

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

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COLUMBUS, OHIO

JANUARY 1978

REPORT FROM THE BLIZZARD OF '78

Just back from an hour-and-a-half trudge through the snow, ice, and 9 degree temperature. About all one can do these days around here — there is no way to really train. What in the world has happened to "Columbus' normally mild winters", a term our mayor used in explaining why there is so little snow removal equipment available around here. And essentially, he is right. We have occasional heavy snows, but normally the snow will be mostly gone in a couple of days. We have some bitter cold weather but normally only a day or two at a time. And I would guess that in a normal winter the day's high is above freezing at least half the time.

But then came the bitter winter of '76-'77. December was somewhat colder than usual and we had a pretty good snow abounds the end of the month. By mid-February, that snow was still around along with quite a bit more but there were only a few days when travel was really bad. The bad thing was the cold. (Now, I realize all that I am describing is nothing to those of you in Minnesota, up-state New York, Maine, and such places, but this is mild Central Ohio.) It dropped to near zero on Dec. 30 and never hit over about 28 again until some time in February. There were about 20 days in January with a high of under 20 and quite a few with a high below zero. But, since I could get into the Fieldhouse at OSU most of the time and could get around pretty well, my training wasn't much affected. And I knew we would never have another winter like that in Columbus.

Hah! Things were a little worse than usual through December and I did more than my usual amount of training on snow and ice, but it was never so bad that you couldn't struggle along at about 9 minute miles anyway. Then came a 24-hour rain on Jan. 7, which turned to snow the next afternoon so that streets were a mess by Monday morning. I walked to work (4 miles) and, of course, home. That was my workout and good exercise through the snow in my boots. About 55 minutes both ways. However, the stupid thing I did was wear a pair of loafers under the boots. The sort of thing you learn to do with 24-years of experience in training in all conditions. I hadn't gone a mile in the morning when my heels began to hurt from the rubbing and by the time I reached work, they were a bloody mess. I bandaged them up, but it sure didn't make the walk home that night easy.

Fortunately, the streets were in fairly good condition the next morning and I could drive to work. No question of working out that night as the heels were just too sore. I managed 4 miles in the Fieldhouse on Wednesday and 7 on Friday, did nothing over the weekend, due as much to ennui as the weather, although conditions were in no way conducive to any real training. Too much ice and snow. Another indoor workout on Monday and then another snow storm, which again had traffic paralyzed. So, for the next 3 days, my training was walking to and from work. Managed to get down to 48½ minutes by Thursday when about half the sidewalks were clear, but more snow had it very slippery by that night and it took 51 minutes

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

home.

Then the real snow came, About 6 inches that night, which got us up to a local record of 17 inches on the ground. The city closed down the next day and we spent most of it shoveling snow trying to clear the neighborhood. (This is our 15th winter at this address and we have yet to see a snow plow. They do a little with the main streets around here but never touch the residential areas. The couple across the street who have lived in Madison and East Lansing where every street in town is bone dry 1/2 hours after a heavy snow cannot believe the situation here.) More shoveling Saturday and then an hour-and-a-half walk, mostly through deep snow. Did something close to 7 miles.

By Monday, we could get out and I drove to work for 3 days and worked out in the Fieldhouse in the evenings. Most streets were still icy and snow covered. On Wednesday it warmed up (to 40 by midnight) and rained most of the day, melting some snow but mostly messing things up for what was to come. Between midnight and 5 it dropped to 7 and the winds held steady at 40-45 mph with gusts up to 75. The rain turned to snow. And Ohio, along with the rest of the Midwest, was paralyzed. Completely. And having walked around for a while this morning, I say things aren't going to be moving much around here for a while and I can do my training walking back and forth to work next week. Why take an hour driving and maybe not make it when I can walk it in 50 minutes. That's the way things are here in Ohio and surrounding states, as many of you well know.

All of this could delay the ORW, too, as I may have trouble getting it to and from the printer and to the Post Office next week. Meanwhile, we have cancelled a birthday dinner for me at my Mother's three times already and may have it on April 2 along with my wife's. But, I suppose you want to know what is going on in the real world of race walking, so on to some results.

