I just back from an hour-and-a-half trudge through the snow, ice, and 9 degree temperature. About all one can do these days around here — there is no way to really train. What in the world has happened to "Columbus' normally mild winters", a term our mayor used in explaining why there is so little snow removal equipment available around here. And essentially, he is right. We have occasional heavy snows, but normally the snow will be mostly gone in a couple of days. We have some bitter cold weather but normally only a day or two at a time. And I would guess that in a normal winter the day's high is above freezing at least half the time.

But then came the bitter winter of '76-'77. December was somewhat cooler than usual and we had a pretty good snow all around the end of the month. By mid-February, that snow was still around along with quite a bit more but there were only a few days when travel was really bad. The bad thing was the cold. (Now, I realize all that I am describing is nothing to those of you in Minnesota, up-state New York, Maine, and such places, but this is mild Central Ohio.) It dropped to near zero on Dec. 30 and never hit over about 28 again until some time in February. There were about 20 days in January with a high of under 20 and quite a few with a high below zero. But, since I could get into the Fieldhouse at OSU most of the time and could get around pretty well, my training wasn't much affected. And I know we would never have another winter like that in Columbus.

Wah! Things were a little worse than usual through December and I did more than my usual amount of training on snow and ice, but it was never so bad that you couldn't struggle along at about 9 minute miles anyway. Then came a 24-hour rain on Jan. 7, which turned to snow the next afternoon so that streets were a mess by Monday morning. I walked to work (4 miles) and, of course, home. That was my workout and good exercises through the snow in my boots. About 55 minutes both ways. However, the stupid thing I did was wear a pair of loafers under the boots. To sort of thing you learn to do with 25-years of experience in training in all conditions. I hadn't gone a mile in the morning when my heels began to hurt from the rubbing and by the time I reached work, they were a bloody mess. I bandaged them up, but it sure didn't make the walk home that night easy.

Fortunately, the streets were in fairly good condition the next morning and I could drive to work. No question of working out that night as the heels were just too sore. I managed 4 miles in the Fieldhouse on Wednesday and 5 on Friday, did nothing over the weekend, due as much to a snowstorm as the weather, although conditions were in no way conducive to any real training. Too much ice and snow. Another indoor workout on Monday and then another snow storm, which again had traffic paralyzed. So, for the next 3 days, my training was walking to and from work. Managed to get down to 45 minutes by Thursday when about half the sidewalks were clear, but more snow had it very slippery by that night and it took 51 minutes.
home.

Then the real snow came. About 6 inches that night, which got us up to a local record of 17 inches on the ground. The city closed down the next day and we spent most of it shoveling snow trying to clear the neighborhood. (This is our 15th winter at this address and we have yet to see a snow plow. They do a little with the main streets and small areas but live in Madison and West Lansing where every street in town is bone dry 4 hours after a heavy snow cannot believe the situation here.) More shoveling Saturday and then an hour-and-a-half walk, mostly through deep snow. Did something close to 7 miles.

By Monday, we could get out and I drove to work for 3 days and worked out of the kitchen in the evenings. Most streets were still icy and snow covered. On Wednesday it warmed up (to 40 by midnight) and the rest of the day, melting some snow but mostly messing things up for what it was to come. Between midnight and 5 it dropped to 7 and the winds held steady at 40-45 mph with gusts up to 75. The rain turned to snow. And then the residents of the rest of the Midwest, was paralyzed. Completely! And having walked around for a while this morning, I say things aren’t going to be moving much around here for a while and I can do my training walking back and forth to work next week. Why take an hour driving and maybe not make it when I can walk it in 50 minutes. That’s the way things are here in Ohio and surrounding states, as many of you well know.

All of this could delay the ONW, too, as I may have trouble getting it to and from the printer and to the Post Office next week. Meanwhile, we have cancelled a birthday dinner for me at my mother’s three times already and may have to on April 2 along with my wife. Here I support what is going on in the real world of snow walking, so on to some results.


