Since there are no really startling results to report this month, why not start off the New Year with this and that, bits and pieces, etc., etc. from the world...First, our new National Chairman Jack Eotano, indicates that he is going to be a commentator, which we consider important, with an informative newsletter sent out to the National Committee on January 9. First he has the minutes of last Fall's National Committee meeting, which we ran down a couple of issues ago. This includes the schedule of Nationals for 1975, still pretty much as we carried them. In any case, they will appear on our Schedule of Races each month, and since we cover two months ahead, this should provide ample notice of any changes or additions. There are still a few races to be added and a few dates to be announced, but these should be forthcoming soon. Speaking of schedules, I now have a Faster Calendar for the country drawn up for the year and I have received input from a lot of people. But if you haven't sent me a schedule, please do. You might be surprised at who will show up at occasional races, if they know about them, because they happen to be in the area on business or vacation...Jack also reports on an interim Committee meeting held in New York on Dec. 1 in which international competitions for 1975 were discussed. He reports, "The first item was the USA-American dual meet usually held in July. The 50 Km team selection will probably be based on a 20 Km trial held within a day or two of the National 5 Km in Eugene, Oregon on June 20 or 21. The Farm Games will be held in Mexico City from Oct. 12-26. At this writing, the 50 Km is still out. On Jan. 5, the US Olympic Committee's Athletic Committee will meet and (a) establish where and when the Jan-Am Trials will be held (Ed. now set for Bakersfield in mid-August) and (b) hopefully take steps to reinstate the 50. According to Jim Koch, Director of Operations at Olympic House: "Olympic House did write to Los Angeles asking for reconsideration, and perhaps will write to Mexico City authorities and FASO if our Committee so decides." Bruce MacDonald is our representative to this group and will be in attendance at this meeting. The Olympic Committee will probably lay their events to the top 16 (or so) race walkers to participate in the trials, which will probably be held at altitude. (Ed. If the above information on Bakersfield is correct, it ain't at altitude. However, since the National 50 is in San Francisco on Aug. 24, I should think that could serve as the trial. If not, it will lose a lot of lustre, since, obviously people would point for the trial race a week before.) The Lugano Cup competition will be held in Toulon, France on Oct. 11-12. For this we need four athletes for both the 20 and 50. It is possible that the 20 Km Farm trials could be used as the selection criterion for the Lugano 20, while the Sr. National 50 scheduled for Sept. 7 could be used to select Lugano partici-
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Kartin Rober's Runners World booklet "Race Walking" is now out and party has done an excellent job (although I am naturally disappointed not to find my picture anywhere). Karin's descriptive style of how to walk and the methods she has described for runners (or especially well dressed and is aided measurably by a fine series of pictures of super-stylist, Larry Young. As a matter of fact, the best thing in the book is a later picture taken at a national 5km. I believe, in which we see several of our top walkers straining at the pace and an utterly relaxed Larry, seemingly strolling along with them. It is sometimes mind blowing to see a normal person move so quickly without major effort. In fact, due to either space or time constraints, he has had to be much too brief with the section devoted to training. Nonetheless, the book as a whole is quite helpful to a beginner walker and should be added to the library of all walkers. Available from world publications, Box 306, Mountain View, CA 94041 for $4.50. In 1985 the World Championships are to be held in Toronto from August 11 through 17 and will include a 5km and a 25km walk. To participate, drop in at the US Masters at White Plains, N.Y., on Aug. 1-2 and walk a 20km walk. Appropriate uniforms are to be worn and a 3rd of the prize money to be awarded to the top 5km and 20km walkers. (For more information, write to Larry Seiter and ask for his address.) In addition, there are several local races, Tom Lennard writes to report: "I have located a camera which may work for judging purposes. It is the Mitchell Photographic sequence camera available from Mitchell cameras, 608 West Harvard St., Chicago, IL (213) 321-3161. It takes a sequence of 8 polaroid pictures of space and time between pictures. I don't know the camera. I haven't located one in this area yet but envy a very nice, well-built camera when I find it. For more information, write to Larry Seiter at the above address.)

The Ohio Race Walker is a monthly publication of Ohio Race Walking publications Company, Ltd, said editor being headed by Mr. John Z. (Jack) Lord, etc. For me, it's still a mere 3.25 per year and anyone who has ever been close to him knows that. It does indicate that we can probably look for him in Montreal, which is no great surprise either.

