

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XIV, NUMBER 10

COLUMBUS, OHIO

DECEMBER, 1978

CHAMPIONSHIPS AWARDED AT SAN ANTONIO

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 Meeting 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 the 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 (4:58 at altitude) for the 50. Altitude is defined as 5,000 feet and above. Those under 1:36 (1:38) 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 trial 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. For example, next year anyone born Jan. 1, 1960 or after will be eligible for Junior competition. Too bad for those born Dec. 31, 1959.

For Senior competition, 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 ain't no such animal in this case). The 75 Km was dropped from the schedule and the 25 Km 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.

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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 Air Mail). Editor and Publisher: John E. (Jack) Mortland. 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

2 Mile (I)	New York City	February 23
5 Km	Walnut, California	June 15 or 16
10 Km	Chicago, Illinois	May 26
15 Km	Kenosha, Wisconsin	May 6
20 Km	Buffalo, N.Y.	Aug. 11
25 Km	Las Vegas, Nev.	Nov. 25
30 Km	Pasadena, Cal.	Mar. 18
35 Km	Houston, Tex.	Dec. 16
40 Km	West Long Branch, N.J.	Nov. 4
50 Km	San Francisco	Aug. 25
100 Km	Washington, D.C.	April 7
100 Miles	Columbia, Missouri	Oct. 6
2 Hour	Postal	April 1-Nov. 30

(Note: The New England Association will conduct the postal 2 Hour. Oregon will handle the "B" Postal 1 Hour, also Master's. Also, the 30 Km site listed above in being changed since the So. Pacific Assn. withdrew their bid in light of the three races their in June. The schedule for Masters races is the same with two exceptions: the 5 and 20 will be held at the National Masters July 7-8, but I don't know where yet.)

1979 National Junior Race Walking Championships

3 Km	Pittsburgh, Pa.	June 2 or 3
5 Km	Metropolitan Assn.	?
10 Km	Bloomington, Indiana	June 23 or 24
15 Km	Kenosha, Wisconsin	May 6
20 Km	Buffalo, N.Y.	Aug. 11
25 Km	Las Vegas	Nov. 25

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:

1. Neal Pyke (30), Sequoia Sports Club 1:51:02 2. Marcel Jobin (36), Canada 1:56:23 3. Jim Heiring (23), UCTC 1:59:35 4. Tom Dooley (32), West Valley TC 2:00:39 5. Marco Evoniuk (21), Colorado TC 2:03:28 6. Bob Henderson (30), Sequoia SP 2:04:22 7. Martin Kraft (30), Motor City Striders 2:04:49 8. John Knifton (39) NYAC 2:06:35 9. Dave Himmelberger (32), Sequoia SC 2:08:06 10. Bob Kitchen, PVSTC 2:08:21 (32) 11. Bill

