HAPPY KULIK FINALLY WINS ONE

Long Branch, New Jersey, August 4 (Special from Elliott Deman)--Seventeen years of perseverance and untold thousands of miles in training paid off for race walker Ron Kulik of Nutley yesterday as he earned his first National Senior AAU Championship gold medal.

Second three times and third twice in the last 10 years in NAACU 40 KM walk championship, Kulik finally won it yesterday with a strong stretch drive over the final 4 miles of the tough test. He overhauled his NYAC teammate, Dr. John Knifton, who had set the pace for over half the race, with five laps to go around Takanassee Lake and went on to win by a 500-yard margin with a clocking of 3:39:01.

"You've got to have the right mental attitude to win these races," said Kulik afterward. "You've just got to have a lot of determination to keep going no matter what." He gave credit to another NYAC teammate Ron Daniel, for keeping that determination alive.

"With about 6 miles to go, I was beginning to weaken," he explained, "But Ron (a lap behind at the lake) walked with me for the next two laps and got me going again. And after that, I don't know whether it was a case of John weakening or my getting stronger. Either way, this is a big day for me!"

The 5-9, 150 pound, 37-year-old, former Montclair State College runner is now a Montclair High physical education teacher. He's been a race walker since 1958.

The Kulik-Knifton-Daniel team won the Senior National team title over four squads. Long Island AC's Dr. Shaul Ladany, who won US titles at 75 and 100 km earlier this year, came on strong in the latter stages of the race to claim third place over his teammate, Gary Westerfield.

The race also carried the NAACU Class B designation for athletes who hadn't won previous US titles and the individual B gold medal went to Shore AC's John Fredericks with teammate honors going to Burgettstown Track Club. There were 49 starters, ranging in age from 11 to 57, with 33 of them finishing. The results:


FLASH! See pages 8 & 11. FLASH!
**August 1974**

**Juniors 20 K to Slattery**

West Long Branch, N.J., Aug. 11 (The festival of Nationals in the Long Branch area continued, and once again, Elliott Dennan, who is writing this issue, reports)--Denis Slattery, 16-year-old Junior at Lowell, Mass. High School, zoomed into the lead at the 3-mile mark and went on to score a record-breaking victory in the Junior NAAU race walking championship. Slattery's time of 1:49:56 erased the former meet and Franklin Lake course record of 1:51:23 set by Jim Murchie last year. Murchie was vacationing when this time and Slattery won by nearly 3/4 of a mile over Alex Turner of the host Shore AC.

Turner and Bill Hamlin of the North Jersey Striders were the only others to better 2 hours but 13-year-old Mike Regan of Lowell, Mass., missed by only 13 seconds with a National age-group record.

The team title went to three Froot brothers, representing the Burgettstown (Pa.) Track Club--Rusty 16, Ron 15, and Roger 14. Is this the first brother combo ever to win a US championship of any kind? There were 30 starters in the race, the largest Junior field to date. The results:

1. Dennis Slattery, Lowell Boys C's Club 2:01:41
2. Alex Turner, Shore AC 2:01:44
3. Mike Regan, LIAC 2:02:03
4. Roger Froot, BTC 2:02:15
5. John Finn, Shore AC 2:02:18
6. Ron Froot, BTC 2:02:34
7. Steve McMenamin, Penn AC 2:02:34
8. Al Ippoliti, Shore AC 2:02:34
9. Roger Froats, BTC 2:02:34
10. Dave Schulte, Shore AC 2:02:34
11. Dave Poven, Shore AC 2:02:34
12. Mike Rencheck, BTC 2:02:34
13. Cliff Minn, Shore AC 2:02:34
14. Paul Carden, LIAC 2:02:34
15. Cliff Minn, Shore AC 2:02:34
16. Mark Zacharias, NJS 2:02:34
17. Mike Connolly, Shore AC 2:02:34
18. Dave Proven, Shore AC 2:02:34
19. Dave Poven, Shore AC 2:02:34
20. Carl Bederling, Shore AC 2:02:34
21. Howard Silverstein, LIAC 2:02:34
22. Clarence Swain, Shore AC 2:02:34
23. Doug Kipp, Shore AC 2:02:34
24. Allin Foster, Penn AC 2:02:34
25. Regis Froot, BTC 2:02:34
26. Andy Sedlak, BTC 2:02:34
27. Ron F. 2:02:34
28. John Finn, Shore AC 2:02:34
29. John Kerrigan, Penn AC 2:02:34
30. John Finn, Shore AC 2:02:34

