Boulder, Colo., Jan. 6-7 (Special to the ORW via the Rocky Mountain Walker)—A full 10-man race walking contingent from the Colorado Track Club methodically strolled to a new world's record for the 24-hour relay between 8 a.m., January 6 and 8 a.m., January 7. The club had hoped to hit 150 miles but surprised themselves by racking up 162 miles, 275 yards. This averages out to a solid 3:52.2 for every mile walked. In addition to the 24-hour record, unofficial records were established for 100 miles (14:23:45) and 150 miles (22:07:19). All three records have been submitted to the Rocky Mountain AAU for approval, and will be submitted to the national AAU as well. It is hoped that this will lead to the official recognition of the 24-hour relay as a national, and perhaps international, event before 1973 is over.

Jerry Brown turned in the best overall performance for the race, an incredible average of 7:05.2 for each of the 17 miles he walked. Thanks to excellent media coverage organized by Gail Erislow, Jerry was interviewed by KKCL radio of Boulder. He reported that "I didn't know how my body would react" to the continued fast pace, and even he was surprised at his ability to maintain his speed. In addition to pre- and post-race newspaper coverage, KUSA of Denver provided excellent television coverage. KKCL gave progress reports every 4 hours, plus taped interviews with Gail Erislow, OTC coach Jerry Buehler, and Floyd Godwin.

The rules used in organizing and officiating the relay were exactly the same as those used in 24-hour running relays. These were first developed by Runner's World magazine. An official baton was carried the entire distance, and was handed off within a marked 22-yard zone. Two stop watches ran continuously during the race, and were checked against a clock radio. Individual splits were obtained with two other watches run by one official; as the walkers handed off the baton and crossed the center of the hand-off zone (a line corresponding to the start and finish line) one watch was stopped as the other was started. All splits were rounded off to the nearest full second. Of great importance was the fact that two or three race walking judges, each with a great deal of judging experience, were at the track judging every lap walked by every competitor throughout the 24 hours. At no time were there fewer than two judges. All 10 starters completed the race, always walking one mile at a time in the same rotational sequence. If anyone had dropped out, he would not have been allowed to return later on. If anyone had been disqualified for walking illegally, he would not have been allowed to return later on, and that portion of a mile covered by him during that turn would have been subtracted from the total distance. The race was conducted in the University of Colorado Fieldhouse on an unbanked...
220-yard Tartan track. For this reason the record may have to be listed as "an indoor world record" when approved rather than a "world record." (Editors: Not to put a damper on things, but I doubt that it will be recognized as a world's record at all, not because there is anything suspect about it, but merely for the reason that the AAU RW Committee is not likely to add the 100-mile relay to the list of approved records. However, it should find its way into the next edition of the Guinness Book of Records.)

Numbers of the Colorado do Track Club were highly successful in soliciting pledges based upon X number of cents per mile. Final tallies are not complete, but will amount to at least $600. (Half to cystic fibrosis and half to the CTC.)

Several hundred spectators were present at one time or another throughout the 24 hours. Food was handled by the Manning and Godwin families. Overall race organization was handled by Pete Van Arsdale, Jerry Quiller, Floyd Godwin, and Vic Karsels. Trophies were arranged by Jerry Brown, and all participants received one. Judging was handled beautifully by Bob Loveland, Bob Loveland, Larry Greszczak, and Joe Briscoe. Head official throughout the "duration" was Charlie Godwin, with ample assistance from Joe Briscoe, Connie Powell, Jeanne Griffin, Bill Dukett, and Jerry Quiller.

In addition to Brown, Floyd Godwin and Pete Van Arsdale also turned in excellent performances with averages of 7:39 and 7:37, respectively. The complete team in the order that they walked together with their average time and fastest mile (for the three swifties, the complete series is shown, with the fastest underlined) follows:


So there is the challenge to clubs throughout the country. It may be more of a problem finding fools willing to officiate it than fools willing to walk it, however. Incidentally, you don't have to have 10 men to walk it. That's the maximum that will make a relay, although they might be at a slight disadvantage over this 24-hour one. The Ohio Track Club is not a challenger at this point. We have talked about the possibility of doing this for a couple of years and never got off our duff and if we can't be the first to do it, why bother. It's for sure we won't be the best.