10 Mile, Cincinnati, Dec. 11. Robert Orlando 8:00:30 1. Leonard Brown 8:00:35 2. John Kroll 8:00:40 3. Dave Delott 8:00:45 4. Eric Willard 8:00:50 5. Mike Delor 8:00:55 6. John Kroll 8:00:60 7. Dave Delott 8:00:65 8. Eric Willard 8:00:70 9. Mike Delor 8:00:75 10. John Kroll 8:00:80 11. Dave Delott 8:00:85 12. Eric Willard 8:00:90 13. Mike Delor 8:00:95 14. John Kroll 8:00:100.


The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $4.00 per year ($6.00 for First Class Mail, $8.00 for Overseas Airmail). Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184, Summit St., Columbus, Ohio 43202.
and will have transport and lodging. In one week, it will be a qualifying standard.

10 miles, 606 yds. 2, Lori Maynard (41) 6 mi. 588 20 Mile, Sacramento, Cal.
2 km, San Mateo, Cal., Dec. 24-1, Neal Pyke 2:47:48 2, Dave Himmelberger 3:08:21 1, San Mateo, Jan. 7-1, Himmelberger 6:10
30 km, 10 km, Froncisco, Dec. 17-1, Enrique Vera 13:32:32 2, Shaun
Lighthart 15:41:03 3, Adrian James 45:40 2, Rome, Nov. 6-1, Domenico
Carpentieri 1:31:13 2, A. Pezzatini 1:32:14 20 km (track), date and
site not reported—1. Vittorio Viciani 1:26:30:09 1,00 1:42:16 at 15 km and
13 km 94:2 at an hour. 2 km, Paris, Nov. 26-1, Gerard Lallevre 1:37:2
2, Enrique Vera, Mexico, 1:37:41 10 km, Rome, Oct. 16-1, Armando Sanzillo
2:40:07 2, Domenico Carpentieri 2:42:40 2, Miles, Millrose Games, New York City, Jan. 27-1, Todd Scully, Shore AC
6:34:3 2, Ron Daniel, NYAC 6:37:43 3, John Fredericks, Shore AC 6:40:09
4, Ron Kulik, NYAC 6:43:45 5, Bob Kitchen, Springfield Gal. 6:43:5
(Results from the Columbus Evening Dispatch, believe it or not.) Personally,
I don't believe it. 1 mile, Middle Atlantic with USATF, East Stroudsburg,
Pa., Jan. 22-1, San Deolodato, Shore AC 6:50:39 2, Ron Salerno,
SAC 6:52:03 3, Gary Powell, SAC 6:53:54 4, Steven Eckels, SAC 9:15

** FROM HEEL TO Toe **

Big races coming up in Ohio. Jack Blackburn, who together with your
editor initiated the once-famous Ohio Track Club Distance Carnival,
since deteriorated to largely a girls' age-group cross-country meet,
is getting it together again over in Springfield. Under the auspices of
the Alcohol and Drug Council (He's a counselor, not an addict) Jack has
a distance carnival scheduled for April 1 and 2. Included will be a
7 mile walk the first day and a 15 Mile Walk the second both on the
road. Other races the first day are a 10 K Run, 4 Mile Family team
race (3 family members scored cross-country style), novice 2 Mile run,
and girls' and women's 2 Mile run. Sunday will see a 20 Mile Run, novice
1 Mile Run, and novice 2 Mile walk. Trophies for the first two and medals
for next three in both walks plus a trophy for the outstanding comp-
eter for the two days. Other items regarding races and such. Bruce
Macdonald reports that the NAIA Junior Footprints, both men and
women, will be in Millrose, Ind., June 24-25, 10 K walk with
and probably a 5 K in the women's. A men's Junior team (maybe women, too)
will tour Europe from July 1-16 and we assume this will include two
race walkers as in the past. The Junior Olympic National meet will be
in Memphis, Aug. 11-12. Still from Bruce, the USOC is putting on an
Olympic Festival in Colorado Springs this summer, if he gave me the
dates, I didn't record it. This will include all Olympic sports with a
20 km walk on the track program. (The 50 was not included, but neither
was the decathlon or marathon, according to Bruce.) The meet will be
a competition between four sections of the U.S. (East, South, Midwest,
and West—I don't know the boundaries) with two competitors from
each section. In addition, non-scoring walkers may be included, but there
will be a qualifying standard of 1:36 for them. Official competitors
will have transportation and 1 week's room and board paid. Others will
have to handle their own expenses. (Continued on p.6)

