New York, Feb. 28—In two of the closest walking races in memory, perhaps in history, Ron Daniel and Sue Brodock won the 2 Mile and 1 Mile walks at the NCAA Indoor T&F Championships in Madison Square Garden. Daniel managed to break loose from a tight pack that stayed together throughout the race to score a narrow victory over Ron Laird and Larry Walker in 13:36.8.

Dave Romansky, in sixth place, was only 6.2 seconds back. In the women's race, Brodock had to overcome a strong challenge from her sister and their teammate, Ester Marquez, to win in a meet record 7:22.5.

Most of the 14-man field in the 2 Mile stayed in a tight pack for most of the way. One exception was John Knifton, one of the favorites, who displeased the judges early on and was gently asked to retire. This was the only disqualification and the race was completed without some of the bitter controversy of recent years. At the finish, Daniel had just .6 seconds on Laird who in turn was only .2 up on Walker for the second qualifying spot for the USSR dual.

Ron Kulik couldn't quite hold these speedsters in the final laps but did manage to get clear of Todd Scully, who hadn't been seen since last indoor season, but who came back very strong to edge Big Dave for fifth. Bob Henderson, who led briefly early in the second mile ran out of gas with a half-mile to go and just held off the charging Ray Somers, still about 90 yards back of the winner. The rest of the field was well out of it.

In the women's race, Carol Mohanco, pride and joy of Ohio, was the best of the rest but couldn't stay up with the Rialto bunch. She did make her first trip under the 8-minute mark, and by a good margin.

Results of the two races, as far as I have them at this point, were:

**Men's 2 Mile—**
1. Ron Daniel, NYAC 13:36.8
2. Ron Laird, NYAC 13:37.4
3. Larry Walker, Beverly Hills Striders 13:37.6
4. Ron Kulik, NYAC 13:40
5. Todd Scully, Shore AC 13:42
6. Dave Romansky 13:43
7. Bob Henderson, UCTC 14:02
8. Ray Somers 14:03
9. John Fredericks, Shore AC 14:42
10. Don Deboon

Women's 1 Mile—
1. Sue Brodock, Rialto Road Runners 7:22.5
2. Linda Brodock, RRR 7:25.7
3. Ester Marquez, RRR 7:25.7
4. Carol Mohanco, Kettering Striders 7:49.4
5. Cynthia Johnson, Blue Angels 7:52.6

HENDERSON EASY WINNER IN OSU INVITATIONAL

Columbus, Ohio, March 1—Recovering quickly from his slightly disappointing race in New York the night before, Bob Henderson powered his way to a good 21:52 effort in the 3 Mile Walk at the OSU Invitational track meet. Henderson moved through a 7:00 first
mile. With no competition, he eased in from there to his final time. Your correspondent finished well back in 23:17 off a 7:37, 15:27 pace. After that, I am afraid we have no times as your correspondent was able to get the adequate officials available from the regular meet crew, so I arranged only for judges (Dr. Blackburn, S. Kirk Whaite, and Bruce Adair, who materialized from the stands—he is in grad school at Ken State) and no one know how many laps anyone had gone. Having complained myself about such shabby practice at other meets, I have to apologize for this lapse. In any case, the approximate best time winner was (a Gary Huggins?); Kevin Miller (who actually stopped 2 or 3 laps early and was at first given third by the judge—his stopping being their fault, not his), Dale Arnold, Bob Smith; Beth Harwick, Athena Monios, and Clair Duokha.n. My sincere apologies to all of these competitors for the foul-up. It shall not happen again.

Henderson also runs in two fast 10Ks

Champaign, Ill., Feb. 9 and March 2—Complaining his race-walking weekend, Bob Henderson got back home from the two above races just in time for a 10K at the Illinois Track Club Indoor Meet. Despite his exertions of the previous two days, combined with little sleep, he stormed through a 4:12 effort, bettering his effort of 3 weeks earlier in another Illinois Track Club meet.

In that Feb. 9 race, he finished in 6:06 but discovered later that he had goofed in setting up the race on Illinois's Big 9 1/2 laps-to-the-mile, Tom, and America tracks. That race was actually 155 yards long. Thus his effort was worth something like 45:35. Second place in that one went to a real comer, Jim Heiring, 19-year-old, Wisconsin-Parkside sophomore, who did 6:02 for the long course. This kid is very fast and very smooth and will really be something when he builds some strength. Your editor was walking a solid third at about 8-minute pace in this one, when a former friend and head judge, Phil McDonald politely requested me to get off the track and let the walkers continue. This was just short of 4 miles. (That former friend bit is purely in jest, by the way. If Phil says I was off, you can bet I was.) Also winning Phil’s displeasure was Al Shirik, who was having a ding-dong battle with Dave Eidahl for the next spot. All got the head start at a good pace but took his number off and stayed on the track to get a final time. However, he still couldn’t catch Dave, who looked very smooth throughout, and finally pulled out to about a 10-second margin. There were 14 starters, including Randy Kiss, who dropped out early, but I have only the first 5, who were: 1. Bob Henderson, UIC 6:14; 2. Jim Heiring, Wisconsin-Parkside 6:02; 3. Dave Eidahl, Finland T 6:17; 4. Dan Fitzgibbon, Green & Gold 6:19; 5. Jim Breitenbacher, Columbia College 7:13. Also: Bob Smith, Ohio T 6:30; Jim Hendricks, Illinois 6:32.