The Osaka Race Walker is a monthly publication of Osaka Race Walking Publications Company, Ltd, said editor being headed by Mr. John Z. (Jack) Gold, etc. For me, it's still a mere 3.25 per year and anyone who has ever been close to him knows that. It does indicate that we can probably look for him in Montreal, which is no great surprise either.
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RESULTS AND COMMENTS


Westerners 1 Mile, East Stroudsburg, Pa. (Contact John K. Sanders, 15-2 Revere Rd., Drexel Hill, Pa.; 19026)

Fri., Feb. 28—AAU Senior 2 Mile and Women's 1 Mile, New York (A)

Sun. Mar. 2—AAU Easter's 1 Mile, Littleton, N.H. (A)

10 Km (Indoor), Champaign, Ill., 12 noon (W)

3 Mile, Boston, Mass., 2 p.m. (A)

WCA 10 Mile Hurdle, Weehawken, N.J., 9 a.m. (R)

Sat. Mar. 8—Canadian 3 Mile, Champl., Edmonton (O)

50 Mile Champ., Kekuk, 2 p.m. (P)

WCA 1 Mile, Princeton, N.J.

Sun. Mar. 9—2 Mile, U. of Wisconsin Invitational (Contact: Robert Kamin, Track Coach, U. of Wisconsin, Madison, Wis.)

Sat. Mar. 15—4 Mile, 3 Mile Woven, Des Moines, 7 a.m. (P)

30 Km, Ontario (O)

20 Km, Long Branch, N.J., 1 p.m. (H)

5 Km, Kenosha, Wis., 10:30 a.m. (P)

Sat. Mar. 22—AAU Indoor 5 Mile, Des Moines, 7 a.m. (R) (or the next day)

1 Mile, Milwaukee, Wis., 9 p.m. (P)

Sun. Mar. 23—AAU 2 Mile, Princeton, N.J., 12 noon (H)

Sat. Mar. 29—Iowa AAU 50 Mile, Des Moines, 9 a.m. (P)

Conn. AAU Indoor 5 Mile, Hartford (S)

**CONTACTS:**

A—Robert Iafferty, ToF Administration, AAU House, 3400 W. 86th St.,

Indianapolis, Ind. 46268

B—Jack Belton, 40 Broadway Plaza, Stratford, Conn. 06497

E—Dean Ingram, 507 Webb Building, Seattle, Wash. 98109

F—Joe Dunham, 4017 Louisiana St., Denver, Colo. 80206

H—Elliott Derse, 28 N. Locust, West Long Branch, N.J. 07764

L—Wayne Gluck, 2031 Stony Creek Blvd, Cupertino, CA 95014

N—Bob Henderson, 803 Cedar St., Urbana, Ill. 61801

P—Jack Fortland, 3151 Reservoir Dr., Columbus, Ohio 43202

C—Doug Walker, 2080 Wood Ave., Toronto, Ontario, Canada

F—Dave Kidwell, Box 209, Highland, IA 50585

L—Larry Larson, 610 Westside Ave., Racine, Wis. 53403

R—Gary Wessling, 36 Korean Drive, Jenkintown, N.J. 08740

**RACE SCHEDULE**

Sat. Feb. 8—10 Km, Azusa-Pacific Col, Cal., 1 p.m.

10 Km, Columbus, Oh., 9 a.m. (P)

Sun. Feb. 9—10 Km (Indoors), Champaign, Ill., 12 noon (K)

20 Km, Long Branch, N.J., 9:30 a.m. (H)

6 Mile, Lake Darlington, Iowa, 2 p.m. (P)

Sun. Feb. 10—Conn. AAU 2 Mile, New Haven (B)

Fri., Feb. 21—1500 meters, U. S. Olympic Invitational, New York

Sat. Feb. 22—3 Mile (Indoor), LSU Invitational, Columbus, Ohio 1 p.m. (W)

Ontario 3 Km Champ., Toronto (O)

2 Mile, Madison, Wis., 11 a.m. (C)

12 Mile, Columbus, Ohio, 9 a.m. (F)

This March 1, day after NCAW.
Sue Brodock, Rialto Roadrunners, winner of the 1974 Women's International 5-Kilometer Championship in Sweden in record time and recipient of the O.R.W.'s Dr. John H. Blackburn Award for the year's outstanding performance. (Photo from Gangsport, Sweden's race walking magazine)


After 300 meters eventual winner Henderson has already established himself at the front. (Photos courtesy of Bob Rosencrantz)
a couple of months ago as his condition improved in anticipation of some ultra-distance efforts later this year. At 60 miles, Dale Arnold, still medaling on the track, established an early lead and then hung in with Ma inborn 63:45 to 63:41. Bob Taylor walked with Doc for about 10 miles, then opened a 20 or 30 yard lead but took the last mile to finish in 61:41. He too is a bit shorter than Doc. Meanwhile, Dr. George Knox, at one of the first walks here and mistakenly diagnosed as having the injury more serious try. Next race in these parts, scheduled in a post-race get together, is in Dayton on Feb. 16, probably at 6 miles. Contact us if you want more detail.

