

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202

# OHIO RACEWALKER



VOLUME XIII, NUMBER 2

COLUMBUS, OHIO

APRIL, 1977

## NATIONAL TITLES TO GLUSKER-HIMMELBERGER AND LADANY

Two national titles were decided in April on opposite coasts with one a mild surprise and the other an old story. In the 35 in Palo Alto on April 3 an old-hand, Wayne Glusker, and a newcomer, Dave Himmelberger, teammates on the West Valley Club, chose to finish together after they dropped a third teammate, Bryan Snazelle. At the finish, the two had a 3:03:50, just 40 seconds ahead of Snazelle. Needless to say, West Valley won the team title. Bob Rosencrantz was a close fourth and John Knifton, who won the 1976 title in under 3 hours just 5 months earlier, was fifth ahead of superset, Bill Ranney. Neal Pyke was disqualified, but I don't know at what stage of the race. Very little detail on this race.

Two weeks later in Old Bridge, N.J., Shaul Ladany won the National 75 for the fourth straight year. As a matter of fact, no one else has ever won the race since it has only been held four times. Furthermore, no one else has yet matched Shaul's time in his initial win in 1974, which he has improved each year. He has improved from 7:25 to 7:22 to 7:13 to a sensational 7:04:47.8 this year.

In second place was Detroit's onrushing Martin Kraft with an American citizen's record of 7:27:15 in a very well-paced race. Alan Price was walking second in the early stages and then threw in a 50:19 for his third 10 km to nearly catch Ladany. However, he paid the price (is that a pun) later as he struggled from there and eventually finished 10 minutes back of Kraft in a still not too shabby performance. Gerry Bocci, making one of his infrequent appearances in recent years (I should talk), led Kraft through 20 km but then succumbed to Martin's strong pace and finally finished fourth in just under 8 hours but well clear of Tom Knatt. Tom just edged North Medford mate, Paul Schell,

Ladany took command of the race at the start, as he generally does, and blistered the first 10 Km in 52:21. He held very close to that pace through 30 Km in 2:38:33, at which point Price was only 7 seconds back. He slowed to 57:13 for his next 10, but Alan had shot his wad by that time and Shaul was on his own. He held a very steady pace at right around 60 minutes per 10 km the rest of the way to shatter his own record.

Ladany was also the winner in the Master's division, with Chris Amoroso, seventh overall, taking second. Winner of the "B" division was Bob Segal, of Hunter College, in 9:17:08. The team title went to North Medford by 1 point over Potomac Valley Walkers.

35 Km, Palo Alto, April 3--1. Wayne Glusker and Dave Himmelberger, West Valley TC 3:03:50 3. Bryan Snazelle, WVTC 3:04:30 4. Bob Rosencrantz, U. of Wash. 3:05:54 5. John Knifton, NYAC 3:08:00 6. Bill Ranney, WVTC 3:14:06 7. Duke Henslee, Oregon TC 3:17:37 8. Paul Hendricks, San Diego TC 3:36:08 Masters: 1. Phil Mooers 4:30:22--it is interesting to note that Ladany's time on the way to 75 would have put him fifth here.

SECOND CLASS POSTAGE  
AT COLUMBUS, OHIO



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75 Km, Old Bridge, April 17--1. Dr. Shaul Ladary, Israel 7:04:47.8  
 (52:21, 1:45:36, 2:38:33, 3:35:46, 4:35:44, 5:35:11, 6:35:17) 2. Martin  
 Kraft, Motor City Striders 7:27:15 (60:34, 1:59:47, 2:56:28, 3:52:39,  
 4:51:22, 5:53:40, 6:57:37--ran the Boston Marathon the next day in 3:27:11)  
 3. Alan Price, Potomac Valley Walkers 7:37:46 (54:21, 1:48:14, 2:38:40,  
 3:41:26, 4:48:35, 5:58:02, 7:04:11) 4. Gerry Bocci, MCS 7:59:13 (60:34,  
 1:59:06, 2:58:16, 4:01:37, 5:07:40, 6:18:15, 7:25:00) 5. Tom Knatt, North  
 Medford Club 8:10:52 (68:10, 2:10:55, 3:18:27, 4:17:03, 5:17:03) 6. Paul  
 Schell, NMC 8:11:13 (60:34, 1:59:06, 2:58:33, 3:59:26, 5:03:07, 6:13:58,  
 7:36:00) 7. Chris Amoroso, Colorado TC 8:27:50 (61:31, 2:03:48, 3:08:  
 28, 4:10:03, 5:19:53, 6:33:34, 7:51:01) 8. Bob Falciola, Shore AC 8:47:41  
 9. Ray Floriani, Shore AC 8:44:42 10. Chuck Hunter, Colorado TC 9:04:59  
 11. Bob Segal, Hunter College 9:17:08 12. Wes Mathews, PVW 9:19:28 13.  
 Paul Robertson, PVW 9:36:17 14. Steve Bergman, Hunter Col. 9:58:22 15.  
 George Lattarulo, NMC 10:05:08 16. Ray Floriani, Sr. 10:18:51 17. Alan  
 Wood, Shore AC 10:27:16 DNF: Don Johnson, John Fredericks, and Dave Jol-  
 liff. Teams: 1. North Medford Club--13 2. Potomac Valley Walkers--14  
 3. Shore Athletic Club--18--Record number of finishers.

HAH! YOU THINK SOLOMIN WAS FAST--CHECK THIS--

Turku, Finland, Feb. 2--Reima Salonen became the first man ever to walk  
 a competitive mile under 6 minutes on the 170 meter indoor track in  
 Turku--then he went on to finish the 3 Km race. His final time of  
 11:05.1 far exceeds anything ever done before, either indoors or out.  
 Had he continued to 2 miles, he would have been several seconds under  
 12 minutes. Salonen, the 20-year-old who was the sensation of last  
 summer's World 50 Km, passed 1500 meters in 5:28.7 (20 seconds under  
 what we thought was a world's best by Todd Scully the same night) and  
 1 Mile in 5:53.2. His 1 Km splits were 3:37.6 and 7:19.6. Second in  
 the race was Eino Rintala in 12:25, which would have been considered  
 very fast in other circumstances. Stig Froberg was third in 12:39.3.  
 A Salonen-Bautista battle in the Lugano Cup final this fall could be  
 most interesting.

#### ORW BLOWS IT ONCE AGAIN

Colossal goofs have become a trademark with the ORW and we man-  
 aged one of our all time toppers last month. You recall that picture  
 of Jim Heiring on his way to the NAIA 2-Mile title. Reliable sources  
 (namely everyone around UW-Parkside) have informed us that wasn't Jim  
 at all but his teammate John VanDenBrandt. Former staff photographer  
 Cathy Breitenbacher sent us the picture and identification, but having  
 competed against both individuals, a more alert editor would have caught  
 it. Apologies to both Jim and John for all the embarrassment I have  
 caused among their raucous teammates. And Cathy was never really a  
 staff photographer and we will still welcome any pictures she sends.  
 Maybe next month we'll do Sue Brodock identified as Dave Romansky.

