Des Moines, Ia., Aug. 28—Larry Young won his second National race walking title in 13 days as he took the 30 km in a swift 2:27:26. Young had to work hard the second 10 km of the race to shake a pesky Floyd Godwin, who has really come back strongly the last couple of months. Floyd eventually finished only 3 minutes down. Augie Hirt, unable to match the pace of the two leaders after the first 5 km, finished a lonely third. Ron Laird, apparently reverting to slovenliness following the Olympics, was a distant fourth.

The race was held on a flat 2½ km loop at Ft. Des Moines. The temperature was comfortable at the start (68F) but within 45 minutes had risen to 85 and was up to 89 by the finish. The first four finishers started off together, leaving the rest of the field early and by the end of the first lap, Laird too had dropped away. Five kilometers times were Young 24:17, Godwin 24:18, Hirt 24:19, and Laird 25:01. The rest of the field was already lagging more than 2½ minutes behind.

The pace slowed slightly the next 5 but was still too swift for Hirt as Young had 48:52 at 10 followed by Godwin's 48:52 and Augie's 49:06. Young made his bid at this point and a 24:04 for the next 5 km opened up 2½ seconds on Godwin. Larry continued with a 24:14 for a 1:37:01 at 20 km and at that point had Floyd 61 seconds down. Hirt was now well back at 1:41:30 but nearly 5 minutes up on Laird, who led the rest by more than 6 minutes.

Larry slowed in the heat over the last 10, but had proven his point to the tenacious Godwin, who slowed even more. A great race developed for fifth but the two protagonists, Mike Hale and Pete Van Arsdale, who walked stride for stride throughout decided to keep it that way to the finish. Young and Hirt teamed with Jim Breitenbacher in 8th to win the team title over Godwin's Colorado crowd, going without Jerry Brown. The results:

6. Jim Breitenbacher, Colo. TC 3:03:36
7. Paul Lightsey, Colo. TC 3:06:11
8. Bob Young 3:08:45
9. Martin Smith 3:19:44
10. Mike Bone 3:25:49
12. Rick Carron 3:33:27

OTC's Blackburn A Centurion! See p. 7 for details.
and gravel road somewhere outside of Cambridge, Ohio. A notice placed by Dale in the local paper brought three Cambridge residents who were interested in giving the sport a try (all have been competing in running and had attended Gary Dorian clinic at the Fredonia, N.Y. clinic early in the summer). Then there were four regulars making the drive to Cambridge plus host Dale. Unfortunately, the weather did not smile on Dale’s race. The course goes back on forth on a quite hilly country road in front of his house. The stiff hills and uncertain footing in spots make it anything but a fast course at its best. When the rains fell down for several hours before a race and continued throughout the race, the tracity of mud, mud and mud, and hundreds of puddles to dodge is added to the challenge of running a test of strength, probably not the strong suit of any in this race, save the venerable Mr. Emmerton. Nonetheless, a fine time was had by all and Tamiko laid out a fine fast feed afterward.

**PECINOVSKY TRIUMPHANT IN NATIONAL CLASS B 15 KM**

Mackinac Island, Mich., Sept. 5—Steve Pecinovsky, back in school at Notre Dame for his final year, just beat out Detroit’s Martin Kratt to win the National Class B 15 Km Walk today. In an accompanying open race, Ron Laird finished well clear of Bill Walker, as both beat Pecinovsky. The grand old lady of women’s walking, Jeanne Bocci, was an easy winner in the women’s race. Third in the B race was Bill Keiser, now in Cleveland, and making his periodic run to keep his homeward a fairly successful one. Results of the races:

**National:****

1. Steve Pecinovsky, Green & Gold, NC. (He offered his place to Martin Kratt, Mackinac City Striders 1:29:12)
2. Bill Walker, MCS 1:31:46
3. John Petkevich, 1:32:37
4. Frank Cote, G&G 1:34:01
5. Dave Shaver, MCS 1:36:11
6. Bill Walker, Jr., MCS 1:36:50
7. Sheldon Johnson, MCS 1:38:35
8. Arnold Coen, G&G 1:39:05

