	.6844	8.12	3	9:05.01/3
Paula Graham (47)	.6474	8:41	4	9:31.48/4
Judy Paschall (70)	.6019	9:20	5	12:54.23/8**
Heidi Sleasman (38)	.5490	10:14	6	10:28.42/5
Lori Sherwood (46)	.5403	10:24	7	11:19.24/6
Cindy Williams (49)	.5015	11:12	8	12:31.76/7

*National Level Performance

** Improvement in walker's actual and age graded performance occurred

Appendix III

Age Graded Walker Results
Dismal Swamp Stomp Half-Marathon
Chesapeake, VA
April 16, 2011
Source: Steve Durrant

MEN

Name (Age)	A/G%	A/G Time	A/G Place	Race Time /Place
Tom Gerhardt	.7199	1:55:16	1	2:17:15/1
Steve Durrant	.6523	2:07:13	3	2:54:23/3
Dwight Kane	.6062	2:16:54	2	2:41:33/2
Bill Spruill	.6031	2:17:35	4	3:21:03/5
Jordan "Buddy" Levitin	.5914	2:20:19	5	3:28:17/7
Bill Lipford	.5162	2:40:46	6	3:09:43/4
Bob Curtin	.4746	2:54:50	7	3:26:20/6

WOMEN

Name (Age)	A/G%	A/G Time	A/G Place	A/G Race Place
Linda Janssen	.6806	2:12:31	1	2:29:47/1
Judy Paschall	.6186	2:25:47	2	3:42:50/5
Maureen Ventrice	.6068	2:28:38	3	2:41:34/2
Cindy Williams	.5433	2:46:00	4	3:09:36/3
Paula Graham	.4846	3:06:06	5	3:28:15/4

Appendix IV

Tidewater Striders Individual Race Results

“We Walk! Marathon, Half, 50K.”

Saint Joseph, Minnesota

May 20, 2011

Source: Steve Durrant

50K

Tom Gerhardt 7:14:15 1st Place M55-59, 2nd Place overall 50K Race Walk

Marathon Run/Walk

Lori Sherwood 6:21:41 1st Place W45-49, 1st Place tie overall Run/Walk

Half-Marathon, Striders Team “A”

Bill Lipford 2:31:04 1st Place M55-59, 3rd Place overall Race Walk
 Linda Janssen 2:34:44 2nd Place W45-49, 4th Place tie overall Race Walk
 Rebecca Garson 2:34:44 1st Place W45-49, 4th Place tie overall Race Walk
 Judy Paschall 3:37:07 1st Place W70-74, 4th Place overall Power Walk
 Cindy Williams 3:43:37 2nd Place W50-54, 7th Place overall Power Walk

Half-Marathon, Striders Team “B”

Debra Hovatter 2:36:14 2nd Place W55-59, 6th Place overall Race Walk
 Steve Durrant 2:42:32 1st Place M70-74, 9th Place overall Race Walk
 Pat Thomas 2:59:15 1st Place W50-54, 1st Place overall Power Walk
 Kathy Nash 3:06:29 3rd Place W55-59, 10th Place overall Race Walk
 Bill Spruill 3:12:51 3rd Place M75-79, 11th Place overall Race Walk
 Tom Gerhardt 7:14:15 1st Place M55-59, 2nd Place overall 50K Race Walk

*Gerhardt was the only Strider in the 50K. The race director allowed his age group finishing place time to be used in the half-marathon teams competition. (S. Durrant.)

There was a three way tie for first place in the overall team competition. Tidewater Strider Teams “A” and “B” and Twin City Race Walkers finished with an age group score of 3. Team “Four Sisters” finished with an age group score of 8 for 4th place. (S. Durrant.)

Appendix V

Age Graded Results
Elizabeth River Run 10K
Portsmouth, VA
May 28, 2011
Source: Steve Durrant

MEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Dick Kole (70)	1:11:39	.7183	52:24	3***	1
Steve Durrant (72)	1:17:48	.6787	55:27	5***	2
Jordan "Buddy" Levitin (77)	1:25:41	.6612	56:55	7***	3
Dwight Kane (58)	1:11:21	.6333	59:26	2	4
Scott Stakes (48)	1:05:30	.6331	59:27	1	5
Hartley Dewey (63)	1:17:48	.6103	1:01:40	4	6
Steve Shapiro (57)	1:17:49	.5755	1:02:24	6	7
Carl Mallet (69)	1:37:00	.5241	1:11:49	9***	8
James Wolfe (50)	1:28:02	.4790	1:28:02	8	9

WOMEN

Maureen Ventrice (45)	1:09:25	.6384	1:04:09	1	1
Paula Graham (48)	1:17:49	.5849	1:10:01	2	2
Lori Sherwood (47)	1:17:50	.5794	1:10:40	3	3

*This is the percentage walker's time is of the current world record for the distance.

** WAVA age graded adjusted times you would have had when you raced this distance at age 20-29, considered the prime years of one's performances.

*****Old age triumphs over youth!** Average age of the entire 9 men's cohort is 62.6.

Appendix VI

Age Graded Performances
Virginia Association & Eastern Regional USATF 1500M Race Walk Championship
Tallwood High School, Virginia Beach, VA
August 6, 2011
Source: Steve Durrant

MEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Tom Gerhardt (60)	8:07:67	.7956	6:33	1	1
Bill Lipford (59)	8:27:53	.7566	6:54	2	2
Ray Funkhouser (60)	8:42:63	.7424	7:02	3	3
Jordan "Buddy" Levitin (77)	11:50:03	.6690	7:48	7***	4
Scott Stakes (48)	8:54:37	.6531	8:00	4	5
Richard Kole (71)	11:30:26	.6345	8:13	6	6
Hartley Dewey (63)	10:41:06	.6240	8:22	5	7
James Wolfe (50)	12:22:27	.4783	10:54	8	8

WOMEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Paula Graham (48)	9:38:73	.6445	8:43	1	1
Kim Pimento (50)	9:52:65	.6412	8:46	2	2
Lori Sherwood (48)	11:28:48	.5374	10:27	4***	3
Cindy Williams (50)	12:00:65	.5278	10:39	5***	4
Heidi Sleasman (39)	11:25:69	.5075	11:04	3	5

*Percentage walker's time is of the current world record for 1500M.

