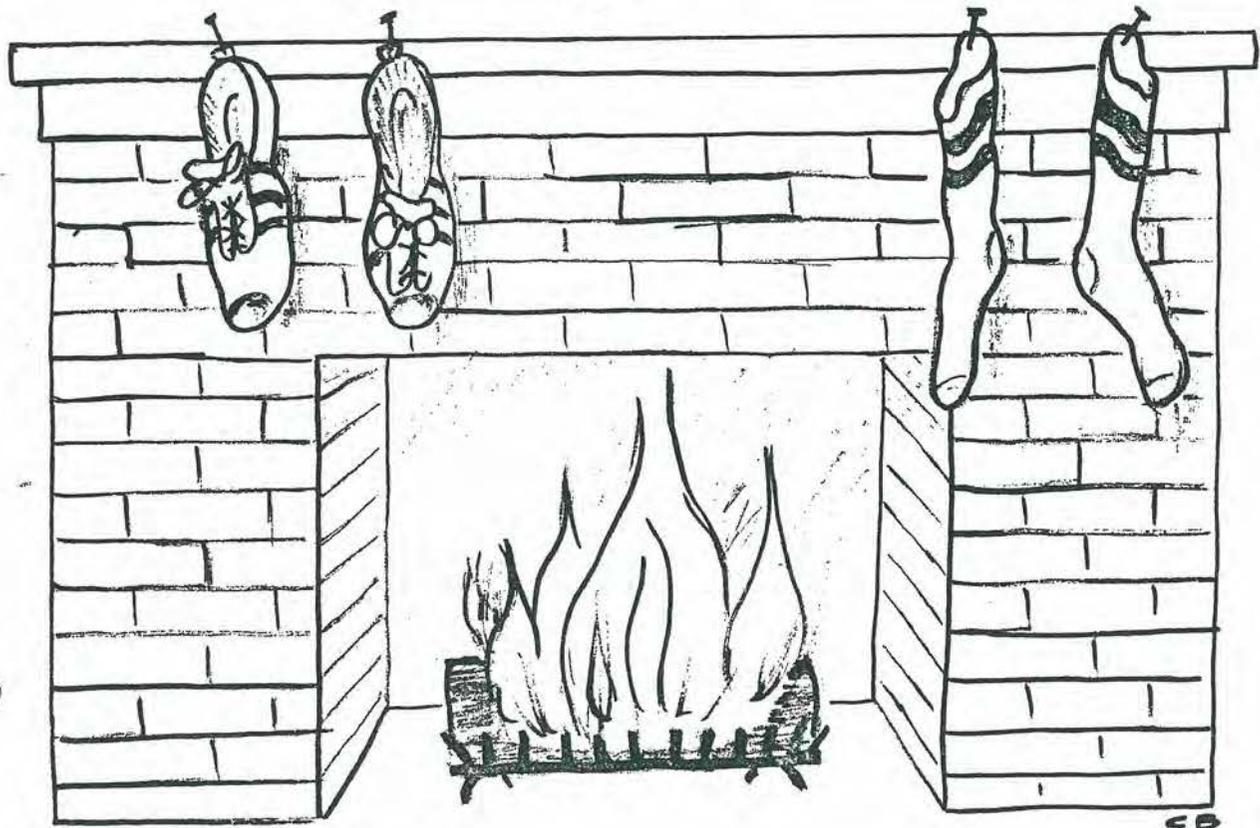
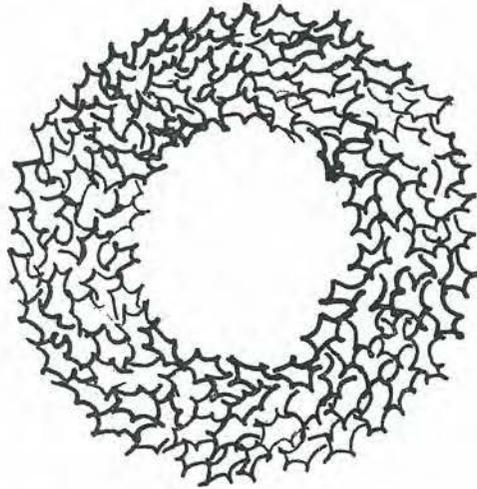




OHIO RACEWALKER

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Season's Greetings

OHIO SCENEGOOD TIMES, NO DEPTH IN ORGY,
PHIL WINS ON TURKEY DAY

The first Ohio Race Walking Orgy produced good performances in each of the three events but, unfortunately, very few performers. As a matter of fact, the fourth event, 10 Km on the track, was called off for lack of able-bodied walkers; all those present having had enough for the weekend. All but Dale Arnold, who showed up just for that event only to find everyone had gone home. That's race walking in Ohio, Dale ol' boy.