#### RESULTS FROM THE HINTERLANDS AND ELSEWHERE:

5.5 Mile, Lowell, Mass., March 30--1. Paul Schell 47:13 2. Charles Scott  
 51:10 3. George Lattarulo 51:20 4. Tony Medeiros 52:24 5. Fred Brown,  
 Sr. 66:15 5.5 Mile, Lowell, April 7--1. Bob Falciola 47:15 2. Dennis  
 Slattery 47:21 3. Dave Joliff 48:58 4. George Lattarulo 50:47 5. Tony  
 Medeiros 52:25 6. Paul Schell 52:40 7. Fred Brown Sr. 64:45 8. Judy  
 Falciola 70:20 5.5 Mile, Lowell, April 13--1. Tony Medeiros 51:45 2.  
 John Fareal 54:55 3. Julia Falciola 68:15 4. Fred Brown Sr. 63:30 5.  
 Dennis Slattery 46:58 6. Dave Joliff 58:18 7. George Lattarulo 58:21  
 (Handicap) 5.5 Mile Handicap, Lowell, April 20--1. Dennis Slattery 45:55  
 2. David Joliff 49:20 3. Fred Brown Sr. 64:00 4. Tony Medeiros 52:30  
 5. Charles Scott 53:37 6. George Lattarulo 64:30 10 Km (road), York-  
 town Heights, N.Y., March 26--1. Dave Romansky 49:23 2. Bob Kitchen  
 50:04 3. Ray Floriani 51:45 4. Gary Westerfield 52:21 5. Anthony  
 Wilger 56:13 6. Ethan Whitaker 57:03 7. Pete Granick 57:45 High  
 School 10 Km, same place--1. John McKeegan 50:54 2. Mike Morris 51:16  
 3. Tim McCoy 52:33 4. George Kolb 52:45 5. Steve Petrie 54:34 6. Tony  
 Ciotoli 55:41 7. Peter Katz 56:43 8. Gary Blackburn 57:40 9. Troy  
 Engle 57:58 10. Foe Foroog 57:58 11. Keith Goldberg 60:51 Women's 10  
 Km, same place--1. Eileen Smith 57:41 2. Mary Beth Lange 60:30 3. Den-  
 ise Romansky 64:28 4. Celeste Conte 66:05 5. Lorna McKinnon 69:27  
 Met. AAU 20 Km (track), Smithtown, N.Y., April 3--1. Peter Doyle 1:52:28  
 2. Tony Wilger 1:58:42 3. John Shilling 1:58:46 Met. AAU Women's 5 Km,  
 same place--1. Susan Liers 25:56 (7:54, 16:30, 25:08) 2. Eileen Smith  
 28:15 3. Mary Beth Lange 28:51.6 4. Lorna McKinnon 32:31 5. Aari Lud-  
 vigsen 33:19 Met. AAU 5 Km, same place--1. Mike Morris 25:05.6 (8:00,  
 16:18, 24:17) 2. Ron Day 25:30 (8:00, 16:18, 24:34) 3. Steve Petrie  
 26:35.6 4. Jimmy Ellis 26:49 5. Gary Blackburn 27:29 6. Foe Faroog  
 27:37.6 7. Peter Granick 28:32 8. Keith Goldberg 29:34.6 9. Keith  
 Robine 29:53.6 10. Matt Riess 29:54 11. Gary Chodosh 29:54 2 Mile,  
 NJAAU Indoor Championships, Princeton, March 27--1. John Kelly 13:15  
 (6:22 at Mile, 12:19 American Record at 3 Km) 2. John Fredericks 14:41  
 3. Ray Floriani 15:36.6 4. Bob Mimm 18:18.6 5. Ron Salvio 16:19 6.  
 Cliff Mimm 17:17 7. Ben Ottner 19:19 8. Fred Spector 18:00 20 Km,  
 Long Branch, N.J., Feb. 27--1. Dave Romansky 1:39:45 2. John Fred-  
 ericks 1:43:55 3. Bob Mimm 1:48:41 4. Ray Floriani 1:50:08 5. Mark  
 Sefcheck 2:07:07 6. Ray Floriani Sr. 2:21:09--Denise Romansky 2:23:42  
 6 Mile, Charlottesville, Va., Dec. 11--1. Sal Corrallo 49:12.7 2. Brian  
 Savilonis 50:23.4 3. Andy Briggs 52:14.6 15 Km, Washington, D.C., Jan.  
 1--1. Sal Corrallo 83:20 2. Alan Price 84:27 (started 1 minute late)  
 1. Wes Mathews 93:22 4. Paul Robertson 94:26 (17F, 18-30 mph winds)  
 2 Mile (Indoors), College Park, Md., Jan. 16--1. Alan Price 15:07 2.  
 Sal Corrallo 15:41 3. Wes Mathews 16:47 2 Mile, College Park, Feb. 6,  
 1. Carl Schueler 13:57.2 2. Sal Corrallo 15:26.3 3. Alan Price 15:39.8  
 (started 19 seconds late) 4. Tim Good 16:00.9 5. Andrew Briggs 17:04.4  
 6. Paul Robertson 17:45.2 7. Leigh Pollet 18:14.2 -- Wes Mathews did  
 not finish after colliding with a spectator. Women's 1 Mile, same place--  
 1. Gwen Good (age 14) 9:43.4 2. Lisa Koth 10:59.2 3. Tanny Ziemer  
 10:59.8 7.2 Mile, Washington, Feb. 27--1. Alan Price 64:40 2. Tim Good  
 66:56 3. Wes Mathews 70:40 Eastern Regional Masters 2 Mile, Hightstown,  
 N.J., Feb. 27--1. Sal Corrallo 15:31.4 2. Ben Ottner 16:09 (1st in 40-  
 44, Sal is 45) 3. Don Johnson 17:29.6 (1st in 60-64) 4. Alan Wood 18:55  
 (12 finishers) 6 Mile, Sandy Spring, Md., March 6--1. Dave Romansky  
 44:42.4 (track) 2. John Fredericks 47:35 3. Sal Corrallo 47:46 4. Tim  
 Good 51:45 Women's 3 Mile, same place--1. Denise Romansky 30:23.5 2.  
 Gwen Good 31:54 3. Ruth Hamilton 34:28 12 Miles, Carderock, Md., March  
 19 (on sand, grass, and gravel towpath)--1. Sal Corrallo 1:47:41 2. Tim  
 Good 1:59:11 PVAU 30 Km, Washington, March 27--1. Alan Price 3:02:38



