Ohio Race Walker
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OHIO RACEWALKER

VOLUME XIII, NUMBER 1 COLUMBUS, OHIO MARCH 1977

AN ASTOUNDING 3 MILE

Toronto, March 3--In a stunning display of super-fast walking, a young Soviet, Anatoiliy Solomin, took better than 1 minute off the best-ever indoor 3 mile with an 18:44.3. Surprisingly enough, his teammate, Pyotr Posshenchuk, was only 4 seconds back. Todd Scully also bettered the old mark but was nearly a minute behind in 19:40. Nonetheless, he shattered Dave Romansky's American record of 20:12.8, set in 1972 when he gave the Soviets a close race.

Tonight's race was part of the US-USSR-Canada meet. Scully and Neal Pyke had been expected to give the Soviets some real competition off their recent National 2 mile performances. Todd certainly tried but he just wasn't ready for with the Soviet duo had in store. Going through the first mile in 6:10, with Todd still close, they just didn't slow down as one whould have expected. The former best performance was 19:46.2 by Vla dimir Golubnichiy in the 1975 US-USSR meet. Solomin's time is just about equivalent to the outdoor 5 Km mark of 19:26.2 set 2 years ago by Karl-Heinz Stadtmuller. Actually, if Solomin held his pace for another 188 yards he would have been a couple seconds under that mark.

Although their names aren't household words (like so many walkers are, ha ha), they are by no means novices. Solomin competed against the US juniors a few yea rs back and had a best 20 Km of 1:26:31.2 in winning a highly competitive race against many of his best countrymen last April. Potschenchuk was third in that same race with his best of 1:26:45.

The other two competitors in tonight's race turned in normally quite satisfactory performances but were completely outclassed. Pyke stayed close early and passed the mile in 6:20,probably his best ever. He struggled from there but still finished in 21:04.6. Promising Canadian Junior, Pierre Leblanc walked a very good 21:31.6 but must have been lapped 4 times by the speeding Solomin on the 160 yard track. The only other missing detail is Potshenchuk's exact time of 18:48.4. Oh yes, and who was judging. That, I haven't been told.

HEIRING, O'SULLIVAN WIN COLLEGIATE TITLES; BOITANO MASTERS CHAMPION

In other major races since our last issue, Jim Heiring, Vincent O'Sullivan, and Jack Boitano swept the boards, or whatever surfaces they were competing on. Heiring blasted his own record with a 13:39.8 2 Mile in the N.A.I.A. meet in Kansas City. In the other collegiate title race, O'Sullivan won the IC4A mile in 7:03.8. In the NAAU Masters Indoor Championships, Boitano took the 2 Mile walk in 15:41.

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At Kansas City, Heiring had things pretty much his own way with UW-Parkside teammate Chris Hansen 23 seconds behind in second. Carl Schueler, from Frostburg State in Maryland, was a good third in 14:22.7. Everyone else in the race was lapped and unfortunately the officials were not keeping track of who was where. Thus the official order of finish and times after third are apparently incorrect. The probable correct order of finish was straightened out by the walkers after the race. However, their attempted protests to officialdom were met with remarks to the effect that the event could be dropped, you know. So, although they support the walk, the NAIA is apparently coming around to regarding it about as everyone else does. Anyway, the "official" results: 1. Jim Heiring, UW-Parkside 13:39.8 (breaks own record of 14:07.3) 2. Chris Hansen, UWP 14:03.0 3. Carl Schueler, Frostburg State 14:22.7 4. Joe Bereaet, Lake Superior (Mich) 14:43.1 5. John VanDenBrandt, UWP 15:00.4 6. Steve Hoger, Concordia (Neb) 7. Bill Hamilton, UW-Whitewater 15:35 8. Al Halbur, UWP 15:45.2 9. Randy Mimm, Columbia, Col. Probable actual order of finish, according to Larry Larson was 1. Heiring 2. Hansen 3. Schueler 4. VanDenBrandt 5. Hamilton 6. Roger 7. Halbur 8. Mimm. All of these athletes were apparently sure that they were ahead of the unknown Bereaet, who could not be found for comment after the race.

In the IC4A meet, O'Sullivan was a clear winner. However, things were very tight behind him resulting in a controversy for this race, too. Coming around the final turn, four walkers were closely bunched in a fight for second. Steve Casarella pulled out of this group to a clear margin but was called out for lifting by both Henry Laskau and Ron Daniel. Then Jerry Katz, of Bucknell, was disqualified by the meet referee for bumping Casarella on the final turn and knocking him off stride. On learning this, the walking judges decided that Casarella may not have been entirely responsible for his lifting and rescinded his DQ. Perhaps a first but probably a fair decision. Results of the race: 1. Vincent O'Sullivan, Hunter College 7:03.8 2. Steve Casarella, Army 7:12.7 3. Mike Dulke, Kings Point 7:14.1 4. Larry Beckerle, Holy Cross 7:14.1 5. Steve Vaitones, Maine 7:24.2 6. Paul DeVeguar, Harvard 7:47.1 7. Tom Ambury, Kings Point 7:48.2--3 DQs including Katz who had 7:13.8

Boitano and Bob Mimm, walking in different age groups had things their own way in the Masters race. Bob's fine 15:57 was a new age 52 record. The results: 1. Jack Boitano 15:41 (an age 44 record) 2. Bob Mimm (1st in 2A) 15:57 3. Bob Pine 17:26 (1st in 1B) 4. Winthrop James 17:32 (2nd in 1A) 5. Andrew Briggs 17:35 (2nd 1B) 6. Don Johnson 17:59 (1st 3A, Class 3 record) 7. Bob Leaver 18:15.9 (3rd 1A) 8. Alan Wood 18:53 (4th 1A) 9. Dave Weidman 19:27 (5th 1A 10. Dave Lakritz 19:49 (1st 3B, age 67 record) 11. Tim Dyas 19:57 (1st 2B) 12. Sandy Kalb 20:38 (3rd 1B) 13. Claude Hills 22:11 (2nd 3A)