** WAVA age graded adjusted times walker would have had if raced 1500M at age 20-29, considered the prime years for performances.

***Old age triumphs over youth!

Average age of the men's cohort is 61.

Average age of women's cohort is 47.

Appendix VII

Age Graded Results
Race for Breath 5K
November 5, 2011
Source: Steve Durrant

MEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Tom Gerhardt (60)	31:20	.7160	25:24	1	1
Jordan "Buddy" Levitin (77)	40:52	.6729	27:01	3	2***
Dick Kole (71)	39:36	.6406	28:23	2	3
Bob Curtin (58)	41:18	.5327	34:08	4	4
Carl Mallet (69)	48:44	.5079	35:48	5	5

WOMEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Linda Janssen (50)	33:58	.6570	30:07	1	1
Cindy Williams (50)	40:08	.5561	35:35	2	2

*Percentage walker's time is of current world record for 5K.

** WAVA age graded adjusted times walker would have had if race walked 5K at age 20-29, considered the prime years for performances.

***Old age triumphs over youth!

Average age of the men's cohort is 67.

Average age of women's cohort is 50.

Appendix VIII

Age Graded Walker Performances Wachapreague Seaside 7.7 Mile Walk

December 3, 2011

Source: Steve Durrant

MEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Steve Durrant (72)	1:34:50	.6946	Note 1	1	1
Hartley Dewey (64)	1:34:52	.6312	Note 1	3	2
Dwight Kane (58)	1:34:53	.5941	Note 1	4***	3
Steve Shapiro (57)	1:34:51	.5800	Note 1	2	4
Jordan "Buddy" Levitin (78)	2:05:11	.5732	Note 1	5	5

WOMEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Paula Graham (40)	1:26:42	.6612	Note 1	1	1
Kim Pimento (50)	1:34:28	.6128	Note 1	2	2
Judy Paschall (71)	2:05:02	.6052	Note 1	4***	3
Cindy Williams (50)	1:44:16	.5551	Note 1	3	4

Note 1: 7.7 miles is not a standard distance used in the age grading calculator. Multiplying by a standard, the age graded % can be determined using the calculator standard distance of 10K (6.2 miles) and factor of 1.24762 to determine A/G %. Age graded time can not be determined. (S. Durrant)

*Percentage walker's time is of current world record for walker's age at 5K. (S. Durrant)

***Old age triumphs over youth!

Average age of the men's cohort is 66.8.

Average age of women's cohort is 55.

Appendix IX

WAVA Age Graded Results

Hair of the Dog 5K

January 1, 2012

Source: Steve Durrant

WOMEN

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time/ Place
Linda Janssen (50)	.6487	30:30	1	34:24/1
Judy Paschall (71)	.5789	34:10	2	49:26/4***
Lori Sherwood (47)	.5613	35:15	3	38:45/2
Laurie Russell (60)	.5501	35:58	4	44:56/4
Diane Zinn (60)	.4488	44:05	5	55:04/5

MEN

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time/ Place
Steve Durrant (72)	.7221	25:11	1	35:34/2***
Jordan "Buddy" Levitin (78)	.6720	27:03	2	41:31/3***
Scott Stakes (48)	.6491	28:01	3	31:04/1
Grove Calvert (65)	.5739	31:41	4	41:11/4

*Percentage (%) walker's time is of current world record for walker's age at this distance.

**WAVA age graded adjusted times walker would have had if raced this distance at age 20-29, considered the prime years for performances.

***Old age triumphs over youth!

Average age of women's cohort is 57.6 for the 5K race.

Average age of men's cohort is 67.75 for 5K race.

Appendix X

WAVA Age Graded Walker Results
Distance Series #1, 10K & 20K, First Landing State Park, Virginia Beach, VA
January 7, 2012
Source: Steve Durrant

WOMEN – 10K

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time /Place
Maureen Ventrice (46)	.6187	1:06:11	1	1:12:15/1
Jan Morrow (55)	.5820	1:10:27	2	1:23:56/2 (tie)
Olga O'Donnell (52)	.5637	1:12:38	3	1:23:56/2 (tie)
Dianette Mabry (59)	.5256	1:17:55	4	1:37:11/4
Karen Settles (38)	.3592	1:54:01	5	1:56:48/5
Annette Van Derveer (49)	.3063	2:13:41	6	2:30:00/6****

MEN – 10K

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time Place
Richard Pidgeon (63)	.5657	1:06:31	1	1:23:56/2***
Jeremiah Niedzwiecki (36)	.5007	1:15:10	2	1:15:48/1
Jim Wolfe (50)	.4828	1:17:57	3	1:27:20/3
Anthony Settles (43)	.4094	1:23:55	4	1:37:20/4

WOMEN – 20K

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time /Place
Linda Janssen (50)	.6271	2:15:16	1	2:34:30/1
Cindy Alexander (51)	.5283	2:40:32	2	3:05:12/3***
Lori Sherwood (47)	.5073	2:47:12	3	3:05:12/2

MEN – 20K

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time/ Place
Steve Durrant (72)	.6909	1:55:18	1	2:36:32/3***
Hartley Dewey (64)	.6651	1:57:42	2	2:27:36/1
Dick Kole (71)	.6518	2:00:06	3	2:43:43/4***
Dwight Kane (58)	.6170	2:06:53	4	2:30:00/2
Steve Shapiro (58)	.4997	2:36:40	5	3:05:13/5

*Percentage (%) walker's time is of current world record for walker's age at this distance.