Ranney (43), WVTC 2:09:17 12. Ron Kulik, NYAC (41) 2:10:18 (Those were the first and second Masters, as you can see from the ages) 13. John Van Den Brandt (21) University of Wisconsin/Parkside 2:10:29 14. Jeff Bomer (42) Terlingua TC 2:10:32 (3rd Master, 1st B) 15. John Allen (52) 2:11:01 (4th Master) 16. Jerry Bocci (40), Motor City Striders 2:13:46 (5th Master) 17. Sal Corrallo (47), PVSTC 2:15:20 (6th Master) 18. Ward Freeman (21) Motor City Striders 2:16:58 19. Neal Picken (37) TTC 2:19:24 (2nd B) 20. Bryan Snazelle, WVTC 2:19:29 (3rd B) 21. Jerry Young (21) St. Louis TC 2:20:19 22. Ray Sharp (19), Mason Dixon AC 2:21:42 (1st Junior) 23. Steve Vaitores (23), North Bedford Club 2:23:47 (4th B) 24. Steve Baca (23) TTC 2:24:31 (5th B) 25. John Stowers (50), TTC 2:26:19 (7th Master) 26. Roger Loder (31), MCS 2:28:69 (6th B) 27. Paul Schell, un. 2:20:32 (8th Master) 28. Dan Stanek (38), Niagara RW Club 2:32:43 (7th B) 29. Mark Young (19), U. of Texas 2:33:04 (2nd Junior, 8th B) 30. Daniel Thompson (26), Austin RC 2:33:04 (9th B) 32. Jeanne Bocci (35), MCS 2:35:32 (1st Woman) 32. Bob Fine, NY Masters 2:33:56 (9th Master--sorry Bob for the transposition) 33. Dean Ingram (39), Club Northwest 2:41:59 34. Tony Diamond, PVSTC 2:45:46 35. Joe Hilbe (33), Honolulu TC 2:46:35 36. Mark Stein (16), TTC 2:47:07 (3rd Junior) 37. John Egans (58), TTC 2:47:16 38. Phil Bradley (40), TTC 2:55:04 39. Matt Stein (19), TTC 2:56:07 40. Michael Powers (25) Austin RC 2:56:56 41. Gary Alexander (16), TTC 3:04:33 42. Nolan Thompson (17), TTC 3:06:14 43. Richard Good, PVSTC 3:09:12 44. W.S. Schroeder (62), Capitol City TC 3:09:14

68th Annual Coney Island 10 Mile Handicap, New York, Nov. 26--1. Denise Romansky (9) 1:49:14 2. Simo Hoite (16) 1:32:57 3. Frank Fina (48) 1:44:59 4. Mort Malkin (46) 1:43:35 5. Tom Kline (34) 1:29:37 6. Susan Liers (20) 1:31:55 7. Rob Timmons (15) 1:34:33 8. Augustus Salerno (36) 1:37:38 10. Dave Lakritz (69) 1:49:19 11. Elliott Denman (44) 1:38:28 12. Bob Timmons (46) 1:37:05 13. Dr. Imre Weitzner (44) 1:49:00 14. Andrew Novick (26) 1:49:00 15. San DeLos Santos (17) 1:21:45 16. Dr. George Lattarulo (30) 1:31:31 17. Dan O'Connor (26) 1:12:52 (fast time) 18. Denise Romansky (14) 1:39:00 19. Joe P-okop (47) 1:41:14 20. Elisabeth Johnson (39) 1:57:15 21. Irving Lee (17) 1:40:42 22. Rudy Haluza (48) 1:19:45 23. Sandy Kalb (51) 1:57:47 24. Ray Flariani (26) 1:20:55 25. Henry Monroe (52) 1:37:56 26. Dr. Jack Boitano (46) 1:24:12 27. Vincent O'Sullivan (21) 1:18:18 (3rd fast time) 28. Paul deVogvar (21) 1:26:49 29. Jonathan Gaska (18) 1:26:28 30. Gerald Birkett (16) 1:27:29 31. Bruce Harland (22) 1:18:47 (4th fast time) 32. Ron Daniel (37) 1:16:47 (2nd fast time) 33. Peter Timmons (19) 1:18:51 34. Steve Eackles (16) 1:44:23 35. George Garland (36) 1:46:33 36. Jerry Katz (20) 1:21:27 37. Howie Jacobsen (48) 1:21:56 38. Don Johnson (61) 1:37:57 39. GERALYN FELLOWS (16) 1:52:07 40. Peter Doyle (32) 1:19:38 41. Bob Mimm (54) 1:35:51 42. Raoul Alfonzo (22) 1:43:12 43. Dr. John Shilling (42) 1:30:07 44. Gary Chodosh (17) 1:29:59 45. Michael Morris (19) 1:24:17 46. David Staebler (38) 1:31:37 47. Angel Alaya (12) 1:45:41 48. Gary Westerfield (33) 1:26:05 49. Maurice Lentzer (53) 2:01:23 50. Dean Mendell (21) 1:44:54 (64 finishers)