2. Wes Mathews 3:11:53 3. Paul Robertson 3:13:04 Women's 5 Km, same place--1. Gwen Good 34:13 1 Hour, Charlottesville, April 24--1. Brian Savilonis 6 mi 1651 yds 2. Tom Lough 6 mi 786 yds 3. Andy Briggs 6 mi 652 yds 4. Ernest Anglin 4 mi 1626 yds. 10.8 Mile, Detroit, April 3--1. Martin Kraft 1:33:57 2. Jerry Bocci 1:34:29 Mich. AAU 5 Km (road), Detroit, April 24--1. Martin Kraft 24:57 2. Jerry Bocci 24:59 3. George Scott 27:56 4. Ward Freeman 28:03 5. Craig VanVliet 28:45 5 Km, Worthington, Ohio, April 17--1. Jack Mortland 25:34 2. Jack Blackburn 25:39 3. Jim Janos, Cleveland 27:58 4. Rich Myers 30:51 4. Hugh Yeomans 33:53 6. Ernie Yeomans (Ernestine, to identify her sex--age 58 or so) 34:45--hot and humid or we may have broken the 25:30 barrier. Mort's splits were 8:17, 8:21, and 8:06. Blackburn, pointing toward another 100-mile effort, couldn't match the blistering sub-8 minute pace (barely) over the last 660 Indoor 2 Mile, Kenosha, Wis., March 7--1. Bill Hamilton, UW-Whitewater 15:40.4 2. Dave Slatter 17:36.4 3. Marty Powers, Carthage Col. 18:14.1 Indoor 2 Mile, Kenosha, March 19--1. Jeff Mazanec, UW-Platteville 14:46 2. Mike Stanton, UW-Platteville 16:49.7 3. Marty Powers 17:19.7 Wis. State Univ. Conf. Indoor 2 Mile, LaCrosse, March 26--1. Jeff Mazanec, UW-Platteville 14:42 (record) 2. Jay Byers, UW-Eau Claire 14:48.8 3. Kevin Baker, UW-Eau Claire 15:09.7 4. Stu Rivall, US-Stout 15:33.4 5. Kevin Duerson, UW-Oshkosh 16:05 6. Bob Meltz, UW-Oshkosh 16:21.5 (3 DQs) Wis. AAU 1 Mile, Whitefish Bay, March 27--1. Jim Heiring 6:30.4 2. Chris Hansen 6:31.1 3. Jay Byers 6:56.1 4. Al Halbur 6:58.4 5. John VanDenBrandt 7:08 6. Mike Rummelhart 7:09 7. Jeff Ellis 7:10 Master's Division--1. Larry Larson 7:53 10 Km, Platteville, Wis., April 2--1. Jeff Mazanec 48:05.9 2. Al Halbur 48:32.4 3. Mike Rummelhart 49:17.9--Heiring, Hansen, and VanDenBrandt did not finish 10 Km, Stevens Point, Wis., April 9--1. Jim Heiring 46:16.9 2. Chris Hansen 46:57.7 3. Al Halbur 47:40 4. Mike Rummelhart 48:10 5. John VanDenBrandt 48:18 (all UW-Parkside) 6. Dennis Zielinski 50:40 7. Bob Melz 51:08 and Kevin Duerson 9. Mike Krueger 53:42 10 Km, Whitewater, Wis., April 9--1. Jeff Mazanec 48:56.5 2. Dave Slatter 56:11 Wisconsin Relays 10 Km, Kenosha, April 16--1. Jim Heiring 44:56.1 2. Chris Hansen 45:48 3. Al Halbur 47:05 4. John VanDenBrandt 47:43.6 5. Mike Rummelhart 48:06.9 6. Bill Hamilton 50:43 7. Bob Meltz 51:51.2 8. Dave Slatter 55:36 9. Larry Larson 56:40 10. Bill Bayci 57:49 11. Marty Powers 61:42.4 2 Mile, Carthage Col, April 27--1. Jim Heiring 13:27.2 2. Chris Hansen 13:27.4 3. Al Halbur 14:19 4. ? (probably Rummelhart) 14:47.5 5. Mark Treger, Northwestern U. 14:57.2 6. John VanDenBrandt 14:57.2 Gulf AAU 30 Km, Mar. 20--1. John Knifton 2:39:29 (52:53, 1:47:12) 2. Steve O'Brien, Eastern New Mexico and Green & Gold AC 3:14:12 3. John Stowers 3:18:29 4. Traude Weller 3:27:35 5. Clyde Villimez 3:30:20 6. Carl Mericle 3:47:04 7. Steven Baca 3:49:03 8. Lida Askew 3:59:46 --Dan Fitzpatrick, BEMU & G&GAC 1:53:21 at 20, DNF 1 Mile, Boulder, Colo., April 8--1. Greg McGuire 7:00:25 2. Marco Evoniuk 7:00:26 3. Jerry Brown 7:47.8 4. Tom O'Connell 7:58.7 5. Chris Amoroso 8:01.3 6. Chuck Hunter 8:29.4 10 Km, Northglenn, Colo., April 16--1. Greg McGuire 49:38 2. Floyd Godwin 51:05 3. Tom O'Connell 56:04 4. Pete VanArsdale 57:34 5. George Lundmark 65:04 REAAU 30 Km, Lafayette, Colo., April 23--1. Floyd Godwin 2:41:18 2. Paul Lightsey 2:41:40 3. Steve O'Brien 2:48:19 4. Pete Banko 2:56:06 5. Chuck Hunter 3:03:08 6. Bob Carlson 3:11:28 7. George Lundmark 3:27:35 USTFF 10 Km, Portales, NM, April 10 (track)--1. John Knifton 45:57 (7:12, 14:31, 21:53, 29:26, 36:58, 44:29)--John was rewarded for his efforts with two speeding tickets in West Texas; one on each leg of his trip. 2. Dan Fitzpatrick 52:17 (7:52, 16:14, 24:51, 33:29, 42:02, 50:33) 3. Steve O'Brien 54:24 4. Steve Baca 58:17 5. Glen Roberts

65:18 6. Steve Harris 69:47 10 Km, Encino, Cal., April 16--1. Larry Walker 46:47.7 2. Ed Bouldin 50:01.9 3. Paul DeMeester, Belgium 52:12 4. Blaine Witte 52:18 5. David Hall 52:32 6. Dale Sutton 55:08 7. Jim Coots 55:12 8. Paul Hendricks 55:57 9. John Kelly 56:00 10. Leonard Efron 56:08 11. Joe Hampton 58:02.7 12. Hal McWilliams 61:54 (18 finishers) Women's 5 Km, same place--1. Vickie Jones 29:07 2. Nancy Foster 30:51 Boy's Age 14-17 2 Mile, same place--1. Travis Veon 16:23.9 2. Charles Barry 18:02.2 3. Mike Slates 18:52 4 Mile, Portland, Ore., March 13--1. Bob Korn 31:34 2. Duke Henslee 32:21 3. Don Jacobs 42:50 4. Bob Bradley 42:50 5 Km, Salem, Ore., March 27--1. Duke Henslee 25:07 2. Jim Bean 25:22 3. Steve Tyrer 32:55 Trails End Marathon, Seaside, Ore., Feb. 26--1. Steve DiBernardo 4:05:12 2. Bob Korn 4:05:13 3. Phil Millard 4:20:44 4. Dean Ingram 4:57:13 10 Km, Monroe, Wash., March 19--1. Steve DiBernardo 47:33 2. Bob Rosencrantz 49:38 3. Phil Millard 49:48 4. Dean Ingram 62:16 2 Mile, Seattle, March 26--1. Steve DiBernardo 14:20.3 2. Bob Rosencrantz 14:55 3. Martin Rudow 15:15 4. Phil Millard 15:26 5. Doug VerHeer 17:03 6. Claude Wrathall 17:23 7. Dean Ingram 19:55 20 Km, Toronto, April 2--1. Marcel Jobin 1:35:54 2. Glenn Sweazey 1:38:54 3. Alex Oakley 1:42:38 4. Helmut Boeck 1:46:06 5. John Layton 1:48:16 6. Max Gould 1:49:18 7. Grant Wach 1:53:22 8. Michel Caron 1:56:40 9. Lily Whalen 2:09:10

## OVERSEAS RESULTS

British National 10 Mile, Coventry, March 19--1. Roger Mills 72:36 2. Carl Lawton 72:58 3. John Warhurst 73:20 4. Shaun Lightman 73:45 5. Chris Harvey 73:51 6. George Nibre 74:05 7. W. Wright 74:11 8. Adrian James 74:37 9. Mick Greasley 75:01 10. Roy Thorpe 75:10 11. Graham Saetter 75:15 12. Mike Holmes 75:31--24 DQD including Ollie Flynn. 48 under 80 minutes; 93 under 95; 246 starters. 10 Km, Leicester, March 10--1. Brian Adams 43:25 British 10 Km, London, March 26--1. Brian Adams 44:10 2. Roger Mills 44:42 3. Amos Soddon 45:04 4. Carl Lawton 45:12 5. Graham Saetter 45:18 6. Adrian James 45:19 7. Shaun Lightman 45:37 8. Stuart Elms 45:37 9. Graham Morris 46:02 10. Stuart Maidment 46:03--rained throughout with very slippery track. Women's 10 Km, same place (but mostly before the rain started)--1. Marian Fawkes 50:03 (24:45 at 5 Km) 2. Judy Farr 51:22 3. Irene Eatenan 53:03 4. Christine Coleman 54:37 5. S. Saunders 55:35 6. B. Francis 56:06 20 Km, London, April 2 (Cold and windy)--1. Shaun Lightman 1:32:29 2. Graham Saetter 1:32:55 3. Carl Lawton 1:35:44 4. Mick Greasley 1:35:55 30 Km, Isle of Man, March 26--1. Bob Dobson 2:31:03 2. Graham Young 2:31:40 Swedish Indoor Races: Women's 3 Km, Gothenburg, Jan. 22--1. Elisabet Olsson 14:44 2. Margareta Olsson 14:47.6 5 Km, Vasteras, Jan. 30--1. Reima Salonen, Fin. 20:56.6 2. Paavo Pohjolainen, Fin. 21:32.2 Women's 3 Km, same place--1. Margareta Simu 14:07.7 (World's Best) 5 Km, Farsta, Feb. 13--1. Salonen 20:13 2. Pentt Simonsen 20:52 Women's 3 Km, same place--1. Britt Holmquist 14:55 2. Margareta Olsson 14:57 5 Km, Uddavalla, March 5--1. Simonsen 20:39. 5 Km (Indoor), Turku, Fin., Jan. 22--1. Reima Salonen 20:22.4 2. Paavo Pohjolainen 20:59.4 10 Km (Indoor), Minsk, USSR, Feb. 6--1. Nikolai Marvejev 41:45 10 Km (Indoor), Omsk, USSR, Feb. 13--1. Yevgeniy Yevsyukov 41:25.6 (World's Best Performance) 3 Km (Indoor), Milan, Italy, Feb. 2--1. Giuseppe Fabbri 11:51.1 (World's Best Performance until then) 10 Km (Indoor), Halle, E.G., Jan. 8--1. Rolf Berner 43:39.8 10 Km, Indoor, East Berlin, Feb. 26--1. Karl-Heinz Stadtmuller 41:22.0 (Another new World's Best bettering Yevsyukov's performance above) 5 Km (Indoor), Donetsk, USSR, Jan. 21--1. Leonid Vilgota 19:50.2 (This too a World's Best Ever, but not up to the 3 Mile by Solomon reported last month. Race walking over the shorter distances seems to be experiencing a revolution of some sort.) 5 Km (In-