**Open:****

1. Ron Laird, NYAC 1:09:59
2. Bill Walker, MCS 1:11:15
3. Kerry Bocci, MCS 1:15:51
4. Fred Kuhn, 1:22:08

**Women:****

1. Jeanne Bocci 1:19:03
2. Julie Riban 1:24:02
3. Karen James 1:26:08
4. Bob Youn 1:29:40

**PECINOVSKY-HEINZER IN NATIONAL CLASS A 5 KM**

Mackinac Bridge, Sept. 6 (4 1/2 Miles)—1. Ron Laird 34:06.5 2. Steve Pecinovsky and Bill Walker 36:18 3. Fred Kuhn 43:04.5 Women’s Division:


The record for the race is still 42:40.5 set by Jack Blackburn in the second race way back in 1967. Today’s race for second was particular thrilling as Northland caught Buchholz less than a half-mile from the finish and then just pulled away slightly on Dale Arnold. However, Doc, as usual, got all fired up and messed up the handicap and Smitty walked deplorably and did the same on the other end. Doc being 2 minutes cut front at the finish and Smitty 3' to the rear (nearly 6 lack of Doc), 15 Km, Cambridge, Ohio, Sept. 26—1. Jack Mortland 1:34:45 2. Laurie Buchholz 1:36:35 3. Bill Emmerson 1:34:25 4. Dale Arnold 1:55:16—Bin—Bob Smith (66:15 for 10 Km), John Haun, 39:10 for 5 Km, Holida Haun, and Barb Moore—who would have believed 8 competitors on a dirt
Malmo, Sweden, Sept. 18—Soviet 50 Km ace Benjamin Soldatenko overcame the Mexican threat and won going away in the first ever World Championship 50 Km race. Soldatenko's time of 3:54:10 has been bettered only by Kenneth Kannenberg and Christoph Hohne. In today's race, he was the pace from the start and was still within striking distance at 40 km, but Colin hung on the longest and was within striking distance at 40 km. However, when he continued the pace through 40 km, he fell off to 49:14 for his final 10 km but he was in no danger. Salonen has been walking fast times for a couple of years and was able to maintain the blistering pace of the leaders and then ran out of gas and was closing fast on him. The Mexicans, however, were not able to keep up with the pace as he fell off to 49:14 for his final 10 km but he was in no danger once Colin folded. At the finish, Vera was nearly 3 minutes back.

The real surprise of the race was young Finnish speedster Reima Salonen, who stormed past Colin in the final 5 km and was fastest on the course. He even gained better than a minute on the winner over the final 10 km.

Soldatenko has been walking fast times for a couple of years and recently blitzed the world record of 3:54:10. However, he continued the pace through 40 km and was within striking distance at 40 km. However, when he continued the pace through 40 km, he fell off to 49:14 for his final 10 km but he was in no danger once Colin folded. At the finish, Vera was nearly 3 minutes back.

The race was fast all the way through the field with the first 11 under 40:35 and 22 under 40:40. Larry Young was unable to mount a real challenge to the blistering pace of the leaders and then ran out of gas and was closing fast on him. The Mexicans, however, were not able to keep up with the pace as he fell off to 49:14 for his final 10 km but he was in no danger once Colin folded. At the finish, Vera was nearly 3 minutes back.

The race itself was a great success. With 42 starters from 20 different nations, it established race walking as a truly international sport with a rightful place on the Olympic schedule. Let us hope the IAAF has taken note. The race was a great success, with 42 starters from 20 different nations, it established race walking as a truly international sport with a rightful place on the Olympic schedule. Let us hope the IAAF has taken note.

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capital of the world. In a close battle for third, Leonard Busen completed his third 100 miles in the final stages and watched Fusen go by and pull away. He was in third most of the way but...

This year's race saw a record 7 finishers, but only Hirle and Blackburn were new to the list of Centurions. Other finishers were Bob Sper (his second), John Argo (his third), and maybe Bob Gragg. (This report comes from a phone conversation with Jack's pit crew chief, Dr. John Blackburn, and he wasn't completely certain. Next month we will have full results courtesy of Joe Dunan and hopefully a first-hand account from Jack, who may be lucid again.)