The Ohio Race Walker is monthly brainchild of one Jack Mortland, editor, publisher, circulation manager, business manager, secretary, and typist. Subscription rate is $.25 a year and the address for all correspondence is 3164 Summit St., Columbus, Ohio 43202. Don't let the name fool you; we will publish news and views from any place we can get it. And mostly we get it only if you, the reader, send it. Incidentally, quit telling your friends about our magnificent journal. Had at least a dozen new subscriptions last month, which puzzles me, and is getting to be more than a weary old race walker can handle. Well, I'm not really serious about that, but I'm not trying to build a publications empire with...

UPCOMING RACES:

Fri., Feb. 9--1 Mile, Los Angeles Times Invitational (I)
Sa. Feb. 10--2 Mile Hdcp, 880 yds Grade School, C.U. Fieldhouse, Boulder, Colo., 10 a.m. (B)
10 Km (Indoor), Coast Guard Acad., New London, Conn., 9:30 a.m. (C)
10 Km, IOWA State Fairgrounds, Des Moines, 2 p.m. (H) 3 Km Men, 2 Km Women, Oakland Invitational (G) (distances not certain)

Sun. Feb. 11--10 Km, Takanassee Lake, Long Branch, N.J. 1 p.m. (D) 2 Mile Men, 3 Mile Women, C.U. Fieldhouse, Boulder (B)
Fri. Feb. 16--1500 Meters, Olympic Invitational, New York City Sat. Feb. 17--10 Mile, Cosmo Park, Columbia, Mo., 9 a.m. (A) IOWA AAU and Open 1 Mile, Lamont, Iow., 2 p.m. (H) 1 Mile, San Diego Invitational (I) ( Babe Did mer)
Sun. Feb. 18--2 Mile, Continental, Ohio, 12 noon (E)
Fri. Feb. 23--AAU 850 yards, 2 MILE, Wannam 1 MILE, New York City Sat. Feb. 24--2 Mile Men, 1 Mile Women, CU Fieldhouse, Boulder (B)
5 Km, Fella, Iowa, 3 p.m. (H) 5 Km Women, 850 yards, Women's 1 Mile, CU Fieldhouse, Boulder (B)
Sat. March 3--JUNIOR AAU 1 MILE, Kafka, 12 noon (I)
Sat. March 4--7 Mile, Worthington, Ohio, 12 noon (F)
Sat. March 10--6 Mile Invitational, 5 Mile Women, 3 Mile Men, 2 Mile Women, 1 Mile Men, 1 Mile Women, C.U. Fieldhouse, Boulder (B)
3 Mile, Kickstand Track, Columbia, Mo., 9 a.m. (A)
Sun. March 11--20 Km, Takanassee Lake, Long Branch, N.J., 1 p.m. (D) 3 Mile Hdcp, 3/4 mile Grade School, Eroomfield, Colo., 1 p.m. (B) IOWA AAU 30 Km (Women's 5 Km), Newton, Iow., 9 a.m. (H) Sat. March 17--2 Mile, C.U. Fieldhouse, Boulder, Colo. (B) 8 Mile, Cosmo Park, Columbia, Mo., 9 a.m. (A) 5 Mile, Cedar Rapids, Iowa, 11 a.m. (H)
Sun., March 18--IOWA AAU 2 Mile, Women's 1 Mile, C.U. Fieldhouse, Boulder, Colo., 12 noon (B) 6 Mile, Dayton, Ohio, 12 noon (E)
Sun. March 25--RIOAAU 20 Km, Pittsfield, Boulder, Colo., 11 a.m. (B) 2 Mile, 6 Mile Walk-Run Relay, Hickman, Columbia, Mo., 2 p.m. (A)

If your races don't appear above it's only because you didn't let me know about them. This schedule will only be as complete as you make it. Following is a key to those letters in parentheses.
MISCELLANEOUS JAZZ FROM THE RACE-WALKING WORLD