16 Km, Long Branch, N.J., Dec. 26--1. Randy Minna 50:01 2. Ray Floriani 52:11 3. Bob Minna 53:20 4. Cliff Minna 54:28 5. Fred Specter 61:25 6. Steve Eckles 63:40 7. Gary Powell 64:40 (Elliott Derman asks, "Did the Minnas' total of 2:37:49 for 30Km break all records for the 3x family 10 Km on a wintery afternoon?") 10 Mile, Ashbury Park, N.J., Jan. 1--1. Cliff Minna 1:31:16 2. Bob Minna 1:31:41 3. Fred Specter 1:40:30 4. Roger Barr 1:43:44 5. Marcus Boatwright 1:44:39 Women: 1. Sue Spinola 1:59:43 2. Cindy Smith 2:15:07 6.41 Mile, Washington, D.C., Dec. 10 (Cut from planned 20 Km due to weather--25 F with high winds)--1. Alan Price 58:43 2. Sam DeLosSantos 60:32 3. Paul Robertson 63:10 4. George Garland 72:38 10 Mile, Greenbelt, Md., Dec. 26--1. Bob Kitchen 1:25:17 2. Carl Schueler 1:42:25 (started 18:30 late) 20 Mile (same place)--1. Paul Robertson 3:39:04 (20 F, 15-30 mph winds) 5 Mile Lakeland, Fla., Nov. 5--1. John Seimone 46:58 2. Norman Knott 47:00 3. Dr. Martin Benker 51:51 4. David Gentry 54:52 Girls: 1. Patti Solanko 49:57 2. Rocki Collins 56:08 Women's 1 Mile, Pittsburgh, Jan. 8--1. Susan Ruiz, Kettering, Ohio 8:15 2. Mary DeVries, "ettering 9:01 3. Beth Harwick 9:40 2 Mile, Pittsburgh, Jan. 8--1. 1. Gary Reitler, Lake Erie Walkers 16:58 2. Jim Janos, LEW 17:19 3. Fred Weiland, West Penn TC 18:35 1 Mile, Pittsburgh, Jan. 7--1. Janos 8:03 2. Reitler 8:09 3. Jim Johnson, West Penn 9:08 2 10 Mile, Springfield, Ohio, Dec. 18--1. Chris Knotts 1:22:36 2. Jack Blackburn 1:23:42 3. Tim Blackburn 1:33:31 4. Rich Myers 1:40:05 5. Del Heuser 1:58:11 6. Clair Duckham 2:00:43--Knotts took off with a 7:59 first mile and was never challenged. This fast-improving newcomer is quickly leaving his mentor in the dust. Nonetheless, the svelte Blackburn--down to 160--walked his fastest 10 mile in 6 years despite the advancing years (42),

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New Year's Eve 6 Mile Handicap, Springfield, Ohio, Dec. 31--(Special to the ORW from Jack Blackburn)--For a change the weather was good--33 F and very little wind with good surfaces. Blackburn messed up the handicap as usual and he and Mort came in next to last and last. Steve Pecinovsky and Chris Knotts had a good race for fast time honors starting from scratch with Mortland and Blackburn. Steve got away in the last mile to record a 48:21. Dave ? from Xenia won off of an 18 minute handicap in an actual time of 61:31. His form looked excellent for a beginner. (As once again, our star reporter leaves a newcomer unidentified.) 1. Dave (I think you have his last name from 10 miler--and he is right, I do, although he didn't finish that race--so Blackburn is off the hook on this one) Lingo 61:31 2. Dan Dillen 68:16 (middle guard on Wittenberg football team, NCAA Division III champs in 1976) 68:16 (probably a world record for middle guards) 3. Mike Godfrey 64:44 (Columbus Walnut Ridge H.S. student who Steve brought along. Good prospect.) 4. John Kennerly (age 17) 71:17 5. Rich Myers 58:14 6. Steve Pecinovsky 48:21 7. Chris Knotts 48:30 8. Tim Blackburn 54:38 9. Jack Blackburn 50:27 10. Jack Mortland 50:42 10 Mile Handicap, Chicago, Dec. 31--1. Robert Gradowski 1:54:28 2. Roger Smith 1:57:19 3. Dan Patt 1:49:27 4. Dan Dudek 1:33:20 Gulf AAU 35 Km, Houston, Nov. 21--1. John Knifton 3:04:35 (54:28, 1:47:10, 2:39:18) 2. John Stowers 3:26:21 3. Lida Askew 4:06:59 4. Clyde Villimez 4:11:55 Gulf AAU 30 Km, Houston, Jan. 15--1. John Knifton 2:30:54 (50:35, 1:39:15) 2. John Stowers 2:50:54 (age 49) 3. Larry Mack 3:19:33 4. Bill Kilgore 3:19:33 5. Gene Askew 3:23:20 6. Lida Askew (50) 3:24:25 7. Mark Stein 3:32:30 8. Bill Murrell 3:37:15 1 Mile, Phoenix, Dec. 17--1. Rey Cruz 8:09.8 2. Liz Dufour 8:32.5 3. Mike Johnson 8:55.8 3 Mile, same place--1. Mike DeWitt 23:18.9 2. Rey Cruz 26:51 3. Lenny Wos 31:15 4. Gordon Wallace (age 68) 31:34 5 Mile Hdcp, Phoenix, Dec. 31--1. Mike Johnson 50:18 2. Mary Johnson 64:24 3. Wanda Sinsroy 64:25 4. Lenny Wos 50:06 5. Rey Cruz 45:15 6. Don Tate 47:41 7. Mike DeWitt 40:26 10 Km Handicap, Phoenix, Jan. 14--1. Mary Johnson 1:21:03 2. Mike DeWitt 52:22 3. Lenny Wos 66:00 4. Mike Johnson 69:05 7 Mile Handicap, LA area, Dec. 10--1. John Garcia 72:30 2. Denece Kelsey 82:25 3. Shoshana Hirsch 82:25 4. Mike Slaten 69:20 5. John "Santa Monica" Kelly 61:30 6. John "Glendale" Kelly 78:20 7. Travis Veon 60:35 8. Len Effen 62:45 9. Ed Bouldin 56:34 10. Larry Walker 53:05 11. Jane Kennedy 74:20 12. David Hall 60:25 13. Linda George 88:10 14. Jim Hanley 64:25 15. Joe Hampton 64:50 16. Paul Kash-Mori 72:00 17. Hal McWilliams 72:15 1 Mile, Dec. 10--1. Connie Rodewald 8:43 15 Km, Skunk Hollow, Dec. 18--1. Dennis Reilly 78:46 2. David Hall 82:30 3. John Allen 85:50 4. Larry Aviles 1:05:44--hilly course with 2 miles of muddy roads 1 Mile, L.A., Jan. 15--1. Larry Walker 6:24 2. Dennis Reilly 7:06 3. David Hall 7:19 4. Ed Bouldin 7:24 5. Travis Veon 7:24 6. Jim Hanley 7:28 7. Joe Hampton 7:32 8. John Allen 7:32 Rose Bowl 10 Mile Handicap, Jan. 22--1. Leslie Wilson (age 10) 1:51:57 2. Laura Gottlieb (13) 1:57:08 3. John Allen (52) 1:23:59 4. John "Glendale" Kelly 1:51:53 5. Travis Veon (14) 1:28:53 6. Jane Kennedy 1:49:59 7. Denece Kelsey 2:02:34