At the March 2 race, Henderson was walking his third race in about 62 hours and had not gotten back to Champaign until about 3 that morning, riding from Columbus with Kortland and Smith. He figured to have a tough time with Heiring considering the conditions and was planning to let the latter set the early tempo and try to go in the latter stages. That all changed about 100 yards after the start when the competitive juices started to flow. He shot into the lead and lengthened it from there. Racing 3 miles in 21:37, some 15 seconds faster than his race of the previous afternoon, he allowed only slightly from there and went on to post a personal record.

Henderson, meanwhile, proved that his earlier race was no fluke as he turned in a 47:43. Considerably faster than any American of his age has ever walked, although probably slightly slower than the equivalent time for his 45:35. Henderson was back again, but the World line of process, much more to his liking this time and allowed me to finish in 50:07, very satisfying following the previous day’s race and the long drive. A teammate of Heiring’s from Parkside, name of Chris something, was next in about 54:30 and Bob Smith, short on training and really hurting from the day before, finished about a half-lap behind some other guy (I hope you appreciate my careful reporting) in 64:53. The field was a little disappointing, as the Columbia bunch, who were entered, failed to show.

MORE RESULTS:

9:40.4

12:19.0

14:40.4

20:05.4

25:47.2
Two apologies are due you from the editor, publisher, etc. First—I really blew it last month. In the McCarthy article I renounced from his old race walker there was a footnote regarding the availability of two race walking books. This slipped by me and it's printed along with the article. It would be a fair assumption that I was offering these books for free. Indeed, three readers to date have placed their orders. Unfortunately, I don't have them. McCarthy did it 12 years ago. So if you have just been in placing your order, save your self the trouble. Second—both last month's issue and this one are somewhat late, particularly this one, I imagine, by the time it reaches you. Last month I ran into unexpected delay getting it printed and got it in the mail three or four days later than planned. It now turns out that I am going to have to make a change in the printing arrangements in order to keep the time where it is. Without going into all the detail, on the past I have been able to get the paper on either the same day or the next day as I take it in, I will now need to allow about a week. It could be quicker but I can't depend on it. Since I didn't allow for that in going to work on this issue, as a matter of fact I started the time I usually finish, it may be close to the middle of the month before you get this. But, if I set on the stick at the end of the month, another issue will be forthcoming in 3 weeks or so.

While dealing with such matters, you will notice I have now gone to address labels (at least if all has gone well you will notice that). Also note that I have included on the label the month and year that your subscription expires. This will continue to send expiration notices, but if you want to save me the trouble and anticipate it by a month or so, I won't object. Also, if you have any arguments with the expiration date let me know; my bookkeeping is not a lot better than my typing. If you don't see an expiration date you are either on some kind of exchange basis or are a very good friend.

THE MASTER REIGNS SUPREME

Richmond, Va., March 3—The King of the race-walking world, Vladimir Golubnichiy, turned in the fastest three mile in history in scoring an easy win in the US-UK indoor dual track and field meet tonight. The great veteran crossed the finish line in 19:46.2, nearly 20 seconds under the previous best by his countryman Nikolai Smaga. Smaga turned in the time in this same meet in 1972. In second was Soviet 50-km ace, Benjamin Soldatenko who nosed out Ron Laird in 20:24.8. Laird finished in a personal best 20:27.6. Ron Daniel turned in what would have been a very fast 21:07.8 in most other quarters to finish a distant fourth.

INTERNATIONAL RACE WALKING

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The article continues with details about the race meet and various race walkers' performances, including Jack Boitano, Stratford Spartans 7:20.2, and Bob Fine, NY Pioneer Club 7:27.0. The article then moves on to discuss other race walkers and events, including the promotion of race walking books and various race meet results.
To the Editor:

I have a serious walking problem that somebody might be able to help me with.

To explain, however, that after a four-year layoff I have come out of "retirement." I am a 36-year-old school teacher. I had previously competed in the walks for about 3 or four years. (I have hopes of getting walking started on a high school basis. Several coaches from different towns have expressed an interest.)

Back to the problem. When I was walking in the San Francisco area 4 years ago, I always had trouble in the beginning of a race or workout with my ankles. For the first 3 to 5 miles of a workout and especially in races (which require a fast pace right from the start), I would suffer extreme pains in the ankles, generally in the front. In addition, my ankles would freeze up and get numb and then I would not come down on my heel but, instead, would come down flatfooted. I just had no control or feeling in the ankle. (The pain was also slightly above the ankle, in front.) After 3 to 5 miles the numbness would go away—but by then I had lost precious minutes.

