Since we have no big races to report this month and we know that everyone is anxious to learn where they will be racing next year, we will launch right into the NAAU Championships for 1979. The sites were selected at the Race Walking Committee at the AAU Convention in San Antonio in November.

A lot of other business at that important meeting is reported elsewhere in this issue.

First, the important races are always those that qualify competitors for International meets. With both the Pan American Games and Lugano Cup (International Race Walking Championships) coming up in 1979, it was decided to have separate trials for the two meets. The Pan-Am trials for both 20 and 50 km will be held in conjunction with the NAAU Outdoor Track and Field Championships at Mt. San Antonio College in Walnut, California in June. Probable dates are the 14th for the 20 and 17th for the 50. The 5 km National title race will come on one of the in-between days. Qualifying times for these trials will be 1:40 (1:45 at altitude) for the 20 and 4:50 (4:56 at altitude) for the 50. Altitude is defined as 5,000 feet and above. Those under 1:36 (1:36) and 4:40 (4:45) will probably have expenses paid.

Lugano Cup trials will be the national title races at the two distances—Buffalo on August 11 for the 20 and San Francisco on August 25 for the 50. The only problem I see with this is that a top man in the 50 almost has to choose whether he wants to go for the Pan-Am or Lugano Cup. To do both would require five races at the distance, four of them in a 4-month period, which could be a bit much. (A race to meet the standard, the Pan-Am trials in June, the Pan-Am Games in July, the National in August, and the Lugano Cup in September) Not impossible but there would certainly be a risk of being raced out by the Lugano Cup meet.

Now, before listing the 1979 Championships, there were a few other important decisions made regarding them. First, the question of "B" championships (for those who have never won a Senior or B title) came up again and it was decided to retain them. However, they will all be held in conjunction with respective Senior championships. The definition of Juniors was changed to coincide with the IAAF definition, i.e., those who do not turn 20 during the year. The 1 Hour was changed to a 2 Hour, which may be a postal event but does not have to be. The Junior, B, and Masters remain a 1 Hour (which seems to conflict with the ruling that B races will be held in conjunction with the respective Senior race, since there is no such animal in this case). The 75 km was dropped from the schedule and the 25 was made the "property" of the National Committee, which means it will be held at the Convention site, as this year. Now turn the page for the 1979 schedule.
The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $4.00 a year ($6.00 for First Class Mail, $5.00 for Overseas Air Mail). Editor and Publisher: John E. (Jack) Norland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. Second class postage paid at Columbus, Ohio.

1979 National Senior and "B" Race Walking Championships

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Mile (1)</td>
<td>February 23</td>
<td>New York City</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>5 Km</td>
<td>June 15 or 16</td>
<td>Walnut, California</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>10 Km</td>
<td>May 26</td>
<td>Chicago, Illinois</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>15 Km</td>
<td>May 6</td>
<td>Kenosha, Wisconsin</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>20 Km</td>
<td>Aug. 25</td>
<td>Las Vegas, Nev.</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>25 Km</td>
<td>Sept. 18</td>
<td>Houston, Tex.</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>30 Km</td>
<td>Nov. 4</td>
<td>West Long Branch, N.J.</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>40 Km</td>
<td>Aug. 25</td>
<td>San Francisco</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>50 Km</td>
<td>April 7</td>
<td>Washington, D.C.</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>100 Miles</td>
<td>Oct. 6</td>
<td>Columbus, Missouri</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
</tbody>
</table>

(Note: The New England Association will conduct the postal 2 Hour. The schedule for Masters races is the same with two exceptions: the 30 and 40 will be held at the National Masters July 7-8, but I don't know where yet.)