Bucknell Open 1 Mile, Dec. 2--1. Pete Timmons, St. Johns 6:41 2. Jerry Katz, Bucknell 6:44 3. Gary Westerfield, ITC 7:10 4. Chris Shea 7:11 5. Troy Engle, ITC 7:25 6. Gary Chodosh, ITC 7:37 High School 1 Mile, White Plains, NY--1. Bob Maffucci 7:09.6 2. Dave Albonetti 7:52.5 3. Joe Davey 7:55 Girl's Walk, sameplace--1. Diana King 8:53.4 2. Margaret Pishler 9:13.3 3. Celeste Conti 9:17.7 10 Km, Washington, D.C., Dec. 10--1. Tom Kline 55:52 2. Carl Croneberg 58:45 1 HOUR, ARLINGTON, VA., NOV. 19--1. Carl Schueler 7 mi. 1575 yds 2. Tom Hamilton 7 mi 935 3. Alan Price 7 mi 704 4. Sal Corrallo 7 mi 620 5. Chris Shea 7 mi 134 (could be best ever by U.S. woman) 6. Carl Croneberg 6 mi 464 20 Km, Washington, Dec. 17--1. Sal Corrallo and Alan Price 2:06:20 3. Carl Croneberg 2:08:00 (35 mph wind)

Fri. Feb. 2—LA Times 1 Mile, Los Angeles
 Sat. Feb. 3—TFA/USA Indoor 5 Km Championship, Racine, Wis. 11 a.m. (H)
 (TFA/USA has replaced the USTFF)
 10 Km, Columbia, Mo, 9 a.m. (E)
 Fri., Feb. 9—1 Mile, Phoenix, 4:30 p.m. (A)
 Sat. Feb. 17—NAIA 2 Mile, Kansas City, Mo.
 2 Mile, Oshkosh, Wis., 12 noon (I)
 15 Km, Columbia, Mo., 8:30 a.m. (D)
 Sun. Feb. 18—10 Km, Indio, Cal., 10 a.m. (C)
 20, 30, 40, and 50 Km, Mission Bay, Cal., 9:30 a.m. (D)
 Fri., Feb. 23—NAAU INDOOR 2 MILE AND WOMEN'S 1 MILE, NEW YORK CITY
 Sat. Feb. 24—Senior Canadian 3 Km and Women's 1.5 Km, Edmonton (F)
 Sat. Mar. 3—5 Km, Columbia, MO, 9 a.m. (E)

CONTACTS:

A—Mike DeWitt, 18202 N. 21st St., Phoenix, AZ 85123
 B—Dr. Phil Hansen, U. of Wisconsin, 1440 Monroe, Madison, WI 53706
 C—John Kelly, 1024 3rd, Santa Monica, CA 90403
 D—Dale Sutton, 6937 Petit Court, San Diego, CA 92111
 E—Joe Duncan, 2980 Maple Bluff Drive, Columbia, MO 65201
 F—Doug Walker, 2360 Dundas St., Toronto M6P 4E2, Ontario, Canada
 G—Dan Stanek, 1081 Sheree Dr., Grand Island, NY 14072
 H—Bob Lawson, Track Coach, U.W./Parkside, Kenosha, WI 53141
 I—Larry Larson, 909 Ostergaard, 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 on the road loop at Worthington H.S. over 6 mi 536 yds. Given an 8-minute handicap on the cold (B F), windy night, Newell easily held off stalwarts Jack Blackburn and Jack Mortland as he recorded a 55:30. Blackburn took fast time honors by 5 seconds in 49:30, escaping Mortland down the final hill...Gerry Willwerth won the National Junior (now B) 35 Km in Columbia, Mo. in 3:36:14