**WAVA age graded adjusted times walker would have had if raced this distance at age 20-29, considered the prime years for performances.

***Old age triumphs over youth! Average age of women's cohort is 49.83 for the 10K race. Average age of men's cohort is 48 for 10K race.

Average age of women's cohort is 49.33 for 20K race. Average age of men's cohort is 64.6 for 20K race.

****Annette Van Derveer started race 48 minutes after scheduled start.

Appendix XI

WAVA Age Graded Walker Results
Distance Series #2, 15K & 25K, First Landing State Park, Virginia Beach, VA
January 28, 2012
Source: Steve Durrant

WOMEN – 15K

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time /Place
Maureen Ventrice (46)	.6665	1:34:03	1	1:42:54/1
Jan Morrow (55)	.5589	1:52:09	2	2:14:40/3***
Olga O'Donnell (52)	.5530	1:53:21	3	2:11:39/2
Dianette Mabry (59)	.5401	1:56:03	4	2:26:14/4
Karen Settles (38)	.3618	2:53:15	5	2:57:29/5
Annette Van Derveer (49)	.3387	3:05:05	6	2:30:00/6****

MEN – 15K

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time Place
Richard Pidgeon (63)	.5761	1:40:17	1	2:05:27/2***
Jeremiah Niedzwiecki (36)	.4643	2:04:24	2	2:05:01/1
Jim Wolfe (50)	.46.13	2:05:14	3	2:19:19/3
Anthony Settles (43)	.4157	2:18:59	4	2:26:14/4

WOMEN – 25K

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time /Place
Linda Janssen (50)	.6609	2:51:02	1	3:15:51/1
Cindy Alexander (51)	.5405	3:22:48	2	3:54:46/3***
Lori Sherwood (47)	.5184	3:31:28	3	3:54:45/2

MEN – 25K

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time/ Place
Hartley Dewey (64)	.6656	2:30:19	1	3:06:19/1
Steve Durrant (72)	.6556	2:32:36	2	3:29:04/4***
Dick Kole (71)	.6531	2:33:12	3	3:27:05/3
Dwight Kane (58)	.6005	2:46:37	4	3:15:27/2
Steve Shapiro (58)	.5613	2:58:14	5	3:29:05/5

Percentage (%) walker's time is of current world record for walker's age at this distance.

WAVA age graded adjusted times walker would have had if raced this distance at age 20-29, considered the prime years for performances.

***Old age triumphs over youth! Average age of women's cohort is 49.83 for the 15K race. Average age of men's cohort is 48 for 15K race.

Average age of women's cohort is 49.33 for 50K race. Average age of men's cohort is 64.6 for 25K race.

****Annette VanDerveer started race 30 minutes after scheduled start of walkers race.

Appendix XII

WAVA Age Graded Results
Walker Grand Prix (WGP) Registered Walkers
Distance Series #3, 20K & 30K.
First Landing State Park, Virginia Beach, VA.
February 18, 2012
Source: Steve Durrant

WOMEN – 20K

Name (Age)	Age Graded Place	Actual Race Time/Place	Age Graded Time
Linda Janssen (50)	1	2:34:30/1	2:15:16
Cindy Williams (51)	2	3:05:12/3***	2:40:32
Lori Sherwood (47)	3	3:05:10/2	2:47:12

MEN - 20K

Name (Age)	Age Graded Place	Actual Race Time/Place	Age Graded Time
Steve Durrant (72)	1	2:36:32/3***	1:55:18
Hartley Dewey (64)	2	2:27:36/1	1:57:42
Dick Kole (71)	3	2:43:43/4***	2:00:06
Dwight Kane (58)	4	2:30:00/2	2:06:53
Steve Shapiro (58)	5	3:05:13/5	2:36:40

WOMEN – 30K

Name (Age)	Age Graded Place	Actual Race Time/Place	Age Graded Time
Linda Janssen (50)	1	4:03:25/2***	3:31:59
Maureen Ventrice (46)	2	3:54:42/1	3:33:04
Cindy Williams (51)	3	4:48:15/4***	4:08:15
Lori Sherwood (47)	4	4:48:14/3	4:19:04

MEN – 30K

Name (Age)	Age Graded Place	Actual Race Time/Place	Age Graded Time
Steve Durrant (73)	1	4:19:43/3***	3:08:33
Hartley Dewey (64)	2	3:53:31/1	3:09:26
Dwight Kane (58)	3	3:56:43/2	3:23:16
Steve Shapiro (58)	4	4:19:44/4	3:44:55

***Old age triumphs over youth!

Walk Judges: Buddy Levitin, Chief Judge
Judy Paschall, Dick Kole

Appendix XIII

WAVA Age Graded Walker Results
Walker Grand Prix (WGP) Registered Walkers
Mettle Events Dismal Swamp Stomp Half-Marathon
April 14, 2012
Source: Steve Durrant

WOMEN

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time/ Place
Maureen Ventrice (46)	.6894	2:10:49	1	2:23:33/1
Linda Janssen (50)	.6752	2:13:42	2	2:32:34/2
Lori Sherwood (47)	.5580	2:41:48	3	2:59:06/3
Olga O'Donnell (52)	.5623	2:40:23	4	3:07:13/4
Kathi Culbreth (49)	.5445	2:45:37	5	3:07:14/5

MEN

Name (Age)	A/G%*	A/G Time**	A/G Place	Race Time/ Place
Tom Gerhardt (60)	.7343	1:53:01	1	2:15:51/1
Steve Durrant (73)	.6779	2:02:25	2	2:51:10/3***
Hartley Dewey (64)	.6477	2:08:07	3	2:40:20/2
Dwight Kane (58)	.5770	2:23:49	4	2:51:16/4
Steve Shapiro (58)	.5717	2:25:10	5	2:51:19/5
Grove Calvert (65)	.5296	2:36:42	6	3:18:14/6

*Percentage (%) walker's time is of current world record for walker's age at half-marathon distance (13.1 miles.)