8. Ed Bouldin 1:26:27 1 Hour, San Francisco--1. Julie Partridge (17)
6 miles 606 yds 2. Lori Maynard (41) 6 mi 538 20 Mile, Sacramento, Cal.
Nov. 27--1. Neal Pyke 2:43:10 2. Manny Adriano 2:45:12 3. Ron Laird
3:04:30 100 Km (track), Woodside, Cal., Dec. 11--1. Chuck Hunter, Colo-
rado TC 12:05:02 2. Larry Aviles 13:50:00 3. Julie Partridge 15:29:55
(Women's national record) DNF: Tom Dooley 4:58:35 for 50 Km, Brad
Jacobs 6:28:48 for 50, Lori Maynard 7:11:22 for 50, John Allen 3:59:00
for 40 3 Km, San Mateo, Cal., Dec. 24--1. Neal Pyke 12:47.8 2. Dave
Himmelberger 13:08.2 1 Mile, San Mateo, Jan. 7--1. Himmelberger 6:48
10 Km, Pexley, Eng., Dec. 17--1. Enrique Vera, Mex. 43:32 2. Shaun
Lightman 45:40 3. Adrian James 45:40 20 Km, Rome, Nov. 6--1. Domenico
Carpentieri 1:31:43 2. A. Pezzatini 1:32:14 20 Km (track), date and
site not reported--1. Vittorio Visini 1:26:30.9 (1:04:42 at 15 km and
13 km 916m in an hour) 2 Km, Paris, Nov. 26--1. Gerard Lallievre 7:39
2. Enrique Vera, Mex. 7:47.4 10 Km, Rome, Oct. 16--1. Armando Zambaldo
42:40.7 2. Domenico Carpentieri 42:48.4
1 Mile, Millrose Games, New York City, Jan. 27--1. Todd Scully, Shore AC
6:34.3 2. Ron Daniel, NYAC 6:37.4 3. John Fredericks, Shore AC 6:40.9
4. Ron Kulik, NYAC 6:43.4 5. Bob Kitchen, Springfield Col. 6:43.5
(Results from the Columbus Evening Dispatch, believe it or not! Person-
ally, I don't believe it.) 1 Mile, Middle Atlantic USTFF, East Strouds-
burg, Pa., Jan. 22--1. Sam DeLosSantos, Shore AC 7:39 2. Ron Salvio,
SAC 8:09 3. Gary Powell, SAC 8:35 4. Steven Eackles, SAC 9:13

FROM HEEL TO TOE

Big races coming up in Ohio! Jack Blackburn, who together with your
editor initiated the once-famous Ohio Track Club Distance Carnival,
since deteriorated to largely a girl's age-group cross country meet*,
is getting it together again over in Springfield. Under the auspices of
the Alcohol and Drug Council (He's a counselor, not an addict) Jack has
a distance carnival scheduled for April 1 and 2. Included will be a
7 Mile Walk the first day and a 15 Mile Walk the second--both on the
road. Other races the first day are a 10 Mile run, 4 Mile family team
race (3 family members scored cross-country style), novice 2 Mile run,
and girl's and women's 2 Mile run. Sunday will see a 20 Mile run, novice
1 Mile run, and novice 2 Mile walk. Trophies for the first two and med-
als for next three in both walks plus a trophy for the outstanding com-
petitor for the two days...Other items regarding races and such. Bruce
MacDonald reports that the NAAU Junior T&F Meets, both mens and women's
will be in Bloomington, Ind., June 24-25. 10 Km walk in the men's and
probably a 5 Km in the women's. A men's Junior team (maybe women, too)
will tour Europe from July 1-16 and we assume this will include two
race walkers as in the past. The Junior Olympic National meet will be
in Memphis Aug. 11-12. Still from Bruce, the USOC is putting on an
Olympic Festival in Colorado Springs this summer. If he gave me the
dates, I didn't record it. This will include all Olympic sports with a
20 Km walk on the track program. (The 50 was not included, but neither
was the decathlon or marathon, according to Bruce.) The meet will be
a competition between four sections of the U.S. (East, South, Midwest,
and West--I don't know the boundaries) with two competitors from each
section. Ten additional, non-scoring walkers may be allowed, but there
will be a qualifying standard of 1:36 for them. Official competitors
will have transportation and 1 week's room and board paid. Others will
have to handle their own expense. (Continued on p.6)