The Orgy, which replaced the walks in the annual Ohio Track Club Distance Carnival held two weeks later, featured a 10 mile and a 2 mile on Nov. 6 and a 20 mile on Nov. 7. Although held two weeks earlier, the weather was every bit as enticing as for past Carnivals. A strong wind with temperatures in the mid 40's (Fahrenheit, for European readers) for the morning 10, plummeting temperatures accompanied by a driving rain for the 2 (38° by the end of the race), and a brisk 25 degrees for the Sunday 20. Phil McDonald walked an uncontested race in the 10 and turned in a good 1:20:11.8, after loafing the first 2 miles in 16:24. Jack Blackburn, just recovering from a bout with the flu, chose to stroll through this one as a workout, but managed to beat his father by about 7 minutes. Bob Smith also started but had to call it a day at 6 miles as he was limping along on a foot injured earlier in the week.

That afternoon, Blackburn stepped on to the track to oppose a fresh Jack Mortland in the 2 mile. McDonald also started, but only to "fill out the field". He went just one lap. That first lap went by in 1:48 with the supposedly flu-ridden Blackburn right on Mortland's heels. After two more laps in 1:52, the pace dropped off to a 7:28 mile and Blackburn began to challenge on each straightway. The pace slowly accelerated again but Blackburn could not get by nor could the Mort open any lead. As the lap started in 13:12, Mortland opened another notch and led by 5 or 6 yards down the backstraight, only to have the persistent Blackburn close right up on the final turn and edge 6 inches into the lead at the head of the long stretch. The final 110 yards was a seesaw battle, as spurt was answered by sprut, and as luck would have it, the finish line came up right between spurts, with the two walkers in an inseparable deadheat. (Although, I naturally feel that I was at least a centimeter in front.) The final lap was covered in 1:46, which neither walker felt at all capable of as it started, and took the final time under 15:00, well under the 15:20 qualifying standard for next year's Nationals. Huzzah!

On Sunday, Jerry Bocci was out for an attempt at a classy 20 mile, having confined himself to holding a watch for the 2 Mile on Saturday. He was joined by McDonald, Blackburn, who always takes full advantage of an orgy, and Mortland, who could see that there would be no 10 km, which he had planned to walk. Ignoring the bitter cold, Bocci shot right out with McDonald at his heels, Mortland adopted a pace somewhat faster than he knew he had a ny chance of holding considering his abysmal training mileage, and Blackburn settled quickly into his famed "distance crawl". (As it turned out, he crawled through the first 10 miles 4 to 5 minutes faster than he had managed the day before.)

In the early going, Bocci was clipping along at a sub 8:15 pace with a reluctant McDonald in tow (Phil didn't want to walk alone.) By 10 miles they were just over 1:23 (precise times are not available because the laps measure 92 yards over 2 miles.) McDonald held on for one more lap and then decided he had enough exercise for one weekend, leaving the Motor City Strider to battle the course and the elements by himself. Jerry held his pace for one more lap and then slowed somewhat over the last 6 miles, but was still doing about 8:45's at the end as he recorded an excellent 2:49:55.8. Mortland, 6 minutes down at 14 miles, decided that was quite enough for a 10 km walker, while the persistent Elackburn strolled through the second 10 at about 11 minutes per mile to complete his weekend's training.

For Bocci, who hasn't raced much this year for one reason and another, it was one of his better races ever. He is now the father of two children, a daughter having been born three weeks earlier, which makes his performance ^{even better} since the first few weeks of fatherhood, from my experience, are not designed to prepare one for serious racing.

The scheduled women's races did not come off at all as no women, other than an unfit Jeanne Bocci made the scene. This, plus the sparsity of male performers left a lot of great prizes begging, so come to our future races and you may get a neat prize. Like a genuine Australian boomerang made in Taiwan; or a keen Indian pipe (the kind you blow, not smoke); or even a beautiful Austrian candle, handcarved in Hong Kong. Bocci, incidentally, also copped the outstanding performer award for his stirring 20 mile effort. Next year we will give this thing a little more advance billing and expect you people to pour in from far and wide. The results:
 10 Mile--1. Phil McDonald, UCTC 1:20:11.8 2. Jack Elackburn, OTC 1:41:06 3. Dr. John Elackburn, OTC 1:47:59.6 2 Mile--1. (tie) Jack Elackburn and Jack Mortland 14:58.4 20 Mile--1. Jerry Bocci, Motor City Striders 2:49:55.8 2. Jack Elackburn 3:28:55.2, Phil McDonald and Jack Mortland DNF