**Other Results**

- **5 Mile, Cambridge, Mass., June 29**--1. George Lattarulo 2:02:03
- **10 Mile, Providence, R.I., June 30**--1. Alex Turner 2:02:34
- **15 Mile, Cambridge, Mass., July 1**--1. Peter Kunkel 2:02:34
- **20 Mile, Providence, R.I., July 2**--1. Dennis Slattery 2:02:34

**Murchie and Falcicola Capture 1 Hour Titles**

West Long Branch, N.J., July 21--LIAC's Jim Murchie and Shore AC's Bob Falcicola shared top honors in the NAAU Championship 1-Hour race walking doubleheader at the Monmouth College track. Murchie, who places third in the USA-Soviet Union track meet in Texas last month, won the Junior title with a performance of 7 miles and 41 yards. The 30-year-old Falcicola went 7 miles 365 yards to capture the National B race, which followed.

In the Junior race, Penn AC's Steve McMenamin, a 17-year-old high school senior from Willingboro, N.J., led Murchie for the first 2 miles before dropping back into second with a performance of 6 miles 1233 yds. The race marked the third Junior crown of the year for the 16-year-old Murchie from Port Washington, N.Y.

In the B race, another Shore AC walker, John Fredericks was over a lap behind Falcicola in second and a Junior internationalist from 1973, Penn AC's Randy Kimp captured third. In the team battles, LIAC edged Shore AC for the Junior crown but the Shore athletes took one-two in the B team chase.

The results:

Junior: 1. Jim Murchie, LIAC 7 miles 41 yards
2. Steve McMenamin, Penn AC 6 miles 1233 yds
3. Ben Kopyscioiinski, LIAC 6 miles 934 yds
4. Alex Turner, Shore AC 6 miles 892 yds
5. Mark Zacharias, N.J. Striders 6 miles 811 yds
6. Bill Hamlin, Striders 6 miles 769 yds
7. Al Ippoliti, Shore AC 6 miles 585 yds
8. Mike Connolly, Shore AC 6 miles 511 yds
9. John Finn, Shore AC 6 miles 455 yds
10. Dave Schulte, Shore AC 6 miles 410 yds
11. Dave Poven, Shore AC 6 miles 365 yds
12. Mike Rencheck, BTC 6 miles 319 yds
13. Cliff Minn, Penn AC 5 miles 988 yds
14. Howard Silverstein, LIAC 5 miles 784 yds
15. Sam DeSantos, Shore AC 5 miles 724 yds
16. Clarence Swain, Shore AC 5 miles 319 yds

Team Scores: 1. LIAC--16
2. Shore AC--19
3. Penn AC--26

Class B: 1. Bob Falcicola, Shore AC 7 miles 365 yds
2. John Fredericks, Shore AC 6 miles 1233 yds
3. Randy Mimm, Penn AC 6 miles 1233 yds
4. Vinny Davi, LIAC 6 miles 585 yds
5. Don Johnson, Shore AC 6 miles 1036 yds
6. Ray Fioridiani, Shore AC 6 miles 1077 yds
7. Dave Schulte, Shore AC 6 miles 916 yds
8. Peter Klimkow, Conn 5 miles 802 yds
9. Roger Barr, Shore AC 5 miles 540 yds
10. Bucky Ehrgood, Penn AC 5 miles 523 yds
11. Dave Schulte, Shore AC 6 miles 511 yds
12. Howard Barnes, Stratford (Conn) Spartans 6 miles 30 yards