*Not that I have anything against girls cross country but the original
concept was primarily road races, both walking and running, male and
female, over 2 days. It is now down to one day with a single road run
and a 2 mile walk on the track, plus all the cross country races.

SOME RACES FOR YOUR CONSIDERATION IN THE NEW YEAR

Sat. Feb. 11--1 Mile and 5 Km Handicap, Phoenix, Ariz., 12 noon (V)
1, 2½, and 5 Mile Races, Smithtown, N.Y., 10 a.m. (S)
6 Mile, Salem, Ore., 1:30 p.m. (X)
Sun. Feb. 12--Eastern Regional USTFF Master's 1 Mile, Slippery Rock, Pa (G)
Lincoln Day 5 Mile, Women's 3 Mile, Lake Darling, Iowa (G)
20 Mile, San Mateo, Cal. (L)
½, 1, and 2 Mile Races, Long Island, N.Y., 10 a.m. (S)
Sat. Feb. 18--Ontario Indoor 3 Km Champ., 1.5 Km Women, Toronto (N)
2 Mile, Oshkosh, Wis., 12 noon (M)
15 Km, Columbia, Mo., 9 a.m. (D)
10 Km and 3 Km, Washington, D.C., 10 a.m. (A)
1 Mile, Invitational, San Francisco (L)
2½ and 15 Miles, Westbury, Long Island (S)
Sun. Feb. 19--10 Km, Indio, Cal., 10 a.m. (O)
3 Km, Cleveland, Ohio (U)
50 Mile, Houston, Tex. (E)
Fri. Feb. 24--NAAU INDOOR 2 MILE AND WOMEN'S 1 MILE, NEW YORK (B)
Sat. Feb. 25--Canadian Championships Indoor, 3 Km Men, 1.5 Km Women,
Montreal (N)
Marathon, Seaside, Ore., 11:30 a.m. (X)
NAIA 2 Mile Championship, Kansas City
1, 2½, and 5 Mile Races, Smithtown, N.Y., 10 a.m. (S)
Sun. Feb. 26--3 Mile, Ottumwa, Ia., 2 p.m. (G)
Triathlon (1 Mile walk, mile run, 2 mile walk), Phoenix, Ariz.
9 a.m. (V)
5 and 10 Mile, Central Park, N.Y., 10 a.m. (S)
Sat. Mar. 4--6 Mile Handicap, San Fernando, Cal., 10 a.m. (O)
10 Km Hcpc, Smithtown, N.Y., 10 a.m. (S)
5 Km, Columbia, Mo., 9 a.m. (B)
Sun. Mar. 5--10 Km, Pethesda, Md. (A)
Women's and Master's 5 Km, Long Beach, Cal., (O)
IC4A 1 Mile
3 Mile, Ottumwa, Ia., 2 p.m. (G)
5 Km, Kenosha, Wis., 11 a.m. (M)
Sat. Mar. 11--1, 2½, and 5 Mile Races, Smithtown, N.Y., 10 a.m. (S)
Sun. Mar. 12--1 Mile and 10 Km Handicap, Phoenix, 9 a.m. (V)
Pacific AAU 50 Km Championship (L)
25 Km, Houston, 10 a.m. (E)
½, 1, and 2 Mile Races, Long Island, 10 a.m. (S)
25 Km, Long Branch, N.J., 1 p.m. (H)
Iowa 50 Km Championship, Des Moines, 8 a.m. (G)
Sat. Mar. 18--1 Mile, Houston (E)
NAAU MASTER'S 1 MILE, EAST STROUDSBURG, PA.
4 Mile and Women's 3 Mile, Des Moines, 3 p.m. (G)
3 Mile, Columbia, 9 a.m. (D)
Sun. Mar 19--5 Km and Novice 1 Mile, Pasadena, Cal., 10 a.m. (O)
5 Km, Cleveland, Ohio (U)
10 Km and 5 Km, Flushing Meadows, N.Y., 10 a.m. (S)
30 Km and 5 Km, Oshawa, Ontario (N)
Sat. Mar. 25--10 Km and 3 Km, Washington, D.C., 10 a.m. (A)
10 Km, Pittsburgh, Pa., 1 p.m. (C)
20 Km, Fountain Hills, Ariz., 8 a.m. (V)
1, 2½, and 5 Miles, Smithtown, N.Y., 10 a.m. (S)
Iowa Men and Women's 10 Km Champ., Lake Darling, (G)

