

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

“One Hour” Race Walks

Sunday, April 21, 2024

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) judging)

*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 “Quarter Hour” competitors with the “Bytown One Hour” race. We will announce the final sections by noon (ET) on Wednesday, April 17.*

What’s a “One Hour”? You walk as far as you can in exactly One Hour. Time announced at 20, 40, 55, and 59 minutes (and 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 10000m 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: Tuesday, April 16, 2024; 1600 (ET). **No Day of Race Registration.** Fee: \$30.00 (\$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 10000m. 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 pay the fee by e-transfer to treasurer@bytownwalkers.ca or on arrival with 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, go east through Ottawa to the St. Laurent area and bear left onto the 174. From Montreal, 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 (CSJ) 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, April 21, 2024
The Dome, Louis Riel High School, Bearbrook Road, Ottawa

Name _____ Gender: M F
Date of Birth: dd ____/ mm ____/ yyyy _____ Age on Race Day _____
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: \$30 cash, or cheque to “Bytown Walkers”, or e-transfer to treasurer@bytownwalkers.ca; Quarter Hour \$5.

_____ I will be attempting to set a record at 10000m. The current record is: _____ (time) _____ (category) _____ (provincial) _____ (national)

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) _____

Emergency Contact (name and phone number) _____

Bytown Walkers Club de marche

“One Hour” All-time Best Performances (2008-2023; up to 10 athletes per category)

(World Athletics (WA), the sport’s governing body, was known as the IAAF until late 2019)

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 (* one “Quarter Hour”)	(27 – IAAF, 9 – CSJ)	17 April
2017	2 sections, 25 competitors	(20 – IAAF, 5 – CSJ)	26 March
2018	2 sections, 20* competitors (*32 entrants; a major ice storm affected attendance)	(16 – IAAF, 4 – CSJ)	15 April
2019	2 sections, 30 competitors	(17- IAAF, 13 – CSJ)	14 April
2020	<i>COVID Year 01 One Hour held, but as a “virtual” activity held very informally, under “lockdown, no-gathering” conditions.</i>		
2021	<i>COVID Year 02 One Hour held, on the heritage “postal event” model. Participants competed on their own, under rules set by Bytown, submitting results for the overall “intercontinental” compilation. The event had forty-one (41) participants, including one Quarter Hour, from four countries (Canada, plus Argentina, Ireland and Malaysia). Had those results been at a single event, we would have added eight new names (five men and three women) to the all-time list. We celebrate those performances, especially the stellar representation on the UBC track from the elite group in Vancouver. But we record them in italics following the historical list, which remains based “under one roof” in Ottawa.</i>		
2022	2 sections, 22 competitors	(11- WA, 11 – CSJ)	08 May <i>(outdoors at Terry Fox Track, Mooney’s Bay, in conjunction with AO’s “RW Summit”)</i>
2023	2 sections, 24 competitors	(16 – WA, 8 – CSJ)	16 April
2024	21 April		

MenWorld Athletics (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
11 567	Brian Ó Domnhaill	ON-ORW	45	2023
11 489	Donald Côté	QC-GAT	26	2008
11 440	Ruest		31	2012
11 359	Carrière		18	2011
11 298	Yvan Béchar	QC-	53	2016

2021 "Intercontinental" Additions

14 500	Evan Dunfee	BC-RWW		Vancouver
13 065	Tyler Wilson	BC-RWW		Vancouver
12 498	Alger Liang	BC-RWW		Vancouver
11 832	Danny Soliven	BC-RWW		Vancouver
11 750	Kenny Ho	BC-RWW		Vancouver

WomenWorld Athletics (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
10 401	Talcott		44	2023
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-VAINQ	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

2021 "Intercontinental" Additions

11 262	Joan Lu	BC-UBC		Vancouver
10 725	Audrey Fox	USA/BC-UBC		Vancouver
10 128	Cassidy Cardle	BC-		Vancouver
10 029	Cashman	ON-TRW		Whitchurch-Stouffville

MenCSJ (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
9 064	Claude Baudet	QC-VAINQ	63	2019
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
8 325	Andrew Bouchier	ON-BYT	60	2022
8 313	Menard		68	2023
8 299	Menard		67	2022
8 096	Bouchier		62	2023
8 080	Kim White	ON-BYT	51	2013
7 598	Bernard McCann	QC-VAINQ	64	2019
7 500	Pierre St-Onge	ON-BYT	75	2018
7 422	St-Onge		73	2017
7 165	St-Onge		76	2019
7 162	St-Onge		73	2016
7 063	David Wright	ON-	70	2018

WomenCSJ (Common Sense Judging)

9 100	Jenny Hoshioian	ON-ORW	28	2012
8 590	Susan McIntyre	ON-BYT	55	2012
8 513	Lalitha Tella	ON-BYT	62	2012
8 361	Linda Minnelli	ON-BYT	55	2010
8 343	McIntyre		54	2011
8 292	Nadine Francis	ON-ORW	40	2016
8 278	Bonnie Love	YK-BYT	63	2022
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

Bytown Walkers Club de marche

“One Hour” Multi-Year Competitors (8+), since the inaugural Race in 2008

<u>Races</u>	<u>Name</u>		<u>Years</u>
13	Darrell Menard	(BTW)	2008 – 2011, 2013 - 2017, 2019, 2021 - 2023
12	Sandy Archibald	(BTW)	2008 – 2010, 2012-2013, 2016-2019, 2021-2023
10	John Gardam	(BTW)	2012 - 2018, 2021-2023
	Anne de Thy	(ORW)	2009, 2012-2013, 2015-2018, 2021-2023
9	Angela Quinlan	(BTW)	2008, 2010-2013, 2016-2019
	Lily Whalen	(ORW)	2008, 2011-2018
8	Sharon Chisholm	(BTW)	2008 – 2013, 2017, 2019

The “multi-year” criterion is to have participated in at least 50% of all One Hour races, excluding the COVID-affected, Bytown-only event in 2020. The 2021 “intercontinental” event, while still virtual, was open to all.

Before the 2024 event, “at least 50%” = 8
(Please let us know if you feel you should be on this list)