Not without precedent, I have goofed. My World and U.S. Lists for 20 and 50 Kms in last month's issue were replete with omissions, which have been brought to my attention by the more precise Bob Bowman, RW Editor for Track and Field News. In the World 20 Km List, Stefan Taukev, of Bulgaria, had 1:27:00 and Alexander Tyshchou, of the Soviet Union, 1:28:20 putting them 9th and 14th. At 50, Yuriy Solomnik and Yevgeniy TorgaT!, both of the Soviet Union, had 4:07:10 and 4:10:11, respectively, placing then 13th and 19th. On the U.S. 20 Km List, Dave Rossa had a 1:32:14 on the track in June with Steve Hayden returning 1:33:43 in the same race. This places them 4th and 7th. Mike Ryan had a 1:30:38.6, putting him 19th. Considering Hayden's fine track time and his 6th place in the Final Trials, I might have ranked him in the top 10 had I known at that time. But to the Editor of the Rocky Mountain Walker in Columbus, Ohio, reports that Hayden qualified for the team, although he has talked since about ruling out next year. (Mean.), Fina lly, in the U.S. 50 Km List, Ray Scully had a 4:42:13,4 on the track in April, which places him 16th. My sincere apologies to all those fine athletes who I slighted. Please don't cancel your subscriptions, boys! As to my World Rankings, they agreed fairly closely with those in Track and Field News, which were a consensus of the opinions of the noted experts, Bowman, Horland, and England's Colin Young. The 114 U.S. Rankings were used, as they stood by Track and Field News for their rankings. Todd Buxton was picked as the Shore AC's Athlete of the Year at their annual banquet...Larry Yang finished eighth in the balloting for the Sullivan Award, the AAZ's highest award, which went to Frank Shorter...Bill Weigle is now in the San Francisco area playing PhD meteorologist. Should he join up with the Atlanta AC he won't hurt their already rather strong team too much....The distance of the NAAU Indoor Walk is apparently up in the air. The Race Walking Committee designated a 2 Mile but the entries came out with it listed as 1 Mile and this is what the meet directors say they are going to have. It is now being argued, I guess, so those planning to compete should be prepared for either. Whatever distance, it will qualify the first two for the Indoor Meet with the Soviets....Clarification. Don Jacobs asks exactly what is the date, deadline for the new Junior Class. I specifically asked this same question of Charlie Silcock when I spoke with him following the AAZ convention at which the change was made and my understanding is that a competitor is an eligible junior until his 20th birthday. Anyone that disputes this, let me know. Drabtypewriter is skips again, as you might guess. I'm running out of ideas and might have to break down and write a few notes every once in a while as repays on this one have been mounting. We learned just after publishing last month's issue of the death of Phil Jachekski on Dec.

JANUARY, 1973: PAGE 7

enter 9. Known in the fraternity of walkers as the Baltimore cop, Phil was rational chairman for several years, was national 50 km champion in 1932 and 1933, and was one of the first three US judges designated as a member of the IAAF panel of judges. Phil had contributed much to the sport during the years and will be missed by all who knew him. According to the Rocky Mountain Walker the Colorado Track Club captured the overall 1972 Club race walking championship with Senior titles at 10, 15, and 30 km and second at 20, as well as a second in the Junior 10 km. Members of the champion teams included Bill Weigle, Floyd Godha, Dan Brown, Pete Van Arsdale, George Lundberg, Joe Manning, and Chris Amoretti...In the same issue of that magnificent paper, Bill Weigle reports on his training for the National 50, which he won in 4:22. Bill says: "I was pleased with the results since I experienced a lot in my training. Essentially, the training amounted to about 70 miles per week with 30 of that being running the last few weeks. The average pace of the walking averaged out to a few seconds under 9:00/mile for the entire period. No intervals, I feel most people destroy form and relaxation walking intervals, you can get the same physiological effect from running. I put in a lot of hard sustained efforts, at race pace and faster. One week before the race I put in a 1:36:22 20 km and 3 weeks before a 1:45:15 km. On a flat course and/or with someone closer the second half of the race I feel sure I would have broken 4:20:00. This was my strongest and fastest 50 km yet. It was the best recovery. For my longest workouts I used 20 miles as my longest workouts in preparation for the race and on my last interval she one that one can race successfully at 50 km without doing the long ones (over 20 miles) in training--as long as you put in a lot of good sustained efforts near and under race pace at 10 to 20 miles."

