Ohio Racewalker

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Young Returns Home; Adds USCH Title

Columbia, Mo., Oct. 1—In his first race since capturing the bronze medal in the Munich 50, Larry Young withstood a strong challenge from the ever-improving Todd Scully to win the USCH Senior 30 km walk today. Walking in his present hometown, the Columbia College art major added this one to the eight Senior nationals he had won earlier this year. He missed only at 1 mile and 1 hour, races he did not contest. Despite a rather natural layup in his training and a slight touch of flu, Larry turned in a fine 2:22:09 and left a hiring Scully well back in the final 5 km.

Floyd Godwin, coming back from a rather long layoff, also closed fast to catch Bob Bowman and teammate Jerry Brown in the second half of the race and take third. A real surprise in sixth was OR photographer per excellent, 19-year-old Bob Specht. He pulled clear of his two Motor City mates, Jerry Bocci and Bill Walker, in the second half with easily his finest race to date. Despite this strong showing, the Motor City cats lost the team title by one point to the Colorado T8, who had Iete Van Arsdale supplementing the 3-4 finish of Godwin and Brown.

The Ohio Track Club was represented only by the aging Jack Blackburn, soon to join your editor at age 37, who had given his all in his stirring US-Canada 20 km performance a week earlier. In this one he went through 20 km in just over 1:50, his planned pace, and then proceeded to hit the wall as never before. With severe leg cramps, he crawled through the final 5 km in 40:32 for a final time of 3:05:27 and 12th place. At that he lost only three places in that final 5—only to young collegian kids. Augie Hirt, first seen in race walking right here in his native Ohio this summer, but now back at Anderson College, continued to look like a real prospect in ninth. Close behind him were Oklahoma Christian teammates, Mike Halte and Dale Faas. A distinct disappointment in the race was one Goetz Kleipfer who went through 5 km in 28:03 and dropped out a mile later.

Young opened up quickly with a 23:33 first 5 and 47:52 at 10. This completely dropped everyone but Scully, who was 68 seconds back himself. However, when Larry slowed slightly to a 1:37:05 at 20, Scully, maintaining his pace closed the gap to 50 seconds. Todd stayed fairly close through 25, 2:02:10 to 2:03:35, but succumbed to the pace and needed over 29 minutes for his final 5. The results:

Olympic champion and world's fastest ever at 50 km, West Germany's Bernd Kannenberg demonstrates his impeccable style. (Photo by Horsmuller first appeared in Leichtathletik and then in the Palle Lassen, Egon Rasmussen book mentioned elsewhere.)

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ADD TWO CENTENARIANS

Columbia, Mo., Sept. 16-17 (Special to UWM from Joe Duncan) - Two “kids” joined Larry O’Keil (now 65), John Argo (58), Larry Young (another kid at 29), and Chris Clegg (55) as living members of the Centurian Club of America. Ben Knoppe of St. Louis, 29, became Centurian #88 by finishing the 100 Mile Walk in 22:15:05. An hour and 37 minutes later, 25-year-old Carl McCoun of Great Falls, Montana became Centurian #9. Knoppe, a bachelor, is a porter for the Kanawha Power Station, a part of Union Electric. A year or so ago he began riding a bicycle to end free work when he was injured in a car accident. He feels that all this cycling has given him good leg strength. Actually, Knoppe’s conditioning program began a couple of years ago following a double hernia operation and about with infectious hepatitis. Ben made his first appearance in Columbia in August 1971 when he won a half marathon. He came back in the 1971 Heart of America Marathon finishing with a time of 2:06:34. Then he attacked the 1972 100 mile walk, doing 50 miles in 11:53:15. At that time he was in no shape to continue for another 50. But 1972 was another matter—his time at 50 miles was 10:20:12 and he was still strong. Knoppe kept a steady pace to the end, slowing somewhat, but never stopping more than a minute or so to charge socks or take a drink.

McCoun is a salesman for Washington General Insurance Co. Until recently he was a physical therapist on the Navy. Two years ago he came to Columbia—made a host of friends—and did 78 3/4 miles in 23:29:40. In that race he went no faster than 15-minute miles, enjoyed himself and at the finish felt as strong as he had at the start. He vowed then that he would be back for the entire 100 and in ‘72 he was back. In a pre-race interview, Joyce Schulte asked him if he planned to do the entire 100. Without hesitation Carl replied, “Yes I will.” He was so convincing that you just knew he would. Joyce then asked him what it took to walk 100 miles within 24 hours. Carl’s quick reply was, “Guts!”