door), Donetsk, Feb. 9--1. Vilgota 20:26 2. V. Kuchma 20:42 10 Km (Indoor), Minsk, Feb. 20--1. Boris Yakovlev 42:21.6 2. Anatoliy Solomin 42:22.6 3. Pyotr Potchenschuk 42:41.2 4. Yevgeniy Yevsyukov 43:04 5. Leonid Vilgota 43:21 6. Valeriy Nevvedov 43:21 10 Km (Indoor), Zarzbe, Poland, Feb. 20--1. Rolf Berner, EG 42:40.4 Other places in Stadtmullers Berlin 10 Km--2. Roland Weisser 41:34.6 3. Werner Heyer 42:00 3. Udo Schaeffer 42:44.4 5. Stefan Muller 42:45 6. Fred Sparmann 43:04.4 7. Rudigor Muller 43:30 8. Horst Matern 43:59 9. Jurgen Laebmann 43:59.2 Junior Race, same place--1. Roland Weigel 43:16.6 2. Ralph Meisel 54:31.4 Other places behind Fabbri's 11:51 for 3 Km: 2. Renato DiNicola 12:02.2 3. Carlo Mattioli 12:09.6 4. Vittorio Visini 12:13.5 5. Guido Battistin 12:16.0 Italian Indoor 3 Km Championship, Milan, Feb. 23--1. DiNicola 12:14 2. Mattioli 12:28.8 3. Battistin 12:46 20 Km (road), Dresden, E.G., March 12--1. Roland Wieser 1:26:40 2. Horst Matern 1:32:04.8 Women's 10 Km (track), Gothenburg, Sweden, March 26--1. Margareta Olsson 53:40 Women's Junior 10 Km, same place--1. Monika Karlsson 53:12.2 5 Km, Banska Bystrica, Czech., March 21--1. Yuray Bencik 20:01 Women's 3 Km, Melbourne, Australia, Jan. 9--1. Sue Orr 14:18.8 Women's 1500 meter, Melbourne, Feb. 5--1. Sue Orr 6:29.4 (World's Best Performance--Orr was 19 on April 23) 3 Km, Hobart, Australia, March 13--1. William Sawall 12:05.4 2. Smith 12:40.4 3. Peter Fullager 12:42.4

# SCHEDULE OF FORTHCOMING COMPETITIONS IN THE RACE-WALKING DISCIPLINE

Sat. May 14--USTFF 10 Km, Kenosha, Wis. (L)  
NAAU 100 (Not 10 as I said last month in another big goof)  
KM, LONGMONT, COLORADO, 6 a.m. (S)  
3 Mile Men, 2 Mile Women, Des Moines, Ia., 10 a.m. (J)  
Sun. May 15--Bert Life Memorial 10 Km, Toronto (Q)  
15 Mile, 5 Mile Juniors and Women, Westbury, N.Y. 8a.m. (X)  
8 Km Hdcp, Lakeland, Fla., 9 a.m. (T)  
Fri. May 20--3 Mile, Naperville, Ill.  
Sat. May 21--Modesto Relays 2 Mile (O)  
Sun. May 22--N.J. Podiatry Assn Race Walking Day, Oakhurst, N.J. (K)  
2 Mile, Detroit (I)  
10 Km, Houston (E)  
Sat. May 28--NAAU SENIOR AND MASTERS 10 KM, CHICAGO (M)  
NAAU JUNIOR 15 KM, LOS ANGELES (R)  
20 Km, Columbia, Mo, 9 a.m.(D)  
NAAU 10 Km, Arkadelphia, Ark.  
RMAAU 50 Km, Lafayette, Colorado, 7 a.m. (S)  
Sun. May 29--PVAAU Women's 3 Km, College Park, Md., 10 a.m. (B)  
Zinn Memorial 10 Km, Chicago, 10 a.m. (M)  
9 Mile Hdcp, Lakewood, N.J., noon (K)  
Mon. May 30--PVAAU 5 Km, College Park, Md., 1 p.m. (B)  
Iowa 20 Km, Cedar Rapids, 7 a.m. (J)  
Sat. June 4--Canadian 50 Km, Quebec (Q)  
5 Km Hdcp, Lakeland, Fla., 7 p.m. (T)  
RMAAU Women's 5 Km, Broomfield, Colo, 9 a.m. (S)  
Sun. June 5--20 Mile Men, 5 Mile Juniors & Women, Westbury, N.Y. 8a.m. (X)  
NAAU SENIOR 20 KM, SEATTLE, 9 a.m. (F)  
Tue. June 7--1 Mile, Houston (E)  
Sat. June 11--NAAU MEN'S AND WOMEN'S 5 KM, LOS ANGELES (F)  
5 and 10 Mile, Holt, Mich, 9 a.m. (DD)  
Sun. June 12--NJAAU 2 Mile (K)  
Tue. June 14--10 Km, C.W. Post College, N.Y. (X)  
Sat. June 18--1 Mile, West Long Branch, N.J. (K)  
25 Km, Port Jefferson, N.Y., 8 a.m. (X)

Sat. June 11--NAAU WOMEN'S 10 KM, SAN JOSE, CAL.  
Iowa 50 Km, Women's 5 Km, Des Moines (J)  
USTFF National Master's 1 Mile, California, Pa., 2:20 (Z)  
NAAU JUNIOR 10 KM, KNOXVILLE, TENNESSEE (CC)  
Sun. June 19--1 Hour, Houston, 10 a.m. (E)  
USTFF National Master's 6 Mile, California, Pa., 11 a.m. (Z)  
Sat. June 25--RMAAU 20 Km, Boulder, Colorado, 8 a.m. (S)  
Sun. June 26--20 Km, Midland, Ontario (Q)  
NAAU SENIOR, JUNIOR, B, AND MASTERS 25 KM, WASHINGTON, D.C.  
(B)  
10 Mile, Detroit (I)  
1 Mile, Kenosha, Wis. (P)  
Sat. July 2--10 Km, Columbia, Mo., 9 a.m. (D)  
Sun. July 3--NAAU MASTER'S 20 KM, CHICAGO (M) (5 Km the day before, which I forgot to list)  
5 Km, Houston, 10 a.m. (E)  
Mon. July 4--NAAU JUNIOR 3 KM, CHICAGO (M)  
2.2 Mile, Denver, 9 a.m. (S)  
Sat. July 9--Iowa 1 Hour, Men and Women, Boone, 7 p.m. (J)