- Sat. Apr. 1---7 Mile, Springfield, Ohio, 10 a.m. (K)
 20 Km and Women's 1.5 Km, Toronto (N)
 1 Hour, Columbia, Mo., 9 a.m. (D)
 Sun. Apr. 2---15 Mile, Springfield, Ohio, 1 p.m. (K)
 10 Km, Conejo, Cal., 10 a.m. (O)
 10 Mile, Palo Alto, Cal. (L)

CONTACTS FOR THESE RACES:

- A--Tom Hamilton, 4817 N. 26th St., Arlington, VA 22207
 B--Dean Ingram, 507 Cobb Building, Seattle, WA 98101
 C--John Harwick, 487 Beverly Road, Pittsburgh, PA 15216
 D--Joe Duncan, 4004 Defoe, Columbia, MO 65201
 E--John Evans, 5440 N. Braewood #945, Houston, TX 77096
 G--Dave Eldahl, Box 209, Richland, IA 52585
 H--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 K--Jack Blackburn, 2307 High St., Springfield, OH
 L--Wayne Glusker, 20391 Stevens Creek Blvd., Cupertino, CA 95014
 M--Larry Larson, 909 Ostergaard, Racine, WI 53406
 N--Doug Walker, 29 Alhambra, Toronto, Ontario, Canada
 O--Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010
 S--Gary Westerfield, 57 Broadway, Smithtown, NY 11787
 U--Lake Erie Racewalkers, 3123 Mapledale Ave., Cleveland, OH 44109
 V--Mike DeWitt, 17831 N. 34th St., Phoenix, AZ 85023
 X--Jim Bean, 4474 Liberty Road South, Salem, OR 97302

Add to the above:

- Sun. Feb. 12---5.5 Mile, Lakeland, Florida, 9 a.m.
 Sun. Feb. 19---Marathoners (42.2 Km) vs Race Walkers (25 Km), Miami 7:30 a.m.
 Sun. Mar. 12---20 Km, Lakeland, 8 a.m.
 Sun. Apr. 16---10 Km, Lakeland, 8:30 a.m.
 Contact: John Scimone, 631 Young Place, Lakeland, FL 33805
 A.F. Christiansen, 981 Nightengale, Miami Springs, FL 33166 (on the Marathon)

 FROM HEEL TO TOE (Cont.)

One other item from Bruce: The budget for the USOC development sub-committee is being set and he would appreciate any suggestions regarding race walking activities that might be included, i.e., activities such as clinics, training camps, etc. I should think he wants some pretty specific suggestions on this--not just "how about a clinic?". His address is: Bruce MacDonald, 39 Fairview Ave., Port Washington, NY 11050...John Harwick reports that the USTFF National Boys Age-Group Track and Field Championships, to be held July 14 at Slippery Rock (Pa.) State, will include walks in all five divisions (9 and under, 10-11, 12-13, 14-15, and 16-17). For further info write John at 467 Beverly Road, Pittsburgh, Pa. 15216...The Arizona track camp in Prescott this August will include a program geared to the newer walker headed by Mike DeWitt. He hopes to be assisted by one or two of the Wisconsin walkers. For more dope on this write Mike at the address seen under (V) above.... A rather blatant error in the August issue of the ORW, which we belatedly correct. Shaul Ladany's winning time in the Maccabiah Games 50 Km was 4:29:08, not 4:43:58 as we reported....College credit for race walking: The San Diego State University, College of Extended Studies, is offering a course in Dynamics of Urban Walking during the next semester. The course will meet from 7:30 to 9:00 p.m. on Mondays and will be instructed by Larry Forman. The catalog description reads: "Urban walking is revealed as a healthy, ecological and enriching physical activity. The "brisk walk" is treated as a health promoter, tension reliever, brain stimulator and problem solver. Walking is healthier than jogging according to many medical reports. Students will learn the practical tech-

niques for gaining improved muscle tone and stamina, deep relaxation, and the lifetime habit of urban walking. 1-1 1/2 hours of walking will follow each evening's discussion of sound walking principles. . . Students should wear comfortable walking shoes and light colored clothing, as well as bring a flashlight and whistle. After the first three meetings, the close will carpool to the various San Diego walking sites." (I just got in another 1:45 of urban walking myself, once again over the ice and snow in my booties. Up to 12 degrees today.)...Speaking of urban walking, the following item from womenSports: "Street Savvy. From the home of Elizabeth Ray come Washington D.C.'s Capital Walkers. The Walkers, a group of 25 race walkers, including five women, can be seen striding down the streets at all hours in the peculiar, almost mincing gait of that Olympic sport. "We were originally going to call ourselves the Capital Streetwalkers," says walker Tom Hamilton, who says he often gets propositioned during training, "but we figured the women wouldn't like it." (Only trouble is they are now the Potomac Valley Walkers.)