On Thanksgiving Day a field of seven toed the line for the 62nd Annual Elks Race from Ft. Thomas, Ky to Cincinnati. This race has always been billed as 6 miles but is closer to $5\frac{1}{4}$. It started as a walking race 62 years ago and a running race was added somewhere along the way. Now, the sponsors have actually dropped the walk but the Ohio River Roadrunners, thanks to Wayne Yarcho and Clair Duckham, continue to put up prizes so the race may go on. This year, Phil McDonald pulled away from Jack Elackburn going up a hill with about a mile and a half to go and went on to an easy win. Unfortunately, there were no timers on hand until the third man finished, but Phil's time was estimated as around 41 minutes with Jack about a minute behind. Paul Reback holds the record for this course with a 40:24 and Jack Elackburn once won in 40:14, but on a then slightly different course. Dale Arnold, Doc Elackburn, and Bob Smith had a ding-dong battle for third, finally finishing in that order. Wayne Yarcho was also involved in this struggle but chose to jog the last couple of miles when he thought he detected Doc's shadow off the ground and then disqualified himself. Carol Mohanco, as the only woman in the race, looked impressive (not only because she is a woman, but because she is a good walker) and Clair Duckham, fighting a knee injury for the past several weeks, had to stoll in last. The results: 1. Phil McDonald c41:00 2. Jack Elackburn c42:00 (rats! As you can see this typewriter is starting to skip again, which combined with my lousy typing isn't going to aid your interpretation of this matter) 3. Dale Arnold 48:55 4. Doc Elackburn 49:15 5. Bob Smith 49:45 6. Carol Mohanco 55:00 7. Clair Duckham 60:00

NOTES FROM THE WIDE-WIDE WORLD OF RACE WALKING

Oh yeh! That schedule of National races given last month was for 1972, not 1973 as my typewriter erroneously listed it. That little typo cost Bob Henderson a long-distance call. Seems he was anticipating one of those dastardly calls from his Uncle name of Sam and wanted to have a schedule of races all laid out as he applied for the Ft. MacArthur gravy train (the Army track team, that is--at Des Moines Westerfield hadn't seen the inside of an office since February) and had to be sure that it was 1972, as he assumed....While on this subject here is an update on that schedule. The Sr. 25 in Seattle is confirmed for April 9; the Jr. 10 is in Boulder, not Northglenn, Colorado on April 29; the Jr. 30 is now set for Oct. 22 in Seattle.....Ron Laird and Jim Bean are now resident in England for a few months and already hard at racing. Steve Tyrer ran into last minute financial difficulties and is apparently now back in Oregon. Ron has won two 7 milers in 50:40 and 50:22 and had fast time in a 9 Km handicap with 39:10. He was also second in a 3 Km with a 12:50.8. Jim got fifth in this race in 13:10 and had a 52:47 7 miler for 16th place. Between races they are naturally sponging off the British, having spent one week with John Knifton's parents and moving from there to the Olly Caviglioli household.....Those 7 mile times are encouraging to those of us who like to believe, for ego's sake, that the Des Moines 15 km course was indeed accurate.The explanation I demanded from Columbia, Mo. regarding placings in their 100 miler has arrived from friendly Joe Duncan. Young, Baer, and Spier, whose places I questioned, actually did 50 1/8 miles and not 50 as listed.....Harking back to the contest I ran last summer to pick the members of the U.S. Pan Am team for which I never officially announced a winner--yes, Roger, you did win it as stated unofficially in the June issue, when the actual composition of the team was still somewhat in doubt. Roger Duran, that is--and your subscription has been extended one year. Actually, Jim Lopes named all four members of the team, but he had them in the wrong races, picking Dooley and Young at 20 and Knifton and Klopfer at 50.... Apologies to my overseas subscribers who have not yet received the September and October issues because of the dock strike and resulting embargo on mail. There is now a temporary injunction halting this strike and I assume I can now get these off to you. If there is another long delay in the future you will know that the strike is on again. My budget went quite stand the airmail rates for 8 subscribers over there.....Correction on the East German-USSR match; Peter Frenkel was not disqualified but merely failed to finish for some reason unknown to me.....For all of you Master's out there (40 and over), the following word from Larry O'Neil regarding Master's International Track Team race walks. Walking events in London, Helsinki, Gothenberg, and Cologne for the 1972 tour have been announced by David R.R. Pain, 1100 Via Espana, La Jolla, Calif. 92037. The tour will leave August 20 and return Sept. 17. Age classes will be 40-49, 50-59, 60-69, and 70 plus. Space is still available for some in each age class. It is not necessary to be a top walker as entries are on a first come-first served basis. Entering other track and field events in the meets is optional. Those who wish to view the Olympics may do so at a reasonable cost. More details will be supplied by Pain or Larry O'Neil, 233 Fifth Ave., E., Kalispell, Montana 59901.....There is now a possibility of dual meets next summer with the USSR and West Germany, which presumably would include walks and add to the already heavy schedule of International opportunities.....Ron Laird has completed a book on race walking and arranged for Track and Field News to publish it. Wait for announcements of its availability