MORE RESULTS

N.Y. State High School Indoor 1 Mile, Ithaca, March 12--1. Pete Timmons, Ketcham 6:50.5 (National High School record) 2. Mike Morris, Poughkeepsie Lourdes 6:57.7 (That's Wappingers Falls Ketcham for Timmons) 3. George Kolb, Ketcham 7:00.0 4. Ron Day, Smithtown West 7:00.1 5. Chris Flanagan, Hewitt 7:04.8 6. Don Lawrence, Lockport 7:41.3 7. Mark Levinson 7:50.7 8. Eileen Smith, Seaford 7:53.0 9. Gary Blackburn, Smithtown West 7:54.4 (19 starters--John McKeegan finished first in 6:45 but was disqualified. Eileen Smith had passed up the NAAU meet in order to be eligible for this one.)
5.5 Mile, Lowell, Mass., Feb. 2--1. Charles Scott 54:50 2. Tony Medeiros 56:15 3. George Lattarulo 62:30 4. Fred Brown Sr. 67:57 5.5 Mile, Lowell, Feb. 16--1. Paul Schell 50:42 2. Charles Scott 51:06 3. Tony Medeiros 53:45 4. George Latarulo 55:40 5. Fred Brown Sr. 68:20 5.5 Mile, Lowell, March 2--1. Paul Schell 48:12 2. Charles Scott 49:33 3. Tony Medeiros 53:38 4. George Lattarulo 60:05 5. Fred Brown 69:48
4 Mile, Holbrook, Mass., Feb. 21--1. Steve Reiman 33:12 2. Dennis Slattery 33:49 3. Paul DeVegvar 34:00 4. Ed Sandifer 34:05 5. George Lattarulo 34:27 6. Paul Schell 34:35 7. Mike Regan 35:15 8. Dennis Childs 35:35 9. Dave Jolliff 36:02 10. Tony Medeiros 38:52--23 finishers
New England Indoor 5 Km, Tufts U., March 6--1. Bob Falciola 23:50 2. Tom Knatt 23:58 3. Paul Schell 25:14 4. Dennis Slattery 26:14 5. George Lattarulo 26:20 6. Dave Joliff 26:30 7. John Gray 27:53 8. Bob Leaver 28:00 1 Mile, same place--1. Bob Falciola 7:14 2. Tom Knatt 7:31 3. Tom Moran 7:35 4. Dave Joliff 7:44 5. George Lattarulo 7:45 6. Paul Schell 7:46 Conn. AAU Indoor 5 Km (held outdoors), New Haven, March 13--1. Mike Segal 26:57 2. Bruce Douglass 28:17 3. Scott Munroe 29:56 (age 14, first race) City University of New York 1 Mile, March 12--1. Vincent O'Sullivan, Hunter 7:05.6 2. Mendell, Queens 8:21.5 3. Buxton, Hunter 9:54.8 4.8 Mile, Smithtown, N.Y., March 5 (Handicap)--1. Mary Beth Lange 45:01 2. Ron Day 38:55 20 Km, Westbury, N.Y., March 6--1. Ron Day 1:46:10 2. Gary Westerfield 1:47:20 3. Steve Schneider 1:50:12 4. Dr. John Shilling 1:50:33 5. Dr. Jack Boitano 1:54:10
H.S. 1 Mile, West Point, March 4--1. Pete Timmons 6:59.6 2. George Kolb 7:00.0 3. Mike Morris 7:04.8 4. Green 7:18.3 5. Steve Schneider 7:21.9 H.S. 1 Mile, Feb. 26--1. Chris Flanagan 7:15 2. Eileen Smith 8:06

LIERS IN OUTSTANDING 20 KILOMETER

Kings Point, N.Y., March 20--Susan Liers, the Long Island AC's ever-improving swifty, shattered the world's best performance for 20 Km on the track today with a 1:48:18.6. Before this race, Margareta Simu's 1:54:36.8 in Sweden in 1974 was the best a woman had ever done on the track. On the way, Susan passed 10 Km in 52:31 a time bettered only by Sue Brodock among American women. Liers finished fifth in today's race, but, among others, beat those two outstanding veterans, Bob Mimm and Jack Boitano. Reuslts of the race were: 1. Vincent O'Sullivan 1:42:50.6 2. John McKeegan (age 17) 1:45:13.8 3. Peter Doyle 1:45:41.8 4. Ron Day (17) 1:48:03.6 5. Susan Liers (18) 1:48:18.6 6. Bob Mimm 1:50:02.0 7. Jack Boitano 1:51:33 8. Steve Schneider (17) 1:51:53 9. John Shilling 1:53:53 10. David Jolliff 1:56:19 11. Cliff Mimm 1:56:58 12. Gary Blakcburn 2:00:50.4 13. Mary Beth Lange 2:01:49 14. Eileen Smith 2:03:20 15. Matt Reiss 2:04:59 16. Don Johnson 2:05:31 17. Fred Spector 2:11:45