13. George


It must come to an end. 20 km races must be 20 km. and control must show it. that 20 km races on road are only a few meters under or over the distance. that the way it must be and also at Italy. I’ve never quite figured how he selects the language for this report. It is mostly just a listing of results, so language is of no real importance there. However, the few statements interspersed, such as above, may come in English, German, or Danish. Anyway, on with the results. 20 km, Prague, June 23 1. Evgeny Ivanovich 1:29:33.4 2. Vladimir Chornov, USSR 1:30:29.2 3. Thaddeus Kosciuszko 1:31:36.6

The Ohio Racewalker is cheerfully delivered to you each month by your nimble fingers of Jack Mortland, race walker, lover, and gentleman of Leisure. who resides at said address. Subscription is still holding steady at $5.00 per annum, an amazing value in these troubled times. The Ohio Racewalker is delivered each month by your nimble fingers of Jack Mortland, race walker, lover, and gentleman of Leisure. who resides at said address. Subscription is still holding steady at $5.00 per annum, an amazing value in these troubled times.
RACE SCHEDULE

First, please note that the 100 Mile in Columbia has been changed from Oct. 5 to September 26. This was caused by some conflicts in scheduling the track.

Sun. Sep. 8—Conn. AAU 1 Hour, Fairfield, 10 a.m. (N) (Have a lot of trouble releasing the shift key in time, too)
Sat. Sep. 14—5 Mile, Columbia, Mo., 9 a.m. (E) (Iowa AAU 30 Km, Newton, 12:30 (A), also Veterans 20 Km, and Women's 15 Km Colorado Track Club 24 Hour Relay, Boulder (H)
Sat. Sep. 15—7.5 Mile, Rye, N.Y., 1 p.m. (E)
Sat. Sep. 22—6 Mile, Columbus, Mo., 2 p.m. (D)
Sat. Sep. 28—National 100 Mile (track), Columbus, Mo., 1 p.m. (D)
Sun. Sep. 29—Met. AAU 20 Km (track), Fine Plains, N.Y., 10:30 a.m. (P)
Sun. Oct. 3—Iowa AAU 40 Km, Indiana, 7:30 a.m. (A)
Sat. Oct. 9—NAAU Women's 10 Km (track), Columbus, Mo., 10 a.m. (D)
Sun. Oct. 10—Conn. AAU and open 15 Km (track), Fairfield, Conn. 10 a.m. (N)
Sat. Nov. 2—15 K., Toronto, Ont., 9:30 a.m. (E) NATIONAL AAU "B" 100 KM and Open 50 Mile, Northglenn, Col. (H)

Sue Brodock walks away from the field and sets a world's record in the process in winning the Women's International 5 Km in Sweden in late August. Not only did Sue win, but the U.S., despite one disqualification, finished a close second to ever stronger Sweden in the team race.

Sue led from the start and pulled steadily away in soundly beating the former world record holder, Margareta Simu, of Sweden. Sue's 24:16.2 was three seconds under the record Simu had set only a few days earlier. On this day, Simu could manage only 24:54.8 for a distant second. Prior to this year, the record of 24:27.6 dated all the way back to 1951, but on this day, Simu could manage only 24:54.8 for a distant second. Prior to this year, the record of 24:27.6 dated all the way back to 1951.

Sue, and the whole U.S. team took off at the gun, having heard that with about 40 walkers on the track, things could get rather rough in the pack. So, after the first lap it was the U.S. 1-3-4-5. Sue stayed right there the whole way and the others all held up well, although not quite as well as the Swedes. Chris Sakelarios finished 6th in 26:01:6, Linda Brodock 9th in 26:03:6, and Joanne Shima 13th in 27:02:6. Esther Marques, who was walking as second girl, had the misfortune to be disqualified. For now we have only the first five finishers and the team scores. Next month we will have the full results, along with further detail, and details of the entire tour. The results follow:

1. Sue Brodock, USA 24:16:2
2. Margareta Simu 24:54:8
4. Britt Holmquist, Swd. 25:11:0
5. István Gáspár, Swed.


The above report came from Bruce MacDonald. He also told me during the phone conversation that the US-Canada dual event is now scheduled for Oct. 5 and 6 in Montreal, with the 20 on Saturday and 50 on Sunday. Also scheduled are a women's 5 km and Junior 10 km (ages 16-18) on Saturday. There will not be official National teams for these latter two races but rather anyone eligible athletes from either country can enter on their own. Room and board will be available at $14.00 per day and you will of course have to pay your own travel. Further details on these races can be obtained from Dick Marsone, 5205 Roberts Rd., St. Louis, Mo. 63144, or from Bruce at 39 Fairview Ave., Fort Washington, N.Y. 11050. Bruce also reports that next year's Lugano Cup will apparently be in the Soviet Union, presumably some time in October.

FROM HEEL TO TOE

Alan Wood, 420 Lincoln Ave., Pompton Lakes, N.J. 07442 is starting a newsletter for master walkers called, surprisingly, The Master Walker. His initial one-pager went to 25 recipients but he may add you to his list if you ask nicely. He hopes to keep it free by sneaking copies at the office, but I should think postage would become a problem if he gets too much interest. Anyway, as he states, "What I hope to contribute as a quasi student of walking-fitness-nutrition is a selection of littleknown facts and opinions. Race results will be at a minimum. Walking in a future issue is his formula to determine what your best relative time/distance and then wait your potential best time is at all other distances. It's possible that the ORW will be stealing material from him in the future, providing he doesn't object, of course...Regarding the results of Galen Kusudar's shoe survey given in last month's issue, he had received two additional replies, which he had neglected to send me. These were from Pete VanArsdol and Roger Barr. Since both listed the Adidas Italia among their preferences, he now adds it to the list of most popular shoes among US walkers. (I would hope so, since the editor of the prestigious Ohio Racewalker gave them such a strong endorsement last month.) From my own viewpoint, the jury is now in on the wear factor of Hush Puppies and it is lousy. Which is unfortunate, because I still like them. But the heels seem to go very quickly and I'm not quite sure how they can be repaired, at least without changing the quantities of the shoe. So I went out to buy some new shoes. Italia's are now up to $25.95 locally and fortunately they were out of 7½'s (yes, I have dainty little feet) or I would probably have paid this ridiculous price. So I looked around at what else was on the market and instead of getting a pair of my trusty cheapy Viennas (not so terribly cheap now at $16.95) I decided to try an interesting looking pair dubbed Munich 72. Have worn them only twice, but the price is $20.95, I may learn to walk barefoot...Before leaving shoes, Bob Henderson reports that the EK worn by Bernd Kannenberg, may soon be available on the US market on a larger scale. Bob also reports that in that German 20 km, in which he
was fifth (see Results section), they announced before the race that after 1 hour 50 minutes no walker would be allowed to enter the Stadium. Imagine how popular that would be here....Elliott Dammen comments on the question of Class 5 Nationals: "I disagree with anyone who says there is no interest in them. They can indeed be viable and successful events, as per our recent 1 hour walk. However, for the longer road races, I think it would indeed be a good policy to combine Class 5 Nationals with Senior Nationals, as we did in the 40 Km. Maybe we can also include masters divisions in these. Why not?"...Elliott also sent along an article from the Shrewsbury, N.J. Daily Register by Dr. George Sheehan, a runner himself, entitled "The Perfect Sport For Your 'G.I.' Feet", G.I. being god issued and the sport being race walking. A very well done piece, which says among other things, "A sure way to physical fitness, for instance. Work done by Dr. Michael Pollack at Wake Forest University has shown that it makes little difference on the cardiovascular fitness meter as to whether you run or walk. It is a matter, says Dr. Pollack, of intensity, frequency, and duration. Thus, an hour race-walking done at the intensity equal to running has the same effect on fitness." Dr. Sheehan also dwells on the fact that race walking is virtually injury free, which is probably open to question. However, as compared to running, it may be a reasonable statement. Along this line he notes that sciatia is shown that it makes little difference on the cardiovascular fitness meter as to whether you run or walk. It is a matter, says Dr. Pollack, of intensity, frequency, and duration. Thus, an hour race-walking done at the intensity equal to running has the same effect on fitness." Dr. Sheehan also dwells on the fact that race walking is virtually injury free, which is probably open to question. However, as compared to running, it may be a reasonable statement. Along this line he notes that sciatia is shown that it makes little difference on the cardiovascular fitness meter as to whether you run or walk. It is a matter, says Dr. Pollack, of intensity, frequency, and duration. Thus, an hour race-walking done at the intensity equal to running has the same effect on fitness.