**Not that I have anything against girls cross country but the original
concept was primarily road races, both walking and running, male and
female, over 2 days. It is now down to one day with a single road race
and a 2 mile walk on the track, plus all the cross country races.**
The following item from women's Sports: Street Savvy. From the home of Elizabeth Huy come Washington D.C. Capitol Walkers. The walk, a group of 25 race walkers, including five women, can be seen striding down the streets at all hours in the peculiar, almost mincing gait of that Olympic sport. "We were originally going to call ourselves the Capital Streetwalkers," says walker Tom Harwick, who says he often gets propositions during training, "but we figured the women wouldn't like it." (Only trouble is they are now the Potomac Valley Walkers.)

**UNE RACE WALKING TECHNIQUE**

by Julian Hopkins

(The following article appeared in the March and April issues of the British publication Race Walking Record.)

I have mentioned before in this column the importance of good technique in race walking. To me, race walking is a "technique event" on a par with the 400 meter hurdles. You need speed, strength, suppleness, and stamina to run a fast time for 400 meter hurdles but without adequate technique you will lose too much ground to be a serious contender. So it is with race walking. A sound walking technique will enable you to walk faster and further through greater efficiency and safeguard against disqualification. Technique is far from being everything in race walking but if you watch any races, those with a good technique are usually up near the front.

The problem often is that most of us tend to take our walking action over and over again until they become automatic and do not break down under the pressure of competition. So, if we do something incorrectly often enough, we learn the incorrect action so well that it becomes increasingly difficult to unlearn. Indeed, a stage will
probably be reached when a fault is so "grooved in" that it will never be unlearned. This will probably be true for walkers who have been training and racing for perhaps 15 years or more. They will probably have to accept their faults for in many cases, trying to effect a change will probably create more problem than it solves. However, we are dealing with individuals and for we can never pull individuals in any sphere of activity. Roy Thope is a good example of a walker who has improved his technique at a relatively late age. (Ed. Thope, a good walker for many years, suddenly became an international after he joined the seniors ranks, i.e. started looking back on age 40.)

What conclusions can we draw from these facts? Firstly, I think that the importance of good coaching in the very early stages of walker's career is absolutely essential. Faults should be corrected as they occur and the guiding motto should be "make haste slowly." We learn new skills most easily when we are young—probably about the age of 10 years or earlier—so if the chance arises to teach a younger the fundamentals of race walking, it should be taken then. I am not advocating that young people should be pushed into race walking at an early age—that would be quite wrong—but I see nothing but benefit to be gained from showing them the basic action. If they later show a desire to train seriously for the event then they will have a head start because, like learning to swim at an early age, the correct technique will not have been forgotten.

Secondly, I think that all walkers should do some training aimed specifically at improving their technique. This is just as true of fault correction but training to improve the level of skill which the walker already possesses. This involves what are known as technique drills.

These drills have been devised for virtually every athletic event by coaches on the Continent. In this country, Andrea Lynch has improved greatly in recent years—largely as the result of using technique drills to improve the sprinting action.

Technique drills are devised by breaking up an athletic technique into its basic elements and then finding exercises which can be used repeatedly to improve each of these elements. For race walking, the technique is governed by the requirements of the rules and by body mechanics. For reference purposes, I have listed key points below: (Ed. Hopkins article that appeared in the September, 1976 Athletics Coach.)