**WAVA age graded adjusted times walker would have had if raced this distance at age 20-29, considered the prime years for performances.

***Old age triumphs over youth!

Average age of women's cohort is 63.

Average age of men's cohort is 47.67.

Appendix XIV

An Event to be Remembered

By Team Tumor Busters

We knew something was different as soon as we arrived at Sandy Bottom Nature Park in Hampton before daybreak on Saturday, April 21. A feeling of intense, contagious emotional excitement filled the air. The scene was the “9th Annual Virginia 24-Hour Run/Walk for Cancer.”

Missing, but not missed, were timing mats and the finish line clock usually associated with most races. There would be no horn sounded to start the event, which would be conducted without timing chips, digital clocks or course judges. Instead, an alert cadre of young boy scouts sat at tables just across the finish line of the 3.75 mile course to record the number of laps each of the 142 participants completed. As each competitor approached the finish line, senior scout officials would announce an incoming bib number, and the bright eyed youngsters would mark an X by the participant’s name to indicate a completed lap. And yes, another senior scout leader would stand behind the young men to make sure the X was correctly recorded.

Around the starting area, teams were staking out a place for their open shelter, which would become home base for the next twenty-four hours. This included a team of eleven Tidewater Strider walkers, “Team Tumor Busters.” We were more than generously protected from the soon to be inclement weather by all the gear on loan from our guardian angel, Heidi Sleasman. Participants would drop in and out of the race at their leisure without losing laps already accumulated.

Beginning with the first participants to complete 15 miles (4 laps), names of event leaders would be hand written on a “white board” set up at the finish line. Throughout most of the daylight hours, a familiar name would be at the top of that board, the affable Strider runner, Tommy Neeson. Stopping after falling twice in the rain with more than six hours remaining, Tommy finished third with 100.25 miles.

We have all been in races long forgotten but for the medals stashed away in a drawer somewhere. Most took place without pain or anguish. A few days later, we go about our business. After a month or so, we might have difficulty recalling much about the event. For sure, many of us enter events because we are in a contest to see how many points we can accumulate to finish among the fastest walkers to lace up our shoes. And at the end of the season, we attend a banquet and receive a bag of some sort.

The 24 hours between 7:00 a.m. on Saturday, April 21 and 7:00 a.m. on Sunday, April 22, were unlike any others in the history of the Tidewater Striders walking community. We came together for a cause. Each of us had been personally affected by someone, a trusted friend, a dear family member or relative who is undergoing treatment for cancer or whose life was snuffed out at a young age. Some of us have battled this terrible disease ourselves.

We came together to thank our Creator for their ongoing recovery or to memorialize their life in our minds and hearts. And when we touched the list of names at the end of each completed lap, in some small way, it was a sense of comfort knowing the afflicted are recovering with each treatment and our love for the deceased will never diminish.

Team Tumor Busters reached deep down to find things in ourselves and each other that we might otherwise never have discovered.

“I couldn’t think of a better group of friends to share this odyssey. Each of you, in your own way, has touched me in a way that I’ll never be able to thank you for.” (Steve Shapiro, prostate cancer survivor)

“We all accomplished a bigger goal than mileage.” We, as a group, banded together to do something that most people think is absolutely crazy.” (Lori Sherwood)

“You all accomplished an incredible milestone for such a worthy cause.” (Linda Janssen)

“I know I’ll never forget the team spirit of mutual support demonstrated by the Tumor Busters.” (Richard Pidgeon)

“This was an event to be long remembered. It should be transcribed in every detail by the guys and gals who walked the night through, encouraged by team mates who walked and rested between laps, in remarkable feats of resiliency.” (Jordan “Buddy” Levitin)

“...when the steady rains arrived and continued thru the last 4-5 hours of the event, ...I focused on walking in honor of some who either could not walk at all or could not walk without pain. ...it put my pain in perspective.” Hartley Dewey, (neuroendocrine and melanoma cancer survivor)

Team Tumor Busters had three experienced Ultra race veterans among its eleven walkers. The only all walking team finished fourth of nine teams with 458.75 miles. However, in the area of fundraising, none of the other teams held a candle to the more than \$5,000 raised by Team Tumor Busters compared to \$9,000 raised by the other 131 competitors.

The character of Team Tumor Busters was epitomized by the last two competitors still on the course after 23 hours. At some distance past 60 miles, Hartley’s body started breaking down and leaning to the right rather than standing up straight. As the last miles passed and the lean became more pronounced, no matter how hard he tried, it became more and more difficult to walk straight ahead. The last three miles he literally leaned on Steve Shapiro to get him to the finish line.