Well, Carl McCoun displayed guts here in the ’72 walk. For the first 50 miles he did a lot of 15 and 16 minute miles so that his time was 12:05:23. Carl was in a position of having to pick up his pace—not stopping, not slowing down—over the next 12 hours. He didn’t pick up much over the next 25 miles, taking 5:59. Not good enough. He had 5:56 left for the last 25—he was tired both mentally and physically and had blistered feet. So when Carl began walking 16 minute miles, faster than any previous mile after his first 15. He kept this up despite terribly blistered feet, a tired body, and the worst suntan of any of the participants, completing the last 25 miles in 5:48. The performance left Carl with the ultimate realization of what he really meant when he said “Guts.” Carl did require medical treatment and was told to stay off his feet for at least 3 days. A long recovery, but extreme satisfaction.

For the first time, the Columbia Track Club got someone fairly close to the century mark when Rob Spier, The Missouri U anthropology professor, went 83 miles. Last year Rob did 55 and next year he says he will add on the next 17. Rob is certainly the right age (50) he does a
thorough job of preparation, has the proper mental approach, a good sense of pace—in short, he'll definitely be a favorite in '73.

Centurion #7, Chris Clegg, had problems with the 93 degree Saturday afternoon heat, having to lay out an hour and a half or so. He's already proven himself, therefore he determined early on that his goal would be an easy 75. Chris is a strong supporter of the Centurion Club—his presence was certainly a boost to the proceedings.

Dave Eidahl was back for the 4th time for his best performance to date—he's close enough now—a cool weekend in '73 will make a lot of difference. John Marken is race walking Chairman of the strong Metropolitan AAU program. He too was bothered by the heat (actually everyone was), losing valuable time Saturday evening. J.'m recently competed the London-to-Brighton 52 mile walk. I would have to consider him a sure thing for 100 miles on a cooler day and after this year's experience.

There were 35 walkers in this year's event—the most yet—and the best overall quality. This means there are 35 different stories that could be told—for instance how Lance Patterson, at age 11, walked almost twice as far as his dad last year, the Fred Sydns story—a prospect from Ontario who sauntered along quite leisurely wearing a long pants, a shirt and jacket (despite the heat) winking a cigarette; Marie, the little gal from Honduras, who really strides out, for the 2nd time; Marie Hill with the bad back; Roger Jarrett, who hit-thenhiked 2000 miles from California, sat the early pace, then gave in to stomach problems and had to take breaks. Some were:

3. Leonard Eusen, Columbus, Ohio, October 21-22—Since his tractor field-up last summer, Arnie Arnold's leg held up fairly well and he fought the pain to close. As he passed 4 miles in 11:26 he slowed down and took his time through his longest walk to date. The results:

EORO'S RACE WALKING ORGY

Sharon Woods, Columbus, Ohio, October 23-24—Since his tremendous 60 mile effort at the National 30 three weeks ago, poor, dejected Jack Blackburn had been able to nothing but 3 or 4 miles about three times a week at 10 minute pace with his weary legs all crampy and tight. His arch rival, Black Jack Knight, had been nursing a sore knee for some six weeks. Dale Arnold had not walked, races or training, since sometime last summer. These three, plus an excusable Bob Smith, faced the starter for 10 miles, the first race of the ORW Race Walking Orgy. Not an impressive field for our annual extravaganza. Joe Blackburn, also hobbled by injuries of late, was relegated to mopping chores along with Mary Jo Blackburn. Jerry
Seattle, Oct. 22—Evan Shull, with little race-walking experience, hung with the leaders for the first half of the race, and then, holding his pace, moved away to win the NAU Jr. 30 km walk today. Shull is a good runner and is president of the Snohomish Track Club. He utilized a very cautious and very legal pace to record an excellent time for a novice. His time was 1:42:39, 2:14:31. His fine pace judgment is shown by his 5 km splits of 31:21, 37:12, 43:45, 50:28, 57:11, and 58:16.

The morning race was held on a 2.8 mile course in overcast, slightly humid conditions. Dennis O'Herren, a 19-year-old student at Central Washington, and 15-year-old Brad Bentley, from Bellingham, walked stride for stride through the first 5 km with Shull close behind in third.