 This mass (or mess) of errata is thrown hastily together each month by Jack Mortland at 3184 Summit St., Columbus, Ohio 43202. This month's beautiful cover is the work of our staff artist, Corrin Blackburn, who we haven't called on for some time. Subscription rate is \$2.50 per year with no deal whatsoever for multiple-year subs.

A MONTHLY COMPENDIUM OF RESULTS OF RACE-WALKING RACES:

N. Jer. AAU 10 Mile, Long Branch, Oct. 24--1. Joe Jordan 1:31:32.8 2. Bob Falciola 1:36:35 3. Terry Anderson 1:37:05 4. Don Johnson 1:37:26 5. Elliott Derman 1:38:27 6. Fred Spector 1:39:28 7. Ray Beruck 1:39:30 8. Alan Wood 1:47:24 9. George Garland 1:48:04 (all Shore AC) 15 Mile, Long Branch, Oct. 31--1. Ron Laird, NYAC 1:58:27 2. Todd Scully, Shore AC 2:00:45 3. Ron Daniel, NYAC 2:03:27 4. Gary Westerfield, LIAC 2:05:27 5. Steve Hayden, LIAC 2:06:07 6. Steve Tyrer, Striders 2:08:06 7. Jim Bean, un. 2:08:12 8. Dr. George Shilling, NYPC 2:16:47 9. Howard Palamarchuk, Ambler OC 2:18:08 10. Don Johnson, Shore AC 2:26:48 11. Joe Jordan, Shore AC 2:27:18 12. Bob Mimm, Phil AC 2:33:35 13. Bob Falciola, Shore AC 2:47:21 14. Ray Beruck, Shore AC 2:50:22 15. Alan Wood, Shore AC 2:53:06 16. George Garland, Shore AC 2:59:55 MVAU 30 Km (track), Columbia, Mo., Oct. 30--1. Larry Young 2:39:43 (hot, high humidity, and 20 mph winds with gusts of 35 to 40 mph. 1:22:26 at 10 and 2:06:25 at 15) 2. Paul Ide 2:55:19 3. Bob Young 3:17:34 4. Charles Ward 3:34:24 5. Rob Spier 3:39:31 Mark Achen dnf. RMAAU 50 Km, Boulder, Colo., Nov. 6 (track)--1. Bill Weigle 4:40:59 2. Jerry Brown 4:57:38 Floyd Godwin out at 21 miles and Ned Amstutz at 16. 3 Mile Hdec., Northglenn, Colo., Nov. 13--1. Jerry Brown 23:37 2. Floyd Godwin 24:27 3. Ned Amstutz 26:03 4. Al Christian 28:26 5. Steve Christian 28:45 (30 mph winds) Women's 1 Mile, same place--1. Ingrid Martin 9:30 Stockton Race Walkers 7-Day Race Walk Program, Oct. 24-30--(Seven events held on 7 consecutive days with only two walkers completing the entire schedule. Thw walkers could choose what event they walked each day)--1. (Boy's Division) Brad Bentley (age 14): 440--1:44.2; 880--3:44.8; Mile--7:56.0; 3 Km--15:16.0; 2 Mile--16:20; 3 Mile--24:50; 5 Km--25:46. Jim Bentley, 15, had times of 1:38.8, 3:30.2, 7:51.0, 15:08, and 16:19 for the first five events. 1. (Girl's Division)--Sheryl Robinson (age 14)--1:54.4, 4:03.2, 8:42.0, 17:05, 18:13, 28:15, 29:21. No one else completed more than 3 events. 4 Mile (track), Portland, Ore, Nov. 21--1. Steve Tyrer 31:32 2. Don Jacobs 40:02 Women's 2 Mile, Coney Island, N.Y., Nov. 28--1. Mary Beth Hayford, Greenwich, Conn. 19:29 2. Ellen Minkow, Port Washington, NY 19:41 3. Jean Griffin, Boulder, Colo. 21:41 4. Brenda Jaeger, Port Washington 22:29 5. Diane Braceland, Drexel Hill, Pa. 22:31 6. Virginia Lucac, Philadelphia 24:21 7. Victoria Omeltchenko, Great Neck, NY 25:42 8. Sue Hayford, Greenwich 26:11 9. Marge Lucy, Eaton's Neck, NY 26:16 (Stella Palamarchuk 20:10--DNF) 20 Km, Toronto, Canada, Nov. 6--1. Pat Farrelly 1:39:35 2. Max Gould 1:44:52 3. Bill Purves 1:54:02 4. Don Thompson 1:56:56 5. Joe Monaco 1:58:44 6. Graham Salisbury 2:12:10 7. Brenden Merriman 2:12:15 8. Art Keay 2:20:20--Karl Merschenz DNF