So far, we have run a couple of interesting columns from the Advocate, which must be somewhere in Connecticut, which gives a good description of the sport and its trials and tribulations. However, it seems to leave a false impression that it is quite simple for most anyone to move in quickly and start grabbing off laurels, which ain't necessarily so. The Colgate Scene at Colgate University had an excellent article on Hugh W. Innes, who is now a student there and Cathy Sheehan, taken up the sport in the throes of sciatia have had rapid cures. On this one he obviously has not talked to your editor who has had sciatic troubles for most of his career, although not nearly to the extent of many runners. And it may well be that had I been trying to run at the same level all this time, I would have been out long ago.

Race walking seems to be getting a good deal of publicity these days and the Sheehan article is an excellent one. Jack Biliard has sent along a column from the Advocate, which must be somewhere in Connecticut, which gives a good description of the sport and its trials and tribulations. However, it seems to leave a false impression that it is quite simple for most anyone to move in quickly and start grabbing off laurels, which ain't necessarily so. The Colgate Scene at Colgate University had an excellent article on Hugh W. Innes, who is now a student there and Cathy Sheehan, taken up the sport in the throes of sciatia have had rapid cures. On this one he obviously has not talked to your editor who has had sciatic troubles for most of his career, although not nearly to the extent of many runners. And it may well be that had I been trying to run at the same level all this time, I would have been out long ago.

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occupied the first three places in the 8 man field. Meanwhile, in more mundane matters, we had a couple of walkers near Dan and Dooley in Europe. In the German match, Laid won an excellent 44:07.4, after going through miles of 6:43, 13:36, 20:50, 27:58, and 35:05. Tom Dooley was in 44:07.4 to Tom's 44:55 and Julius Muller's flying 44:59.2. In England, Laid won a 44:56.6 mile and two days later won the match with England over 10 km with a 1:30:26. Dooley was fourth in the match with 1:32:31 behind Peter Furlager and Bill Sutherland, but Shaun Lightman and Goets Kloper 1:33:16 walking as guests actually finished second and third. Shaul Ladany won both the 10 (48:59.2) and 3 km (13:35.4) races in the Macabiah Games.

INSTRUCTING THE BEGINNER

Ever been asked by a beginner how to walk? If you have been race walking long, you have no doubt have. It is naturally assumed that one who can do it can teach it—a premise that isn't necessarily so. I, for one, am lousy at imparting the basics of a skill to others. Especially a skill as apparently unnatural as race walking.

But is it unnatural? Certainly it appears to be. But I have found a system, if it can be called that, that seems to refute this premise and that requires you to impart no knowledge at all in getting one into an acceptable style.

In most cases, it seems to me, it is next to useless to start with a detailed description of the mechanics involved in race walking—hip rotation, pulling with the supporting leg, knee lock, etc. Race walking is a skill that one must feel and such a discussion initially is probably not going to help at all. Later in refining style—yes. At this stage—no. I have seen individuals who have been told all there is to know about rules and mechanics, but with no feel as to how to apply this knowledge, merely fighting themselves—stiff, mechanical, hips rotating in opposition to leg movement—everything wrong. Where do you start in trying to straighten out a completely misdirected effort? Now there are a few fortunate individuals to whom the race walker's gait seems quite natural. They can see a walking race and quickly imitate what they have seen (good, legal style, we hope). But these types won't be asking you how to walk. They might ask how they are doing, and, after telling them "great", you may be able to do some refining to help them. But they are basically race walking by imitation. Bearing this in mind, you might ask anyone who approaches for help to watch you and to imitate what they see. If you have one of these individuals to whom it comes naturally, the problem is solved. Chances are you won't, however. To most people, it is not this easy. How can we get those who cannot imitate naturally to "feel" race walking? Because, until they do feel it, it is very difficult to do much with them. At least that has been my experience. Thus, we come to Kort's great system.

