San Francisco, July 3—After a close tactical race for the first 10 kms, Great Britain's Paul Nihill and Soviet ace Nikolai Smaga drew easily away from the rest of the field to capture one-two in the US-US.S.R-World All-stars 20 Km. While the rest of the meet was held in Berkeley, this race was held in San Francisco over the course held for the National race in May. Nihill and Smaga, not scoring against each other but only in separate duals against the U.S., had agreed to finish together somewhere out on the course. However, the finish judges gave the nod to Nihill in 1:30:08, Better than 2 minutes ahead of Tom Dooley's course record. These two will probably not be settling for a tie when they meet in Helsinki in August for the European title (Assuming Nihill goes 20 and not 50.) The race in San Francisco involved some controversy, as the following account from ace correspondent and race manager, Bill Ranney, will show.

The walkers started a 9 a.m. sharp, to the watchful eyes of several of the best judges in the U.S.: Bill Chisholm, Murray Rosenstein, Frank Haggerty, Tom Carroll, and Art Smith. The field moved out at a rather slow (for them) pace and came by the first 5 km lap in 22:45. During this first lap Bob Gardiner of Australia drew the first caution of the race. Early in the second lap, Nihill, Smaga, and Shaloshyk (USSR) pulled slightly ahead—but Dooley and Goetz Klopfer got back on terms during the latter part of the lap and the five came 10 kms together in 45:48. Smaga, Shaloshyk, Nihill, and Dooley all drew cautions during this lap. Nihill and Smaga increased the pace considerably during the next lap and left the field. At about 12 kms Shaloshyk was disqualified from the race.

I saw this second caution given by Bill Chisholm—and immediately told the Russian coach. He asked why his walker was D'd, Mr. Chisholm was queried and reported that it was for lifting. Mr. Fruktov, a member of the International panel of judges along with Chisholm, did not agree with the call. Mr. Chisholm tried to stop the walker, even standing in front of him with his arms extended. The Russian coach asked to have the officials and other competitors informed that his walker was going to continue the race and then after a protest was filed, at least the placing of the competitor would be known if he was allowed to score.

After a discussion with the Head Track Coach from Russia, the walking coach from Russia, and Mr. Chisholm, the Russians were advised that their walker was D'd and that he should stop. However, he didn't do so. Tom Dooley was just a few yards behind Shaloshyk at this point, and so the Russian's presence could do nothing but help Tom.

The last 5 km lap saw Klopfer (suffering from a bad cold) fade and Dooley also fall back with a slow lap. Gardiner, showing that he is a much better 50 km walker, moved quickly through the last lap—passing Klopfer and almost catching Dooley.
Shaloshyk maintained his pace and crossed the line in third spot. (After the race, we learned that Dooley has eaten some food the evening before that upset his stomach to a great degree. This obviously altered his otherwise steady performances.)

The protest was presented to the Panel, and then to Mr. Dan Ferris. It appears that there was no member of the All-Star group present on this Panel. Mr. Ferris reached the decision that Shaloshyk should be allowed third place. His reasoning did not make much sense. First he said that the Russians did not know about the DC. However, when confronted they agreed that they did understand. Second, they said that the walker's number should have been removed. This could not have been accomplished without tearing the jersey from his chest. Thirdly, he stated that there were no red flags used. These were at the race but were not used because there were only two sets at the start.

That's Bill's report. Obviously an unfortunate incident and I can foresee unnecessary repercussions, like no more walk in this west. AAU officialdom doesn't like controversy and so why continue an event that creates controversy and which many people could seemingly do without anyway. Balanced against this sort of expected reaction is the fact that the Russians will probably readily agree to dropping it since it has always meant points to them. Also, Amey did some good PR work with them this year by giving them their choice of three venues for the race. So we shall see what transpires. The results, with 5 km splits were:

1. Paul Ni Hill World All Stars 22:45 45:48 68:02 90:08
2. Nikolai Shi ago USSR 22:45 45:48 68:02 90:08
5. Bob Gardiner World All Stars 32:22 47:00 70:43 96:15
6. Goetz Klopfer USA 22:50 45:48 70:01 96:26

Just received from Barry Richardson, late of the Ohio Track Club, now of the Lancashire Walking Club, one of those must rare commodities—a book on race walking. This 56-page gem is entitled "Race Walking '71" and was prepared by Julian Hopkins and Tony Taylor of Barry's club. Included are a lengthy review of the British scene in 1970, a good capsule review of the International scene for 1970, and excellent detailed accounts of both the Lugano Cup and the British Commonwealth 20 mile. There is also an interesting account of the career of the great Golubnichy, a statistical look at the amazing career of Ken Matthews, a couple of articles of interest related to training, and a good statistical review of the 1970 British season. The book can be yours for $1.20 (why not send $1.50 to cover extra postage) from Ron Wallow, 10 The Grove, Bolton, Lancashire, England. Not mentioned above are the many excellent pictures, including a great shot of Reimann, Frenkel, and Golubnichyi at the 16 km mark of the Lugano race.