ON RACE WALKING TECHNIQUE

by Julian Hopkins
 British National Coach

(The following article appeared in the March and April issues of the British publication Race Walking Record.)

I have mentioned before in this column the importance of good technique in race walking. To me, race walking is a "technique event" on a par with the 400 meter hurdles. You need speed, strength, suppleness, and stamina to run a fast time for 400 meter hurdles but without adequate technique you will lose too much ground to be a serious contender. So it is with race walking. A sound walking action will enable you to walk faster and further through greater efficiency and safeguard against disqualifications. Technique is far from being everything in race walking but if you watch any races, those with a good technique are usually up near the front.

The problem often is that most of us tend to take our walking action for granted. We assume that it is alright unless we get disqualified or somebody happens to mention that we have a particular fault. Then what happens? Usually, we go back to our own training (and I expect the majority of walkers do most of their training by themselves) and forget all about those faults. This, of course, achieves very little.

How do faults develop? Most of them have probably existed since we started race walking. Many people have small faults in their everyday walking action which they carry over into race walking--e.g., poor posture, feet splayed out both on driving off and landing. The greater muscular demands of fast walking tend to magnify these small faults. The, of course, other faults develop in the early stages of a walker's career particularly in the case of youngsters who, in their enthusiasm, frequently try to walk faster than they are capable of technically. If we have a basic fault and this is repeated on virtually every stride that we take, then it will be repeated millions of times over a period of years! It is no wonder that experienced walkers find it so difficult to correct basic faults. After all, how does any sportman become skillful at a particular event? Simply (!) by repeating the correct actions over and over again until they become automatic and do not break down under the pressure of competition. So, if we do something incorrectly often enough, we learn the incorrect action so well that it becomes increasingly difficult to unlearn. Indeed, a stage will

probably be reached when a fault is so "grooved in" that it will never be unlearned. This will probably be true for walkers who have been training and racing for perhaps 15 years or more. They will probably have to accept their faults for in many cases, trying to effect a change will probably create more problems than it solves. However, we are dealing with individuals and we can never rule out developers in any sphere of activity. Roy Thorpe is a good example of a walker who has improved his technique at a relatively late age. (Ed. Thorpe, a good walker for many years, suddenly became an international after he joined the seniors ranks, i.e. started looking back on age 40.)

What conclusions can we draw from these facts? Firstly, I think that the importance of good coaching in the very early stages of walker's career is absolutely essential. Faults should be corrected as they occur and the guiding motto should be "make haste slowly". We learn new skills most easily when we are young--probably about the age of 10 years or earlier--so if the chance arises to teach a youngster the fundamentals of race walking, it should be taken then. I am not advocating that youngsters should be pushed into race walking at an early age--that would be quite wrong--but I see nothing but benefit to be gained from showing them the basic action. If they later show a desire to train seriously for the event then they will have a head start because, like learning to swim at an early age, the correct technique will not have been forgotten.

Secondly, I think that all walkers should do some training aimed specifically at improving their technique. This is not just a case of fault correction but training to improve the level of skill which the walker already possesses. This involves what are known as technique drills.

These drills have been developed for virtually every athletic event by coaches on the Continent. In this country, Andrea Lynch has improved greatly in recent years--largely as the result of using technique drills to improve the sprinting action.

Technique drills are devised by breaking up an athletic technique into its basic elements and then finding exercises which can be done repeatedly to improve each of these elements. For race walking, the technique is governed by the requirements of the rules and by body mechanics. For reference purposes, I have listed key points below: (Ed. The last two sentences and the following points are lifted from another Hopkins article that appeared in the September, 1976 Athletics Coach.)

- a. Foot Action--driving foot and front foot acting in a straight line with full extension and flexion of the ankle joints.
- b. Leg Action--smooth rhythmic strides with continuous contact and a straight leg in the vertical position. A strong rear leg drive.
- c. Hip Action--smooth forward movement with as little vertical and lateral movement as is necessary.
- d. Arm Action--towards the mid-line in front of the trunk, straight back with the elbow high behind the trunk. Arm angled to 90 percent at elbow.
- e. Trunk Position--upright and relaxed except a slight forward lean as the rear leg drives the body forward.
- f. Shoulder Action--shoulders as low as possible and relaxed.

With these points in mind, I think that the following drills can be used to good effect:

1. Walking at a moderate to fast speed but emphasizing the correct rolling action of the feet. This means pushing strongly off the rear foot right up until the toes leave the ground. Secondly, making sure the toes of the leading foot are high on landing so that the landing itself takes place right on the corner of the heel.