1979 National Junior Race Walking Championships

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Km</td>
<td>June 2 or 3</td>
<td>Pittsburgh, Pa.</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>5 Km</td>
<td>Metropolitan Assn.</td>
<td>Neal Pyke, Sequoia Sports Club</td>
<td></td>
</tr>
<tr>
<td>10 Km</td>
<td>June 23 or 24</td>
<td>Bloomington, Indiana</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>15 Km</td>
<td>May 6</td>
<td>Kenosha, Wisconsin</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>20 Km</td>
<td>Aug. 11</td>
<td>Biloxi, N.J.</td>
<td>Neal Pyke, Sequoia Sports Club</td>
</tr>
<tr>
<td>25 Km</td>
<td>Las Vegas</td>
<td>Neal Pyke, Sequoia Sports Club</td>
<td></td>
</tr>
</tbody>
</table>

No word yet on the dates or sites for Women's races in 1979. The Women's Committee is separate and I have no report from them yet.

RESULTS:

First, here are complete results of the National 25 in San Antonio, which we listed partially last month. No real detail on the race except that Pyke led from the start and Heiring headed Jobin for about half the distance. The race was held on a loop of just over 1 mile. There were two ramps on the loop, which were rather slippery from morning rains. As reported last month, Pyke's time is the fourth best in history and is more than 5 minutes ahead of the previous best by an American. Ages of the competitors are shown in parentheses in the following summary:


We listed partially in light of the three races their in June. Oregon will handle the "B" Postal 1 Hour, also Master's. (Note: The New England Association will conduct the postal 2 Hour, April 1-Nov. 30)


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DECEMBER 1978

Fri. Feb. 2-1A Times 1 Mile, Los Angeles
Sat. Feb. 3-TPA/USA Indoor 5K Championship, Racine, Wis. 11 a.m. (N)
(TPAUSA has replaced the USFTP)
10 Kms., Columbia, No. 9 a.m. (E)
Fri., Feb. 9-1 Mile, Phoenix, 4:30 p.m. (A)
Sat. Feb. 17-NATA 2 Mile, Kansas City, No.
2 Mils., Oakland, Wis., 12 noon (N)
Sun. Feb. 18-10 Kms., Columbia, No. 12 a.m. (E)

Fri., Feb. 23-NAU INDOR 2 MILE AND WOMEN'S 1 MILE, NEW YORK CITY
Sat. Feb. 24-Sander Canadian 3 Kms. and Women's 1.5 Kms., Edmonton (F)
Sat. Mar. 5-5 Kms., Columbia, No. 9 a.m. (E)

CONTACTS:
A-Mike Devitt, 18202 N. 21st St., Phoenix, AZ 85123
B-Dr. Phil Haneman, of Wisconsin, 1440 Monroe, Madison, WI 53706
C-Gene Kelly, 1204, 3rd, Santa Monica, CA 90403
D-Dale Smith (At the end of August), 1000 Court St., Dan Diego, CA 92111
E-Joe Duncan, 2890 Maple Knoll Drive, Columbus, OH 43201
F-Doug Walker, 2360 Dundas St., Toronto, N6P 4B5, Ontario, Canada
G-Dan Steenk, 1081 Sheree Dr., Grand Island, NY 14072
H-Bob Lawson, Track Coach, U.W./Parkeide, Kenosha, WI 53141
I-Larry Larson, 900 Westergaard, Racine, WI 53406

LOOKING BACK

10 Years Ago (From the Dec. 1968 ORW)—Chuck Newell, unheard of in 6 months, came striding out of limbo to win the annual New Year's Eve race held over the same course at Worthington H.S. over 6 miles. Given an 8-minute handicap on the cold (3°F), Jerry Whitlock easily held off stalwarts Jack Blackburn and Jack Hordt as he recorded a 5:30. Blackburn took the top honors in 5:23:30, while the third finisher was Hordt in 5:36:14.

5 Years Ago (From the December 1973 ORW)—In a late season dual with Canada held in Colorado the U.S. took 1-2 in the 20 km and 2-3-4 in the 50 km to win the meet. Carl Swift won the 20 in 1:19:21 with Jim Bean in second and Roman Oscarwski in third. Ron Kilk and John Kelly filled out the top four.

40 Years Ago (From the December 1938 ORW)—In a late season dual with Canada held in Colorado the U.S. took 1-2 in the 20 km and 2-3-4 in the 50 km to win the meet. Carl Swift won the 20 in 1:19:21 with Jim Bean in second and Roman Oscarwski in third. Ron Kilk and John Kelly filled out the top four.