Where the team goes from here is best said in the last paragraph of the last email from a team member. “I look forward to this madness once again next year. I’m hoping this is not a ‘one and done’ affair. It is a great cause and a great feeling.” (Lori Sherwood)

RESULTS

Walker	Miles
Steve Shapiro	75.00
Hartley Dewey	75.00
Tom Gerhardt	64.00
Lori Sherwood	52.50
Richard Pidgeon	41.25
Steve Durrant	37.50
Cindy Alexander Williams	31.00
Linda Janssen	26.25
Dwight Kane	22.50
Maureen Ventrice	18.75
Jordan “Buddy” Levitin	15.00

Total 458.75

Appendix XV

Age Graded Walker Performances
Elizabeth River Run – 10K
May 25, 2012
Source: Steve Durrant

MEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Tom Gerhardt (60)	1:02:05	.7420	50.43	1	1
Dick Kole (71)	1:13:53	.7054	53.21	3***	2
Jordan “Buddy” Levitin (78)	1:27:56	.6541	57.32	9***	3
Bill Spruill (77)	1:27:54	.6445	58.24	8***	4
Hartley Dewey (64)	1:16:09	.6431	58.31	4	5
Scott Stakes (49)	1:06:18	.6307	59.40	2	6
Malcolm Higgins (66)	1:26:35	.5667	1:06:24	6	7
Richard Pidgeon (63)	1:24:37	.5612	1:07:04	5	8
Grove Calvert (65)	1:27:33	.5542	1:07:55	7	9
James Wolfe (50)	1:34:01	.4522	1:23:13	10	10

WOMEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Judy Paschall (72)	1:41:01	.6106	1:07:04	2***	1
Paula Graham (49)	1:17:49	.5849	1:10:01	1	2

*Percentage walker’s time is of the current world record for 10K.

** WAVA age graded adjusted times walker would have had if raced 10K age 20-29, considered the prime years for performances.

***Old age triumphs over youth!

Average age of the men’s cohort is 64.3

Average age of the women’s cohort is 60.5

Appendix XVI

Distance Series Race #1, 10K & 20K
Dismal Swamp Canal Trail
January 5, 2013

MEN 10K

<u>Place</u>	<u>Name (Age)</u>	<u>Time</u>
1	Dwight Kane (59)	1:19:55
2	David Lohmeier (49)	1:24:35
3	Anthony Settles (44)	1:34:10

WOMEN 10K

1	Paula Graham (50)	1:12:01
2	Sara Nash (28)	1:18:41
3	Maureen Ventrice (47)	1:19:55
4	Wendy Burke (39)	1:28:47
5	Deborah Lohmeier (42)	1:28:47
6	Cindy Alexander (52)	1:30:41
7	Judy Paschall (72)	1:43:23
8	Karen Settles (39)	1:44:44

MEN 20K

<u>Place</u>	<u>Name (Age)</u>	<u>Time</u>
1	Tom Gerhardt (61)	2:15:13
2	Hartley Dewey (65)	2:31:44
3	Richard Pidgeon (64)	2:43:20
4	Steve Durrant (73)	2:43:23
5	Steve Shapiro (59)	2:43:39
6	Malcolm Higgins (67)	3:04:09

WOMEN 20K

1	Linda Janssen (51)	2:30:08
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Appendix XVII

Distance Series Race #3, 20K & 30K
Dismal Swamp Canal Trail
February 23, 2013

MEN 20K

<u>Place</u>	<u>Name (Age)</u>	<u>Time</u>
1	Hartley Dewey (65)	2:38:26
2	Steve Durrant (73)	2:51:01
3	Anthony Settles (44)	3:40:52

WOMEN 20K

1	Sara Nash (28)	2:31:50
2	Paula Graham (50)	2:33:08
3	Lori Sherwood (48)	2:51:02
4	Karen Settles (39)	3:37:09

MEN 30K

<u>Place</u>	<u>Name (Age)</u>	<u>Time</u>
1	Tom Gerhardt (61)	3:37:15
2	Steve Shapiro (59)	3:49:49
3	Richard Pidgeon (64)	4:07:39

WOMEN 30K

None

Appendix XVIII

Age Graded Walker Performances
CRR Jamestown High School Swamp Run 5K
March 9, 2013
Source: Steve Durrant

MEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Tom Gerhardt (61)	30:06	.7525	24:10	1	1
Scott Stakes (50)	30:21	.6755	26:55	2	2
Jordan "Buddy" Levitin (79)	43:14	.6554	27:45	8***	3
Rich Higgins (59)	34:22	.6465	28:08	3	4
Rich Sanborn (78)	43:48	.6370	28:33	9***	5
Norman Slagle (69)	40:10	.6162	29:31	6	6
Gary Buckley (61)	37:53	.5979	30:25	4	7
Richard Pidgeon (64)	39:12	.5965	30:29	5	8
Grove Calvert (66)	42:40	.5602	32:28	7	9
Derry Pence (64)	49:36	.4714	38:34	10	10

WOMEN

Name (Age)	Finish Time	A/G%*	A/G Time**	Race Place	A/G Race Place
Pat Eden (81)	49:28	.6904	28:39	10***	1
Darryl Chambers (76)	48:30	.6402	30:54	7***	2
Nancy Kravitz (59)	38:23	.6366	31:05	2	3
Sandy Conte (58)	38:43	.6242	31:42	3	4
Sylvia Garcia (60)	40:57	.6036	32:47	5	5
Judy Paschall (73)	49:27	.5969	33:09	9***	6
Lori Sherwood (48)	39:13	.5593	35:22	4	7
Sara Nash (28)	35:56	.5506	35:56	1	8
Renee Napolitano (48)	44:17	.4953	39:57	6	9
Sondra Ludwig (53)	49:32	.4633	42:42	11***	10
Korin Abaroa (36)	48:31	.4433	47:52	8	11
Molly Sandling (39)	49:36	.4113	48:06	12	12

*Percentage walker's time is of the current world record for 10K.