Larry Simmons and the Philadelphia North Branch YmCA are sponsoring a Cross Country and Walking camp from August 22 to 27 at the YmCA camp site in Downingtown, Pa. Walking for both men and women will be featured with Bob Nimm as one of the coaches. The price, which covers food and lodging, is $40.00. For further information write Larry Simmons, North Branch YmCA, 1013 N. Lehigh Avenue, Philadelphia, Pa. 19133, or call him at 215-229-4307.

This monthly collection of typographical errors, incoherent sentences, and information on race walking is edited and published monthly by Jack Mortland at 3184 Summit St., Columbus, Ohio 43202. Subscription $2.50 per year. (Check the address out to see if yours has expired.) And speaking of typos, I happened to read the front page of last month's issue, and what a mess that was. I apologize. Then, to top it all, I write a limerick about typos and leave the "o" out of typos, which I assure you was unintentional.
San Diego, July 3 & 4—In the annual Master's Championships in San Diego, John Kelly took the age 40-49 1 Mile on Saturday in a fast 7:06.8 and then easily won the 20 Km the following day in a very respectable 1:42:38.6. Canadian Max Gould, competing in the 50-59 bracket followed John home in both races. In the 60-69 Division 1 Mile, Karl Fishback edged ultra-long distance ace Larry O'Neil by .4 second in 9:05. The results were:


In the team race, Colorado TC "A" just nosed out the West Kansas Track Club 13 to 14. Godwin was not eligible for the team race, having been on a Senior championship team earlier in the year and another "A" team member, Bob Penland, was disqualified after finishing fifth. So the Colorado TC showed great depth.

RESULTS FROM AROUND THE COUNTRY, STARTING IN NEW ENGLAND AND PROGRESSING WESTWARD:


I Sunset Crater National Monument, Arizona, July 3—1 Mile Hill Climb (7000 to 8000 feet up a volcanic cone—loose lava stone made the strenuous switchback impossible to race walk) 1. Westerfield 19:00 2. Scully 22:30 3. Hanley 26:40. 1 Mile Downhill Run (disregarding warnings) 1. Hanley 5:00 2. Scully 6:00 3. Westerfield 7:0

II Grand Canyon National Park, Arizona, July 5—7.2 Mile Down-the-Kaibab Trail Super Mike Handicap (Hanley and Westerfield with small jacks and Hanley had to shoot one roll of film) (7000 to 2100 feet canyon rim to Colorado River—rugged switchback trail)—1. Tie Westerfield and Scully 1:22:45 2. Hanley 1:54:30—Hanley's form
suspect throughout, Westerfield and Scully received cautions while avoiding mul-
trail apples 10.4 Mile up-the-Bright Angel Trail Supper Hike (that really is meant
to be super. I don’t know what time of day it came) (same handicaps with conditions
reversed, many distractions including nude hippies in Colo. River, 100 plus tempera-
tures as this "race" began at mid day. (I do to know the time of day) Hanley also
lost his cool while attempting to pass a French tourist in a bikini. 1. Scully

III Natural Bridge National Monument, Utah, July 7--50 Yd. "sprint" across Owhychee
Bridge 1. Scully 17.4 2. Westerfield 18.3 (Hanley D.Q’d at 12.5

INTERNATIONAL RESULTS

Central AMERICAN Championships, Kingston, Jamaica, July 15--1. L’ Larre, Cuba 47:20.2
(Oh yeh, this was a 10 km on the track) 2. I Avila, Mexico 47:43.8 3. R. Gonzales
Mexico 49:35.2 4. O. Vanegas, Nicaragua 51:14 5. C Williams, Panama 51:56.6
(C. Villanueva, Panama collapsed on 19th lap) - 90 degrees in shade. Joe Tigreran was
chief judge, working with three Jamaicans and one Mexican. The walking was excellent
with no cautions given.