O'Herren then pulled ahead to hit 10 km in 35:20 with Shull and Bentley together 20 seconds back. O'Herren still led at 15 in 1:23:50, with Shull now 40 seconds back and Bentley just behind him. During the next 10, Shull became more stronger, proving the power and endurance of a devoted marathon runner. O'Herren folded completely at 25 km, taking 32 and 40 minutes for his last two 5's and fading to sixth. Bentley also hit the old Cardel wall at the last 5 and 1/2 passed, 18-year-old Rob Resnorants and 18-year-old Al Suharran. A "special" walker on the same course was Kary Hevey from right here in Ohio and now a student at the University of Washington. His 18-year-old miss with inexcusable form finished in 3:22:24 after hitting 20 in 3:08:35. The team title went to Franklin High School. The results:


on this hand, any food can be considered at least harmless, and at worst, dangerous, if prepared or consumed in improper amounts.

Most food fads emphasize the need for a particular food or nutrient and often unbalance the diet. By tending to unbalance the diet, food fads can lead to deficiencies of one or more nutrients and can cause nutrient deficiencies. For example, diets based on raw foods are often very expensive since most of these foods are very costly and actually overpriced. Food fads can be dangerous if they act as a type of self-medication, which in turn delays early attention to clinical problems.

More specifically, on vitamin and mineral supplements, "In general, reports in the scientific literature seem to be in agreement and indicate that additional vitamins and mineral supplements do little to improve athletic performance. (I have read elsewhere that since the body has no means to store vitamins all, they will do for the person who has already had a proper, balanced diet, already has all his expensive urine.) On what ground, they conclude, "It would appear that claims made concerning the beneficial effects of supplements of vitamins B and wheat germ oil have not been definitely substantiated." The paper also discuses quick energy foods and high-protein diets. The final conclusions are: "The nutrient requirements for the healthy athlete can be met with suitable amounts of a variety of palatable foods. Anything other than a mixed diet is generally wasteful or harmful. The athlete should be aware of quick cures from special food preparations or nutrient supplements, as well as information which is in conflict or competition with the medical and scientific fields. The athlete should also develop an intelligent skepticism in order to recognize the effects of glaucom advertising and half truths. Much of this can be accomplished by reading reliable sources, e.g., textbooks and journals on nutrition. One cannot assume that best sellers are reliable and valid sources of dietary information.荒 if problems do arise or doubts exist, the athlete should consult any of the following sources: (1) State Health Department, nutrition specialist; (2) State Experiment Station, extension nutritionist; (3) college and universities, food and nutrition teachers; and (4) U.S. Department of Agriculture, consumer services.

The authors of this paper are in the Departments of Physical Education, Health, and Recreation, and Food and Nutrition,respectively at Florida State University, Tallahassee...Doc, a very real fountain of information on such matters, also points out an article in the July 15 Medical Tribune concerning the amazing endurance powers of the farahmurs Indians of Mexico. Doc has written of some of the endurance feats of these men in the pages before. They live at 8000 feet in the high mountains, without ever giving up and their ability to run great distances, both in chasing animals for food and in competitive races. In these races, they kick a warden ball as they go and may cover 160 miles in 80 hours. This article presents several facts that seems to explain their running ability: (a) heredity—2000 years of outdoor living where nature demands running for a livelihood; (b) body conditioning—value added by their ability to eat anything, diet—corn, peas, beans, squash, and jerked meat furnish survival needs without unnecessary additives; (c) competition—their only sport is their marathon kick-ball games, a challenge they accept individually as well as one village competing against another; (d) amusements—fortunetly a sport universally enjoyed and offering a source of necessary competition; and (e) psychological—opportunity to develop and share hero worshipping
LOOKING BACK

10 Years Ago (From the October 1962 Race Walker)—Alex Oakley had a great month, winning the Canadian 50 in 4:28:51.2 and then journeying down to Providence to beat Ron Laird in the US 25 K in a 2:03:14. Laird was 15 minutes back with John Allen third, Bob Henn fourth, and Bruce MacKeldin fifth....

...other stories included....

Race Walking Competitions in which we have heard and in which you might code to participate, if the mood should strike you.

Sat. Nov. 11 Ohio A.A.U. 50 K, Continental, Ohio, 12 noon (A).
Sun. Nov. 12 NWAU 20 Mile, Long Branch, N.J., 1 p.m. (B)
Sun. Nov. 18 NWAU 10 K, Kansas City, Mo., 9 A.M. (F)
Sun. Nov. 19 6 MIlE, Belle Isle, Detroit, 10 A.M. (G)
Sun. Nov. 25 4 Mile, Madison, Wisconsin, 11:30 A.M. (C)
Sun. Nov. 26 Coney Island 10 Mile Hdp., New York City, 10 A.M. (I)
Sat. Dec. 2 SPAU 2 Hour, Occidental College Track, 2 P.M. (J)
10 K (track), Q. U., 9 A.M. (F)

Walker rules, Jeudins, etc.