RACES FOR YOUR ENJOYMENT

Sat. Oct. 9—10 Km, Washington, D.C. (E)
Sun. Oct. 10—30 Km, Lakehead, Fla., 8 a.m. (C)
Sat. Oct. 11—4 Mile, DetPoit, 6:30 p.m. (X)
Sat. Oct. 13—3 Mile, Des Moines, 10 p.m. (J)
Sat. Oct. 15—National AAA 4th, NAAU, and OPEN 30 KM, COLUMBIA, MO. 10 a.m. (D) and NATIONAL MASTERS (J)
Sun. Oct. 16—12.8 Mile, 4.4 Mile Women, Washington, D.C., 1 p.m. (F)
Sat. Oct. 17—3 Mile, Des Moines, 1 p.m. (J)
Sun. Oct. 18—5 Km, Chaump, 7:30 a.m. (J)
Wed. Oct. 19—5.5 Mile, Lowell, Mass. (T) (And every Wednesday evening until next summer)
Sat. Oct. 20—16.3 Mile, 8.2 Mile Women, Washington, D.C., 1 p.m. (E)
Sun. Oct. 21—16 Mile and Women 7 Mile, Washington, D.C., 11 a.m. (E)
Sat. Oct. 22—National AAA 8th, NAAU, and OPEN 50 KM, COLUMBIA, MO. 10 a.m. (D) and NATIONAL MASTERS (J)
Sun. Oct. 23—National AAA 9th, NAAU, and OPEN 30 KM, COLUMBIA, MO. 10 a.m. (D) and NATIONAL MASTERS (J)

LOOKING BACK

5 Years Ago (From the Sept. 1971 OW)—Young, Laird, Ladany Dominate September Volume, it said. Larry Young for his victory in the NAAU 30 Km in Seattle and an American record at 100 miles. In the 30, he pulled clear of Ron Laird in the final 10 Km to win in 2:25:10 and Ron's 2:26:10. Bill Ramsey, Goetz Klopf, Bob Bowman, and Steve Tyler rounded out the top six. In the 100 mile, held indoors because of notoriety...Larry took it easy for 96 miles and then cruised up the pace to finish off his record 18:07:12 with miles of 9:40, 9:21, 7:59, and 7:50i. Laird for a National title at 25 Km on Long Island in 2:01:43.4. But without competition as John Knifton in 2:01:39, Bob Kitchen 2:02:16, Jacek Jobin 2:05:27.4, Gary Westfield 2:06:35.2, Ron Fulk 2:07:27.6, and Todd Scully 2:10:02.4 gave chase. And Shal Landau for his win in the London-to-Brighton 52 plus miles in 7:37:17 by 379 minutes a few weeks after winning the Hastings-to-Brighton 36 mile in 5:39:36 by 9 minutes...Up-and-coming Bill Westgate won the National Junior 35 Km in 3:31:41.6. On the local scene, the Annual Labor Day 6 mile 536 yarder was shortened considerably when leading Doc Blackburn got confused and stopped after 3 rather than 4 laps. In high heat and humidity, everyone else was glad to follow suit. Phil McDonald captured fast time honors...In a 10 mile in Continental, Ohio, Jack Blackburn edged Jack Mortland 81:01 to 81:09, with McDonald better than a minute back. He got his revenge a week later in the above-mentioned National 25 as he wiped out both Jacks while finishing 10th...Dennis Reilly won the National Junior 15 Km in 1:22:17 as Larry Walker won an open race in 1:12:17.
MORE ON THE GREAT CONTROVERSIES

Having broached two controversial matters last month we are now somewhat obligated to continue with them to their conclusion, or whatever. At least we must give all parties their say, as promised. First, regarding the Junior 3 km that was cancelled after it was held, John Harwick sent us a copy of the following letter to Steve O'Brien, with permission to publish it:

"... Your letter raised several important questions. I wish I could give you the answers. I cannot tell you why the June 26 race was not sanctioned because I don't know. Nor do I know why no one was informed until after the race. Below I'll try to give you all the information I have on the matter. You and Mike Riban have to decide if you want to file an appeal...."

1. I've been an AAU volunteer for more than 20 years. Much of my effort has been in race walking. I've been conducting Nat. AAU race walking championships since 1962....