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shot. I'll be watching from the sidelines... John Allen was named Masters Walker of the Year by the AAU National Masters Track and Field Committee, an honor certainly well deserved. It's been a great come-back for John and he is dedicated to making it even greater... Get your "Walk Don't Run" bumper stickers from Dale Sutton at $5.50 each (after his address in the Contacts list with the Race Schedule) to help fund-raising and if you think decorated bumper stickers you'd best get some... For those who like to post-date races, a picture in the Danish publication Kanguage nyt shows Thorild Gylden clearly off the ground as she battles with Silv Gustavsson in the early stages of the World 5 km. Chris Shea is seen in third in this shot... Gylden finished second and Shea was 30th. The following paragraph is lifted from a tongue-in-cheek article on running that appeared in the New Engineer and was sent to me by Larry Mac. "Chicken Walkers. Sooner or later, you'll come across a fellow doing an odd and embarrassing strut that is neither running nor walking but some dreadful hybrid of the two. This is the infamous chicken-walker, the loneliest and most despised man in all of sports. So named because of his barnyard gait and the pecking movements of his head. Will be followed by a pack of kids yelling "Chicken-walker, chicken-walker." Don't assume that you're automatically going to turn into one of these fellows some day. There is no reason why you have to. If you'd like, you can go into a corner where no one can see you, and I'll give you a chicken-walker just to get it out of your system. Always, get good publicity for the sport.... The 40 km Walk at the Moscow Olympics is scheduled for 5 p.m. on Thursday, July 24. The 50 is six days later, also at 5, which makes a strong double one an easy task for those who care to tackle it.

NOTES FROM RACE WALKING COMMITTEE AT THE AAU CONVENTION

Marco Evangelista was voted the outstanding athlete of the year, the Potomac Valley Association was voted the most improved association award, and Larry Larson was honored as the outstanding for the year. All three received Ron Zimm Awards, donated by the Green and Gold A.C. in honor of the sixth place finishers at the Tokyo Olympics, who died a year later in Vietnam. All three were honored at the Awards Luncheon before the entire convention.

Olympic Development Funds for race walking in 1979 are up from last year to $35,000 but well below what was sought. Bruce MacDonald submitted a well-justified budget of $40,000, which was first approved at $30,500 and then to the final figure. But for this money will be the Lugano Cup.

Since there has been some controversy over selection of members to the International teams for the future, a definite procedure was adopted for the future. It won't repeat the entire procedure here, but the primary provisions are that the selection, date, and number of team positions for all qualifying races will be announced at least 3 months in advance and that selection be based strictly on the order of finish. Where two or more may be involved (as in Lugano Cup) any athlete qualifying for both shall choose the race in which he will compete and the vacant position shall go to the next finisher in the qualifying race.

International races in 1979 will be the USA-USSR Indoor meet (5 km) in March, the Mexico International Walking Week in April, a possible U.S.-Canada dual in April, the Softeland Grand Prix in Bergen, Norway in May, the Pan-Am Games in Puerto Rico in July, the U.S.-USSR dual in July (two meets for Juniors), and the Lugano Cup in 1980, W.G. in September. The Olympic Festival is also on again for Colorado Springs either the last weekend in July or the first in August.
Olympiad in Melbourne, Australia in November of 1956. It did not happen. A Detroit Boat Club four won the final U.S. Trials on Lake Onondaga, Syracuse. The West Siders placed "only" third.

Jimmie Hewson kept right on going at the day. He won so many medals they had to put him in the Hall of Fame in New York early in 1978, and they had to put him on the most-wanted list worked up by the Hall of Fame Committee of the National Association of Amateur Oarsmen out in California, too.

But Jimmy Hewson did get to Melbourn in 1956. He had another ace up his sleeve, you see.

When Jimmy Hewson wasn't shoveling white-hot ingots into the blast furnace at the Willys plant, he was out rowing, and when he was not out rowing he was out cycling, and when he was not out cycling he was out race walking.

And that's how Jimmy Hewson got to Australia.