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# LOOKING BACK

5 Years Ago (From the April 1972 ORW)--Out in Seattle Larry Young walked a great 25 Km to win the National title in 1:57:28. Goetz Klopfer stayed close until the last mile and was only a half-minute back at the finish but found he had been DQ'd earlier. That left Bill Ranney second in 2:03:13 with Todd Scully another minute back...And in New Jersey it was Shaul Ladany month again. This was a year before the first National 75 Km but they were having their annual 50 miler and Shaul won for the fifth time in a tremendous 7:23:10, quite a bit superior to his 75 Km effort this year. He was 4:30:45.6 at 50 Km and 5:53:17 at 40 miles and was still doing 9 minute miles for the last 10 miles. Bill Walker was second in 8:53:21....Larry Young later in the month added the 20 Km title to his laurels with a 1:32:43.2 on Long Island. Ron Daniel was second in 1:34:10, followed by Floyd Godwin, John Knifton, Jerry Brown, and Todd Scully. Ladany showed a turn of speed in this one with a 1:38:13 in 10th as 13 walkers bettered 1:40. Your editor got the second DQ of his career, the other coming 12 years earlier on that same crummy piece of land called

Long Island...In the Junior 20 Km (now B) Howie Palanarchuk beat Leon Jasionowski 1:41:15.4 to 1:41:55....Greg Diebold upset Ron Daniel in a New Jersey 10 miler 1:16:04 to 1:16:29....Back home in Missouri, Larry Young did a 44:34 for 10 Km a week before the 25 and covered 8 mi 415 yards in an hour the week before the 20...Jerry Brown did a 45:17 for 10 Km indoors and later did a 1:36:58 for 20 on the track, a half-minute ahead of Floyd Godwin....Overseas, K.H. Stadtmuller bettered the World record for 30 Km with 2:14:15.6, Hans-georg Reimann did 1:26:13.4 for 20 Km ahead of Lutz Lipkowsky's 1:26:56.8, and Paul Nihill did 1:26:55 for 20.

#### Other Results:

Women's 5 Km, Knoxville, Tenn., April 16--1. Carol Mohanco, Kettering Striders 26:27 2. Mary DeVries, KS 29:58 Ron Zinn 10 Mile, Asbury Park, N.J., April 24--1. Ron Daniel 1:20:27 2. John Fredericks 1:23:28 3. Shaul Ladany 1:25:14 4. Bob Falcicola 1:27:14 5. John McKeegan 1:28 6. Cliff Minn 1:29:23 Doggone it! We left Cliff's daddy, Bob, out. He was 5th in 1:27:14; Falcicola had 1:27:05 8. Joe Carson 1:32:36 9. Sam DeLosSantos 1:33:38 10. Ben Ottmer 1:35:45 11. Marge Daley 1:36:51 12. Bob Carlson 1:38:43 13. Fred Spector 1:39:46 14. Bruce MacDonald 1:41:45 15. Lou Stallworth 1:42:09 16. Clarence Swain 1:43:09 17. Marcus Boatwright 1:47:47 18. Denise Romansky 1:48:02 19. Rodney Craig (age 12) 1:51:37 20. Roger Barr 1:54:33 1 Hour, Columbia, Mo., April 2--1. Jerry Young 7 mi 644 yds (7:55, 16:14, 24:20, 32:19, 40:23 48:33, 56:46) 2. Randy Minn 7 mi 638 yds (7:44, 15:56, 24:10, 32:20, 40:30, 48:47, 57:08--and then came on like gangbusters) 3. Augie Hirt 7 mi 289 yds 4. Jim Breitenbacher 6 mi 1389 yds 5. Mike Fein 6 mi 1364 yds 6. Leonard Bisen 6 mi 535 yds 7. Bob Hyten 6 mi 484 yds 8. Henry Bent and William Taft 5 mi 97 yds 10. Delbert Dinkin 4 mi 109 yds Walk-Run Pentathlon, Columbia, Mo., April 16 (2 Mile Walk, 880 Run, 1 Mile Walk, 2 Mile Run, 220 Run)--1. Stan Smith 2740 points (15:56, 2:09.8, 7:56, 10:48, 25.5) 2. Augie Hirt 2625 points (15:18, 2:11, 7:32, 12:11, 26.7) 3. Dennis Stewart 2564 (17:59, 1:58.9, 9:17, 10:31, 23.5) 4. Randy Minn 2475 (15:15, 2:15.8, 7:31.2, 12:59, 26.7) 5. Jerry Young 2327 (15:42, 2:22, 7:31, 11:44, 29.0) MVAU 3 Mile (Indoor), Pittsburg, Kan., March 27--1. Randy Minn 23:46 2. Jim Breitenbacher 24:29 3. Paul Ide 24:42 4. Dick Carr 33:31

#### From Heel To Toe

Additions to the Bibliography: Wyndham, C.H. et al, "Mechanical Efficiency of A Champion Walker", South African Medical Journal, Vol. 45, pp. 551-3 (May 22, 1971) (Thanks to Jane Janousek for that one.) Lovesey, Peter, Wobble To Death, Dell Publishers, 1970. (Thanks to Bob Henderson for this one, a short novel that he recommends highly--about 6 day races in England around the 1880s.)....The National Sporting Goods Association has contributed \$1,000 to the race walking Travel Fund and Dean Ingram suggests that we all drop them a note of thanks. We had certainly better encourage what help we get. The address is 717 N. Michigan Ave., Chicago, IL 60611....The vote is running 100 percent against Dean Ingram's suggestion to cut back the number of nationals, according to our mail anyway. Of course that is based on just two letters but they are both stated rather strongly with some sound, albeit still debatable, reasoning. Taken in the order they arrived here, we hear first from Jim Hanley. His letter was addressed to Dean with a copy to the ORW: "I very strongly disagree with the proposal to eliminate 'odd-ball' National Championship distances.

"Those who want to eliminate them are using the same reasoning as those who voted to eliminate the Olympic 50 Km walk.

"Our walkers need all the recognition they can get and nothing does more for an upcoming--but struggling--program than being able to host a National Championship.

"The argument about policing the many events, inspecting entry blanks, etc. holds no weight with me. That's part of the job of officials involved. As you say, "if they can't stand the heat, get out of the kitchen."

"Besides, such an argument has absolutely nothing to do with the number of championships involved. Local associations can foul up one National Championship just as easily as 20. And if you doubt it, look what happened in the most prestigious race in the last 4 years--the Final Olympic Trials. Prestige of a race has nothing to do with its conduct.

"The argument that no other sport has as many National Championships is nonsense. Track&Field has a few: 100,200, 400, Pole Vault, Javelin, Discus, Shot, Hurdles, etc. and that's just for outdoors. Then the same thing with Indoors. Whoops, I forgot the decathlon and relays. (Ed. Comparing all these events is a bit ludicrous, too, Jim, since they are mostly contested at a single site over 2 days--1 for indoors--and involve completely different skills. No one is going to contest more than two or three events. I really see no analogy to the race walking situation.)

"Let's remember that we are a SPORT--not just a few events tacked onto a track meet schedule. As a sport we deserve as many top-level competitions as possible.

"Non-walkers have two or three Indoor meets every weekend that can choose from top-quality competition. Walkers have two or three the entire season.

"non-walkers can practically be crippled and earn some kind of an International team berth. Only the best two in our sport get that opportunity!

"The National Championships are the race walkers top-level competition. We can have an organized list of National Championships with the ones we have now as the standard distances!

"Let's not go backwards. Let's not give the anti-walking people what they want. Let's look at it another way; suppose we go a little farther and cut out all the events but the 20 Km. (Oh, hell, why not cut that one out too and really save everyone a lot of work!)"