2. I was elected race walking chairman (Allegheny Mountain Association) on July 20, 1974, following Mr. Bywaters' retirement. I agreed to serve one year with Gary Bywaters (my vice chairman) taking over the following year.

3. I worked hard in my year in office to upgrade race walking in the AAU. We conducted an expanded AMA program, athletes got to the Nationals and even the US-Canada meet, and I attended the 1975 NAU Convention in Washington, D.C. and successfully bid for the 1975 NAU Jr. 3000 meters and Sr. and "$" 35,000 meters.

4. We conducted the 1975 Nationals and I informed NAU race walking chairman Jack Boitano that the AAU would be happy to conduct the same events in 1976. It was now serving as secretary of the AAU race walking com. We conducted an expanded AMA program, athletes got to the Nationals and even the US-Canada meet, and I attended the 1975 NAU Convention in Washington, D.C. and successfully bid for the 1975 NAU Jr. 3000 meters and Sr. and "$" 35,000 meters to the AMA.

5. I had neither time or money to attend the 1975 AMA Convention in St. Louis, but the NAU Race Walking Committee awarded the 1976 Nat. AAU Jr. 3000 meters and Sr. and "$" 35,000 meters to the AMA.

6. AAU officials released this information to the AAU News, Ohio Race Walker, Runner's World, etc.

7. Bywaters and I became concerned when neither of us received the AAU contracts for the 1976 NAU championships in the spring of 1976. I finally wrote to Boitano in May and asked about the contracts. I explained that we could not make application for sanction, print entry blanks, order medals, etc. without the contracts. Did the Nat. AAU office send the contracts to the AMA? Why—if the AAU Office received the contracts—weren't they forwarded to either Bywaters or myself? I don't know the answers to these questions.

8. I had several phone conversations with Nat. Chairman Boitano in June. My position was that we could not conduct the race without the contracts. Requests for entry blanks could not be answered. I finally received word from Nat. that an application for sanction should be filed with the AMA Office.

9. Joe Newman, president of the sponsoring West Penn Track Club Boosters, filed an application for sanction (along with the $15 fee) with the AMA on June 21. AAU race walking chairman Bywaters signed the application.

10. Mr. Newman was informed on June 23 that the AMA Office would need copies of the entry blanks before the sanction could be issued. Entry blanks were delivered to the AAU Office that afternoon (June 23).

11. You won the race on June 26. Roger Young, who flew to Pittsburgh from Maine, was the runnerup.

12. Mr. Newman's application for sanction was returned on June 29. It was marked "refused" and signed by AMA Registration Chairman Bob Warnes. Why did AMA Registration Chairman Warnes—who I have never seen in attendance at a single AAU race walking event in more than 20 years—refuse to issue the sanction? I don't know. Nor has Mr. Newman received an explanation.

Several questions need to be answered.

What authority does the Nat. AAU Race Walking Committee have in scheduling Championships? Is there any reason for volunteers to spend their time, money attending NAU Conventions? What happened to the contracts? Why did the AAU Office request entry blanks? Why did Warnes refuse to issue a sanction? Why did Warnes wait until after the race to refuse the sanction? Why is the AAU being given more Nat. Championships?"

John has also written us a lengthy letter regarding other problems he has had with the AMA, which he doesn't want to make public and for which we do not have room anyway. But it, that, along with some lack of communication from the Nat. AAU, one petty Association official, with no real interest in walking, has ginned up the works. It would seem that since the race was duly scheduled by the National Race Walking Committee it would be a simple matter for the National AAU Office to step in and take whatever action is needed to retroactively grant the sanction.

The other controversial subject we got into last month was Tom Knatt's continuing feud with his local Association over expense money. Having given Tom his say last month, we now hear the story from the other side, via Fred Elowyn.

"My first impulse was to ignore Knatt's letter to the Ohio Race Walker. I don't have the time to get involved in a controversy with Knatt and Rayko. They both seem to think that someone owes them something because they happen to be able to run and walk a bit faster than the rest of the herd. Maybe I should say they both are able to run faster than the rest of the herd. More on that later...."