1 Mile (Indoor), Rochester, N.Y., March 6--1. Richard Merriam 7:25 2. Peter Granick 8:06 3. Leo Valinsky 9:14 Marathon, Detroit, March 13--1. Martin Kraft 3:57:01 2. Jerry Bocci 4:01:28 (rolling course including 5½ miles of gravel) 2 Miles, Detroit, March 5--1. Martin Kraft 15:37 (7:55) 2. Leon Jasionowski 16:05 (7:55) 3. Jerry Bocci 16:14 (7:56) 4. Ward Freeman 16:57 (8:03) 5. Craig Vanvliet 18:30 (First race, walked in spikes) Women--1. Jeanne Bocci 16:37 (8:17)--Bill Walker did not finish after passing mile in 7:56; he was not in women's race. 1 Mile, Detroit, March 20--1. Martin Kraaft 6:58.4 2. Jerry Bocci 7:31.4 3. Laurie Tucholski 7:39.6 (proving she isn't as bad as she looked in New York) 4. Bill Walker 7:41.5 5. Jeanne Bocci 7:52.2 6. Jim Janos, Cleveland 8:20.2 7. Paul Kriner, Pittsburgh (age 15) 8:24.3 8. Tricia Moore, Buckeye Track Club, Columbus 8:26.5 Midwest Masters 2 Mile, Highland Park, Ill., Feb. 13--1. Larry Larson 16:35 (1st 40-44) 2. Fred Kuhn 17:54 (1st Open) 3. Harold Comm 22:10 (1st 60-64) 4. John Dick 23:51 (1st 65-69) 5. Stu Kortebein 23:59 (1st 45-49) 2 Mile, Oshkosh, Wis., Feb. 19--1. Jim Heiring 13:52 2. Chris Hansen 14:43 3. John VanDenBrandt 14:51.5 (all UW-Parkside) 4. Bill Hamilton, UW-Whitewater 14:56.8 5. Al Halbur, UW-P 14:57.4 6. Mike Rummelhart, UW-P 15:33 7. Paul Kiehaus, UW-Stevens Point 15:40 8. Kevin Baker, UW-Eau Claire 15:41 9. Larry Larson, Parkside AC 16:45 10. Dennis Zielinski, un. 17:18 11. Bob Melz, UW-Oshkosh 17:40 12. Marty Powers, Carthage 18:13 10 Km, Columbia, Mo., Feb. 5--1. Jerry Young 54:18 2. Henry Bent and William Taft 77:01 10 Km, Columbia, Feb. 19--1. Augie Hirt 51:14 2. Jerry Young 53:15 3. Henry Bent (age 76) 74:26 4. Bill Taft (61) 75:46 NAIA District 10 2 Mile, Pittsburg, Ka n., March 5--1. Dave Burgess, McPherson 17:10 2. Keith Mitchell, Kan. Wesleyan 19:04 (Jim Breitenbucher, now in grad school, did 15:50.1 as an unofficia l competitor) Gulf AAU 50Mile, Houston, Feb. 20--1. Larry Mack, Austin Runners (naughty, naughty) 9:44:58--only finisher; 10 Km splits--69:03, 2:16:20, 3:26, 4:36, 5:46:10, 7:06:10, 8:27:30 2 Mile (Indoor), Boulder, Col., March 5--1. Marco Evoniuk 15:43.87 (I trust this was fully electronic timing) 2. Greg McGuire 15:44:05 3. Dan Fitzpatrick 16:13.37 4. Paul Lightsey 16:34.50 RMAAU 10 Km, Denver, March 13--1. Greg McGuire 50:36 2. Marco Evoniuk 50:45 3. Floyd Godwin 54:02 4. Pete Van Arsdale 57:32 5. Chris Amoroso 57:37 6. Chuck Hunter 60:42--sunny and 71°! Pacific AAU 20 Mile, San Mateo, Cal. Feb. 13--1. Dennis Reilly 2:54:42 2. Dave Himmelberger 2:55:09 3. Sandy Briscoe 3:24:37 4. Goetz Klopfer 3:25:16--couldn't match Sandy's strong finish--dnf: Manny Adriano 15 miles, Tom Dooley 10 miles, Wayne Glusker 5 miles 10 Mile, San Francisco, Feb. 27--1. Manny Adriano 1:18:12 5 Mile, same place--1. Sally McPherson 45:15 2. Roger Duran 50:28 3. Mary Connelly 51:46 4. Lorraine ? 54:45, and so on 10 Km, San Francisco, March 6--1. Tom Dooley 46:50 2. Bill Ranney 47:30 3. Brian Snazelle 48:06 4. Wayne Glusker 49:26 5. Dennis Reilly 49:34 6. Mark Price 55:45 7. Sally McPherson 57:29 8. Harry Sitonnen 68:56 (first race) PAAAU 50 Km, Palo Alto, March 13--1. Tom Dooley 4:35:38.2 2. Wayne Glusker 4:37:28 3. Brian Snazelle 4:40:12 4. Max Gould 4:50:54 (Max is now 60 and trying to convince the Canadian selectors to put him on their team for this summers Maccabiah Games) DNF--Bill Ranney and Dave Himmelberger 35 Km, Neal Pyke 30 Km, Manny Adriano 25 Km, Goetz Klopfer 20 Km 4 Mile, Portland, Ore., March 13--1. Bob Korn 31:34 2 Duke Henslee 32:21 3. Don Jacobs 42:50 4. Bob Bradley 42:50 10 Km, Salem, Ore. Feb. 13--1. Bob Korn 50:06 (track) 2. Duke Henslee 50:06.5 3. Jim Bean 54:03 4. Rob Frank 55:19 Novice 5 Km--1. Dave Fa ber 30:43 Women's 5 Km--1. Donna Barnes 36:00 Seaside, Ore. Marathon, Feb. 26--1. Steve DiBernardo 4:05:12 2. Bob Korn 4:05:13 3. Phil Millard 4:20:44 4. Dean Ingram 4:57:13 DNF--Steve Geiver

5 Km, Montreal, Feb. 28--1. Marcel Jobin 22:36.4 2. Joel Dada 23:51.4 3. Luc Menard 24:51.6 4. Bill Arnold 25:58.2--11 finishers Women's 1500 Meters, Montreal, Feb. 19--1. Jacinthe Theberge 7:28 2. Sylvie Fortin 7:40.3 3. Guylaine Levesque 7:58.6 4. Chantale Pelletier 8:11.1--9 finishers; Theberge's time is a Canadian Junior and Senior Indoor record. 3 Km, Montreal, Feb. 19--1. Pierre Leblanc 13:34.2 2. Joel Dada 13:45 3. Luc Menard 14:10.4 4. Hermann Beaulieu 14:26 5. Jean Sauvageau 14:29.8 6. Jacques Bertrand 14:30.2 7. Don Brennan 14:35.4 8. Jocelyn Prevost 14:45.2 9. Stephane Roy 14:45.3 10. Francois Lapointe 14:45.4 Canadian Women's 1500 Meter Championship, Montreal, Feb. 26--1. Jacinthe Theberge 7:23.86 (another record) 2. Sylvie Fortin 7:24.97 3. Guylaine Levesque 7:51.42 4. Chantale Pelletier 7:52:03 5. Lily Whalen 7:57:22 Men's 3 Km Championship, same pla ce--1. Pierre Leblanc 13:27.71 2. Hermann Beaulieu 13:58.25 3. Grant Wach 14:24:17 4. Jean Sauvageau 14:42.68 5. Don Brennan 14:48:17 6. Regeau Bruneau 15:41:49--DQ: Helmut Boedk 13:25:14, Joel Dada 13:33.41, Luc Menard 13:36.68 Ontario 3 Km, Toronto, Feb. 20--1. Helmut Boeck 14:08.8 2. Roman Olszewski 14:19.8 3. Grant Wach 14:36.8 4. John Layton 15:37.8--DQ: Alex Oakley Women's 1500, same place--1. Lily Whalen 8:06.8 1500, Toronto, Ja n. 21--1. Helmut Boeck 6:23.8 2. Richard Merriam, Rochester 6:46.9 3. Roman Olszewski 6:54.3 (Sorry, I had that result in last month) 30 Km, Oshawa, Ont., Feb. 6--1. Alex Oakley 2:45:28 (53:22, 1:49:04) 2. Helmut Boeck 2:49:56 3. Max Gould 3:00:36 20 Km, Toronto, March 13--1. Helmut Boeck 1:42:21.8 2. John Layton 1:57:16--DQ: Alex Oakley (must be having style problems these days) 1500, London, Ont., March 12--1. Helmut Boeck 6:25.8 2. Roman Olszewski 6:47 3. Grant Wach 6:49.6 4. Roger McEachern 7:05.7 5. John Layton 7:09.6 6. Robert Scollard 7:14.2 Women's 5 Km, Leicester, Eng., Feb. 19--1. Marian Fawkes 25:14 10 Mile, Southend, Eng., Feb. 26--1. Olly Flynn 72:13 2. Amos Seddon 74:00 3. Roger Mills 74:44 4. Bob Dobson 75:10 5. Peter Ryan 75:17 6. George Nibre 75:53

RACE WALKING FIXTURES LIST

First, two important changes in the schedule. The date of the Senior National 20 Km has been shifted from May 7 to June 5, still in Seattle. However, they will use their Green Lake course rather than a loop near the Stadium. This change was made to put the race a little nearer the Lugano Cup as the first four will qualify for that meet. The first two will tour Europe with the U.S. Track Team with a 20 Km vs Great Britain and Italy June 20 or 21; a 10 Km vs West Germany June 25 or 26; and a 20 Km vs the USSR July 1 or 2. The walks are normally the first day of the match.