Have you ever been in a position to observe people in a hurry who are under some constraint not to run? While working as an industrial engineer at a local factory, I would often observe employees leaving for home after the first shift. For reasons of safety, there was a strict rule against running in the plant. There was also a compilation among employees to be the first to the parking lot for a quick get away. As a result, those in the biggest hurry, or with the most determination, race walked right out of the place. Understand, they didn't have the slightest idea that they were race walking, or that there even was such a thing. But they knew that they couldn't run and when you try to make time without running, you race walk. Even if you have never heard of the sport. We have difficulty putting it on paper (witness the first chapters of both of the books I mentioned earlier), but apparently, we have an innate knowledge of what defines walking from running. Which would seem to indicate that the rules of race walking are really quite natural and not something hatched out of a bad dream.

Since first witnessing this unkown race walking, I have observed the same behavior in other places. Most recently, at the local swimming pool a few weeks ago. Running on the deck is strictly verboten. So what do I see but a young lad of 10 or 11 striding out in perfect race walking style in order to make quick time to some unknown destination. The sad part of this story is that the lifeguard whistled him down for it. I was sorely tempted to argue on the boy's behalf. No one can judge from 10 feet in the air. But I let it pass. In any case, it brought back to me again that race walking is a natural extension of our normal walking and should be so taught.

After first observing this those many years ago, I tried to incorporate it the next time someone asked me how to walk, and have used it since. I tell a beginner to start out at a natural pace and gait and to then keep trying to increase speed. They must make no conscious effort to adjust style as they go faster, letting nature take its course. They concentrate solely on the fact that they must walk, not run, but must do it in a hurry. (Maybe if I could provide a bus to catch, it would help.) If they can do this, they should naturally drift into a decent, legal race walking style. Certainly in most cases, further work will be needed to correct some faults and to loosen and adjust the style to further increase speed. But basically, they should quickly become race walking, if at a bit awkwardly. Too often when worrying about mechanics they wind up doing anything but race walking.

I have had some success employing this concept in trying to teach people to walk, although it doesn't seem to work as well in practice as in theory. I think the biggest problem is that people come with their minds already somewhat clouded by what they have seen, or heard, about rules and mechanics. Therefore, although I stress the importance of concentrating only on increasing speed without running and not worrying about how they are doing it, there is a strong tendency to be trying to apply what knowledge they already have. This interferes with the natural, smooth progression into race walking. They wind up fighting themselves while worrying about what they are doing, and I don't think race walking is something that can be forced. The "feel" must come naturally. So says Mortland, anyway. Unfortunately, not being a hypnotist, I have not solved this problem of freeing the mind. Actually, I must admit, I have probably helped with the mind-cluttering bit by imparting mechanical details myself before hitting them with the Mortland method. I never really thought of this aspect before I started writing this.

However good the method, or the coach/teacher, you must remember that just as there are some individuals to whom race walking comes quite naturally, so those who will never really learn to walk. We
had a fellow, John Berry, walking with us several years ago. He was very long legged and very strong and turned in some very respectable times at both 20 and 50 over a 3 or 4 year period. But he never really race walked during that time. He was legal but just had an ultra-fast stroll with his long legs. His hips never really came into the action at all. Whether this was because of his skeletal and muscular structure, or because he was never able to get the proper feel, I don't know. However, from a selfish standpoint, J.B. and I were happy he never did learn to race walk. He would have been very tough to handle. We have had and I have seen many others in the same category, but none who could go as quickly as John. He got discouraged and don't last long in the sport. I doubt that any amount of coaching or work will loosen these people to a true race walking style. Which is not say these people cannot enjoy the sport, derive its benefits, and achieve some success, as did John.