2. Walking at a moderate to fast speed along a marked straight line making sure that the inner borders of the feet fall on but not over the line. The lane markings on a track could be used to good effect.
3. Walking at a slow to moderate speed but emphasizing leg straightening. This means swinging the leg through relaxed until the heel touches down then tensing the leg and keeping it braced as it drives the body forward.
4. Walking at a slow speed with long strides to emphasize the forward motion of the hips.
5. Walking at a moderate speed in a snaking path, i.e., continuously and rapidly swinging several yards to the left and right of a straight line. This helps to improve the mobility of the hip joints and the walker's sense of balance. Walking in a figure eight path can also be beneficial.
6. Walking slowly with shorter than normal strides but placing the left foot to the right and the right foot to the left of a straight line. The deliberate "cross-over" of the feet will again help to develop the required mobility of the hip joints.
7. Walking at various speeds with special concentration of the correct arm action. In particular, the arm should be pulled virtually straight back with the elbow high whilst in front of the body the hand should not cross the mid-line. In other words, the emphasis should be on a fairly straight back and forwards arm action.
8. Walking at various speeds with correct technique but placing special attention on relaxation. To say the least, this is difficult to learn. Firstly, the walker must learn to recognize just when he is tense. He can deliberately tense various muscle groups in his face, neck, shoulders, arms, etc. in turn whilst he is walking. When he can recognize the tension for what it is, he will be in a better position to recognize the opposite state--one of relaxation. This can also be described as a feeling of looseness, smoothness, or walking "with the brakes off".

(Ed. The Athletics Coach article had one additional drill: Walking on the spot with correct leg, hip, and arm actions, preferably in front of a long mirror. This is a useful drill for improving a walker's coordination and for teaching beginners in particular the feeling of the straight supporting leg in the vertical position.)

When can these drills be carried out? The best situation would be to use them during a warm-up before a track session. One or two laps would be devoted to each drill. Most of them can also be incorporated into road sessions with, say, 5 minutes concentrating on the rolling action of the feet, 5 minutes on leg straightening, etc. Concentration is required to perform a drill correctly, so each drill should not be carried out for too long. It is also best to do them near the start of a session when the walker is not too tired. (Ed. Although, I should think some use of these drills towards the end of a long walk would be useful since it is at the end of a race, when form can start to break up, that concentration on good technique can pay the greatest dividends.)

Those of you who have seen the current Mexican stars in action will no doubt appreciate how smooth and rhythmic action can become when the walker is relaxed. This has not come about by chance but through a process of mobility exercises and technique work in training as Ron Laird's interesting letter indicated last month. (Ed. Ron also commented on that in these pages.)

LOOKING BACK

10 Years Ago (From the January 1968 ORW)--Dave Romansky stormed through a 10 mile in Asbury Park in 1:15:49, leaving John Knifton nearly 5 minutes back--On the boards, Ron Daniel won the Met AAU in 6:39.7 and Ron Laird took two West Coast races--the LA Invitational in 6:32.9 and the Athens Invitational (in S.F.) in 6:28.2. Tom Dooley had 6:33.9 in the latter...Laird was also named the recipient of the Captain Ronald L. Zinn Memorial Trophy given by the Green & Gold AG each year to the country's outstanding walker. It was the second straight year for Laird

5 Years Ago (From the January 1973 ORW)--The Colorado Track Club's 10-man team covered 162 miles 275 yards for a world's record in the 24-hour relay, race walking variety. And they did it indoors. Jerry Brown led the effort with an average of 7:05.2 for 17 miles. Floyd Godwin averaged 7:29 and Pete Van Arsdale 7:37.4...The NIAA 2 Mile went to Steve Tyrer in 15:04, with newcomer Aule Hirt fourth in 15:55...Ron Kulik was king of the boards in the East with a 6:40.5 win in the Mets and a 6:35.2 in Philadelphia. Ron Daniel was second in both. In Philly, Howie Palamar-chuk, known mostly for his libelous contributions to the infamous Guano Press (race walking's underground paper of that era), was a close third in 6:38.



I forget who sent me this but I thank him. I remember seeing it in our local paper, but for some reason wasn't inspired to clip it and use it. Here it is, at the risk of being sued for copyright violation. Please don't tell on us.

Made the walk to work this morning (Monday the 30th) in a record 45 minutes. Mostly packed snow so I was able to stride out at my famous fast street walk most of the way, to the extent that my heavy coat and boots would let me. Couldn't go for the record on the way back since I had to stop by and help time at the Ohio State track meet postponed from Saturday. Penn State clobbered them.

A bit of history stolen from the January, 1968 Race Walking Record, the British "Bible of the Sport".

The First 20 Years

by John Keown

Race walking as an amateur sport had its beginning in the closing years of the last century. The great era of professional long distance walking when men competed against the clock or one another for large sums of money was coming to an end. The Amateur Athletic Club and its successor, the Amateur Athletic Association had held a track walk every year since 1866. During the next 40 years the sport was to become firmly established in this country and Gt. Britain was to lead the world both on the track and at the council tables.

Bill Sturgess (Polytechnic Harriers) was the leading sprint walker of those early days having won the A.A.A. 4 Miles Championship in 1895, 6, 7, 8, 9 and the 2 and 7 Miles Championships (Instituted in 1901) in 1902. In 1895 he broke all the known amateur records up to One Hour. It is difficult to discover how these records were ratified and by whom,

since the early books on the period list amateur and professional records starting at $\frac{1}{4}$ mile and working up to 50 hours and above. Sturgess was an exponent of the 'straight knee' action and his style met with universal approval. Another great walker was club-mate Jack Butler, who finished second to Sturgess on a number of occasions and won the A.A.A.