Regarding Knatt, he has been bugging me and the AAU for travel expenses for years, other than he has asked to money to go to New York I have always told him that it is too near. Just hop in your car and drive down.... Also, I would never recommend travel money for Knatt to compete in the National 2 miles as I don't believe that he can make the qualifying time legitimately. The last time I saw him he was at Franklin and it supplied the laughs of the evening. The sponsors came to me and asked if I was going to let him get away with it. I refused to get involved as I competed myself. His own girl told him he was lifting. As he has been doing, he went to NY and couldn't equal the qualifying time. The North Macedon Club has been generous with Knatt. This year they gave him $150. A couple of years ago they gave him and three others $100 gas money. So with $600 being $3.00 a year I would say that Knatt has his dues back for better than 100 years. Now regarding expenses from the NEAIAU. We have just 19 registered walkers and actually most of them are primarily runners who walk on occasion and do me the favor of registering as walkers. Now our AAU dues are $3.00 a year with 50 cents of it going to travel expense for the sport. That means that we walkers have $9.50 in travel expense for this year. A dollar of the remainder goes to the Nat. AAU. That leaves the NEAIAU with $8.50 to operate. Last year the NEAIAU gave two of our Juniors $150 to go and try and qualify for the Russian meet.
"This year, I recommended that Knatt get assistance and I was at the budget meeting when they were deciding on how much to give each applicant. They finally decided on $150 each. When it got to Knatt, the chairman erred it as did the next two members. But when it got to Frank Hall, secretary-treasurer, he brought to the committee’s attention the fact that Knatt had sent a copy to Bayko. That meant just one thing, better give me the money or fee! I will tell Bayko and he will publish it in his magazine. They then asked my opinion and I told them give him nothing. Three members of the budget committee did agree with me but the chairman still wanted to give him the $150. He, as you see, was opposed. Regarding the $650,000 that the AAU has with a $9,000 gain last year, I don’t see it as a big deal as it took about 75 years to accumulate it. They have less money than they had in 1919. Next year there will be a big drop. Now regarding Knatt’s claims of doing much for race walking, it’s very likely that a few things. He had three walks from his house where he supplied refreshments, but most of us have done that. I supplied the medals and got the dollar entry fee but that never covered the cost. I am sending the results of a walk. The type that Knatt calls of little consequence. No walk is of little consequence in my opinion when everyone does the best they can. I believe his idea of a walk of great consequence is one in which they have no entry fee and fine prizes for the top men."

So much for that for now. We are running out of space. I have several small items for Heel To Toe, but they will have to wait until next month. The following items seem to be of greater import.

ON THE IMPROVEMENT OF U.S. RACE-WALKING

by Bob Kitchen

I have been race walking for over 10 years now. Like many U.S. walkers, I view the development of our sport as a corporate venture. When a U.S. race walker does well internationally, we all feel a sense of pride. While we have come a long way since the mid-60’s, I believe that our progress is still pretty weak and does not have a solid future. Very few new walkers have come onto the scene in the past 10 years. If we are ever going to compete on a par with Russian and East Germany, we need to get young athletes walking and provide a better system of training and competition for them. But unless we walkers do it, we know it won’t get done. What I want to do is to start a serious discussion across the race-walking community stirring up some new ideas and approaches. The AAU convention is coming up and we should attempt some new legislation. Our major problem in past years is that we have been drifting aimlessly, simply maintaining the gains in the past 10 years. If we are ever going to compete on a par with Russian and East Germany, we need to get many young athletes walking and provide a better system of training and competition for them. But unless we walkers do it, we know it won’t get done.

The first concern in the national chairperson. Up to now, the development of our progress has fallen totally on his shoulders. It is too burdensome financially, and even mentally for one man to handle adequately. Moreover, there is little or no continuity between one chairperson and the next. A couple of years’ progress has often been squandered in the changeover. We need to reorganize the national committee to consist of five men or women, each member responsible for a

area. The committee should consist of truly interested, dedicated persons. Ideally, they should have expertise in their area. There should be some continuity with perhaps a 4-year term, the position of chairperson rotating among the members. The chairperson’s job would be one primarily of coordination and communication. There is a desperate need for an expense fund for the chairperson if anyone is to be persuaded to take the job. The fund would cover phone, mailings, trips to major races, committee meetings, and other expenses. A regular national newsletter should be the first line of a better campaign to encourage a walker should be encouraged for information and as a forum for ideas.