The other letter from Elliott Derman, addressed to your editor:

"I would like to go on record in vigorous opposition to those who would cut down on the list of NAAU championship race walking events on the annual calendar. I firmly believe that each of them serves a valid purpose; that each is a distinct distance unto itself. Furthermore, we are missing the major point that by having 13 nationals, we thereby are able to spread the idea of staging national championship competition around the USA and thereby enable us to put our sport on display in areas it needs to be put on display in. Certainly I realize as much as anyone that some nationals, i.e. the 20 and 50 Km, and generally the Indoor 2 Mile, are more important than others because of the team qualification opportunities offered. Fine and good, let them remain the most important nationals. That is no reason to scrap some of the others. I can understand Chairman Dean Ingram's exasperation at the problems certain AAU district associations and their local race walking chairmen are giving him. But that is no reason to hit back at the associations and chairmen that are doing the job. What it really indicates is that the preceding AAU convention did not really screen the bids too carefully and awarded them to associations that weren't equipped to handle them properly. I say in these cases: let us examine the track record of all such associations and chairmen and make absolutely sure they are not rewarded with another championship the following year. Furthermore, there



is an easy solution to those who complain of the multiplicity of championships in three different divisions, Senior, Class B, and Masters. The easy solution is not to cut down on the number of championships awarded. The easy solution is to cut down on the number of races by arranging to have all the longer events, say from 25 Km on up to 100 Km, as combined events, with championships at stake in all three divisions. We have done this the last several years in the 40 and 75 Km we have staged in New Jersey, with outstanding success. The lure of multiple championships helps guarantee a larger field and also serves as strong incentive for those further back in the pack, who will not qualify for senior national medals by placing in the top six.

"I was particularly upset by Dean Ingram's inclusion of the 40 and 75 distances on the list of events to be axed. The 40 has been held in Long Branch, N.J., with one year out, every year since 1963, I believe. It has become a midsummer classic. I personally have sweated long and hard over it. I want to see it continue and so do the many walkers who point for it. As to the 75, we had the most successful race ever at this distance 2 weeks ago. 20 starters and a record total of 17 finished. It was a great indication of interest in "ultra" walking. The walkers were well taken care of. Officials sat out there for hours and hours. I think we proved that the 75 Km is a viable national championship distance. There are strong arguments possible for all the other distance: 25 is half of 50; 30 is 20 plus 10; 35 is halfway between 20 and 50, etc. (Ed. I don't really think those are strong arguments, Elliott.) Let's keep them all. They all help our sport.

"As to the different categories, I say keep Class B. It serves a definite purpose. It encourages those who have never won a championship to go out and do just that. It does not relate to the junior division because a junior, having won in that division, still needs an incentive of winning something noteworthy against senior competition. It relates plenty to those in the 20-39 bracket (who should be the bulk of our fields). They need an incentive. I agree a better name is needed, but can't give you one offhand."

Personally, your old editor doesn't think we would suffer with a few less races. The exposure idea is great but I have never felt we enhance the image of our sport by a "National Championship" with 10 or 12 contestants and this is often the case with some of the less important races.

I would have no argument if the 1 Hour, 15 Km (together with the 10 Km we have three races quite similar), 25 Km and 35 Km were dropped. The latter two are little different than the 30. In any case, it should help to liven up the RW Committee meeting this fall.... Anyone planning any race walking clinics in the Midwest? Samford Sampson in Marshalltown, Iowa would like to see some. He is an over 60 walker who wants to be sure he is doing things right.... The 1977 Shore Athletic Club magazine is now available from Elliott Derman at 28 N. Locust Ave., West Long Branch, NJ 07764 for \$1.35. It is of interest to all track and walking fans, including a full page of walking photos and a special Todd Sully page... Martin Kraft that Joe Breat, the walker from Lake Superior College who disappeared after the NAIA meet where he finished fourth in 14:43, did a 14:41 earlier this year in his conference meet and may have been a legitimate fourth in the botched up NAIA finish.... Whoops! I had one additional response on the Ingram proposal to reduce the number of nationals. Alan Wood mentioned it in his Master's Walker newsletter. Said he supports the plan, although the B category is not obsolete. He also sent Dean issues 2 and 3 of the MW wherein a survey revealed that zero of ten respondents would do away with any classes and four of ten we should have fewer national races.... Rich Olson, out in Arizona, reports

on a training opportunity that some of you may want to take advantage of. TO quote him: "A few months ago, I talked to Rich Haywood who's in charge of Runner's Mecca in Arizona and he told me that if any walkers are interested in high altitude training that he would set up a walking program that could be operated like his running camp. For a set price things like room and board, seminars, recreation facilities (Swimming, horse riding, tours, etc.), and all training facilities would be open to the guest. Anyone who wishes to inquire further about what is going on should write Haywood at Box 2186, Mesa, AZ 85204.

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THE TECHNIQUE AND TEACHING OF RACE  
WALKING IN TRAINING (De la  
technique et de l'enseignement  
de la marche sportive dans  
l'entraînement)

by Roland Haydrych and Dr. Gert Schroter

(This article originally appeared in the East German journal (Der Leichtathlet" in April 8, 1976 issue. It was translated to French and carried in the November 1976 issue of Le March Belge. I have had it translated to English and here it is. It presents a good discussion of the mechanics of race walking, a set of specific exercises, and a lengthy argument for diversified training for the race walker.)

Race walking is not generally a part of the program of youth sports groups but rather includes people who train for years in this discipline to attain success. They generally have a thorough knowledge of race walking technique and training. Our idea, however, is that race walking should have its own place in general training programs. For this, it is not really necessary to develop high performances at competitive distances. Rather, race walking would be used to animate training and to familiarize children with another movement. With technique assimilated, race walking can then serve to develop endurance. At the same time, adding to the number of walkers will increase the chances of finding young athletes who could be trained for competition.

In this report, we address several development in technique and training in race walking with this more universal development in mind.

### Technique

The motion of race walking is a repetitive cycle, basically quite simple. To study the development of movement, it is necessary to divide the simple step into typical phases. These phases are: front support phase, rear support phase, rear spring phase, and forward spring phase. A detailed analysis of the phases may be undertaken by considering the following essential points: designation of the beginning and end of a phase, function of the phase, and description of the movement of the legs, hips, and trunk as well as the waist and arms. The first phase in our observation is the front support phase.

Front Support Phase. The front support phase begins with the heel of the bounding leg on the ground (in front support) and ends as soon as the support leg is in vertical position according to the body's center of gravity (see Figure 1). (All figures at the end)

The function of this phase is to provide a favorable orientation leading to the following phases; i.e. absorbing the weight of the body, offering a stable support surface, and offering a tension situation favorable for muscles.



With the placement of the heel, the springing leg becomes the support leg. At this moment it is slightly bent at the knee to allow a slight slowing down. For competition, in the position of complete tension, the articulation of the knee is found as it moves to the vertical. For the body, this provides a greater support and one thus obtains a stable position by the fact that the foot moves rather rapidly from heel to toes.

At the moment of heel placement, the hip on the side of the support leg is leading forward. During front support—with the elevation and rotation of the support leg—it goes from its lowest to its highest position. To keep the body balanced while it is on one leg, movements of the corresponding hip are necessary. By this, the body's center of gravity is repositioned above the support leg. This position causes a curvature in the spinal column, which continues in the scapular girdle.

At the beginning of this phase, the shoulder girdle assumes a position opposite to the pelvic axis (torsion). At the end of this phase, this torsion at the top and bottom of the body disappears. The angle of the arm—approximately  $90^\circ$  at first—becomes obtuse at the end of the phase. The arm moves diagonally forward (the fist at the middle of the body), the hand is slightly closed.

Rear Support Phase. The rear support phase begins when the support leg is in the vertical position according to the body's center of gravity, and ends when the foot loses contact with the ground (see Figure 2).