7 Miles in 1901 and 1903. This walker also belonged to Surrey W.C. which he joined in 1900. Many of the walkers and officials belonged to a number of clubs in those days. This practice lead to trouble later. In the 1910 Surrey A.C. Inter-Club race, Middlesex W.C. protested as to the qualification of quite a number of competitors. They were not happy with the programme qualification which read, "Competitors must be first-claim to competing clubs". This was described as vague and the A.A.A. were asked to look into the matter. Butler sprang to prominence in 1897 by winning a three hour walk at Putney when he covered 21m. 50 yds. He was one of the many walkers of the early 1900s who sported a moustache. During the first few years of this century he became known as a first class walker at most distances and a marvel at 50 miles and above. Polytechnic Harriers was a leading track club in those days whose walkers took all the medals in the A.A.A. 4 Miles in 1899 and 1900; five out of six in the two Championships in 1901 and four out of six in 1902 and 1903. This club also promoted the first Open walks on the Brighton road.

One of the milestones in the development of our sport was the formation by a few members of South London Harriers of Surrey Walking Club in 1899. Other clubs had been in existence before Surrey W.C. but none were to have the same influence on the early development of our sport and the Association which was later to control race walking. Many of its members had a great love of strolling and distance walking thus giving Surrey the initiative to become leaders in this field. Teddy Knott, an outstanding founder member had walked from London to Brighton in 1897 in 8h. 56m. 44s. He was an expert in athletics and played an important part in the struggle for a definition of race walking. His simple definition went as follows, "If you're on the ground its walking; if you're off the ground, its running". Knott also helped to establish Garratt Walking Club, now London Vidarrians in 1903. E. Ian Poul was another founder member who walked the double "Brighton" in 1903. Ernest Neville joined the club in 1901 and has during his own lifetime, become a legend in general athletics, race walking and road running. Surrey W.C., the Road Runners Club and the Race Walking Association owe a great debt to this 84 year old. Other early notable members were Tommy Hammond, the man from the Stock Exchange who became a great long distance walker; Charles Otway, an ex cross-country runner, also founder member of Herne Hill Harriers and a journalist who did much to publicise the sport during its first thirty years; Harry Horton, the first of the Surrey Harriers and the builder of a great club tradition of producing a number of top long distance walkers bearing his name.

Within a year or two the club began to organise Time Trials for members on the Brighton road both for the single and the double journey and so began a tradition which later blossomed into the promotion of annual open races over the course. On 31st October/1st November 1902, Jack Butler won their Brighton and Back in 21h. 36m. 27s. A year later on 6th/7th November, Harry Horton covered the distance in

20h. 31m. 53s., second was the poet F.J. Wakefield and third, Ernest Neville. What a race it was? It started at 9pm from S.Croydon and on the out and back journey to Big Ben the competitors were forced to walk in darkness through the electricity failure, at Merstham they had to tramp through the mud whilst the intense cold during the night formed small icicles on the caps and coats they wore. Early the same year, Jack Butler had set new figures for the single journey of 8h. 43m. 16s.

Another club closely associated with Surrey W.C., the Stock Exchange A.C. promoted their first "Brighton" in 1903. W.J. Coath was the organiser and the race was won by E.F. Broad in 9h 30m 01s. There were a record number of finishers 77 (72 inside 12 hours). This event did not become a yearly race until 1920 although two races were held in the interval; 1912 winner, Tommy Hammond and 1914 winner, H.E. Slattock who was killed in the first World War.

In the North amateur race walking was also developing. At the George Hotel, Market Street, Bradford in 1903 the now famous Bradford County Walking Association was formed with Jimmy Hammond (Hammonds Brewery) as its President. This Association promoted its first long distance walk on Whit Monday, 1st June 1903, and has done so every year since even during the two World Wars. The event certainly deserves the title of the oldest Annual Open walking race in the World. Referee for the first race was Tony Fattorini who was President of the R.W.A. from 1914 to 1919. One of the cyclist attendants was J. Russell Ross, who joined the committee in 1906 and later was President of that Association for 25 years. This gentleman became President of the R.W.A. in 1924-25. A writer in the Bradford Daily Telegraph described the first race as a fashionable craze and asked, "how long will it last". So dense were the crowds watching this first race which was held over a 39 $\frac{1}{2}$ miles course from Bradford to York that a corporation water cart had to clear a way for the walkers. Before 11:30 competitors started on their journey at 6.35am each was handed a set of corks. The event was won by a 27 year old local walker Len Atkinson in 7h. 7m. 50s. In 1904 a group of Lancashire sportsmen held a meeting at the Peak Hotel, Manchester and formed the Lancashire Amateur Walking Club. On 16th April that year the new club staged a 50 miles walk around North Cheshire. The race result is not known but it is understood that Jack Butler was a competitor.

(To be continued)