5 km, somewhere in the North of England, July 6—Barry Richardson returns to
the walking wars after a long fight with injury—1. Ron Wallwork 21:58.4 2. Tony Taylor
Richardson 26:25 (a good result for Barry as it is not far off what he was doing
over here when properly fit) 38 Mile, Isle of Man, May 22--3 1. Graham Young
C. Evans 15:50:20 Women’s 32½ Miles (same place) 1. Roberta Moore 7:45

British National 20 Mile, Sheffield, June 13--1. Paul Nihill 2:30:35 (World’s best
ever on road. Accurately measured. Five mile splits of 38:01, 75:18, 1:53:18.)
37 under 3:0075 under 3:10 3 Km, Southend, Eng., June 5--1. Phil Amberton 12.26:4
end, June 5 (less than 2 hrs later) 1. Emberton 12:22.0 2. K. Taddeo, Italy
cay’s race) Women’s 2 Km, Grand Quevill, May 29 (slightly short) 1. Judy Farr, Eng.
9:55 5. J. Fye, Eng. 10:00 Women’s 5 Km, Eldauf, May 30--1. Farr 26:30 2. Lewis

SCHEDULE OF RACES

Sat. Aug. 7--20 km, Cosmo Park, Columbia, No. 6:30 a.m.

Sun. Aug. 8--7 and 20 Miles, Dayton, Ohio, Delawee Parkway, 12 noon

Also 2 Mile Walk for Women and Girls at same time

MAU JR. 40 Kt. CHAMPIONSHIP, LONG BR. MICH, N. J.

Sat. Aug. 14--3 Mile, Hickman Track, Columbia, No. 7:30 p.m.

Sr. 6 Mile Hdp, Jr. 2 Mile hdp, MEADOWLARK, Colo. Boulder


Mon. Aug. 16--5 Km, Takanassee Lake, Long Branch, N. J., 7 p.m.

Sat. Aug. 21--10 Miles, Ft. Osage HS, Independence, Mo., 7 p.m.

Sun. Aug. 22--MAU JR 15Kt. CHAMPIONSHIP, SANTA MONICA CALIFORNIA

Mon. Aug. 23 and 30--5 Km, Long Branch, N. J., 7 p.m.

Sat. Sept. 4--MAU Jr. 10 Km, Fairhaven, Mass., 2 p.m.

10 Miles, Oceanside, Calif.

Sr. 6 Mile hdp and Jr. 2 mile hdp, Northglenn, Colo.

Sun., Sept. 5--6 Mile 536 Yd. Hurdles, Northington, Ohio, noon

Hon., Sept. 6--¾ Mile Bridge Walk, 8 a.m., 8½ Mile 3 p.m., Mackinac Bridge, Mich.
West Point cadet Ron Zinn copped three National titles in the space of 16 days. In the 20 Km at Buffalo he led Jack Mortland home by 26 seconds with 1:41:51 as both qualified to represent the U.S. in Moscow and other points in Europe. Jack Blackburn captured third in 1:46:07, followed by Ron Laird, John Allen, Bob Himm, and Bruce MacDonald. Eight days later at Randalls Island, N.Y., Zinn led the young Chicago ace Rimas Vaicaitis home in the 2 mile with a 14:46.8. Rimas clocked 14:55 with Himm third and Laird fourth. Finally, on July 4 in Pittsburgh, on what race director Chuck Her termed the finest cinder track in the Midwest when it was in reality the poorest excuse for a track in the world, Zinn captured the 10 km in 49:34, outkicking Mortland on the final lap. Bob Himm was a close third in 50:04, with Blackburn fourth, Laird fifth, and MacDonald sixth. Team prize went to (drums and bugles, please) the Ohio Track Club, with Doc Blackburn filling out the team in 10th spot. In other news, Vaicaitis won Central AAU titles over McCarthy at 10 km (52:06) and 2 Miles (15:21), Bruce MacDonald turned in a 14:59 2 mile, and Blackburn blistered a 6:43.4 mile to win the Ohio AAU title over Mortland. And in a race in Philadelphia to determine the best way to get around in traffic, walkers Bob Himm and Carl Kurr finished well back over a 2.4 mile route in downtown Philly. The results: 1. Matt Herron (bicycle) 7 min. 2. Deloris Swan (motor scooter) 9 min. 3. Ian Walters (Cadillac) 12 min. 4. Al Neff (Ford) 13 min. 5. Doug McFadden (1937 Cord) 16 min. 6. Himm 18 min. 7. Kurr 18 min. 9. 11-year-old horse and wagon 24 min.