The other change moves the USTFF 10 Km back to Kenosha, Wis. on May 14. Hopefully, they will get the walk in their Outdoor T&F Championship in 1978. On with the schedule:

Sa t. Apr. 9--1 Hour, Columbia, Mo., 9 a.m. (D)
Iowa 30 Km, Cedar Rapids, 10 a.m. (J)
1 Mile Invitational, Boulder, Col. (S)
PNW 20 Km, Seattle, 1 p.m. (F)
Sun. April 10--5 Km, Portales, N.M.
Sat. Apr. 16--Wisconsin Relays 6 Mile, Kenosha, 1 p.m. (P)
10 Km, Women's 5 Km, Various Age Group Races, Encino, Cal. Start 9:30 a.m. (R)
Sun. Apr. 17--NAAU SENIOR, B, AND MASTERS 75 KM, OLD BRIDGE, N.J. (K)
5 Mile Men, 3 Mile Women, Cedar Rapids, Ia., 1 p.m. (J)
10 Mile, Westbury, N.Y., 9 a.m. (X)
10 Km, Houston, 10 a.m. (E)

Sat. Apr. 23--Walk-Run Pentathlon, Columbia, Mo., 9 a.m. (D)
5 Km & 10 Km, Mt. SAC Relays, Walnut, Cal, 9 a.m. & 4 p.m(R)
2 Mile, Kenosha, Wis., 3 p.m. (P)
RMAAU 30 Km, Broomfield, Col., 8 a.m. (S)
Sun. Apr. 24--5 Km, Lakeland, Fla., 9 a.m. (T)
1 Hour, Charlottesville, Va., 11:30 a.m. (U)
Ron Zinn Memorial 10 Mile, Asbury Park, N.J., 10 a.m. (K)
Michigan AAU 5 Km, Detroit (I)
Tue. Apr. 26--10 Km, Whitewater, Wis., 4 p.m. (P)
Sat. Apr. 30--Missouri Cup 20 Km, Women's 5 Km (Track), Columbia, 9 a.m.(D)
Men's 20 Km, Women's 10 Km, Jr. Men's 10 Km, Jr. Women's 8 Km, Age Group Races, Pittsburgh (V)
San Jose Invitational 2 Mile, 11 a.m. (O)
6 Mile, Kenosha, Wis., 10 a .m. (P)
Sun. May 1---NAAU JUNIOR 5 Km AND B 10 KM, PORTLAND, ORE, 11 a.m. (N)
5 Km HDCP, Kenosha, Wis., i p.m. (P)
30 Km, 5 Km Junior and Women, Old Westbury, N.Y., 8 a.m. (X)
Sat. May 7----Ontario 50 Km, Toronto (Q)
Sun. May 8---10 Mile, Seaside Heights, N.J., 10 a.m. (K)
Pacific NW 5 Km, Seattle (F)
5.4 Mile, Detroit (I)
Pac. AAU 20 Km, Palo Alto, Cal., 10 a.m. (O)
Sat. May 14---USTFF 10 KM Championship, Kenosha, Wis. (L)
NAAU 10 KM, LONGMONT, COL., 6 a.m. (S)
3 Mile Men, 2 Mile Women, Des Moines, 10 a.m. (I)
Sun. May 15---Bert Life Memorial 10 Km, Toronto (Q)
15 Mile, 5 Mile Junior & Women, Westbury, N.Y., 8 a.m. (X)
8 Km Hdcp., La keland, Fla., 9 a.m. (T)
Fri.,May 20---3 Mile, Naperville, Ill.
Sat. May 21---Modesto Relays 2 Mile (O)
Sun. May 22---N.J. Podiatry Assn. Race Walking Day, Oa khurst, N.J. (K)
2 Mile, Detroit (I)
10 Km, Houston (E)
Sat. May 28---NAAU SENIOR AND MASTERS 10 KM, CHICAGO (M)
NAAU JUNIOR 15 KM, LOS ANGELES (R)
20 Km, Columbia, Mo., 9 a.m. (D)
NAIA 10 Km, Arkadelphia, Ark. (May be moved to Thursday)
RMAAU 50 Km, Lafayette, Col., 7 a.m. (S)
Sun. May 29---PVAAU Women's 3 Km, College Park, Md., 10 a.m. (B)
Zinn Memorial 10 Km, Chicago, 10 a.m. (M)
9 Mile Hdcp., La kewood, N.J. (K)
Mon. May 30---PVAAU 5 Km, College Park, Md., 1 p.m. (B)
Iowa 20 Km, Cedar Rapids, 7 a.m. (J)
Sat. June 4---Canadian 50 Km, Quebec (Q)
5 Km Hdcp, Lakeland, Fla., 7 p.m. (T)
5 Mile, Holt, Mich. (I)
RMAAU Women's 5 Km, Broomfield, Col., 9 a.m. (S)
Sun. June 5---20 Mile Men, 5 Mile Jr. & Women, Westbury, N.Y., 8 a.m. (X)
NAAU SENIOR 20 Km, SEATTLE, WASHINGTON, 9 a.m. (F)
Sat. June 12--NAAU MEN'S AND WOMEN'S 5 KM, LOS ANGELES (F)
Sun. June 26--NAAU SENIOR, B, AND MASTER'S 25 KM, WASHINGTON, D.C. (B)
Also, don't forget Women's and Girl's Postal Races in April and May. Contact Bruce MacDonald, 39 Fairview Ave., Port Washington, N.Y. 11050 for details.