Henry Laskau of Mineola, N.Y., hadn't lost a race walk to a fellow American in something close to 10 years going into the 1955 U.S. 20-kilometer trials. Henry lost that day in Pittsburgh. To Jimmy Hewson (and Alex Oakley of Canada, too).

Jimmy Hewson, already confirmed as an Olympic team member, decided he needed a spot of cross-country training before it was time to think about the Air Force bird that would transport him across the Pacific. And so, three weeks after Pittsburgh, he entered the U.S. 60-kilometer trials in Baltimore.

And that's where Jimmy Hewson's life and mine became intertwined. Jimmy Hewson placed third, apparently clinching a second Olympic team berth. I finished fourth in my very first attempt at 50 kilometers. As a novice to the distance, which translates to about 10 miles and 120 yards, longest solo event on the Olympic program, eight-blast kilometers beyond the marathon route, I was delighted to have got that long and come that close.

Rome and 1960 were not that far off, I would not be a novice then. I would make it on my own.

I did not, as things transpired. I made it to Melbourne instead. With Jimmy. And with Jimmy's help.

"Twenty idios is enough for me," said Hewson on the way into the Baltimore showers. "Kid, you take the 59."

I sure did. Jimmy Hewson placed 11th in the Melbourne 59. I placed 11th in the Melbourne 50. I was "defeated" by Norman Reed of New Zealand and nine others. There was no agony to it. The ecstasy of being that close, the loss of what was won in the end.

THE MELBOURNE MOMENT — it seemed that way but was actually five hours-plus — has served as a magic motivator all my days since. I've tried to put as much back into sport as I've taken out. I've tried to encourage younger folk onto the path of Olympism. I still have that in my way, as Jimmy Hewson did unto me. I don't know how well I've succeeded.

"We were always fascinated with his ability to do things," said Jim McMullen, now a Buffalo dentist, for a rowing companion of Jimmy Hewson.

"He was in his late 70s when we were just youngsters and he could row faster, run faster and farther, do more situps and all those things any of us.

"When he was all done doing that, he'd jump on his bike and do a few hundred laps on the track."

Thorpe "Doc" Schaub, West Side president in the 1990's, recalled talking to Hewson's late mother, who told him his son was never a problem to cook for.

"She said all he ever ate was steak and lettuce."

"Jim used to work a midnight-to-a.m. shift at the steel company and would drive his car to Vulcan Avenue in the Riverside section. He'd run Sheridan Drive from there to Main Street, then return. Then he'd go home, take a nap and in late afternoon show up at the (rowing) club for a workout."

"An Incredible individual" was his summary.

ONCE, JIMMY HEWSON was a candidate for the famous Queen's Award as the nation's leading amateur athlete. He never quite made it.

Jimmy waited long additional years. And never came closer.

I waited long years, too. I had intended to let the man know the role his own ultimate brand of sportsmanship had played in my own past. But I was too late. He had been subtracted from my mind, and from the records of his classes.

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Another problem for the judges has been the development of a new breed of walkers modelled closely on the Herkules. We are used to seeing a rather angular walking action with a very upright, rigid body carriage and relatively restricted shoulder and hip movement. The Herkules make a strong contrast with their very smooth, rhythmic actions. They keep their centre of gravity low but further forward than we do and use their excellent joint mobility to full advantage. They have developed a more athletic form of walking whilst our actions have remained closer to normal walking. So European judges will have to adjust to watching this new type of walker who, due to the big influence of the Herkules, is going to become much more common in top-class competition.

But even if our judges become more accustomed to observing this new type of walker, objective decisions can be reached by judges anyway! The short answer to this is no. This is because the vital period of double support in fast walking lasts for less than one-fifth of a second and the human eye is incapable of discerning an image formed for such a brief period of time. As we are all aware of this for twenty (or still pictures projected per second) a fast film, only many impressions of continuous motion. So far as contact goes, a judge has to be guided by his observation of the walking ‘floating’ over the ground before he will disqualify him.

