

Bytown Walkers Club de marche
Is proud to present its thirteenth annual

“One Hour” Race Walks

Sunday, March 29, 2020

The Dome, Louis Riel High School, Bearbrook Road, Ottawa

The Dome has a four-lane 400m indoor track (Mondo). Changing and shower facilities. Free parking.

Schedule: **1245:** “Quarter Hour” (15 minutes) (Athletes of Junior Age or younger)
1315: “Bytown One Hour” (mixed; open, Common Sense Judging (CSJ) Rules, attached)
1445: “Canadian One Hour” (mixed, AO sanctioned, World Athletics (WA) rules)

*Depending on the entries received, we reserve the right **either** to “seed” the One Hour races by time, with CSJ and WA judging in both, **or** to combine the two races into one at 1445. The faster athletes competing under WA rules will compete at 1445. We also reserve the right to combine the “Quarter Hour” competitors with the “Bytown One Hour” race. We will announce the final sections by noon on Thursday, March 26.*

A “One Hour”? Go as far as you can in exactly One Hour. Time calls at 20, 40, 55, and 59 minutes (at 14 minutes for the Quarter Hour). Your lap counter will give you a marker as you enter your last laps. When the race ends, drop your marker at the point you have reached. This point is measured and added to the number of full laps completed to determine your final distance. Unofficial splits provided for each 400m lap and at 5km. Official times at 10km.

Can I go further than One Hour? If you pass 9600m in One Hour, you may continue to 10,000m and get an official time. But it is a One Hour race, so **everyone** must drop their marker at 60:00.

Post-race Awards Reception: 1600, adjacent to the track.

Entry: Deadline: Wednesday, March 25; 1600 (EDT). **No Day of Race Registration.**
Fee: \$25.00 (\$5.00 for the “Quarter Hour”). Please e-mail entries to roger@bytownwalkers.ca. Subject line “One Hour Entry”. Include name, address, phone number and date of birth.

In your entry, please also indicate if you are attempting a provincial or national record (open or masters) at 10,000m. We can arrange to have the required “stopped watches” only if we know about your record attempt before finish line officials are assigned.

Your entry will be confirmed by email. You complete the actual form and waiver when you arrive. You can also pay the fee on arrival. Cash, or club cheques to “Bytown Walkers”.

Accommodation: The Dome area is not well served by hotels. If you would like hotel suggestions, please contact the Race Director.

Race Director: Roger Burrows, 613-745-5433; roger@bytownwalkers.ca.

Directions: The Dome is in Blackburn Hamlet, in Ottawa’s east end. From outside Ottawa, you will likely be on Highway 417. You then need Highway 174 east (to “Orleans/Rockland”). From southern Ontario and the west: go east through the city to the St. Laurent area and stay left for the 174. From Montreal and the east: as you enter Ottawa, take exit 113A to the 174.

From Highway 174, exit at Montreal Road and turn right. Go 500m to the next traffic lights. This is Bearbrook Road. Turn right and go 1km up a hill to the lights at the top. Turn left into Louis Riel High School, and proceed past the school to the Dome. *(Do not stop at the small dome-like object to your right halfway up Bearbrook. This is not our Dome. Keep going to the lights at the top.)*

Common Sense Judging Rules

- (1) Walking is defined by unbroken contact with the ground: one foot must be seen by the judges to be in clear contact with the ground at all times. (“Clear contact” is when each foot is seen to remain on the ground as the body moves forward. In running, the foot attempts to leave the ground immediately after contact.)**
- (2) The leg is seen by the judges to be straight or significantly straightened, at the knee when the foot touches the ground. (In running, the leg is bent at the knee when it hits the ground in order to provide the instantaneous drive back into the air. The absolutely straight leg of strict Race Walking is not required in “common sense” rules, since it requires a skill that people need time to acquire. But everyone can try to straighten it.)**
- (3) Above all, the idea is to walk. Attempts to adapt jogging to this “common sense” definition look contrived, are obvious to judges, and will be penalized. Penalties may include disqualification.**