Before turning to some plans again to fill this out, I would like to say out a couple of problems in our sport that I guess would be recorded in the realm of growing pains. Those were brought out in a letter I received a couple of months ago from a high school walker, who needn't be named here, but will recognize himself if for no other reason than that I have probably added to his problems by being so kindly in replying to his request for help. For that I apologize, and I do mean to reply. That aside, let us turn to the issue.

We have all been encouraged by the recent rapid growth of walking in some areas, on the high-school level in some areas, and in some of the colleges. These are the areas in which we must develop strong programs if the sport is to really grow. However, there are problems quickly arise, closely related, and both brought out in the letter I mention. This is a very fine prospect, could be driven from the sport. First, is the lack of qualified judges. It is very discouraging for a boy to train hard, perfect a road race style, but when race races because no one is there to qualify to judge. This the more transport grown on the high school level the greater this problem will become.

And, just as there are too few judges to go around, there are equally too few available to give knowledgeable advice on style, training, and tactics. Most programs on the high school and age-group level here because there is a well-qualified and very interested walker around who gets them started. But as the program grows, this one individual is unable to respond to all who may need his help and people may be lost to the program as quickly as they are found because they cannot find anyone to go with their problems.

At this point, I am certainly not offering any solutions. I am merely pointing out that these are problems that must be addressed immediately if we are to continue to push for expanded walking programs. We would all like to see walking as a part of every program in all high school and college conferences throughout the country. But, suppose tomorrow that reality. The result might well be chaotic. Obviously, this is not going to happen tomorrow but it is apparent that this situation is one we must encounter, and he does not sound like any sort of end to the problem. Growth is already occurring faster than our present system can respond to. Think about it.
other day.

Our suggestion would be to do this distance on the roads, or sidewalks in the parks. We would not suggest that you get out on a track and walk 25 laps or so. That's much too boring for the amateur walker.

Also, don't become a slave to the watch and the measuring tape. In fact, we'd suggest that you never measure your course (or courses). Just set out from your house, or some nearby starting point, (why waste valuable time getting to your training site?), then, the first time out, walk an hour and 10 minutes at a comfortable pace. Then, in subsequent workouts you have something to shoot at. If you are starting out as a walker in your late forties or fifties or sixties with no prior athletic experience and after a sedentary life, then you will find that in a month or so you will be able to go under an hour for the same course without much trouble.

This is the basic diet. For variety you can serve it up in other guises. For instance you can find short stretches on which you might feel like sprinting. This is best done up or down hills, between light poles, along particularly smooth stretches, past the homes of angry dogs, or other notable areas. The amount of sprints you throw in should be determined by how you feel — but remember, you can't throw in too many of them without losing your amateur standing.

The only supplement to this diet that you will really need is some periodic speedwork. You might, if you wish, want to try some interval work on a track. But we would not recommend it. That is boring, tedious work. The discipline you are seeking is physical, not moral, so we'd suggest something which is at least as difficult, but which is over more quickly. That is a time trial once per week. Of course, if there are races, then you'll get your time trial in the race. But when there are no races, then we'd suggest you take some distance in the vicinity of three or four miles and really gut yourself on it.

We'd suggest that this speedwork be done on a Saturday — during the daylight. You can stride along comfortably by moonlight or streetlight at night, but to race hard when you are not sure of your footing is foolhardy.

When you start your speedwork, don't crash out like you were Ken Matthews, Golmachi or other stars; instead, try to finish as though you were, savor the wind that won't return; so learn the proper pacing and suffer with good times (you can really gut yourself and get nowhere, if you start too fast.)

If you do a three mile fast on Sat., you should, if you have the time, come back and take a long walk on Sunday. This will be your only long walk of the week, so try & get it in. Try and build up to two or more hours at your regular mid-week pace. As an alternative, try three or more hours of in-form hiking. In-form hiking is hiking while using your hips. As don't think much of walking that is done outside of the race walking form. One thing you are trying to develop is your ability to stay on your legs, turn your hips and straighten your knees for long periods. If you are not doing this, then go home and watch TV; the rest will be better for you than plodding along without regard for your form.

This, in capsule form is it:

Monday: rest
Tuesday: knock off an enjoyable hr.
Wednesday: rest
Thursday: Same as Tuesday
Friday: rest
Sat: race or time trial at 3 or 4 mi.
Sun: if no race on Sat. then 2 or more hours of walking depending on pace. If a race on Sat., then still walk on Sunday, depending on the distance of the race. If it was 7 miles or less, then do the same as any other Sunday. If 10 miles or more, use your judgement about how far to go on Sunday.