At the present time I must either walk at a 10½-minute pace for the first 3 miles, or else get these same pains. Then, after 3-5 miles they go away. Even if I walk every day I seem to have the same trouble. I realize that I can help this by tackling on three to five miles before a workout or race, but this is not convenient timewise, and in addition, I question this before a race since it is likely to take away some strength. I wonder do others have this same problem? I would appreciate help, for I enjoy race walking ever so much and feel that I could do much better at it if I could lick this problem.

The malady which Ward has complained of is a common one, known as "walkers' shin splints," which are somewhat similar to the "shin splints" suffered by runners, and other athletes. About this time last year we had a similar letter from Seattle's Claude Watsch, who also was suffering from these shin splints. Ron Laird reports that he suffered from this for the first 4 years that he was walking, and Jack Blackburh said he still does. The editor too, was forced out of a 2-mile race because of this as recently as last August.

The basic problem seems to be that in race walking, especially in short races, the walking style demands the use of ligaments in the lower front of the leg that are not normally put under stress.

We are of the opinion that this problem should be tackled in 3 ways.

1) Warming up properly. As Bill Jameson pointed out (Race Walker, No. 50, Sept. '62) a cursory warming up is all but useless. If, however, a guy can do it, we would highly recommend that mile walkers, 2 mile walkers & even 10km walkers,
get out for at least 5 miles and up to one hour of easy walking, several hours before a track walk. This system seems to work for both runners and walkers—although many European distance runners prefer to put in their hour of warm-up immediately before the race. This tends to leave the athlete slightly tired, but we agree with those who claim that for short distances (the mile, 2 mi, 10km) a guy does better if he starts out feeling “tired” (which is usually psychological, anyway.)

(Most walkers get “tired” when Ron Zinn walks in; just as mile runners get “tired” when Jim Beatty shows up.

2. Style Change. We long ago noticed that we were most bothered by shin splints when changing from road to track and vice versa, type training. More specifically, what we noticed was that on the track we were leaving little holes, or pits, in the track. These were located at the forward end of the footprint, and caused by the toes as we brought the trailing foot forward. We still feel that this “digging in” with the toes, plus the track slipping out from under, is a major cause of shin splints. Then, if after a few sessions of track work your walking style begins to adjust to the track, when you go back on the road the unyielding pavement causes similar trouble with the shin ligaments. Since at the time we were badly bothered by this we were training under the same conditions as Rimas Valaitis, who was never bothered, we began to look for the difference.

It was then that we discovered that Valaitis had a better knack of “picking up and putting them down.” Not only could he do it much faster than we could, but he didn’t rip up the track when doing it. It became necessary then to take much more care with our basic walking style.

The exact trouble probably varies from walker to walker, but we would suggest looking for the following:

a. are you over-striding?

b. are you leaning too far forward & having trouble getting the trailing leg to come forward?

c. Are you using too much hip-pivoting action so that you are twisting the entire leg around, including the foot, with the result that you are aggravating the ligaments in the shins?

d. Are you pushing off too hard with the trailing foot—i.e. are you relying too much on the ankles & shins and not enough on the thighs, hips and arms?

(The “cure” for any of the above faults is, of course, don’t do it.)

3. Remedial Exercises: The Soviet Race Walking authority, A. Fruktov, suggests in his book Race Walking (Moscow, 1961) the following exercises:

   Figure 1

In Figure 1 the walker is rocking back and forth on his feet in a “heel-toe” position. If you do this exercise you will feel the strain on the ligaments in the shins as they get stretched, especially in the trailing leg. It is not suggested that too many repetitions of any of these exercises be attempted on the first time out. But if persisted in diligently for a few weeks, the shin splints should disappear.

   Figure 2

Here the walker is ankle deep in water (or if that is not possible, deep, loose sand) which gives resistance and again, the object is to stretch that trailing leg as hard as possible.

   Figure 3

In Figure 3 the object is to go “heel-toe” to an extreme, with a little hop to pull that trailing leg even further up. (If you have never had shin splints, you will after doing this for awhile) . . . but it’s a good way to get loosened up in the front of the legs. If this exercise is too difficult at first, Matt Rutyna suggests that you merely go for 50 meter stretches on extreme tip-toe. (Slowly)

   Figure 4

Here’s an old one that John Humick taught to Ron Laird back in 1955. While in the hurdling position put pressure on the forward foot at the same time that you use the shin muscles to push the foot back up again. This is a good, quick, exercise for track walkers and can easily be incorporated into your regular warm-up routine.

   Figure 5

Here is a basic warm-up exercise which the handy do-it-yourself type pedestrian can easily build. In this exercise most strain will come on the backward lean. A suggested program would be to adopt three of the five exercises suggested here and do them in sets of 10, alternating the exercise, and gradually building up the number of sets and then, if necessary, the number of repetitions in the set.