The essential task consists of developing an optimal support force, which produces positive acceleration of the body in forward movement.

The knee joint remains taut for as long as possible after the position is attained. The foot is thrust onto the toes. To keep contact with the ground as long as possible, the heel stays in its highest position until losing contact. The point of the foot should not turn either out or in.

The hip turns toward the rear losing its perpendicular position compared with the body's vertical axis. It moves from the highest to the lowest position and thus shifts to the side of the support leg. During this phase, there is also a change in the trunk's position in the relationship of the hip to the spinal column. To maintain balance, the muscles which support the spinal column return from an oblique to a vertical position above the center of gravity. The center of gravity at the end of the phase is again vertical, between the legs. The shoulder comes forward from its lowest position by a rotation around the body's vertical axis. The arm continues this movement, at the same time swinging forward, up and inward (the hand at the level of the sternum). The elbow angle is again reduced to  $90^\circ$ . The hand is slightly closed and extended.

Rear Spring Stage. The rear spring stage begins as the toes leave the surface of the ground after support. It ends as the joints of the foot, hips, elbow, and shoulder are superimposed, after oscillation in front of the leg (see Figure 3).

The function of this phase is to offer a recuperation time and to guarantee sufficient relaxation to the muscles.

The leg goes forward, supple and slightly bent. The foot must again be flat and directly ahead. With the oscillation, the movement of the

hips is again around the body's vertical axis. In vertical position, it reaches the lowest position on the side of the moving leg. The position of the upper body is straight during this phase. The shoulder, which was in its extreme forward position at the beginning of this phase, is above the joints of the foot and hip at the end. The angle formed at elbow level opens and reaches its maximum at the end of the phase.

Forward Spring Stage. The forward spring stage takes place from the vertical position of the foot, knee, elbow, and shoulder joints until placement of the heel of the springing leg in forward support (see Figure 4).

Its essential role is an active forward oscillation until maximum stride length is obtained. In this phase, the foot goes directly forward. The shoulder in low position (opposite the swinging leg) balances forward without causing complete tension of the knee joint. The other shoulder, in a high position, raises. Optimal length of the step, depending on the walking ability, is fundamental. An exaggerated step, in unnatural fashion, causes forced lowering of the center of gravity and thus leads to useless tension as well as energy consumption in the following phases.

With the lowering of the heel, the springing leg prepares for its support role. At the time of placement, the body is instantly in a stable position. The springing leg absorbs the weight of the body with the leg which was supporting alone (double support phase).

During this phase, the hip turns forward around the longitudinal axis the body to reinforce the amplitude of the springing forward. Simultaneously, at the time of heel positioning, it drops to its lowest point. The center of gravity returns to the middle of the body. The upper body remains straight.

The scapular girdle moves around the longitudinal axis of the body, that is, the free arm in opposition to the springing leg returns toward the rear. The elbow angle again decreases; at the end of the phase, it returns to maximum position behind the body.

### Teaching.

The Goal of Basic Training. Our intention of introducing race walking during general athletics training influences the desired goal and the character of training. The young athletes must have acquired an accurate and coordinated motion in the technical sense at the end of training in race walking. The movement must be produced by an average gait, on shorter distances (200 to 400M) and follow the rules of competition which are characterized by: a naturally ample stride; a tension movement sufficient for knee articulation; permanent contact with the ground; and coordination between the shoulder girdle, the work of the arms, and the movement of the hips.

Once the essential element in regulating race walking is acquired, knowing the placement of the support leg, there remains to be assured the permanent contact, technically correct foot movement, amplitude of hip movement, and activity of the scapular girdle, which produce the necessary fluidity and rational of movement.

If the movement does not appear sufficiently flexible and free, it is not yet economical enough.

The quality of movement improves mostly with increased distances, but also with the demands of increased gait, that is, it remains



strongly subject to fatigue. For this reason, participation in competitions over relatively long distances is not yet assured of success.

For athletes who are ready to participate in trials as soon as they reach the cadet category (early teens, I think), it is first necessary to obtain coordination by economy in walking movement.

Teaching Technique. Race walking is distinguished, like most movements of a cyclical nature, by a precise type of methodic progression, particularly in the choice of exercise. While other sport techniques are often taught by adding successive movements, perfecting movement in race walking is done by a global execution. The exercises used in the didactic process, while not a progressive movement, have a preparatory or complementary function.

The essential characteristic of the methodical progression is thus the total practice of the basic exercise preceding. Raising the degree of difficulty coincides with a second characteristic: the reinforcement of attention on isolated elements of movement. The basic exercises are thus oriented to follow the elements of movement—work of the leg, movement of the arm and shoulder, and movement of the hip. A third characteristic is progressively raising the development of movement, both in space (length of distances) and in time (gait).

Choice of Exercises. Apprenticeship in race walking is divided into three groups of exercises:

o Specific preparation exercise

- Natural walking with supplementary position exercises
- Accelerated walking, that is developing a longer stride, for general physical condition
- Gymnastic exercise: to improve the mobility of the abdominal and scapular girdles and the pliability of the leg muscles.

o Basic exercise

- No. 1: passing from natural walking to race walking increasing the gait (tension of the leg at the knee)
- No. 2: coordinated movement of the arms and shoulder girdle
- No. 3: walking with active hip movement.

o Complementary exercise

- Walking while doing supplementary exercises
- Walking on an incline and a descent for very short distances
- Imitating local parts of movement.

Looking then at specific exercises:

A. Exercises for learning and perfecting the work of the leg

1. Natural walking with supplementary exercise such as:
  - a. trunk rotation left and right with hands joined (Fig. 5)
  - b. forward and rear trunk flexes (Fig. 6)
  - c. different length steps
  - d. steps of different frequency
  - e. different step positions.

2. Natural walking with accelerations (Fig. 7)

Increasing the gait causes tension of the knee joint. Acceleration should be made keeping in mind ground contact (Fig. 8) and progression without hindrance.

Watch particularly the exact tension of the leg, going from spring to horizontal, and the position of the foot by the heel

3. Gymnastic exercise to improve tension and articulation of the knee.

- a. Lifting the point of the toes in a standing position (Fig. 9)
- b. Flexing the trunk from standing position (Fig. 10)
- c. Alternate thrusting in place of the leg bent at the knee (Fig. 11).
- d. Same movement, pushing the hands at knee level (Fig. 12)
- e. Same movement with support of the arms, from an oblique position (fig. 13)
- f. Walking at average gait with accentuated tension of the knee
- g. Walking on a slight incline (Fig. 14)

4. Exercises for learning and perfecting active work of the arms and scapular girdle

- a. Walking accentuating arm movement
- b. Walking with excessive aid of the scapular girdle (Fig. 15)
- c. Walking with movement of arms and shoulders opposite in which:
  - arms are joined behind the head (Fig. 16)
  - Arms are joined behind the chest
  - The shoulders support a baton (Fig. 17)
  - A baton is carried behind the back at elbow level (Fig. 18).

5. Gymnastic exercises for learning and improving arm and shoulder movement

- a. Rotating the trunk in standing position (also with a baton) (Fig. 19)
- b. Imitation of arm movement in place (Fig. 20)
- c. Same movement with trunk rotation
- d. Same movement with trunk rotation and movement of legs in place (Fig. 21)
- e. Walking with acceleration of gait and accentuated arm movement
- f. Walking uphill with accentuated arm and shoulder movement, then with arms joined (Fig. 22).

B. Exercise for the role of hip movement

1. Gymnastic exercises

- a. With rear support, horizontally, the leg make an arc toward the opposite side (Fig. 23)
- b. Trunk rotation in sitting position, legs taut (Fig. 24)
- c. Jumps with rotation of the pelvis (Fig. 25)

2. Walking

- a. Walking on a line (Fig. 26)
- b. Walking on a line with supplementary exercises (Fig. 27 & 28).
- c. Walking on a line exaggerating placement (crossed) of the feet (Fig. 29 a and b)
- d. Rotation movement of the taut forward leg (Fig. 30)

(Well, if I am to have room for all the above figures, I will have to save the rest of the article for next month. That is the part that stresses a diversified training program.)