Clearly judging mistakes will be made. Is there a remedy for this problem? Several have been put forward but each has serious drawbacks. The best known is the tape replay which has been seriously suggested as a means of checking the walking. This is a relatively recent development in which the length of the tape is marked at regular intervals by a metal strip made by every walker in the race must be photographed. This is clearly out of the question.

Even if it could be arranged that each tape replay, a number of similar observations could be made by every walker in the race must be viewed in slow motion and stopped at full stride to see if contact has been made! Can you imagine how long this analysis would take for a 20 km. Is it possible that contact has been missed? If so, there is a problem with this method. However, it is not the only problem with this method. There is a problem with this method. There is a problem with this method. There is a problem with this method. There is a problem with this method.

In the final analysis - barring a technological breakthrough of some kind - we must rely on human judging despite its obvious limitations. It is certain that judges will continue to make mistakes. Emphasis on keeping the support period as low as possible. How does he achieve this?

Firstly, it is important to have the shoulders low and relaxed. The walker should think of keeping his shoulders down as much as possible. This is essential for a walker to gain as much speed as possible. Secondly, the leg must be kept forward. This is necessary for a walker to gain as much speed as possible. What to do is that the leg must be kept forward without lifting the leg high. This is essential for a walker to gain as much speed as possible. In other words, he will disqualify the walker if he seems to be ‘floating’. His centre of gravity appears to be too high, a fact which the walker must ensure that he keeps his centre of gravity as low as possible. How does he achieve this?

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CONFESSIONS OF A RACE WALKER  
by Bob Haffucci  
(A it appeared in his High School paper)

When you are in the Larchmont—Pemoroneck area you may run into a young man with a rather unique gait. That young man with the mighty peculiar mode of transportation is none other than I. I am not a late commuter trying to catch the 8 o'clock train to the city, nor am I a frantic ostrich being chased by a pygmy hitler. I am a race walker.

Race walkers are the rare breed of individuals who must keep one foot on the ground and the supporting leg on their body straightened at the knee. These rules give a walker that unmistakable "Mae West" wiggie of the hips that enters the people on the street. Because of this, I face many "Occupational Hazards" in my training.

It is easy to find me during workouts. The honking of car horns as I cross the street tells one of my location. Motorists often like to express themselves when I stroll by. They use phrases such as "Hey faggot, want a hamburger with that shake?" and "Isn't that the duck walk? Quack, Quack!" and "That must be jelly 'cause jam don't shake like that!" And the parents of today think that teenagers have no poetic skills.

Not everyone makes fun of me, however. All the crossing guards love me because I always use the cross walks. Garbage men and garbagemen all cheer me on as I go by. Owners of some of the local pizza joints around here greet me with a friendly whistle even though I may scare away some of their patrons.

No matter what anyone says, I will still dodge frisbees, soccerballs from our local junior soccer league, rocks, sticks, snowballs, and all other projectiles that are thrown at me. I will take all the abuse that this town has to offer. And I will put in my miles everyday until the men in the white suits pick me up and take me to the funny farm.

Speaking of soccer, I never did report on the fall season. Derek's 9-year-old team coached by me and my wife and I, finished second in the "B" league with a 4-3-2 record. Lost out first Cup game by one goal. Had nine different players get goals including one for Derek. Scott's 7-year-old team came tied for third in their "A" league with a 4-5-1 record. They had the misfortune of drawing the second place team in the first Cup game and also lost. Scott booted 12 goals for the season getting at least one in 10 of their 11 games (they were shutout in the other). He could play on our 9-year-old team.

Well, doggone it, I can't brag about myself anymore so it's good to have the kids to brag about. You have to remember this all started nearly 15 years ago as the Mortland-Blackburn publicity sheet.

And speaking of poetry:

REFLECTIONS OF A NEW RACIAL WALKER
by Tim Jacobs©

Runners pass you, 6:20 per mile... Huffing, puffing, with not even a smile. You're in your stride now, strong and smooth... Arms pump, hips roll, it's really a groove! Running's fine if you have that need... But I'll take racewalking, it's just my speed!

WALK
DON'T RUN

You too can be published in the Ohio Racewalker. Just send your masterpieces along. Our rates are nilch but the exposure is unmatched.