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 to win the meet. Carl Swift won the 20 in 1:42:23 with Jim Bean second and Roman Olszewski third for Canada. Ron Kulik and John Kelly filled out the U.S. side in fourth and seventh. Pat Farrelly captured the 50 for Canada in 4:50:45, followed by Dan O'Connor, just over a minute back, Angie Hirt, and Bob Bowman. Al Shrik was sixth for the U.S. ...We reported results from hither, thither, and yon that month—Freddie Flyer won a 10 Km in Hither, Outer Mongolia in 38:24; Chief Bent Knee a 100yard affair in Thither, Pago Pago with 11.2; and Slip Slider the 3 Km in Yon, Greenland in 11:57. I take it that was an attempt at humor by the editor...Ron Laird and Todd Scully led the U.S. 20 Km list for 1973. Laird with a 1:30:27 and three other times under 1:32:30 and Scully with a 1:32:23, which was a big break through for him at that time. Jerry Brown, Bill Ranney, and John Knifton were also under 1:36. In the 50 John Knifton was tops with 4:16:48 and Bill Weigle next with 4:22:27. Floyd Godwin and Bob Kitchen were also under 4:30. Other wise, there wasn't a lot happening in December. There usually isn't.

You are probably getting this a bit late. Primarily because I just got a little lazy during the holidays and didn't get anything done with it. It appears now that I will probably get it in the mail on Monday, January 8, which will be about as late as ever. Sorry if you have worn a path in your carpet rushing to the mailbox to see if the ORW is there.. Anyway, belated holiday greetings to all and a special thanks to those many readers who have passed along expressions of gratitude for my efforts. I enjoy doing it but it's always nice to be appreciated.

FROM HEEL TO TOE

Received in today's mail: Report on the 1978 Training Camp at Squaw Valley from Bob Bowman. The report includes complete notes from Jerry Hausleber's lectures on training and technique (he is the Mexican National coach), results of physiological testing of the athletes, a review of the exercise series taught at the camp, and articles on the camp from the Tahoe World and Track & Field News. Bob Bowman will gladly send you a copy for \$1.00. His address is 51 Chatsworth, Oakland, CA 94611. I haven't had a chance to read any of it yet but the chances are you will see material borrowed from the lecture notes in future issues of the ORW...Add to race schedule: Eastern Regional Masters 2 Mile, Syracuse, N.Y., Feb. 10 and Niagara AAU 3 Km at Eisenhower College on Feb. 24. Contact Dan Stanek on both...A special thanks to Gary Westerfield for all he has done for high school walking. My correspondent says; "He's a god-send and deserves much more credit than he gets!" Well, here is a little of that credit...The picture I had of Harold Whitlock a couple of months back was not taken during his 1936 Olympic victory. Bill Walker has sent me a photo from the U.S. Olympic Committee Report showing Harold on the track, apparently nearing the finish line, and with his official British vest or singlet, as you will. It would be obvious to a ny half-way alert editor that no British athlete, particularly of that era, would be competing in the Olympics without the distinctive British vest, which remains virtually the same. I always knew you couldn't trust Wide World Photo...Mr. Walker also reminds me that Adolph Weinacker was in three, not two, Olympics--16th in 1948, 22nd in 1952, and 7th in 1956. He walked the 50 in Detroit to fill out the Moberly City Master's team with little training as his annual hospital keeps him quite busy...Also from Detroit, Jerry Bocci points out that I missed June MacDonald in my U.S. 10 Km rankings and feels she should be 9th or 10th off her 58:18 behind Jeanne Bocci in Buffalo. He would also move Jeanne Bocci up a notch to fifth, but he may be a bit biased. Gives them good incentive to show the ORW a thing or two next year...While on the subject of those rankings, Sally McPherson had a 52:11 in June, which was unreported to me, the second best time by an American. However, she remains fifth in the rankings off her losses to those above her. Sally also had a 25:47 for 5 Km in Germany, 27 seconds better than her best previously reported time, but again not sufficient to move her up in the rankings. In addition, she did 14:25 for 3 Km in Germany and 1:59:36 for 20 in Norway...Lori Maynard is working to compile race walking records for women by age and has a good start with a list of records from 1 mile through 100 miles for ages 40 and up. She would appreciate receiving all women's results showing name, birthdate, time, date and location of meet, address, and affiliation. Lori's address is 2821 Kensington Rd., Redwood City, CA 94061...Speaking of Master's records, Rudy Haluza's 1:19:45 at Coney Island was a Master's 10 mile mark. Rudy likes to let us know he is still around every now and again...I have a letter from a new subscriber, Norman Bower in Cleveland, who asks if he might be the largest race walker in Ohio. Norm, at 6'2, 265 you are more than likely the largest in the world. Any takers? Norm also throws the shot, discus, hammer, javelin, and 35 and 56 lb weights around and finds racewalking to be excellent conditioning for these events. He has done 36:57 for 5 Km and 22:14 for 3 Km and 10 years ago did an 8:40.2 mile....A few lines from Charlie Silcock to the guys: "My wish for 1979 and 1980 Pan Am and Olympic Games is to see hard fought contest in the 20 and 50 qualifying races between the 'young Turks' and 'the Old Guard'. I'd like the older fellows to really make the young guys work hard for their team berths. And I would be happy to see the likes of Laird, Romansky, Haluza, and John Allen, the 'over the hill gang' make the team. But I also want to see Kulik, Daniel, Knifton, Young, Doolley, Klopfer, Ranney, Godwin, Brown, Westerfield, Bocci, Blackburn, and the Mort in the fight. It should be one heck of a time through mid-1980. Just don't hand anything to the youngsters without your best