The distance covered in this scheme is about 25 miles per week (40km) which is a fair amount of work and an amount which befits the dignity of the amateur. If you start doing more you will get good.

In addition to the above, the amateur may have some questions about diet, exercises, style, etc.

Some of these questions deal with means, the others, ends. So we will separate them, and deal with the means first.

How important is race-walking form for the amateur? We'd say that there is only one really fundamental consideration here. You must be legal for this, it's up to the amateur. Remember, you're only in this at all for pleasure and physical fitness. If you do the work, plus attend to other things shortly to be considered, then physical fitness will come. That leaves only pleasure to consider. How some people enjoy pain. So many people enjoy it, in fact, that a name has been given to this type of person. He's called a masochist,

(from the name of Leopold von Sacher-Masoch, 1836-95, Austrian novelist). Now if you find that you enjoy yourself as you struggle along, gasping for air, straining all over, split running down your face as you knock off those 10, 30 miles, then any attention to form will only lessen your enjoyment. But if you're interested in fitness, not in entertainment, then we'd recommend at least a modest effort at attaining a graceful style. For this we recommend that you consult the published works mentioned earlier, or seeking assistance from a good coach or stylist if any are available.

That then brings us to the ends. As we have said above, the object of all this, for the amateur, is to enjoy himself and to achieve that elusive something called physical fitness.

Physical fitness is not easily defined, but like many of the underachievers in life, it is easily recognized when seen. For our part, we feel that we would be misleading you if we claimed that race walking will make you physically fit. It won't. At least it won't if you continue to swallow down 30 8 oz. glasses of beer each night, or stuff yourself with food, or otherwise carry on like the average man on the street. In fact, it is quite possible that diet alone is all you need attend to in order to be fit. However, diet won't tone the muscles, nor strengthen them. But exercise will. And of all known exercises, none & this we can emphatically state & never fear that we are misleading you, none - no other exercises ever tried will compare with race walking as a basic conditioner. Ugly, silly old race walking. It exists and grows because it's the ideal exercise. And you can eat & drink in moderation & sleep all you want!
Having discussed what are really the basics of the matter, we might add a few other considerations. Some of
the older decider may wonder, of course, whether it is for them to take up an
arduous sport after the government would no longer want them for
military service. We don't believe that age is much of a consideration
here, unless you are pushing 70. And even then you might get in a few
good years. What really matters is
your basic conditioning at the time
you start. Accordingly we would always advise a newcomer (regardless of age)
to get a medical check-up before making such a radical alter-
ation in his code of living. If it
is determined that you are basically fit enough to stand the strain, then
go ahead and try and work up slowly; don't try and become a "star" over-
night—because you won't anyway!
If you have never had such experience in competitive sports, you
may not be aware of something in
the mass media will never tell you.
This is that there is something in
almost all sports for everybody. You
don't have to be a top-drawer walker,
potential Olympian, or anything like
that. No matter what your pace, you
will find somebody to race against.
It's the guys up front who get what
bit of glory there is in the
sport, but you will soon find out that
some of the grittiest competi-
tors are back in the middle and end
of the pack.
A race is not one race, but several.
You will find out soon enough who
your rivals are (and in a country
the size of the USA you may never
meet them but you will know their
names and study their times).

(it is for this reason that judges
must never let anyone, even at
the end of the pack compete unfairly.
One of the worst things we ever
hear is "He's way back there, so
what does it matter? It matters
plenty to the guys behind him. And
even if a sneak-trotter is last,
look ridiculous, and brings disre-
pute on the game and on its of-
ficials.)

How good can a guy get, training
as suggested here? This will de-
depend, of course, on your age, how
long you keep at it, and your natu-
able ability. But we see no reason
why the program suggested here cannot have you down to 13 minute miles
for 2 miles in three to six months.

If you wish to give the longer
walks a third, and once in their
life time most amateurs do, then
draw back the distance of your
current workouts for a few weeks, we figure you should be in
around 5.45 or better for 50k.

As for the mile, and two mile, if
you train as suggested, and if
there are enough races to get you
a little experience at those dis-
tances, you should be close to, or
under 8.30 for the mile and 16.30
for two miles—depending on your
age and ability, as before.

Other tips: For the beginner we
would suggest taking shoes for the
first few weeks until they've been
around long enough to want to put
out the money for a good pair of
walking shoes...A sweat suit is
more than merely handy in the win-
ter—it's downright vital. ...You
should have a bag in which you can
keep your stuff. If you drive to
work, you might take it with you
and train on the way home.