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TRAINING FOR RACE WALKING

Eugenius Ornoch

(Translation of an article from the Belgian publication Le Marcheur Belge entitled "Fil conducteur pour la formation dans la marche athletique". It was translated to French from Der Leichtatlet", an East German publication where it originally appeared in 1973. And apparently it originally appeared in a publication called Lekkostletyka, which is probably Soviet. Ornoch is Polish and if he wrote the original manuscript in that language it could have now undergone as many as four translations. So how close this is to what he originally wrote, I don't know. I have taken some liberties with the translation I had done to try and put it into readable and understandable terms, my translator knowing nothing about race walking.)

a) Annua l Training Organization

Annual tra ining for race walking is divided into three main periods: 1) the preparation period from November 15 to April 4; 2) the competition period from May 1 to October 15; and 3) the transition period from October 15 to November 15. The preparation and competition periods can be further subdivided into:

a. beginning of winter	Nov. 15 to Jan. 31
b. end of winter	Jan. 2 to March 15
c. beginning of spring	March 15 to April 30
d. 1st competition period	May 1 to June 30
e. training	July 1 to Aug. 30
f. 2nd competition period	Sep. 15 to Oct. 15

Beginning of winter period:

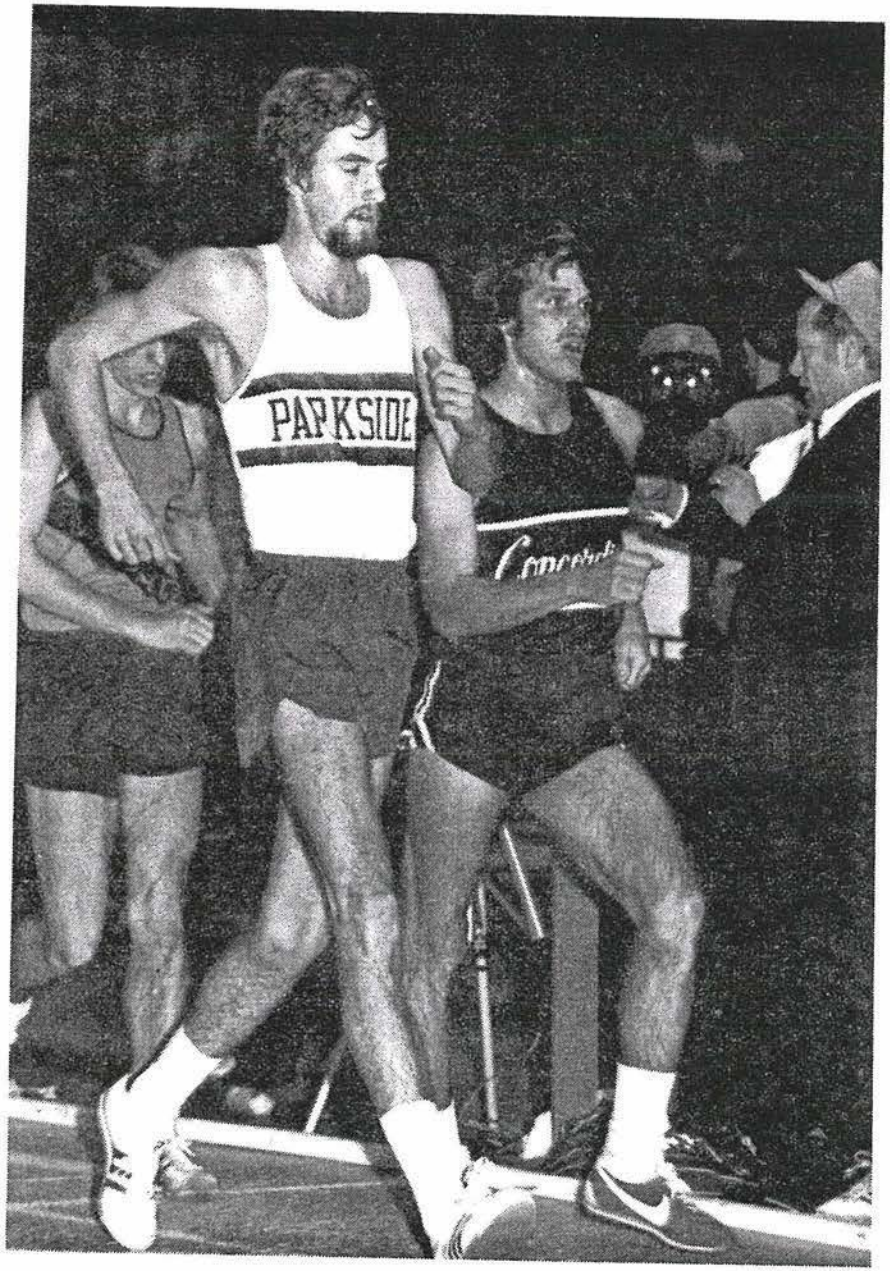
During this period, the body must readapt to training efforts; for this the following forms of training are used: team sports, circuit walks, swimming, torpor (?), etc. After this adaptation, one is more particularly interested in acquiring endurance for walking. The goal is to reach a high degree of endurance, as well as an increase in the nervous systems resistance to prolonged efforts. It is also necessary to work on the t echnique and movement of the walker, which must be the most economic possible.

End of Winter period:

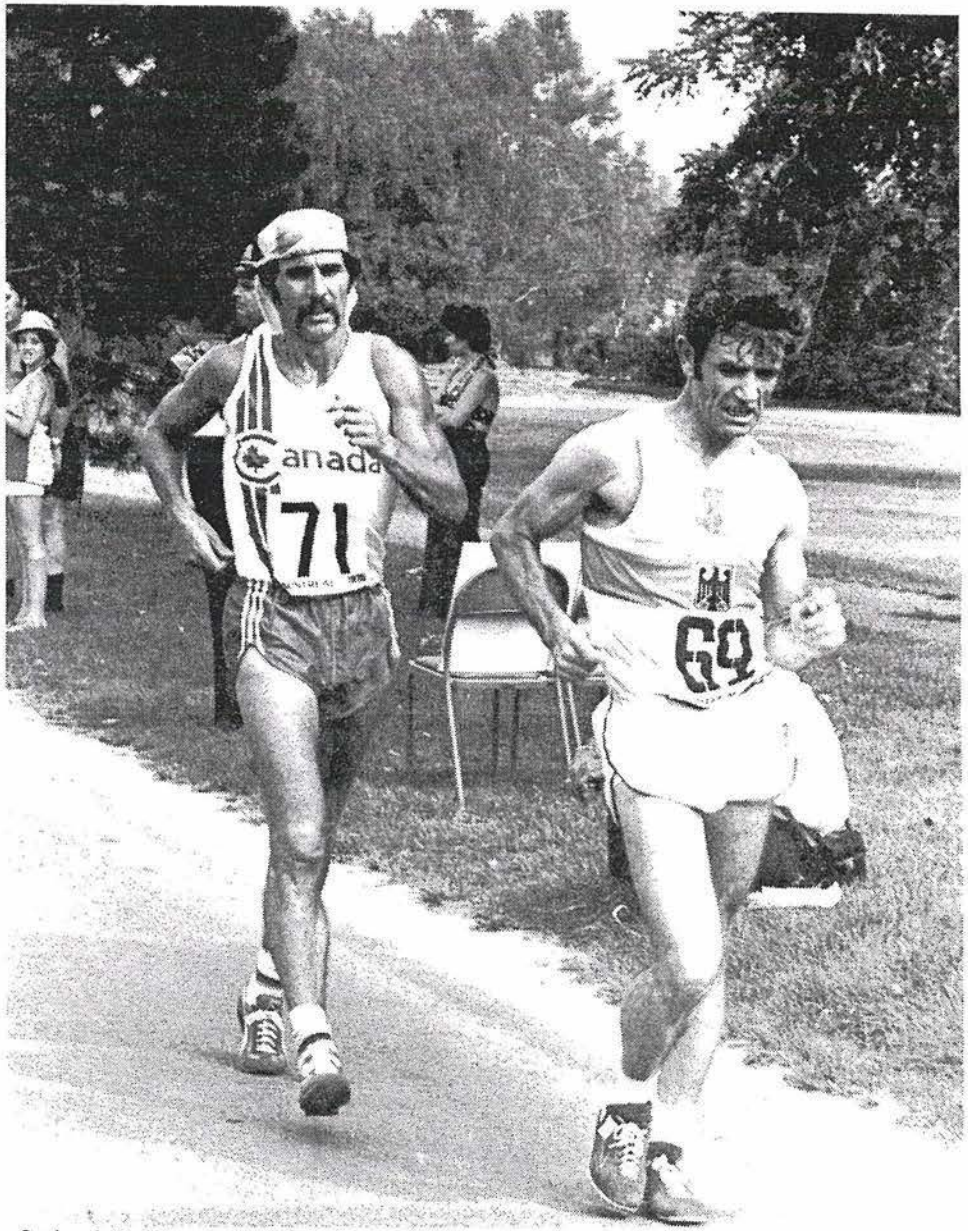
With endurance and capacity for effort, speed is workd on: the number of kilometers covered is increased.