** WAVA age graded adjusted times walker would have had if raced 10K age 20-29, considered the prime years for performances.

***Old age triumphs over youth!

Average age of the men's cohort is 65.1

Average age of the women's cohort is 54.9

Appendix XIX

WAVA AGE GRADED WALKER RESULTS

Elizabeth River Run, 10KWalk

May 25, 2013

Source: Steve Durrant

MEN

Name (Age)	A/G*	A/G Time**	A/G Place	Race Time/ Place
Tom Gerhardt (61)	.7460	49:15	1	1:00:53/1
Jordan "Buddy" Levitin (79)	.6863	55:02	2	1:25:26/6***
Scott Stakes (50)	.6807	55:21	3	1:01:57/2
Steve Durrant (73)	.6779	1:03:03	4	1:25:31/5***
Malcolm Higgins (67)	.5835	1:04:30	5	1:25:04/4
David Harrah (66)	.5790	1:05:00	6	1:24:45/3
Grove Calvert (66)	.5640	1:06:44	7	1:27:00/7

WOMEN

Name (Age)	A/G*	A/G Time**	A/G Place	Race Time/ Place
Anne Curtis (58)	.7096	57:47	1	1:11:20/1
Lizz Chambers (61)	.6403	1:03:57	2	1:22:25/3***
Martha Gullo (60)	.6139	1:06:42	3	1:25:21/5***
Paula Graham (50)	.6085	1:07:18	4	1:16:38/2
Judy Paschall (73)	.5969	1:08:36	5	1:45:36/13***
Cheryl Miller (55)	.5585	1:13:19	6	1:28:35/7
Julie Sigler (48)	.5459	1:15:01	7	1:24:28/4
Lori Sherwood (49)	.4792	1:18:32	8	1:28:38/6

*This is the percentage (%) your time is of the current world record for your age at this distance.

**This is the World Association of Veteran Athletes (WAVA) Age Graded Adjusted Times you would have walked when you raced 10K at age 20-29, considered the prime years for performances.

***Old age triumphs over youth! Average age of men's cohort is 61.8.
Average age of women's cohort is 53

Appendix XX

Result of the 2nd Annual Yeah Buddy Half-Marathon
Williams Farm Park, Virginia Beach, VA
November 16, 2013

Source: Steve Durrant

MEN

	Place /Name	Time
1 st	Tom Gerhardt	2:34:27
2 nd	Steve Shapiro	2:43:40
3 rd	Richard Pidgeon	2:46:53
4 th	Hartley Dewey	2:55:08
5 th	Steve Durrant	2:57:00
6 th	Bill Spruill	3:19:19
7 th	Jordan "Buddy" Levitin	3 29:50
8 th	Fred Curry	3:34:26
	Less than 13.1 miles completed:	
	4.4 Miles	
	Richard Kole	45:49
	3.3 Miles	
	Dave McDonald	54:37
	Patrick Moore	54:37
	Mel Williams	45.42

WOMEN

	Place/Name	Time
1 st	Maureen Ventrice	2:43:41
2 nd	Diane Cory	3:00:13
3 rd	Lori Sherwood	3:11:56
4 th	Virginia Davis	3:11:57
5 th	Susan Hagel	3:12:00
6 th	Rebecca Garson	3:13:37
7 th	Paula Graham	3:13:43
8 th	Pat Thomas	3:14:30
9 th	Heather Simpson-Kong	3:31:05
10 th	(tie) Mary Avery	3:47:15
10 th	(tie) Patti Gilbert	3:47:15
11 th	Bonnie Cabo	3:51:52

Appendix XXI

Supporting Documentation
for Tidewater Striders Hall of Fame Nomination of
Steve Durrant, Class of 2014

Competition

1. Masters Race Walking Rankings (2006)
 - 5000 meters, 16th place, 65-69 age group, 33:42
2. National Senior Games, Louisville, KY (2007)
 - 5K Race Walk, 12th place, 65-69 age group, 34:46.65
 - 1500 meter Race Walk, 11th place, 65-69 age group, 9:35.61
3. USATF National 5K Race Walking Championship, Kingsport, TN
 - 3rd place, 65-69 age group, 34:49 (2008)
 - 1st place, 70-74 age group, 34:57 (2009)
 - 3rd place, 70-74 age group, 35:28 (2010)
 - 2nd place, 70-74 age group, 36:39 (2011)
4. USATF Southeastern Masters T&F Championship, Raleigh, NC
 - 1500 meter Race Walk, 1st place, 70-74 age group, 10:05.10 (age group record - 2010)
 - 5000 meter Race Walk, 1st place, 70-74 age group, 35:34.05 (2010)
 - 1500 meter Race Walk, 1st place, 70-74 age group, 10:35.47 (2011)
 - 5000 meter Race Walk, 1st place, 70-74 age group, 37:03.15 (2011)
5. USATF 30K Race Walk Championship, Congers, N.Y.
 - 3rd place, 70-74 age group, 4:08:26 (2011)
6. USATF VA Masters & Open Track and Field Championship, Richmond, VA
 - 3000 meter Race Walk, 1st place, 70-74 age group, 22:23.56 (2012) (current 70-74 meet record)
 - 3000 meter Race Walk, 1st place, 70-74 age group, 23:04 (2013)