OVERSEAS STUFF:

5 Mile, Leyland, Eng., Nov. 5--1. E. Crompton 39:50 2. D. Vicker 41:10 3. **BARRY RICHARDSON**42:35 Airolo-Chiasso Relay, Switzerland, Oct. 16--1. Essex Beagles, Eng. 9:10:56 (D. Cox 2:14:09 for fifth fastest 27 Km; K. Carter 2:27:27 for 3rd best 30Km; A. Seddon 1:08:24 for second fast 14 Km; O. Caviglioli 1:29:44 for 3rd fast 18 Km; and Phil Embleton 1:51:12 for best 25 Km and 30 seconds under Dave Romansky's record for this stage.) 2. Fiamme Gialle, Rome 9:11:31 (Nicola DeVito started 13 second's up on Embleton and made a game effort to hold him.) 3. Czechoslovakia 9:22:33 4. Romania 9:29:21 5. Centro Lazio, Rome 9:29:22 6. Switzerland 9:39:39 (16 teams started and finished. Fast times on the first four legs were: 27 Km--Horst-Rudigor Magnor, Eintracht, Frankfurt 2:11:03; 30 Km--Wilf Wesch, "intracht 2:25:05; 14 Km--V. Ilie, Romania 1:07:57; 18 Km--V. Parizek, Czech. 1:27:21(record). Women's 5 Km, Oslo, Sept. 4--(track)--1. Eivor Johansson, Swed. 24:51 2. Elisabeth Olsson, Sweden 25:38 3. Berit Jonsson, Swed. 25:56 4. Margareta Simu, Swed.