1. Foot Action—driving foot and front foot action in a straight line with full extension and flexion of the ankle joints.
2. Leg Action—smooth rhythmic strides with continuous contact and a straight leg in the vertical position. A strong rear leg drive.
3. Hip Action—smooth forward movement with as little vertical and lateral movement as necessary.
4. Arm Action—towards the mid-line in front of the trunk, straight back with the elbow high behind the trunk. Arm angle to 90 percent at elbow.
5. Trunk Position—upright and relaxed except a slight forward lean as the rear leg drives the body forward.
6. Shoulder Action—shoulders as low as possible and relaxed.

With these points in mind, I think that the following drills can be used to good effect:

Walking at a moderate to fast speed along a marked straight line making sure that the inner boarders of the feet fall on but not over the line. The lane markings on a track could be used to good effect.

Walking at a slow pace and emphasizing leg straightening. This means pushing strongly off the rear foot right up until the toes leave the ground. Secondly, making sure the toes of the leading foot are high on landing so that the landing itself takes place right on the corner of the heel.
Looking Back

10 Years Ago (From the January 1968 ORW) — Dave Romanyuk stormed through a 10 mile field in Ashbury Park in 1:15:49, leaving John Knifton nearly 5 minutes back. On the board, Ron Daniel won the M25 in 63:47, while Ron Laird took first in the Honest Invitation in 65:32.2 and the Athens Invitational (in S.F.) in 68:28.2. Tom Dooley had 63:39.9 in the latter...Laird was also the recipient of the Captain Ronald L. Zimm Memorial Trophy given by the Green & Gold AG each year to the country's outstanding walker. It was the second straight year for Laird.

5 Years Ago (From the January 1973 ORW) — The Colorado Track Club's 10-man team covered 166 miles 275 yards for a world's record in the 14-hour relay, race walking event. And they did it indoors. Jerry Brown led the effort with an average of 9:05:2 for 17 miles. Floyd Godin averaged 7:29:38 and Pete Van Arsdale 7:46:35. The NAPA M21 went to Steve Byrnes in 15:15, with newcomer Athlete Hirt Fourth in 15:55. Ron Kelly was king of the hearts in the East with a 6:40:5 win in the Mets and a 6:38:2 in Philadelphia. Ron Daniel was second in both. In Philly, Howie Palermo, known mostly for his libelous contributions to the infamous Quano Press (race walking's underground paper of that era), was a close third in 6:38.

I forget who sent me this but I then don't. I remember seeing it in our local paper, but for some reason wasn't inspired to clip it and use it. Here it is, at the risk of being sued for copyright violation. Please don't tell on us.

Made the walk to work this morning (Monday the 30th) in a record 45 minutes. Mostly packed snow so I was able to stride out at my usual fast street walk most of the way, to the extent that my heavy coat and boots would let me. Couldn't go for the record on the way back since I had to stop by and help time the Ohio State track meet postponed from Saturday. Penn State clobbered them.

A bit of history stolen from the January 1977

Race Walking Record, The British "Bible of the Sport."

The First 20 Years

by John Know

Race walking as an amateur sport had its beginning in the early years of the 20th century. The great era of professional distance walking when men competed against the clock for prize money was coming to an end. The Amateur Athletic Club and its successor, the Amateur Athletic Association, had held a track walk every since 1866. During the next 40 years the sport was to become firmly established in this country and in Britain. The British and the Americans looked on with universal approval. Another great walker was the Cambridge competitor, the first winner of the Golden Mile Race in 1901, and the first Walker to be an Olympic champion.

Bill Sturgess (Polytechnic Harriers) was the leading streak walker of those early days having won the AAA 4 Mile Championship in 1900. In 1902, he broke all the known amateur records up to One Mile. It is difficult to discover how these records were verified and how, since the early books on the period list some sterling and professional records starting at 4 miles and walking up to 50 miles and above. Sturgess was a typical of the "night Knox" action and his time met with universal approval. Another great walker was clubmate Jack Burton, who finished second to Sturgess on a number of occasions and won the AAA.