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 \$.50 each (See his address in the Contacts list with the Race Schedule.) Have to admit I'm not into bumper stickers but these are nice and if you like decorated bumpers you'd best get some...For those who like to post-judge races, a picture in the Danish publication Kappangs Nyt shows Thorill Gylder clearly off the ground as she battles with Siv Gustavsson in the early stages of the World 5 Km. Chris Shea is seen in third in this shot. Gylder finished second and Shea was DQ'd....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 Mack. 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. He'll be followed by a pack of kids yelling "Chicken-walker, chicken-walker." Don't assume that you're automatically going to tuck 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 try a little chicken-walking, just to get it out of your system." Always to get good publicity for the sport.....The 20 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 an easy task for those who care to tackle it.

NOTES FROM RACE WALKING COMMITTEE AT THE AAU CONVENTION

Marco Evoniuk was voted the outstanding athlete of the year, the Potomac Valley Association won the most improved association award, and Larry Larson was honored as the outstanding for the year. All three received Ron Zinn Awards, donated by the Green and Gold A.C. in honor of the sixth place finisher 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 \$15,800 but well below what was sought. Bruce MacDonald submitted a well-justified budget of \$64,000, which was first approved at \$30,500 and then cut to the final figure. First priority for this money will be the Lugano Cup.

Since there has been some controversy over selection of members to International teams in the past a definite procedure was adopted for the future. I won't repeat the entire procedure here, but the primary provisions are that the location, date, and number of team positions for all qualifying races be announced at least 3 months in advance and that selection be based strictly on the order of finish. Where two races may be involved (as in Lugano Cup) any athlete qualifying for both shall choose the race in which he will compete and the vacated 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 Eschborn, W.G. in September. The Olympic Festival is also on again for Colorado Springs either the last week in July or the first in August.

Qualifying times for AAU Championships are 14:30 for the Indoor 2 Mile (or a 7:00 mile) and 23:30 for the 5 Km. Neal Pyke was the racewalking committee's candidate for the Sullivan Award. There was considerable talk about fund raising with many ideas put forth but nothing concrete yet. The Swedish committee has \$200,000 at their disposal each year, with \$50,000 of that used on National team travel. So the \$15,000 we have from the USOC is pretty paltry. A Training Development Committee was formed to be chaired by Bob Lawson, track coach at UW-Parkside, and including Neal Pyke, Bruce MacDonald, and Bob Kitchen.