Our second most critical area is money. We need to have some kind of financial sponsorship on a national level to be able to move forward at all. During the Olympics on TV, most of us noticed three commercials featuring walkers: Dannon, Wyler’s, and Desenex. “Everyone complained about the success of the Russians and East Germans. They did it through development from the bottom up and if these companies, or others, could recognize this, they could help us a long way to doing the same. A more immediate partial solution was suggested by Todd Smaily, that is to assess each walker a $5.00 dues to be used for the national chairperson’s expenses.

Next comes the meat of the matter, the development of the walkers. Emphasis here should be given to the local association. Start with the increasing number of age-group track meets, introducing a lot of kids to the sport, which will hopefully create a demand for inclusion on the high-school level. The National Junior Track team had a good year at the Olympic trials. The key for the future in international competition lies in the colleges. The AAU has made an excellent start, especially in the Wisconsin schools, but other areas are still weak. An inroad must be made into the NCAA. I suggest we start by setting aside two or three conference meetings, featuring walkers: Dannon, Wyler’s, and Desenex. “Everyone complained about the success of the Russians in East Germany. They did it through development from the bottom up and if these companies, or others, could recognize this, they could help us a long way to doing the same. A more immediate partial solution was suggested by Todd Smaily, that is to assess each walker a $5.00 dues to be used for the national chairperson’s expenses.

As always, we need to attract the open athlete, the road runner and track distance runner, as well as the masters to our ranks. This is best done through a regular and well publicized all-over meet system. With the Women’s World Championships being held regularly now, the women have something concrete for which to work. Finally, to promote health and generall a better public image of walking, health-fitness walks should be organized as in Germany.

Judging has always been a neglected area. A bonus is effort should be made to establish certification standards in addition to teaching and recruiting. Expenses for judges should be one of the first items on any program. To aid in this process, a professionally made training film should be done and distributed widely (Wayne Glusker?). There should be at least one summer race-walking camp, to be used for training for international walkers and coaching of younger walkers. The cost should be minimal.

Coaching is another key area. While attracting new young walkers is our goal, we will achieve this more readily if we educate our nation’s coaches. Most clinics that are given should be directed towards coaches, for they will be in a good position to encourage walking. An ideal would be to have a national coach who would work and correspond with the top ten or twenty walkers in the country.
An intangible, yet integral need, is for some rational objectives. Perhaps a "four-year plan" would be initiated now with the 1980 Olympics as a target, aiming for ten men under 1:30 and 4:10 plus a high finish in the Lugano Cup. These goals may be unrealistic, but our morale has been too low too long and we need a vision of what we can be.

We all recognize the value of international competition for developing our walkers. Unfortunately, the opportunity is usually too little for too few. Of course finances play a large role in this area. The U.S. Summer Track Tour, the Lugano Cup, and the Pan Am Games have become regular fixtures for our walkers and should be maintained. Now that Mexico is a world power, we should take advantage of its geographical nearness and emphasize more the Canada-Mexico meets. There should be more than one meet for the juniors and women. A goal could be to have each summer a 3 or 4 week tour by the top 4 or 6 walkers each from the seniors, juniors, and women. If funds were forthcoming, for this, I'm sure it would accelerate the advancement of a number of our walkers plus give us added publicity.

On the home front, we have to reestablish our presence, particularly on the indoor circuit. My suggestion is for USOC representative to send a letter to all major indoor meet directors urging them strongly to consider including walks (preferably 2 or 3 miles) in the 1977 season.

Outdoors, the big meets such as the Penn Relays and Martin Luther King Games should really have walks if we are truly to be representative to the American track public.

One last suggestion of mine is to invite the top international walkers to come to the U.S. for a major meet or the National 20K/50K. At this time, expenses other than room and board shouldn't be given since we could better use the money ourselves to go overseas. But to make the meet attractive enough to interest some foreign walkers might draw others over here by the competition of the field.

These ideas I would like to see put in action. Some can only be achieved on a national level, others on the local level, and others perhaps not at all, but I don't believe so. We need more ideas and feedback, plus, most importantly, the enthusiasm and vision to really take us somewhere.