This is quite interesting and one might note that Larry Young does similar mileage although at a quicker pace and probably with considerably less running. Steve Hayden was no doubt doing even less at the time he qualified for the team, although he has talked about trying to mess himself up by running 100 miles a week. In any case, while these three guys walked in Munich, the 100-mile-syndrome guys were back home. Which doesn't prove by any means that they have a magic formula or even that they might not do better on increased mileage. However, I still feel that there is some point at which the possible returns from increased mileage are diminishing and the risk of break down so great that it is silly to venture into that territory. Perka says the optimum is in the 70 to 80 mile range, depending of course what one is doing in that 70 to 80 miles. And ultimately you come back to the innate advantages that one individual has over another. Some people are apparently for whatever reason, simply physiologically better adapted for putting out over four hours plus. From my own experience, I am not certain I could ever have walked successfully at 50 kilometers whatever I did. For example, in 1964 I was doing 50 to 60 miles a week including a 20 to 25 mile once a week. These might be as fast as 2:55 for 20 and were rarely slower than 3:00/pace. The rest of the training was very intense practically all at sub 8 minute pace so that the average was at least 8:15 for total mileage, compared to Bill's just under 9. There was some interval training at 3/4's, 1 mile, etc., and probably some intervals, or even longer miles always with a fast stroll of no more than a mile or so between intervals. So, although I was 10 to 15 miles a week short of Bill one would think that, relating to his experience, I should be able to go a rather quick 50. I had one try at it that spring. Ran through 20 miles in about 2:54 with over a half-mile on Chris McCarthy but by 24 miles was completely finished as far as serious walking went. All out of fuel, despite seemingly adequate intake during the race. Two years later
I decided that I was going to win the National 50 for kicks and went into a crash 8-week program with Blackburn. (Not completely crash as I was quite fit when I started but not used to the long haul.) My training was quite similar to the above except that on our weekly long one we went out 15 minutes further each time, thus adding a half hour a week. This built up to an unheard of 5 hours two weeks before the race in which we covered around 29 miles. The race went the same. A strong 20 mile run around 2:55, which had not only me and the punk kid named Larry Young and the old veteran Alex Oakley. And then a complete collapse 3 or 4 miles later. I would look at the watch and see 2:50's but my goal both times was sub 4:40 and I chose to drop out both times. This thing is, on both occasions my training was quite similar to the above except that on our weekly long training was quite similar to the above except that on our weekly long crash 8-week program with Blackburn. (Not completely crash as I was quite fit when I started but not used to the long haul.) My training was quite similar to the above except that on our weekly long

January, 1973

I feel that the programs I have come into contact with in race walking have been successful due to the work of a few dedicated individuals. I wish to thank all the Joe Rancome, Jack Hortland, and John Ross throughout the country that put their time into the sport of race walking so as to bring out the youth and stimulate them as they have done me. Keep up the work and I hope someday that I will be in the position to help youngsters as these men have. Augie also reports from another letter that he had the opportunity to talk with Ron Laird and Larry Young following the NAIA meet and got to work with Ron for a couple of hours on correct hip drop and knee lock. Obviously, Augie is going to be getting too much and we probably don't want him back here for any races. Laird, after spending the holidays in Ashland and backing out on his promise to get these men here for a workout moved on to St. Louis and then Reno and hopes to be settled back in California soon with good weather and roads to train on. He plans for peak fitness by the summer and another trip to the Laguna Cup in the fall if all goes well. A note to all those walkers listed in the last issue as being considered for a contract on the pro track tour (a list stolen from the Quaker Press), for those that have inquired; I don't have any further information on who you can contact for further details. I probably just have to hang loose and see if they come to you.... Bob White comments on the judging article I ran last month: "I do agree that walking should look like walking. I don't agree that if a walker is lifting the advancing foot will land under his body. I do agree that it is a judgment call. Movies of races that I have seen have shown that judges have not given cautions to walkers that didn't deserve them. It has always been the other way. We have to remember that the rule states that if the walker is in danger of lifting his foot off the ground he is given a caution" and not if he is definitely off the ground. (Ed. But we also...)