Beginning of spring period:

The athlete tries to maintain the level of endurance previously acquired. Simultaneously, work on speed is increased by adding endurance sessions of "tempotraining" (repetitions of accelerations). This speed should not be practiced during too long periods; based on tests of con-



Jim Heiring, of Wisconsin-Parkside, laps two walkers on his way to his NAIA 2 Mile win in 13:39.8. He won the event for the third straight year. (Photo by Cathy Breitenbucher)



Gerhard Weidner, West Germany, still one of the world's best at 50 at age 43 or so, leads Canada's top walker, Marcel Jobin, in a 1975 Montreal race. (Photo courtesy of Tom Knatt, who wants it back)

trol, the walker determines the speed at which "tempotraining" should be done.

1st and 2nd competition periods:

One must be able to make maximum use of the physical capacities accumulated during the winter. The body should be ready to support a total effort; training should thus be reduced according to the frequency of competitions. Each official trial should be analyzed and faults corrected during training sessions.

During this period, the nervous system as well as the psyche of the athlete are put to a severe trial. Toward the end of the 2nd period of competition, the walker should be ready to compete at any classic distance (1 hour, 15 Km, 2 hours, 30 Km, etc.).

Transition period

Training should be lighter, generally two or three times per week, and is different from that up to this point: running, team sports, circuit walks, etc. One profits from this change by treating injuries of all sorts received during competition. We should recuperate mentally and physically from competition and recover the pleasure of walking.

Training plan for the beginning of winter for experienced walkers:
(This period covers 12 weeks)

Day	Goal	Type of Exercise	Location
Sun.	endurance	"fast" speed play	forest, roads
Mon.	endurance	back-line walking	road
Tue.	power	muscle a nd flexibility building	gymnasium
Wed.	endurance	back-line walking	road
Thu.	endurance	"slow" speed play	forest
Fri.	endurance	back-line walking	forest
Sat.	power	muscle and flexibility building	gymnasium

(Definitions become clearer through the rest of the article, although I haven't exactly figured out "back-line walking".)

Training plan for the end of winter:

Day	Goal	Type of exercise	Location
Sun.	endurance	back-line walking	road
Mon.	endurance	slow speed play	forest
Tue.	rhythm	long fractionated walk	road
Wed.	endurance	back-line walking	forest
Thu.	endurance	fast speed play	forest
Fri.	rhythm	average fractionated walking	road
Sat.	endurance	long footing	forest

Training for 1st and 2nd competition periods:

Day	Goal	Type of exercise	Location
Sun.	rhythm	competition or short fractionating	road, track
Mon.	endurance	easy walking	forest
Tue.	rhythm	short fractionating	track
Wed.	endurance	back-line walking	road
Thu.	rhythm	average fractionating	track
Fri.	endurance	easy walking	forest
Sat.	free or endurance	fast speed play	forest

Endurance is worked on three times per week, that is every other day. The acquisition is made progressively (it is recommended the athlete do the same distance twice in a row); until a limit is approached the same distance is used for following sessions: the speed is 6 to 6½ minutes per Km.

b) Types of exercise used in race walking

endurance: back-line walking, fast speed play, slow speed play
fractionating: long--6 Km progressive; average--1.5 to 5 Km; short--400 to 1500 meters.
walking at maximum speed: distances of 100 to 200 meters.
relatively fast walking: distances of 200 to 350 meters.
power: only during the preparation period
flexibility: all season.

Speed play (Gehspiel):

Speed play is for the walker what fartlek is for the runner, that is, a very efficient form of training. The advantage of this type of work is the relatively weak physical constraint in comparison with the work carried out. Speed play takes place in nature; the frequent changes in the type of terrain lessen the impression of fatigue and are much less monotonous than a track. Speed play is based on the principle of indirect training; one first seeks to develop all the qualities of the athlete, such as speed, endurance, rhythm, and physical condition in general. It is thus necessary to study the exercise so that the previously mentioned qualities are developed simultaneously and are not neutralized.

Nevertheless, one should not consider speed play as a sole form of training; which would be an error. It should be a complement to other forms of training. It only fulfills its role if it is understood and done with intelligence and method. It is divided into four parts:

1st part. Muscles are developed, through a series of exercises, which are constantly in movement during a walking trial. This first part lasts approximately 30 minutes until sweat appears.

2nd part. Based on speed. The body should be very relaxed, you walk flexibly, using 3/4 power. The best thing is to walk on a gradual descent, which allows a better rhythm and especially does not cause useless production of muscular effort. This exercise allows more flexible rhythm and better muscle relaxation during fast walking.

3rd part. These are rhythm exercises for repetition at moderate intervals. One begins with distances of 2 to 6 km repeated 3 to 5 times. Further along in preparation, it is interesting toincrease the frequency while reducing the length of the distances. It is important to make the time of the walk compatible with the distance covered.