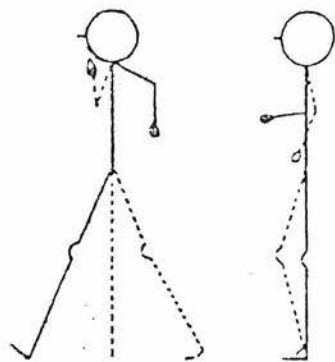


FIG. 1

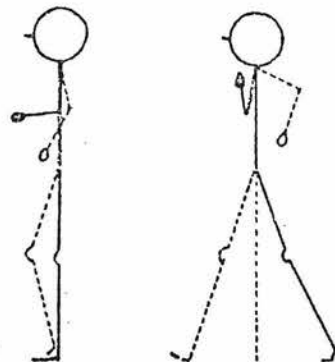


FIG. 2

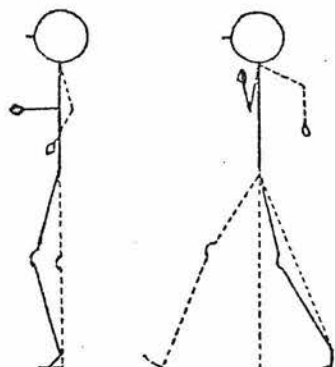


FIG. 3

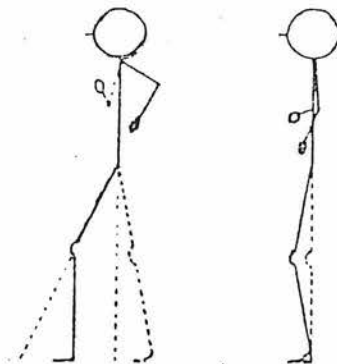


FIG. 4

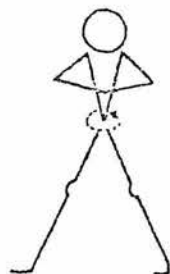


FIG. 5

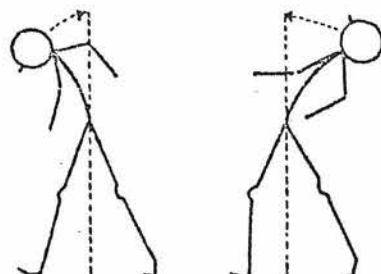


FIG. 6

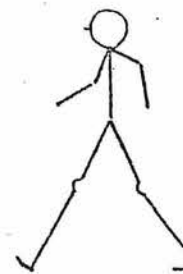


FIG. 7



FIG. 8



FIG. 9



FIG. 10



FIG. 11



FIG. 12



FIG. 13



FIG. 14

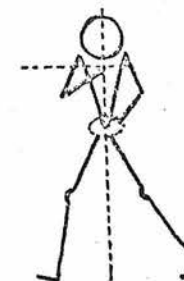


FIG. 15



FIG. 16

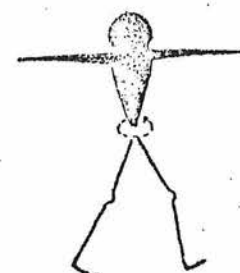


FIG. 17



FIG. 18



FIG. 19



FIG. 20



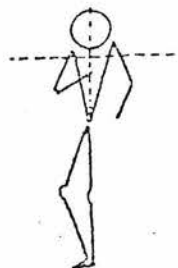


FIG. 21

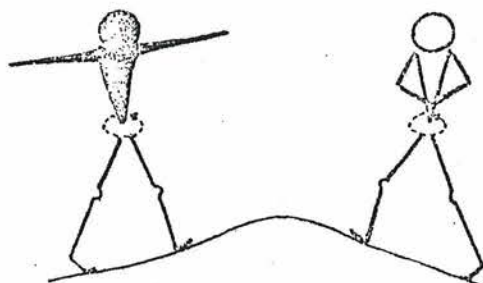


FIG. 22

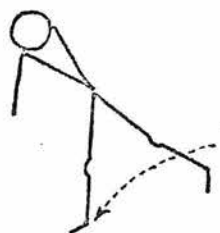


FIG. 23

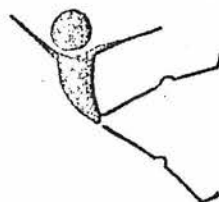


FIG. 24



FIG. 25



FIG. 26

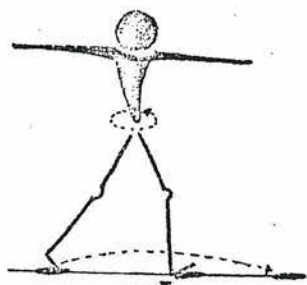


FIG. 27

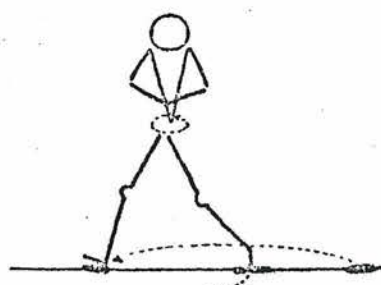


FIG. 28

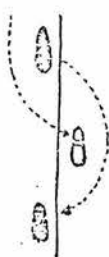


FIG. 29a



FIG. 29b

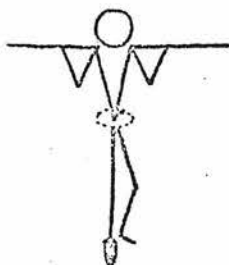


FIG. 30

The figures didn't take quite the room I anticipated but there still isn't room for the rest of the article so I will expand slightly on my remarks regarding the number of national championship races.

The thing is that we now have a lot of "so-called National" but in reality most of them are just another regional or even local race. These races can be promoted just as well and do just as much for the sport without the National tag on them. For example, Elliott Denman's National 75, which I am not suggesting we take away from him. But the fact is the race was very successful for many years as the Eastern Regional 50 Mile Championship. The annual 100 miler in Columbia is, and will continue to be, a most successful race without the benefit of an AAU Championship tag. What needs to be done is to build more local races into prestigious, annual affairs. We can look to road running. Races such as the Boston Marathon, the Bay-to-Breakers, the Charleston 15 Mile, and many more are much more popular than any National races and are doing a lot for the sport.

Our problem with Nationals is, of course, the physical size of the country with top walkers coast-to-coast. Only qualifying races are going to draw a truly representative field and many lesser events aren't going to draw outside the local area at all. My own feeling is that we could do quite well with National titles at 3 Km Indoors, and 5, 10, 20, and 50 outdoors, while building other fixtures into prestigious affairs. Many countries with stronger programs have even fewer Nationals. I'm not suggesting that we do cut back that far--I already outlined the races I feel we can definitely do without--but I don't think it would hurt if we did.

We might consider adding one race, however, one that would help to boost the sport on a club level. That would be a National road relay. It could either be at a set distance per leg, say 5 times 25 km, or legs of varying distance, e.g. 10, 15, 20, 30, and 50 km. Or we may want to go with more than five legs. In any case, it would encourage clubs to build strong teams with good depth and could become a most popular annual affair. The only problem again being travel distances and the accompanying expense.

In any case, I don't think a cut in the schedule would necessarily be a step back and it would not mean we need to quit promoting the sport. With fewer Nationals, maybe we could concentrate on making them truly Nationals, through expense money or whatever it takes, while at the same time concentrating on building up local races. I don't really think most walkers need the carrot of a "national title" as incentive and I think most realize when they have done well in a true national and when they have done well in what amounts to just another local race. The satisfaction is much greater in the former, even though you may be a few places further back. At least this is my experience.