**Bytown Walkers Club de marche
34 Oakhaven Private
Ottawa, ON, K1K 4K1**

**“One Hour” Race Walks
Sunday, March 29, 2020**
The Dome, Louis Riel High School, Bearbrook Road, Ottawa

Name _____ Gender: M F Birthdate ___/___/___

Address _____ City _____ Prov _____

Postal Code _____ Telephone _____ E-mail _____

Club _____ AC / CMA number _____

Event (Check One) _____ **WA Judging (1:15 pm or 2:45pm)** _____ **“Common Sense” Judging (likely 1:15pm)**
_____ **WA Quarter Hour (12:45pm)** _____ **“Common Sense” Quarter Hour (12:45pm)**

(Quarter Hour Races are for athletes of Junior Age and below only)

Entry Fee: \$25 (cash, or cheque to “Bytown Walkers”); Quarter Hour Races, \$5.

_____ I will be attempting to set a record at 10,000m. The current record is: _____ (time) _____ (category) _____ (provincial) _____ (national)
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In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound, for myself, my executors, administrators, and assignees, do hereby waive and release the sponsors of this walk, Bytown Walkers Club de marche, The Dome@Louis Riel, Athletics Ontario, and all persons and agencies connected with this walk from all claims for damages arising from my participation in and travel to and from this event. I also certify that I am physically fit and adequately trained to participate in this competitive walking event.

Signature _____

Parent or legal guardian's signature (if under 18) _____

Bytown Walkers Club de marche

“One Hour” All-time Best Performances (2008-2018; up to 10 athletes per category)

2008	2 sections, 18 competitors	(15 – IAAF, 3 – CSJ)	20 April
2009	1 section, 17 competitors	(12 – IAAF, 5 – CSJ)	05 April
2010	2 sections, 17 competitors	(12 -- IAAF, 5 – CSJ)	18 April
2011	2 sections, 17 competitors	(12 – IAAF, 5 – CSJ)	17 April
2012	2 sections, 19 competitors	(12 – IAAF, 7 – CSJ)	15 April
2013	2 sections, 37 competitors	(29 – IAAF, 8 – CSJ)	14 April
2014	2 sections, 27 competitors	(20 – IAAF, 7 – CSJ)	23 March
2015	2 sections, 33 competitors	(25 -- IAAF, 8 -- CSJ)	29 March
2016	3* sections, 36 competitors	(27 – IAAF, 9 – CSJ)	17 April
	(* one “Quarter Hour”)		
2017	2 sections, 25 competitors	(20 – IAAF, 5 – CSJ)	26 March
2018	2 sections, 20* competitors	(16 – IAAF, 4 – CSJ)	15 April
	(*32 entrants; a major ice storm affected attendance)		
2019	2 sections, 30 competitors	(17 – IAAF, 13 – CSJ)	14 April
2020			29 March

(+The IAAF changed its name to World Athletics (WA) in late 2019)

Men

IAAF/WA Judging

13 131	Marek Adamowicz	QC-RS	20	2017
13 026	Pierre-Luc Ménard	QC-FdL	21	2008
12 689	Adamowicz	QC-RS	18	2015
12 461	Jocelyn Ruest	QC-FdL	29	2009
12 390	Mike Mannozi	ON-ORW	28	2015
12 113	Dave Talcott	USA-NY	56	2017
11 892	Bruno Carrière	QC-	19	2012
11 855	Talcott	USA-NY	53	2014
11 766	Jianping Xu	ON-HAR	50	2016
11 762	Adamowicz	QC-RS	17	2014
11 609	Talcott		55	2015
11 489	Donald Côté	QC-GAT	26	2008
11 440	Ruest		31	2012
11 359	Carrière		18	2011
11 298	Yvan Béchard	QC-	53	2016
11 284	Béchard		55	2018
11 257	Xu		53	2019
11 240	Adamowicz		16	2013
11 088	Talcott		58	2018
10 967	Carrière		16	2009
10 774	Côté		32	2015
10 569	André Marchand	QC-GAT	17	2008