7. Virginia Senior Games

- 1500 meter Race Walk, 1st place, 65-69 age group, 9:54.00 (2004)
- 5K Race Walk, 2nd place, 65-69 age group, 35:15.70 (2004)
- 5000 meter Race Walk, 1st place, 65-69 age group, 33:42 (2006)
- 5000 meter Race Walk, 2nd place, 65-69 age group, 35:13.82 (2008)
- 1500 meter Race Walk, 1st place, 70-74 age group, (2010)
- 5000 meter Race Walk, 1st place, 70-74 age group, (2010)
- 1500 meter Race Walk, 1st place, 70-74 age group, 10:13.00 (2011)
- 5000 meter Race Walk, 1st place, 70-74 age group, 36:18.00 (2011)
- 5000 meter Race Walk, 1st place, 70-74 age group, 36:10.00 (2012)
- 5000 meter Race Walk, 1st place, 70-74 age group, 42:40 (2013)

8. Tidewater Strider Walker Grand Prix Awards - 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012

Volunteerism

- Tidewater Striders Race Director of the Year (2007)
- Tidewater Striders Club/Community Service Volunteer of the Year, Bronze Award (2009)
- Co-Chair, Tidewater Strider Walk Committee (2008) (2009) (2010) (2011) (2012)
- Monthly contributor to *The Rundown*, articles with photos if available, (2008) (2009) (2010) (2011) (2012) (2013)
- Author of twelve page narrative, "Developing Organized Walking within a Running Club," published on the website of Dave McGovern, international race walking coach and competitor, and the Tidewater Strider Web site (2009)
- Written reports submitted each month as Walk Committee Co-Chair to Strider Board of Directors (2009) (2010) (2011) (2012)
- Race Director, Tidewater Striders One Hour Postal Race Walk (2007) (2008)
- Race Director, VA-USATF One Hour Race Walk Championship (2009) (2010) (2011) (2012) (2013)
- Race Director, Strider Mile & VA-USATF 1500 meter Race Walk Championship (2007)
- Race Director, Strider Mile & VA-USATF 3000 meter Race Walk Championship (2008) (2009)

- Race Director, Strider Mile & VA-USATF and Eastern Regional 1500 meter Race Walk Championship (2010) (2012) (2013)
- Co-Host, Dave McGovern World-Class Race Walking Clinic, Ashburn, VA (May 2008)
- Co-Host, Dave McGovern World-Class Race Walking Clinic, Williamsburg, VA (March 2009) and Virginia Beach, VA (April 2010)
- Co-Host, Jeff Salvage and Rachel Seaman Racewalking Clinic, Virginia Beach, VA (September 2011)

Professional

- Association Level USATF Official and certified Race Walk Judge, 2005 – 2008 Olympiad
- Virginia Senior Games Race Walk Judge 2005, 2006, 2007, 2008, 2009, 2012, 2013
- Race Walk Judge and Official at AAU Junior Olympics District & Area Qualifying Meets, 2005 – 2008
- At the start of 2009 Olympiad (2009-2012), passed tests for National Level USATF Officials and Race Walk Judges and was certified by the VA-USATF Association as a National Level USATF Official and Certified Race Walk Judge.
- Recertified by the VA USATF Association as National Level USATF Official and Certified Race Walk Judge for 2013-2016 Olympiad
- Selected by USATF Race Walk Committee to be a member of the officiating staffs at the USATF National 50K Race Walk Championship, USATF Western Regional 20K Race Walk Championship and Open 10K Racewalk at Surprise, AZ (2010)
- Selected as a USATF official at the NAIA National Indoor Track and Field Championships at East Tennessee State University, Johnson City, TN. Served as Chief Walk Judge for Women's 3000 meter Race Walk; Judge in Men's 3000 meter Race Walk; and member of the meet umpiring staff for all running events. (2010)
- Selected as member of the officiating staff at USATF National 50K Race Walk Championship and Pan Am Trials, Western Regional 20K Race Walk Championship, and Open 10K Race Walk Championship, Tustin, CA. (2011)
- Fields Events Official and Race Walk Judge USATF VA Association Junior Olympics Track and Field Championships, Newport News, VA (2013)
- Field Events Official USATF VA Masters & Open Track and Field Championships, Richmond, VA (2013)
- Race Walk Judge, USATF National Senior Games, Cleveland, OH (2013)

Narrative

Steve Durrant joined the Tidewater Striders in January 1978. He characterized the next twenty-three years as “an active period for a middle of the pack distance runner.”

As a Strider runner, Steve completed eleven marathons, thirty-two half-marathons, fifteen 30K races, eighteen 25K races, twenty-one 20K races, fifteen 10 milers, four 15K races, and twenty-nine races between 8 miles and 5K. “I didn’t like short races, anything less than ten miles,” he said. “That’s why I ran so few of them.”

In January 2001, Steve ran in his last race, the Distance Series 20K. At the 10K mark, he tore a hamstring and finished by walking the second 10K loop. After recovering, his races included part running and part walking until, as he relates in *The History of Walking in the Tidewater Striders*, “During a training run at age 62, symptoms of a pending hamstring disaster flared simultaneously in both legs. That was my last day of running.”

An articulate writer, his contributions to the Rundown appear regularly. At the request of international race walking coach and competitor Dave McGovern, Steve produced “Developing Organized Walking within a Running Club,” for McGovern’s website. His presentation is a blueprint for running clubs throughout the country encouraging the sport of race walking.

Mid-Atlantic race directors frequently call upon Steve for assistance when including a walking division as part of their running events. The Annual Seaside Half-Marathon in Wachapreague, Virginia, is an example. At Steve’s recommendation, the race director added a 7.7 mile walk in 2003, attracting fitness walkers and race walkers from Virginia, Maryland, and Delaware. As the front man for Strider race walkers in national competition, he is the consummate good will ambassador, proudly displaying our running club logo and promoting Strider programs in his travels from coast to coast.