I have had my possession for some time a booklet provided to me by friend Joe Tegman entitled "Guidance for Walking Judges", prepared by the I.A.A.F. Walking Committee and dated 1972. (I.A.A.F. being the International Amateur Athletic Federation, for those who may not know.)

This is a good little booklet and I have been meaning to mention it for sometime and have neglected to do so because of broken typewriters, extensive space devoted to Olympic coverage, and other such things. (Excuse the pause. I have a tape of an old mix of Beethoven recording on and had to give particular attention to one beautiful, wandering passage. Gee, I haven't reviewed any jazz concerts in these parts for a long time. Well, mix is done, so back to the trivia of the race walking world.) Anyway, I can now tie my mention of this booklet in with a letter Dale Arnold has just sent to Charles Slocake with a copy to the I.M.U.

Dale is pointing up a conflict in the Track & Field Rules in which Rule LVI, 13 reads: "Competitors may be cautioned once; a second violation of above shall mean disqualification" and Rule XIX, Section 4 reads: "A competitor may be cautioned when his act of progression, style, or form is in danger of ceasing to comply with the definition of contact; but he is not entitled to a second caution. The decision to caution a competitor shall be made under the same procedure as for disqualifying set out in Paragraph 2." Dale is concerned about the lack of clarity here as to what is caution and what is disqualification, or at least I think he is.

In any case, the I.A.A.F. Judges Guide begins with the I.A.A.F. Rule on Walking, which is rather explicit on this point and which we might all do well to review. It would seem wise for us to adopt these rules as they stand and as is recommended by the I.A.A.F. Walking Committee. So, here it is, I.A.A.F. Rule 191 Walking:

1. Definition: Walking is progression by steps taken that unbroken contact with the ground is maintained.
2. Judging: Judges of walking must be careful to observe that the advancing foot of the walker makes contact with the ground before the rear foot leaves the ground, and in particular that, during the period of each step in which a foot is on the ground, the leg shall be straightened (i.e. not bent at the knee) at least for one moment.

3. Judging and Disqualifications: The appointed Judges of walking shall elect a Chief Judge. All the Judges shall act in an individual capacity. When in the opinion of (a) two of the Judges, one being the Chief Judge or (b) three Judges other than the Chief Judge a competitor's mode of progression fails to comply with the definition during any part of the competition, he shall be disqualified and informed of this disqualification by the Chief Judge. In a competition either by ballot or by the IAHP or taking place under permit, in no circumstances shall two Judges of the same nationality have the power to disqualify a competitor.

4. Effect may be given to any such disqualification immediately upon the conclusion of the competition, if circumstances render impracticable an earlier notice to the competitor of the disqualification.

5. A competitor may be cautioned when his mode of progression he is in danger of ceasing to comply with the definition of contact; but he is not entitled to a second caution. The decision to caution a competitor shall be made under the same procedure after disqualification is out in paragraph 3.

6. In track races a competitor who is disqualified must immediately leave the track and in road races the disqualified competitor must immediately after his disqualification remove the distinguishing number that he is wearing.

There are five more rules dealing with refreshments, medical certification for the 50, recommended time of day for the 9, length of course, and safety. These are of interest but not pertinent to the discussion and should not necessarily be recommended as part of our rules.

The point that bothers me in the rules is the statement in Rule 5 "but he is not entitled to a second caution." This seems easily subject to misinterpretation. This apparently means that if a competitor continues to be in danger of an illegal mode of progression after being told of this danger once, he cannot be told again. It cannot mean, as I think some may interpret it, that if he ceases in this mode of progression, and since you cannot caution him again, you must then disqualify him. "We've given Jones one caution and he still looks the same. Better pick him up." But a man can continue to be in danger of illegal walking for the entire race and each judge can feel impelled to caution him every time they see him but so long as he is only dangerous and he remains legal, no matter how close, he cannot be fairly disqualified. Thus, in the minds of the judges, a walker can have a thousand cautions, but he can only be told about it once. And any time they are agreed the progression is actually illegal, he goes, caution, or no. Or so I see it.

The only problem then is that of determining when a competitor is not walking legally. As we all know, this can be sticky. The booklet gives some pretty good guidelines in Chapter IV, Guidance To Judges For Uniformity in Judging. That chapter follows.

"Walking is progression by steps so taken that unbroken contact with the ground is maintained." (Rule 191, paragraph 1)

This definition is perhaps the most comprehensive and all-embracing form of words required. It implies that NEVER must ANY FOOT be off the ground at the same time or, in different words, AT ANY TIME THERE MUST BE ONE, OR PART OF THE FOOT ON THE GROUND.