26:07 5. Torhild Sarpebakken, Nor. 26:25 6. Gerd Gylder, Nor. 26:32 7. Lena Bodin, Swed. 26:51 8. Karin Moller, Denmark 27:00 9. Laila Jensen, Nor. 27:17 10. Eli Rolstad, Nor. 27:18. Women's 10 km (track), Odense, Den., Aug. 27--1. Karin Moller 57:49.2 2. Lisellotte Rasmussen 58:40.4 3. Solveig Kristensen 59:19.4 20 Km, Morocco, July 25--1. Chedli, Tunisia 1:35:16.8 2. Jouini, Tun. 1:38:23.2 10 Km, Havana, Sept. 4--1. Karl-Heinz Stadtmuller, EG 46:37.6 2. Sem-erdejev, USSR 27:12 3. Garrido, Cuba 27:24.4 20 Km (track), Warsaw, Aug. 26--1. Jan Ornoch 1:34:04.2 2. Edmund Paziewski 1:37:38.6 CISM 20 Km, Turku, Fin. Aug. 20--1. Bernhard Kannenberg, WG 1:33:44.2 2. Pasquale Busca, Italy 1:34:56.2 3. Vittorio Visini, Italy 1:38:03.6 10 Km (track), Ostrava, Czech., July 29--1. Alexander Bilek 42:26.2 10 Km (track), Ostrava, Aug. 28--1. Bilek 43:31.8 2. Juray Bencik 43:53 3. Evzen Zednik 43:56.6 4. Vladimir Kansky 45:18.6 5. Vladimir Parizek 45:52.4 Czech. 20 Km, Prague, Sept. 4--1. Bilek 1:35:30.6 2. Bencik 1:35:30.6 3. Parizek 1:40:26.6 Women's 5 Km (track), Sweden, Sept. 12--1. Siv Gustavsson, Swed. 25:23 2. Elisabeth Olsson, Swed. 25:41 3. Berit Jonsson, Swed. 26:13 4. Gerd Gylder, Nor. 26:23 5. Laila Jensen, Nor. 26:38 20 Km, Ost-ersund, Swed., Aug. 20--1. Stefan Ingvarsson 1:32:22.2 2. Hans Fengreen 1:34:55.6 3. Orjan Andersson 1:36:46.2 50 Km, Ostersund, Aug. 22--1. Ingvarsson 4:18:02.6 2. Tenggren 4:19:12 3. Daniel Bjorkgren 4:20:39.4 4. Stig Lindberg 4:26:35.6 5. Kare Moen 4:33:35.6 6. Max Sjöholm 4:35:30.2 7. Curt Ohlander 4:37:35 8. Georg Davidsson 4:38:57 Jr. 15 Km, Ostersund, Aug. 22--1. Owe Hemmingsson 1:09:09.6 2. Gunnar Lindholm 1:11:27.4 3. Arne Nilsson 1:11:59.6 10 Km, Ostersund, Aug. 20--(track)--1. Nilsson 46:21.2 2. Hemmingsson 46:41 3. Thomas Glans 47:36.6 Women's 5 Km, Ostersund, Aug. 20--1. Eivor Johansson 24:51.6 2. Elisabeth Olsson 25:12 3. Margareta Simu 25:20 4. Berit Jonsson 25:45.6 5. Lena Bodin 26:05.6 6. Ulla Svensson 26:36 (25 under 30 minutes) Women's 10 Km (track), Ostersund, Aug. 22--1. Johansson 51:06.8 (Swedish record) 2. Hjordis Johansson 53:38.2 3. Irma Hansson 56:00 4. Anna-Lisa Bertilsson 56:12.6 (11 under 60) 1 Hour, Hendon, Eng., Sept. 25--1. Bob Dobson 13 Km 327m 2. A. Seddon 13Km 35m 3. M. Harcombe 12Km 944m 4. B. Adams 12Km 833m 5. D. Bonnans, France 12Km 710m 7. Olly Caviglioli 12Km 647m 7. Colin Young 12Km 561m (Dobson 58:04 at 8 miles) 8 Hours, Rouen, Oct. 2--1. R. Schoukens, Belgium 83.2 Km 2. J. Bonnin 81.06 km 3. J. Hegethorne, Eng. 80.00 km Women's 20 (track), Sotteville, France, Sept. 15--1. Margaret Lewis, Eng. 1:58:37 (fastest on record) British Youths 3 Mile (17 and under, I think)--1. Jacky Lord 22:09 2. Peter Dallow 22:54 3. V. Hands 23:06 4. K. Sturdy 23:27 British Junior 5 Mile (19 and under, I think)--1. Steve Gower 36:11 2. R. Emsley 38:05 3. A. Malone 38:16 4. K. Brewster 38:20 (7 under 40, 27 under 42:30) 50 Km (track--first ever in England), Southend, Oct. 10--1. Ray Middleton 4:27:47.8 2. Alec Banyard 4:39:04.6 3. Roy Thorpe 4:40:36.2 4. Colin Young 4:46:24 Australian 20 Km, Melbourne, Sept. 18--1. Bob Gardiner 1:35:10 2. S. Hausfield 1:36:24 3. Ted Allsop 1:37:05 Australian 50 Km, Melbourne, Sept. 25--1. Gardiner 4:27:57 2. Allsop 4:28:05 3. Peter Fullager 4:30:30 4. L. Hodgkinson 4:30:50

MORE NOTES:

Bruce MacDonald asks that all those who plan to put on 20 or 50 Km races between now and June 15 inform him of the dates and sites as soon as possible so that he may disseminate a schedule of these races and provide everyone who wants to with the opportunity to qualify for the Final Olympic Trials. Details on the trials were given last month. The qualifying times again are 1:45 and 5:00. Bruce's address is 39 Fairview Ave., Port Washington, NY 11050....It is reported that Paul Nihill is seriously considering turning professional after Munich and if he can get support he will start with a walk across the USA. He feels he can better Bruce Tulloh's record of 65 days, which was done running. He says that Tulloh was reduced to walking much of the way and is confident that he can sustain a higher pace walking all the way