A National Level USATF Official and Certified Race Walk Judge, Steve is dedicated to maintaining the integrity of the sport. He is highly regarded among members of the USATF National Race Walk Committee to make judgments based on fairness and accuracy, and has officiated at National Race Walking Championships in Arizona, Tennessee, California, and Ohio.

As an indication of Steve’s high esteem among his peers, in June 2011, he received a request for race walk judges at the Area III AAU Junior Olympic Qualifying Meet in Hampton on the same holiday weekend he would be attending the 50th reunion of his officer’s class at MCB Quantico. Only two Strider USATF certified race walk judges were available. Three are required. Steve expanded the search, and Chris English and Ray Funkhouser, nationally recognized judges, heeded the call and on short notice agreed to come to Hampton for the event.

Steve is every walker’s best friend on and off the race course. In every aspect of competition, volunteerism and professional standards, Steve Durrant is worthy of election to the Tidewater Strider Hall of Fame. He is, in a word, what defines the sport of race walking.

Appendix XXII

Walker Distance Series #1, 6 Mile & 10 Mile
Dismal Swamp Canal Trail

January 4, 2014

Source: Judy Paschall, Chief Walk Judge

6 MILE

MEN

<u>Place</u>	<u>Name (Age)</u>	<u>Time</u>
1	Jeremiah Niedzwieki (38)	1:19:22
2	Bill Spruill (79)	1:23:56
3	William Cupper (69)	1:30:07
4	Anthony Settles (45)	1:35:20

WOMEN

1	Linda Janssen (52)	1:09:11
2	Paula Graham (51)	1:24:41
3	Heather Simpson-Kong (38)	1:25:05
4	Dianette Mabry (61)	1:35:20
5	Karen Settles (40)	1:45:34

10 MILE

MEN

<u>Place</u>	<u>Name (Age)</u>	<u>Time</u>
1	Tom Gerhardt (62)	1:54:51
2	Steve Shapiro (60)	1:57:57
3	Richard Kole (73)	2:02:25
4	Hartley Dewey (66)	2:04:48
5	Steve Durrant (74)	2:13:55
6	Dwight Kane (61)	2:18:45
7	Mal Higgins (68)	2:18:46

WOMEN

1	Lori Sherwood (49)	2:18:44
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Appendix XXIII

Walker Distance Series #2, 9 Mile & 15 Mile
Dismal Swamp Canal Trail

February 2, 2014

Source: Richard Pidgeon, Chief Walk Judge

9 MILE

MEN

<u>Place</u>	<u>Name (Age)</u>	<u>Time</u>
1	Dwight Kane (61)	2:00:45
2	Bill Spruill (79)	2:05:17
3	Anthony Settles (45)	2:24:00

WOMEN

1	Linda Janssen (52)	1:45:35
2	Paula Graham (51)	2:10:51
3	Heather Simpson-Kong (38)	2:10:51
4	Dianette Mabry (61)	2:23:58
5	Karen Settles (40)	2:48:12

15 MILE

MEN

<u>Place</u>	<u>Name (Age)</u>	<u>Time</u>
1	Tom Gerhardt (62)	2:59:13
2	Steve Shapiro (60)	3:06:40
3	Hartley Dewey (66)	3:22:13

WOMEN

1	Lori Sherwood (49)	3:22:12
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Appendix XXIV

Walker Distance Series #3, 12 Mile & 20 Mile
Dismal Swamp Canal Trail

February 22, 2014

Source: Paula Graham, Chief Walk Judge

12 MILE

MEN

<u>Place</u>	<u>Name (Age)</u>	<u>Time</u>
1	Dwight Kane (61)	2:43:24
2	Norm Slagel (70)	2:45:30
3	Steve Durrant (74)	2:53:45
4	Jeremiah Niedzwieki (38)	2:53:51
5	Mal Higgins (68)	2:53:53
6	Anthony Settles (45)	3:10:27
7	Bill Spruill (79)	3:10:30

WOMEN

1	Linda Janssen (52)	2:25:00
2	Dianette Mabry (61)	3:10:27

20 MILE

MEN

<u>Place</u>	<u>Name (Age)</u>	<u>Time</u>
1	Tom Gerhardt (62)	4:07:49
2	Steve Shapiro (60)	4:51:58
3	Hartley Dewey (66)	4:51:58
4	Richard Pidgeon (65)	4:52:04

WOMEN

1	Lori Sherwood (49)	4:52:02
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Appendix XXV

Walker Results
 14th Annual Memorial Scholarship 5K Race
 Norfolk Botanical Garden
 July 26, 2014
 Source: Tidewater Striders Web Site

MEN

Place	Name/Age	Gun Time	Chip Time
1	Tom Gerhardt (63)	30:45	30:45
2	Scott Stakes (70)	30:52	30:52
3	Norman Slagle (70)	39:31	39:31
4	Jeremiah Niedznecki (39)	40:53	40:53
5	Steve Durrant (75)	40:55	40:55
6	Hartley Dewey (67)	42:36	42:36
7	Dwight Kane (61)	42:37	42:37
8	Bill Spruill (79)	42:43	42:43

WOMEN

Place	Name/Age	Gun Time	Chip Time
1	Paula Graham (51)	42:08	42:08
2	Sara Nash (30)	44:37	44:37
3	Lori Sherwood (50)	47:37	47:37
4	Rachel Luke (21)	50:01	50:01
5	Cynthia Bruggeman (51)	50:01	50:01
6	Susan Edwards (66)	1:13:59	52:26
7	Becky McKinley (40)	1:06:25	1:06:25