4th part. Speed play ends with more relaxed walking, flexibility exercises, and 200 to 300 meter sprints.

Plan for fast speed play

1st part: Warm up (30 Min.). Slow walking, walking on a line, walking with the arms at first raised then letting them fall along the body toward the ribs, rotating movement of the arms around the shoulder axis, jumping with arms moving from front to back, throwing stones or pine cones in the manner of throwing a javelin (both arms). Walking in place with movement of the arms, extending the calves to support the leg flexes and extensions, balancing the legs toward the front and back. Relaxation is done by hopping on one foot balancing the free leg and by some footing strides. For the end of the warm up four to six accelerations while walking 30 to 100 meters in gradual descent are advised (being careful that the muscles are totally relaxed).

2nd part: Exercises for rhythm for 20 to 30 min. Slow walking with accelerations for 150 to 250 meters. The exercise is repeated five to eight times and is done on a gradual descent to a llow easier work on the length of a step. Then work on flexibility; for example, leaning forward, the forward leg bent at a right angle flat footed, the other leg extended toward the rear, the trunk is brought several times to knee

level. The same exercise with an obtuse instead of a right angle and the weight of the body resting on the edge of the feet. These exercises last approximately 10 minutes.

3rd part: "Speed train" work (60 to 120 minutes). Walk a distance of 6 km to 400 meters: at first walk slowly with progressive acceleration the entire distance; the longest intervals are repeated three to five times; the shorter up to 30 times (Ed. I assume this is in seperate workouts, i.e. you take your choice); the whole should be interrupted by slow walking. Particular attention is given to technique (work of the arm, leg taut). Slow walking between each part should allow return of normal respiration.

4th part: Recovery (30 min.). Relaxed walking, walking with arms at sides, three to four sprints, slow walking until return of normal respiration.

Endurance

Back-line walking, three times per week. This consists of getting the body accustomed to prolonged effort, of improving the respiratory capacity, of making the nervous system fit, of developing and adapting the msucles to prolonged efforts as well as finding the most economical movement possible. This type of training has a very oriented character; because of this the athlete must consider changes of season, temperature, wind, and ground condition. The walker should let himself be guided by his experience and feelings to determine his abilities and capacities. (Ed. None of which tells us too much about what you actually do. I would still like a different interpretation of the term, which in the French was "marche de fond".)

Slow speed play

This form of training is used in winter and in part during the rest of the training period; its objective is to maintain the good state previously acquired. It consists of restoring the dyna mism somewhat dulled by the endurance sessions. The slow speed play also allows a good transition between endurance and speed training. It lasts 60 to 75 minutes.

Plan for slow speed play

1st part; Warm up 10 to 20 minutes. Slow footing, light walking, flexibility exercises, walking a straight line, arm rotation around the shoulders, walking in place, working on arms and pelvis, and skipping.

2nd part: Fractionated walking: 10 min. of slow walking with four to six accelerations for 80 to 100 meters (or progressive accelerations).

3rd part: Accelerations for 150 to 300 meters, four to six times.

4thpart: 5 to 10 min. of walking, three to four sprints for 10 to 20 meters, relaxation exercises and slow walking for 10 minutes.

c) The technique of race walking

While walking, the body's center of gravity undergoes a vertical oscillation: it is in low position when the forward leg touches the ground and in high position when the support leg is in a vertical position. In race walking, it is vital to have economic movement and to eliminate irregular technique.

When beginning to learn this technique, all one's attention must be focused on the position of the pelvis; this position in effect is one of the most important technical elements. The work of the pelvis synchronizes the movement of the boyd; the forward thrust of the leg must be accompanied by a rotation of the pelvis which increases the amplitude of the stride.

Good synchronization between the upper and lower parts of the body minimizes effort and allows proper carriage of the trunk.

During walking, the arm is bent at the elbow to a 90° angle; this position should not be altered. The hands should never descend below

the hips and should be relaxed (when beginning, one can carry objects such as pine cones or stones).

The trunk is used only slightly (it produces the movement of the hips). It should not be stiffened so as not to paralyze the movement of the upper part of the body; this paralysis may also be caused by contractionof the throat and head muscles. Leaning forward or an overly accented erecting of the trunk disturbs movement of the lower body. Pronounced leaning provokes an oscillation of the center of gravity and thus reduces the lenght of the stride. Leaning back hinders the movement of the legs and arms. Tension and an incline of the trunk often combine with a poor thrust of the rear leg.

Present thinking in race walk training is to not copy a model to the letter but an intelligent approach to copying style can be profitable.

Another important point in the technique is the relationship between the position of the foot and the development, thrust, and tension of the leg at knee level. For the most economic movement possible, the position of the foot must follow a straight line; the walker must force himself to achieve this symmetry; the symmetrical axis of the body must pass through the middle toe. The foot is positioned on the ground by the heel. Then at the moment of thrust, the toes ma ke a slight angle with the direction of walking.

Work is done on improving technique during each training session, as well as during endurance speed sessions. A good technique is the basis of good results. Neglecting work on technique makes all training efforts useless and hinders the subsequent development of the athlete.

During work on technique, one should keep in mind that all movements are natural. Nothing is more negative for technique than any stiffening, contracted muscles prevent good coordination of movement, rapidly provoke fatigue, and limit performa nce abilities. Training based too much on walking can have a bad effect on technique; particularly with young walkers who don't yet have a very efficient technique.

Method of learning race walking

One should beginwith short sessions taking care that they are well conducted. One begins walking slowly two or three times for 80 meters, three to five times for 100 meters, concentrating on the position of the heel and the follow through of the foot, ending with 2 x 80 meters. One then learns fast walking:1) walking line two to four times for 80 meters, arms at sides, 2) walking a line with the longest possible stride two to three times for 100 meters, concentrating on the work of the legs (arms at sides), 3) walking five to eight times 100 meters working on the arms (90° elbow angle, hand never lower than the waist), 4) walking 200 to 400 meters on a line.

After a period of this exercise, besides assimilating technique, have the walker to 200 to 400 meter distances rapidly, repea ting eight to ten times; mistakes will be detected and corrected. With the technique mastered, one proceeds to actual training, three to four times per week in the form of games; the trainer specifically watching technique and physical abilities.

General comments

Before each training session, a warm up is necessary: for light endurance training 10 to 15 minutes; for a rapid session 30 to 40 min.

After a session, a calming down session of 10 to 15 minutes in the form of slow walking is desirable.