January, 1973

...Now, while we are on this subject and while this so-called miscellaneous jazz is kept to a minimum, let us turn to the Chris McCarthy comments that we mentioned last month accompanied the McGuiness article when he first ran it. Chris, the astute one, said: We are in agreement with John that a lift has to be under 40°, that 40° is good for a judge to be able to detect it with the naked eye. Since a mile walker is taking something like a 40° stride, and covering the distance in 6:40, a simple manipulation of the slide rule reveals that he takes four steps per second. And if Tomalu is correct in assuming that the double contact phase is in 0.0085 of the entire stride, it follows that a mile contact phase of 45° would be allowable. 45° is approximately 0.01 second. Accordingly, we have often wondered what those judges who get on their hands and knees are looking for. They might find a few stray coins, but lifters?—like John says, a guy has to be pretty damn high before they'll see it. Obviously then, judging has to rely on inference, and John's test is a good one for certain types of lifters. What he has suggested is that judges be on the lookout for "flat footed" walkers. Guys who bring that leading leg down underneath them. Maybe it's impolite to name names when talking of lifting, but this was the major fault that young Rimas Valaitis was prone to. When he got tired he was unable to get the lower part of his leg straightened sufficiently. That is, the upper part of his leg, from the thigh to the knee would come forward, but from knee to foot would not swing out enough to permit him to land on his heel. He would then come down flat over his leg and even then with a little hop as his rear leg would leave before he came down on the forward foot. The only cure we know of for this is to slow down when tired. But since Rimas was allowed to go bounding by the judges, he had no great difficulty
in turning in a 6:27 mile. His secret, incidentally, was tremendous shoulder strength, plus terrific coordination. When tired he could push himself on through sheer power long after his legs had ceased to function properly. The other kind of lift, not mentioned to our knowledge, is the 'long lift,' (as opposed to the above-the 'flat-footed lift.') In the long lift, most usually seen in dead sprints, the walker opens his stride all the way, gets that leading foot well out in front of him, but does not get it down before the trailing foot leaves the ground. This is a much higher type of lift, and might even be detectable by the naked eye-if disgraceful enough. The cure for it is to turn the stride all the way, gets that leading foot well out in front of him, the long lift, which is very easily detectable, and inexcusable, when it is passed. Frequently creeping is accompanied by lifting—at which time it becomes indistinguishable from running.

Next is the flat-footed lift. The forward leg lands underneath the body (as does that of a runner) instead of well in front. Typically this type of lifter lands flat-footed instead of on his heel. Another characteristic will be a high lift of the rear foot as it leaves the ground. Apparently this is a very common type of lifting style, but one that judges must be on the lookout for. Walkers with especially short strides for their body height are always (and immediately) suspected of this type of walking. All the more so, because the short stride walker has to take such fast steps to make up any time. We would strongly urge all short-stride walkers to work on getting that forward foot out there; the short stride succeeds only in attracting the scrutiny of the good judges.

The goose step is a very awkward means of locomotion. Awkwardness, however, is not proscribed by the rules. Again, like all the other imperfect styles, it will attract the immediate attention of alert judges and the walker who uses this style will attract more attention than his fellows. In addition, it looks like lifting from in front, and behind, and even broadside on, it's difficult to determine whether it is or not. The goosestepper must undergo a very basic change of technique starting from scratch. He must deliberately try not to lock as he lands; for his basic trouble is that he locks before he lands. A delayed lockup is as much easier and hence common. Usually judges will see this type of lifting during sudden accelerations such as in the final dash for the tape, or when passing. Walkers can help avoid this kind of lift by deliberately keeping their arms down, and turning their hips much more than normally turned.

First is not a lift at all, but a corrupted form of the race-walking technique known variously as creeping, sneak trotting, bent-knee jogging, etc. As long as the walker maintains contact with the ground, he satisfies the IAAF definition of walking. No longer true. Nothing, no kind of lifting, is as troublesome and disruptive as creeping. It's very easily detectable, and inexcusable, when it is passed. Frequently creeping is accompanied by lifting—at which time it becomes indistinguishable from running.

Next is the long lift. Actually, it is not too much of a problem. For one thing, the violation tends to be gross. Secondly, it is an extremely demanding type of locomotion—the straight-legged running style is much easier and hence common. Usually judges will see this type of lifting during sudden accelerations such as in the final dash for the tape, or when passing. Walkers can help avoid this kind of lift by deliberately keeping their arms down, and turning their hips much more than normally turned.