The prime object of judging is therefore to ensure that this condition is satisfied by every competitor throughout the race.

The struggle for speed has introduced a special technical, somewhat artificial, into race walking; for example, exaggerated movement of the hips, fully extended legs, and so on; actions which are not so emphatic in persons walking about during their daily tasks. This special racing technique, after long observance by experienced judges and participants, has provided an image in the minds of what a race walker should look like. Let us call this image a style. Every judge likes to see a good style, but opinions on style tend to differ.

We now meet difficulties. Rule 191, paragraph 2 includes the following: "The leg shall be straightened (i.e. not bent at the knee) at least for one moment." This rule as it now stands leaves the precise moment of the straightening to the discretion of the judge, and sometimes judges may have differing opinions, particularly on the question of the straightening of the leg.

To ensure that all judges act alike, the Walking Committee, in an amendment of the above words, has defined the critical "moment" in which the leg must be straight, by recommending the addition of the following words to paragraph 2:

"...at least for one moment, AND IN PARTICULAR THE SUSPENDING LEG MUST BE STRAIGHT IN THE VERTICAL UPRIGHT POSITION."

It is intended that this criteria shall be applied by all judges and that failure of the athlete to straighten at this point merits disqualification. (Diagrams are included to illustrate this.)

LET US NOT CONSIDER THE FOOT

Many judges like to see the heel of the advancing foot reach the ground first. Obviously, under no circumstances on level ground would we expect the toe to reach the ground first, but on steep gradients perhaps the foot must come down flat in certain circumstances.

Again, if a leg has straightened once in the step according to the newly recommended Rule 191, paragraph 2, and the forward knee is slightly bent, the foot could conceivably reach the ground flat.

If we say that the heel must reach the ground first, it should be remembered that an angle of 1 or 2 degrees only would satisfy the requirement, but obviously the human eye is not capable of differentiating between such a small angle and the perfect horizontal.

The Walking Committee also recommends an addition to Rule 1/2, paragraph 4, to ensure that walking shoes must have heels thicker than the sole line, and, if passed, this may well remove many of the faults at.
at present when the heeless shoes are used.

Accordingly, although judges may use the criterion of the walker's heel touching the ground first for guidance, it is not recommended that this criteria be a hard and fast rule.

The Torso

Faulty progression is sometimes indicated by an excessive forward or backward lean, but the real test is whether proper contact is being maintained, and therefore too much importance for judging purposes should not be applied to this fault in technique of excessive lean.

The Head

Generally, in good progression, the top of the head maintains a horizontal path. A sudden lifting or bobbing up on the head above the horizontal plane could indicate lifting, but this should never be accepted as other than an indication. Contact, or lack of it, can only be decided at foot level. Observations show for example that some walkers roll the head from side to side, others drop it from time to time yet maintain good contact. The carriage or movement of the head whilst providing an indication can never of itself be conclusive.

The Arms and Shoulders

There are many different actions which produce satisfactory motion and little can be gained for judging purposes by observing the arms and shoulders.

In regard to straightening and the IAAF recommended definition, the obviously read read Chris McCarthy's Oct. 1962 Race Walker, from which we quote him on this subject: "...for we have yet to meet a "creper" who did not claim that he straightened his leg either at the instant of making forward contact, or at the instant of breaking rear contact; nor have we ever seen movies of a "creper" who actually did this. We have concluded that if a race walker's supporting leg is not fully straightened during that part of the stride in which the traveling leg has already passed by (i.e. the walker walking is what Toussaint terms the 'anterior supporting phase'), then the walker will not straighten his leg at all. And since, as we have emphasized before, not all walking is race walking--whereas all race walking is walking, and the unique definition of race walking being progression by steps so taken as to maintain continuous contact with the ground (genus) plus the straightening of the knee for at least an instant during each stride (differentia), then "creeping" is not race walking--i.e. if the generic definition of walking is met. (This continues into a long herculean on the practicality of race walking as a competitive sport, the typical sort of philosophical drivel one came to expect from the erudite Mr. McCarthy. Rather interesting, of course, but far beyond the comprehension of the average dull race walker, your editor included. Fortunately, we don't have room to continue.)

The Ohio Race Walker is regurgitated monthly by a sweaty old, broken-down race walker name of Jack Mortland and brings a few moments of joy and inspiration into your dull training routine each month for a mere $2.50 per year. Address all correspondence to 3184 Summit St., Columbus, Ohio 43202.