Few more results since I started putting this together--that was a week ago. A little slow this time around. 5 Km, Columbia, Mo., March 5--1. Randy Mimm 25:00 2. Bob Brugger 34:54 3. Rob Spier 35:54 3 Mile, Columbia, March 19--1. Randy Mimm 23:21 (7:43, 15:33--personal best) 2. Jim Breitenbucher 25:16 3. Leonard Busen 26:26 4. Rob Spier 34:22 5. Henry Bent and William Taft 34:53 4 Mile, Des Moines, March 11--1. Dave Eidahl 33:15 2. Stan Smith 33:19 3. Mike Hook 37:13 4. Bill Wolf 37:35 5. Eric Dahlstrom 37:45 Gil's 3 Mile, same place--1. Erica Dahlstrom 31:55 5 Km, Pella, Iowa, March 19--1. Dave Eidahl 24:20 2. Stan Smith 24:25 3. Eric Sahlstrom 28:20 Girl's 5 Km--1. Erica Dahlstrom 31:20 2. Lynn Wonderlich 32:08 5 Mile, Lake Darling, Iowa, Feb. 13--1. Mike Rummelhart 42:17 2. Mike Hook 48:56 2 Mile, same place--1. Bill Wolf 18:00 2. Eric Dahlstrom 18:01 Girl's 2 Mile--1. Erica Dahlstrom 20:01 2. Lynn Wonderlich 20:46 3. Anita Hall 22:02 5.5 Mile, Lowell, Mass., March 9--1. Paul Schell 47:52 2. Dave Jolliff 48:37 3. George Lattarulo 50:18 4. Tony Medeiros 54:11 5. Fred Brown Sr. 67:27 Lowell Marathon, March 13--....195. Dave Jolliff 4:41:45 (only walker) 5.5 Mile, Lowell, March 16--1. Dennis Slattery 47:57 2. Charles Scott 50:47 3. Tony Medeiros 53:48 4. George Lattarulo 58:07 5. Robert Page 58:28 6. Fred Brown Sr. 68:59 5.5 Mile, Lowell, March 23--1. Steve Reiman 48:27 2. Paul Schell 49:05 3. Dave Jolliff 49:15 4. Tony Medeiros 51:55 5. George Lattarulo 52:00 6. Fred Brown Sr. 69:19 10 Mile, London, March 4--1. Amos Seddon 73:23 2. Carl Lawton 73:46 3. Adrian James 73:53 4. Stuart Maidment 74:04 5. George Morris 74:14 20 Km, Southwick Green, Eng., Feb. 26--1. Graham Morris 1:32:46 (should be Graham above, too) 2. Dave Stevens 1:36:45 10 Miles, Rutland, Eng., Feb. 26--1. Brian Adams 1:13:47 2. Geoff Toone 1:16:17

FROM HEEL TO TOE

Notes from our National Chairman in his AA You Race Walking Newsletter: Dean is planning to reduce the number of races on the National Championship schedule, a move that should stir some response. This is something that has been urged from some quarters for a long time and loudly decried by others. Personally, I would support Dean's plan. His proposal is to delete all the Class "B" rsces as they are now obsolete in that the Masters and Junior Divisions have really replaced them. He also sees the 75 Km and 1 Hour races being dropped and possibly the 15, 25, 30, 35 and 40 Km distances in the Senior and Masters Divisions. This would leave the 5, 10, 20, 50, and 100 Km. The Junior program would consist of 5, 10, and 20 kilometer events. The reduction in the number of races would allow only serious bids for championships to be accepted and it would put a stop to having to police all the Associations every year to get bids in, send entry blanks, etc....Dates for the 1977 AAU Convention, right here in Columbus, Ohio, are October 9-16. The race walk committee will meet on either Sunday the 9th or Monday the 10th, which is Columbus Day. We will have a race for all those coming in to attend and there is plenty of room for you and your sleeping bag at the Mortland house if you want to avoid the high cost of rooms at convention time. Conventions for the following three years will be in San Antonio, Las Vegas, and Miami Beach....it is reported in Athletics Weekly that a 50 Km course has already been laid out in Moscow, although the final decision on reintroducing the event has not yet been reached. Apparently the Soviets are confident of a positive decision....Well, one final note on that messed up Junior 3 Km of last summer. As noted last month, the decision was made to recognize the winner's of both "championship" races and presumably both now have their gold medals. But what of

Roger Young, who journeyed down from Maine for the first and unsanctioned race and finished second. Does he have his silver medal? No. And why not? An oversight, I am sure and one that I bet will be corrected knowing the swiftness and fairness with which Dean Ingram acts. Roger, incidentally, made the trip at some personal hardship. Only 15, he has been training a nd pointing for the race when his father suffered a very serious heart attack, regaining consciousness only a few days before the race. It was only at his father's insistance that he went at all. What with his first airplane flight, worry about his father, and little sleep for several days he was considerably slower than his training times.. Splits on the first mile of Todd Scully's 2 Mile in the Nationals were 1:28, 3:01, 4:37, 6:16. He was 9:37 at 1½. So successive half miles were 3:01, 3:15, 3:21, and 3:25.5. Maybe if he paced himself a little better he could turn in a decent time.

LOOKING BACK (From the March 1972 ORW)--Bob Kitchen bettered the American 50 Km record with a 4:13:35.8 in San Francisco. He also got records at 40 Km (3:20:00), 25 miles (3:21:16), and 30 miles (4:04:36). Goetz Klopfer, holder of the old records at 40 km and 25 miles, was holding the watch. The 50 km time broke Dave Romansky's record by 1:43. Bill Ranney did a good 1:35:34 for 20 km at the same time....Larry Young walked off with the National 35 in Hollywood with a 2:52:41. He was on his own after 5 km and moved through 20 in 1:36:10. Bob Bowman missed the magic 3 hour mark by 2 seconds in second and Bill Ranney was another 1:20 back in third. Upcoming Todd Scully was a close fourth....In the dual meet w with the USSR, held in Richmond, Dave Romansky gave it a great try but still came third. It was Nikolai Smaga 20:08, Vladimir Golubnichiy 20:11.2 Dave 20:12.8, and Ron Laird 20:59.8 in the 3-Mile affair. Splits were 6:51 and 13:32 as the Soviet pair steadily built the pace....On the local scene, Phil McDonald won a 10 miler (plus 140 yards) in 1:20:13, with your editor nearly 3 minutes back and Jack Blackburn slogging along way back in third....Two weeks later, McDonald was even tougher as he toured 20 Km in 1:37:25, leaving Mortland exactly 5 minutes back...Up in Detroit, Karl Merschenz and Jerry Bocci had a ding-dong battle for 50 Km with Karl winning by just 12 seconds in 4:40:15. Bill Walker stayed with them for half the distance and finished in 4:47:50.

Well, lots of good things piled up here but not room for any of them, unless I add four more pages, and not time for that. So they will have to wait forfuture issues. See you next month. (Why do I say something like that in print. I might not see any of you next month. Certainly not many of you.)