LOOKING BACK

10 Years Ago (from the pages of the November, 1961 Midwest Walker)--Great Britain won the first edition of the Lugano Cup in Lugano, Switzerland by virtue of Don Thompson's second place finish in the 50 Km. On points, Britain and Sweden were tied with 53 and the first finisher in the 50 was used to break the tie. Ken Matthews scored an easy victory in the 20 Km in 1:30:54.2, well ahead of Sweden's Lennart Back (1:32:12). Abdon Pamich of Italy was nearly 5 minutes ahead of Thompson, the Olympic gold medalist, as he won the 50 in 4:25:38....Ron Laird walked off with one of his many National titles, winning the 30 Km in Providence in 2:29:39.8. Runnerup Alan Elakeslee was more than 16 minutes behind....In a National Postal 20 Km, one Jack Mortland shattered the American record with a blazing 1:40:36.5. The old record had been set by Hungarian refugee Ferenc Sipos 2 years earlier at 1:44:15.6. 19-year-old Rimas Vaicaitis, of Chicago, and Jack Blackburn, walking against Mortland, were also under the old mark. Ron Laird, in fourth, was not. The Ohio Track Club took the team title. In a Canadian section of the race, Alex Oakley balsted a 1:35:39.8 and Bill Grandy has 1:39:35....Oakely aslo won a 15 Km walk in Buffalo with 1:12:35 to John Allen's 1:13:24 and Ron Daniel's 1:14:47In the OTC Distance Carnival, Vaicaitis beat Elackburn in a 5 miler, 38:55.4 to 39:16, Mortland eased through a 1:27:28 10 miler, and on the next day Blackburn won a cold, snowy 30 Km, munching hot dogs on the way, in 3:10:45, some 3 minutes ahead of Jeff Loucks. One Chris McCa rthy was nearly a half hour behind as he "unfastened his hood for a few feet at the 4 mile mark, looked around, and crawled back under again."

5 Years Ago (from the Nov. 1966 ORW)--The lead paragraph says, "A gutsy Jack Blackburn showing the zest of his long forgotten youth, moved easily away from decrepit old Jack Mortland in the last 5 miles of Sunday's 15 miler to cop individual walking honors in the 9th Annual OTC Distance Carnival. Elackburn took that one in 2:04:31 to Mort's 2:07:28. On the day before, Mortland had won a 7 miler in 55:57, but then succumbed to a fresh Elackburn in the 2 Mile, 14:16 to 14:56. In the Women's 5 Miler, Jeanne Bocci turned in an excellent 43:54....In a fast National 1 Hour in San Diego, Don DeNoon covered 8 miles 138 yards to upset Rudy Haluza by some 112 yards. Ron Laird was third, 330 yards short of the magic 8 mile mark and 69 yards ahead of Larry Walker. Larry Young was the only other competitor 8 minute miles, covering 7 miles 978 yards....Jack Elackburn won the Cincinnati Thanksgiving for the 8th time in 9 years....Larry Young won the Jr. 30 Km over another coming star, Tom Dooley....And the Ohio Track Club's Charlie Newell won the Jr. 35 Km out in Kansas City in 3:21:47 over Bob Gray and Larry O'Neil. What's ever happened to old Charlie? We don't know either.

SPRING TRAINING FOR THE WALKER

A. Fruktov

(This article first appeared in the Soviet Sports Journal Track & Field and was translated from the Russian exclusively for the Midwest Walker by UCTC distance runner Gar Williams. It appeared in the Nov. 1961 issue of that august publication and is now swiped for inclusion in the ORW.) (Obviously it is somewhat out of date, but should still be of interest as the Russians were no pansies even back in those ancient days when one could set American records at 1:40 plus in this country.)

In the springtime, when the preparatory training period is finishing up and the competitive season is beginning, the walker gradually goes into specialized training. During this period, problems concerning overall physical development and perfection of the necessary qualities are resolved, primarily such things as endurance (general

and special 1) perfection of walking technique and improvement of will power and moral qualities.

If the walker has taken a large number of workouts during the winter, and if these workouts have been light, then during the spring it is imperative that the intensity of workouts and the amount of speed work (either walking or running—ed. Note, the Europeans do not hesitate to do considerable running in their training) be appreciably increased. New exercises are added to the training, the number of speed workouts is significantly increased, the proportion of actual walking as compared to other activities during the workout becomes greater and the amount of running is cut down. The speed of the walks is increased, technique is perfected, and the walk becomes the main exercise. However, the walker continues to do a great deal of running and to participate in other track and field games.

During this period, indoor workouts become less and less frequent and in April they are discontinued altogether. Training in the forest, in parks and on the roads and walking in the mountains does not tax the nervous system as much and, as the athletes themselves notice, enables one to do a very large amount of work plus more varied types of work. As a rule, only during the three months March to May do the best Soviet walkers cover more than 1000 Km (620 miles) of walking and running.