Conversely, there are those, and we have had them in the OTC too, who have picture-book style. Perfect examples for your next race walking instructional film. But for some reason, they never seem able to apply this picture-book style to maintaining real race walking speed over any appreciable distance. Perhaps because the style is so easy, fluid, and natural, they can never get the idea of really going into oneself to push to the limit. Or perhaps, as Doc Blackburn suggests, they merely are not obsessed like the rest of us. A bit of mystery, but, I guess, completely off the point of this article.

In summary, getting beginners off to a proper start is most important and beginners really have no place to turn other than walkers they see. Race walking coaches do not lurk behind every tree. Race walking, at least for me, is a very difficult skill to teach if one approaches it from a purely mechanical viewpoint. Thus, I have derived the "Mortland" method, which is hardly a method at all. However, you might try it the next time you are approached by a beginner. It is at least a point of departure and is practically guaranteed not to teach bad habits that must then be unlearned.

EDITOR CAPTURES HANDICAP OVER HUGE FIELD

Worthington, Sep. 2--Seven worthy contestants faced starter and timer, Jack Mortland, who had pulled a muscle running one of his silly half miles just the day before, for the Ninth or Tenth or Whatever 6 Mile 330 Yard Handicap held over the difficult 1 mile 1014 yard road course at Worthington H.S. Off the gun were Dale Arnold and Mary Hovey. Dale was in his first race in well over a year, following a crash program of three workouts in the last week and practically none for a long time before that. Mary was even worse off, not having raced for about 2 years. She was home in Dayton from Seattle and came over with Carol Mohanco as she starts back into the sport. Please encourage her Seatlleites. Two minutes after the gun, Doc Blackburn and newcomer Tim Smith took off. Tim came with Kevin Butler and looked rather formidable so we figured we had better not start him with the scratch people. In another 2 minutes, Carol Mohanco took off. Carol had been concentrating on running during the summer, having run a 15 mile in Charlestown just 2 days before, and was just starting back to try and get ready for the women's 10 km. Two minutes after her came twice National Junior Olympic champion, Kevin Butler (he won again this year in 6:13). And then, after another 8 minutes had elapsed, 14 minutes after the gun, the old Mort took to the road. As it turned out, the handicap would have been much better for three, rather than four, laps, as the field was bunching up at that point and spreading again after. At 2 laps, Doc

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looked like a good bet for the win as he was almost on top of Mary for second and closing fast on Dale and still had 4:20 of his 5 minutes on Mortland. However, he slowed appreciably the last two laps and never did catch Dale. Meanwhile, Mortland caught most of the field at the start of the final lap, Kevin about a quarter mile later and Arnold with a half lap to go as he breezed to victory. With laps of 13:01, 13:04, 13:03, and 13:01, his 51:59.5 was not overly impressive (about 49:30 for 6 miles). Kevin did very well for his age, going under 10 miles minutes on the challenging course, when one figures he is really trained for a mile. Dale was only 2:14 minutes off what he did here 3 years ago when he was competing much more regularly so he is not too far off despite his long layoff. Carol walked very well and with some concentrated walking the next 7 weeks should be ready to go under 60 by 10 km time. She and Doc had a good race as she caught him before 2 laps and had 19 seconds at that point. He closed this to 7 seconds at 3 laps and 6 at the finish as both accelerated on their last lap. Carol did 15:59, 16:16, 17:05, and 17:16. Doc had 17:16, 16:56, 16:53, and 16:46. The results (actual time in parentheses) 1. Jack Mortland 65:59.5 (51:59.5) 2. Dale Arnold 67:13 (67:13) 3. Kevin Butler 68:12.5 (69:12.5) 4. Carol Mohanco 69:17 (65:17) 5. Doc Blackburn 69:23 (67:23) 6. Tim Smith (time uncertain as he fell on the third lap and got confused and cut the course some way) 7. Mary Hovey 73:04 (73:04)