Women

IAAF/WA Judging

11 891	Erin Taylor-Talcott	USA-NY	35	2014
11 473	Marina Crivello	QC-FdL	28	2008
11 455	Taylor-Talcott		39	2018
11 244	Taylor-Talcott		36	2015
11 005	Crivello		29	2009
10 718	Lauren Van Leeuwen	ON-BYT	24	2013
10 380	Van Leeuwen		23	2012
10 312	Linda Wilson	ON-BYT	57	2013

10 235	Sarah Zahab	ON-BYT	35	2013
10 214	Kitty Cashman	ON-EH	47	2008
10 206	Sayward Spooner	ON-EH	23	2008
10 206	Wilson		56	2012
10 066	Zahab		36	2014
10 029	Évane Michoux	QC-VAIQ	34	2018
9 947	Wilson		55	2011
9 907	Zahab		37	2015
9 901	Audrey McCarthy	ON-PL	17	2019
9 876	Danika Guénard	QC-GAT	18	2017

Men CSJ (Common Sense Judging)

11 283	Darrell Menard	ON-	56	2011
10 213	Menard		60	2015
9 638	Menard		55	2010
9 219	John Gardam	ON-BYT	55	2012
9 148	Menard		54	2009
9 039	Patrick Gaboury	QC	36	2012
9 021	Dick Hanson	ON-BYT	62	2009
8 996	Menard		53	2008
8 888	Menard		61	2016
8 623	Menard		59	2014
8 562	Menard		62	2017
8 331	Menard		64	2019
8 080	Kim White	ON-BYT	51	2013
7 598	Bernard McCann	QC-VAIQ	64	2019
7 500	Pierre St-Onge	ON-BYT	75	2018
7 422	St-Onge	ON-BYT	73	2017
7 162	St-Onge	ON-BYT	73	2016
7 063	David Wright	ON-	47	2018

Women CSJ (Common Sense Judging)

9 100	Jenny Hoshonian	ON-ORW	28	2012
8 590	Susan McIntyre	ON-BYT	55	2012
8 513	Lalitha Tella	ON-BYT	62	2012
8 361	Linda Minelli	ON-BYT	55	2010
8 343	McIntyre		54	2011
8 292	Nadine Francis	ON-ORW	40	2016
8 244	Angela Quinlan	ON-BYT	64	2011
8 224	McIntyre		62	2019
8 214	Coreen Rosenberger	ON-BYT	29	2013
8 200	McIntyre		53	2010
8 183	Francis		42	2018
8 178	Quinlan		65	2012
8 138	Francis		39	2015
8 116	Christine Appelle	ON-BYT	62	2009
8 106	Michelle Wang	ON-ORW	58	2015
8 093	Susan Wall	ON-BYT	53	2009

Bytown Walkers Club de marche

“One Hour” Multi-Year Competitors (6+), since Inaugural Race in 2008

<u>Races</u>	<u>Name</u>		<u>Years</u>
10	Darrell Menard	(BTW)	2008 – 2019, except 2012 and 2018
9	Lily Whalen	(ORW)	2008, 2011-2018
	Sandy Archibald	(BTW)	2008 – 2010, 2012-2013, 2016-2019
	Angela Quinlan	(BTW)	2008, 2010-2013, 2016-2019
8	Sharon Chisholm	(BTW)	2008 – 2013, 2017, 2019
7	John Gardam	(BTW)	2012-2017, 2019
	Jean Horne	(ORW)	2012-2017, 2019
	Anne de Thy	(ORW)	2009, 2012-2013, 2015-2017, 2019
	Sharon Wright	(ON)	2008, 2011-2013, 2015, 2018-2019
6	Sarah Raetsen	(ORW)	2008, 2011, 2013-2016
	Linda Wilson	(BTW)	2008 - 2013

(Please let us know if you feel your name should be included; we will gladly check)