For example, during this period:

Name	No. of Workouts	Distance Covered
G. Panichkin	69	1766 Km
L. Spirin	65	1246 Km
M. Lavrov	133	1850 Km
A. Egorov	67	1440 Km

(Panichkin then held the World 10 Km record at 42:18.3; Spirin held the 15 Km record at 1:05:18, and Egorov the 2 Hour with 16 Miles 748 yards)

In order to improve their general physical condition, the walkers do various general development exercises both without any special apparatus and with additional apparatus (dumbbells, weights, medicine balls, sandbags, jumping ropes, etc.) and they also take jumps and throws (often throwing plain rocks). All these exercises can be done in the morning during the special calisthenics and also during workouts. (Ed. Presuming one is free to spend his mornings engaged in calisthenics.) Great importance is attached to games, during this period (e.g. basketball, soccer, volleyball, handball, etc.)

In order to perfect general endurance they take long, easy walks (up to 4-5 hours) usually on Sunday, or long "street walks" in conjunction with "heel and toe" walking. Several walkers successfully employ a combination of walks and runs over a period of 2-3 hours. A good method of developing and maintaining general endurance is cross country at steady pace or at varying paces according to how you feel.

D During this period, the walker's "capacity for speed" is greatly increased, that is, the time difference between an all-out effort over a given distance, e.g. 400m, and the speed at which he would cover the 400m in a race. A good method for developing speed is interval or repetition walking over short distances such as 100, 200, and 400 meter distances.

In the springtime, the perfection of walking technique must be a matter of constant concern to the walker. This problem becomes more important as the competitive season approaches. Sometimes an increase in speed leads to flagrant errors in technique and even to violation of the basic principle of walking. Perfection in technique can be realized by doing large volumes of special exercises and also by walking under the observation of a coach or training partner. (Ed. These special exercises are often referred to in Soviet and East German literature but never seem to be defined or described. Can anyone help on this point?) The use of movies is advisable.

During the perfection of technique, apart from special details, it is necessary to visualize a general "picture walker" which clarifies the positions of the torso, head, movements of arms and feet, and improves ability to alternate relaxation and contraction of muscles. (Ed. In training, I often find myself "feeling like" some other walker, i.e. something in my style suddenly reminds of how someone else looks to me. If this is someone worth emulating, you try to retain to some degree some of those features that seem to give you this "feel". On the other hand, if you feel like, John Deni, say, on a given day, you stop right there and hope that particular nuance of style never returns.)

Having prepared himself for the competitive season, the walker must perfect his mental will power. The attainment of this goal is helped by the exact fulfillment of the training plan, by working out under any weather conditions and by conscientious discipline. Remember: only the willful, decisive athlete can count on success in important competition.

Here is a sample weekly training plan for walker during the month of April:

- Monday: Rest
- Tuesday: Walk for technique. Special walking exercises. Accelerations. Walk short distances (100,200,400m) at very fast speeds.
- Wednesday: Track and field exercises in the country (jumps, throws). General games--basketball, soccer, etc. Run cross country 40-50 minutes.
- Thursday: Running combined with walking, up to 2 hours, or walking on the road for 2½-3 hours.
- Friday: Rest
- Saturday: Special walking exercises. Repetition of interval walking in the stadium or in the country. Such as: 10-15 x 400m; 8-10 x 800m, 4-5 x 1000m; 3-4 x 2 km.
- Sunday: Long leisurely walk, up to 4-5 hours, or common walking in combination with heel and toe or running in combination with heel and toe up to 3 hours.

Here is an excerpt from the diary of World record holder and Rome 20 Km Olympic Champion, Vladimir Golubnichiy (March-April 1959):

3/28 Rest

3/29 Mixed movements for 2 hours, 5 minutes. Walked and ran 27 km.

3/30 Worked out in the park. Did intervals, 5 x 100m

Also exercise with weights. Lifted 13.2 tons (Maybe metric tons)

3/31 Worked out in park. Intervals: 5 x 100m, 3 x 200m, 5 x 100m (very fast).

Special exercises, 2 sets.

4/1 Worked out in park. Did intervals. 8 x 1000m (strong; time about 4:00 for 1000m) (Ed. That's fast, man, not strong!) Special exercises.

4/2 Rest

4/3 Exercises with weights, lifted 13.8 tons. "Ball fighting" for 30 minutes.

It is necessary to note that in the spring, walkers weekly training cycle can be quite diversified. It mainly depends on how the walker trained during the winter, what particular time he is aiming for in important competition, etc.

The first competition begins in the spring period, and the walker should not avoid it. In these meets, the athlete's training is evaluated, the effectiveness of one or another type of walking technique is checked, and various tactical plans are tested. It is necessary to remember that in just these very meets, one gets the valuable "competitive" test so necessary for further achievements. (Ed. There is much of interest in this article, but as in so much of the Soviet technical literature, it leaves an awful lot unsaid. I would be interested in your comments.)

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