Five Years Ago (from July 1966 edition of your Ohio Race Walker)

In one of the hottest races on record, Ron Daniel outlasted the fast improving Larry Young to capture the National 30 Km in Columbia, Mo. The temperature registered 95 in the shade, but there was precious little of that on the course. Better fact it was hot enough that Jack Blackburn actually walked out of a shoe when it became stuck in the tar. Anyway, Daniel won in a blazing 2:57:07 with no one else under 3 hrs. Following Young it was Mortland, Bowman, MacDonald, Blackburn, and Sandley, Daniel got away from Young by bombing his last 10 km in 61:08. The immortal Spencer Yetes won the Junior National 20 K in Montana in 1:54:58, beating Larry O'Neil. Paul Schell won a 15 km in New England in 1:13:45 with Bill Ranney third and Shaul Ladany fifth. Rudy Valzera easily beat Ron Laird and Norm Read in an Invitational 20 Km in Los Angeles with 1:37:02. This race replaced the Russian match when the Russians ducked out at the last minute. Paul Nihill beat Ron Wallwork in the British 20 with 1:33:45

CORRECTION OF WALKING FAULTS
By S. Lebasov
Honored Master of Sport

(This article first appeared in the Soviet Sports Journal "Track and Field", No. 6, June 1960, Moscow, pp. 13-14. It was translated by Car Williams for the Midwest Walker and appeared in the July 1961 issue of that august publication.)

The basic requirement in the walk is continuous contact with the ground. In other words, the leading foot must touch down before the trailing foot leaves the ground. Failure to pay attention to this aspect of walking leads to a violation of the rules and can mean a disqualification of the athlete.
In order to avoid this error, it is necessary to master correct habits of technique right from the very beginning of your race-walking career. By studying movies of the best walkers you get the most complete picture of the correct walking techniques. In watching these movies, pay close attention to the position of the legs, arms, pelvis, and the whole trunk.

There are many causes of errors in race walking but we will deal here only with three of the most common ones.

I. Lifting or Loss of Contact With the Ground

a. Lifting due to not locking. This error occurs when the athlete, without completing the pushoff and before setting the swinging foot on the ground, prematurely removes the supporting foot from the ground. Correcting this mistake is easy: do not remove the pushoff foot from the ground until the leg has been completely straightened and the lead foot has been set down on the ground. (McCarthy commented: the simplicity of the suggested cure here is, we believe, an indication of the simplicity of the fault. Apparently Lobastov has in mind raw beginners who don't lock but merely leap from foot to foot—or is it only beginners?)

b. Lifting due to too rigid hip action: lifting also occurs when the leading foot is carried forward and is not set down in front of the leading leg but rather underneath it, at the moment of contact. (McCarthy: this is detectible by noticing that the walker lands flatfooted and not on his heel) When this happens, the length of the stride is shortened by 10-15 cm. It is recommended that the pelvis be turned (swung) at the same time the step is taken. This increases the stride length and provides a better control for timing the removal of the supporting foot from the ground. (McCarthy: The advice given here is the difference between U.S. and European walkers, and also, we believe, the difference between guys who can walk 7 minute miles for 20 K and guys who walk 8's. So important is this that we will just pass it over now as we have more good translations coming. One clue though: it's not enough to swing the hips, but you also must go down on them—or at least it feels that way.) (Ed. Perhaps the ORW will get to those other translations in the future. McCarthy's analysis is probably still pretty valid. One reason for the difference that he notes in the special exercises that the Eastern Europeans in particular incorporate as a regular part of their training. Ron Laird, for one, has picked up many of these exercises and this is no doubt one reason for his success and for his efficient style. But back to the good Mr. Lobastov, who is being usurped by McCarthy and Mortland.)

c. Lifting due to vertical hopping: This is the result of a vertical variation of the body's center of gravity and is caused by the walker pushing off in an upward rather than a forward position. To correct this it is necessary to discontinue working on speed for a while and to walk with a long, sweeping stride, observing all the technical rules of walking. (Ed. Probably a good idea to take a sabbatical like this occasionally anyway.)

II. Shuffling From Foot To Foot

This comes about when the athlete, at the moment of pushoff and before the leading foot sets down, carries this foot over to the side, causing a "raking"type of motion in the foot, often leading to a loss of continuous contact with the ground. This error is corrected by taking a longer stride and keeping the toes of the rear foot pointed straight ahead at the instant of pushoff. (McCarthy: This fault is detected by watching for a flat-footed landing—apparently it comes from training too much on small tracks. Matt Rutyna suggests as a cure for this walking the track in the opposite direction often enough that the leg muscles develop equally.)

III. Not Locking When Going Downhill

To correct this train on hills, trying especially hard to lock. Carry the arms
lower when going downhill—higher when going up.

It is possible to check on walking movements by various methods. For example, specially wired shoes with a light that goes on if contact is broken. (McCarthy: We suggest a hand grenade on the second loss of contact.) Also movies.

For youngsters it is not necessary to specialize in walking. The important thing is all around physical development. Girls and women can also take up race walking. It helps formulate correct body carriage. (Ed. I'm not sure what the significance of the last statement is, but I'm sure it would not sit well with Women's Lib.)

Incidentally, any articles on training or the mechanics of race walking that you might run across, or that you want to write yourself, will be welcome, both by the editor and the readers.

100 MILES
by Joe Duncan
Columbia, Missouri

All you 100-mile walkers should be out on the roads by now anticipating the 5th Annual National 100 Mile Walk to be held in Columbia on Sept. 18 and 19. In order to whet your appetite a little, I will pass on an account of that race in New York City some 93 years ago in which J.B. Gillie walked 100 miles in 21:42, establishing an American record which was not bettered until Larry O'Neil came along in 1967 with 19:25.

That New York walking match was termed a "Championship Match" for professionals and amateurs and was held in the American Institute Building on May 10 and 11, 1878. Fourteen professionals and 20 amateurs started with prizes of $200, $100, and $50 to the first three pros and medals for the amateurs. The professional walking the most miles in 36 hours and the amateur covering the most in 24 hours were to be the winners. The professionals started at 11 a.m. and F. Van Ness lead at 10 miles in 1:40:05 with E. Wigzell at 1:41:45, John Ennis, of Chicago, 1:42:45, and Charles Harriman from Massachusetts at 1:48:45. At 25 miles, Wigzell had taken the lead in 4:25:05. By 50 miles, Harriman's slower pace had picked off the frontrunners (or walkers, I guess) and he held the lead until the conclusion. At the 50 mile mark he was 9:26:35.

The amateurs started at 11 p.m. and J.V. Woolcott did a brisk 2 miles in 17:10 and at midnight was still in the lead but didn't last much longer at that pace.

By 9:30 p.m., the following day only 8 of the 34 walkers were left with Harriman leading the professionals. He had been off the track only 17 minutes. He was "pretty well used up" lame and very warm and dusty but lead by 6 to 7 miles. Of the amateurs, J.B. Gillie of the Scottish-American Athletic Club was first and still plodding along fast and easily. He was a very tall, thin young man, with not an ounce of surplus weight." His walk was much easier and more graceful than that of any of the professionals and it was evident from the start that he would likely take the amateur laurels.

Next amateur was M.J. Ennis of Harlem who was something of a wonder. He was employed in a Harlem foundry and had never walked in a race before. He worked in the foundry until 6 the evening of the race, washed, ate supper and went down to the rink to begin the race without training of any kind. He was a small and compact man, with an awkward carriage but showed remarkable powers of endurance.

Nearly every man had a different system of diet. For the first few hours, a drink made of thin oatmeal was most popular. But as the hours wore on this mildly strengthening beverage became too tame and was generally exchanged for more "heroic stimulants." There was not, however, as much keeping up with alcohol as seemed to be usual on such occasions in those days...

Harriman gave out at 9:30 and had to be carried from the track. He had been in a bad way for a long time. His cheeks were white as sheets and his eyes were dull and set. Seeing his condition, his trainer put a chair on the track in front of the
judges stand and the walker dropped into it. He had walked 160 miles in 34:26:14. When he fell into the chair he had every appearance of a dying man. Every effort was made to keep him awake, but the minute the attendants ceased to move him about and rub his head, he dropped off into a slumber. The crowd thought that he was dying and the stand was soon surrounded by a lot of people. Blankets and stimulants were hastily sent for and he was wrapped up and carried to his room, the crown giving him three hearty cheers.

At 10:05 p.m., Gillie had done 108 miles, having gone 75 miles at 15:00:15 and 100 miles in 21:42. Gillie stopped then and was carried from the track by his fellow clubmen amid a storm of cheers. He did not seem at all exhausted, and there was little doubt but that he could have kept up on to 150 miles or beyond.

On Saturday during the day and in the evening, there were several thousand persons in the building lining the track on the sides and ends. A German band furnished music.

Harriman's time at 100 miles is not known, but he obviously had his 100 miles before 24 hours had passed and no doubt Guyon also had 100 miles within 24 hours. At any rate, Gillie had the 100 mile record since he was an amateur and Gillie rightfully should be recognized as Centurion #1.


OHIO RACE WALKER
3184 Summit St.
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