BACK TO HEEL TO TOE

A letter from Bruce MacDonald tells me that Joe Hilbe is also trying to compile women's race walking statistics. I'm not sure if there is any duplication of effort here but I think Lori Maynard is primarily interested in records in the Master's category and Joe in compiling records and 10-deep lists in all age categories. Anyway, send anything you have on past performances and future meet results to Joe Hilbe, 7247 Mokuone St., Honolulu, HI 96825. Perhaps he and Lori can coordinate their effort.And a result: 1 Mile, New York, Nov. 7--1. Ron Daniel 6:46.7 2. Vin O'Sullivan 6:47.4 3. Ron Kulik 6:53.1 4. Pete Doyle 6:54.4 5. Gary Westerfield 7:30.6 6. Troy Engle 7:31.3 Women: Denise Romansky 8:06.2 ...Chris Hansen has joined Angie Hirt on the rolls of those with jobs through the USOC Job Support Program. He is with Johnson's Wax. Randy Mimm and Jim Heiring also have good prospects of such jobs and may be on them by now.

JIM HEWSON

We reported the death of Jim Hewson in the October issue and said a few inadequate words about this great champion. Those who knew him better than I can provide a more fitting tribute. Elliott Denman published the following column in the Asbury Park Press on Nov. 12.

They murdered Jimmy Hewson in the early morning hours of Oct. 17 in Buffalo, N.Y.

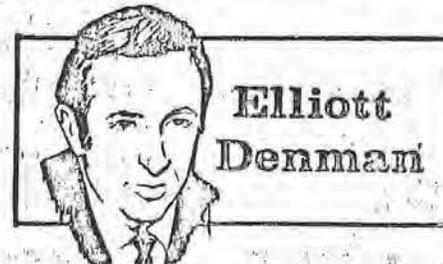
Two thusfar unapprehended perpetrators brutally beat Jimmy Hewson, age 62, to death. He was attending to his duties as tender of the West Ferry Street Lift Bridge in Buffalo on the fateful Tuesday. Robbery was the alleged motive.

If they were looking for enrichment, they killed the wrong man. Fiscal enrichment was never a concern of Jimmy Hewson's. Physical enrichment was his concern, his only concern, his life, his soul, his essence.

I hadn't seen Jimmy Hewson in 20 years. And now I'm so very sorry I had let all that time slide by. I had always intended to drop in on the man and inquire of his latest athletic accomplishments. My procrastination will be costly. Good things do not come to all who wait. Especially this one.

ROWING WAS THE PRIMARY outlet for Jimmy Hewson's overabundant athletic energies.

Having returned from World War II with his side unscathed, despite his paratrooper's role in some of the fiercest assaults in the history of international conflict, he signed on



as a member of Buffalo's West Side Rowing Club.

He was by now in his 30's. He would be tackling a younger man's sport. He was never to consider the age differentials a pertinent factor.

Reportedly, Jimmy Hewson went on to win more U.S. and Canadian rowing championships than any man in the sport.

He went to Mexico City in 1955 and teamed with West Side pals Robert Sauerwein, John Schnabel and Roland Cardwell to win silver medals for each of them in the four-without-coxswain event at the II Pan-American Games.

These four were expected to advance right onto the U.S. team bound for the XVI

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.

Jimmy Hewson kept right on tugging at the oars. He won so many medals they had to put him in the Rowing Hall of Fame in New York earlier 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 Melbourne in 1956. He had another ace up his sweatshirt sleeve, you see.

When Jimmy Hewson wasn't shoveling white-hot ingots into the blast furnace at the Wickwire Steel 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 1956 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 tuning up before boarding the Air Force bird that would transport him across the Pacific. And so, three weeks after Pittsburgh, he entered the U.S. 50-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 31 miles and 120 yards, longest solo event on the Olympic program, eight blistering kilometers beyond the marathon route, I was delighted to have gone 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 kilos is enough for me," said Hewson on the way into the Baltimore

showers. "Kid, you take the 50."

I surely did. Jimmy Hewson placed 17th in the Melbourne 20. I placed 11th in the Melbourne 50. I was "defeated" by Norman Read of New Zealand and nine others. There was no agony to it. The ecstasy of being there has never worn thin.

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've attempted to do unto others 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 years a rowing companion of Jimmy Hewson.

"He was in his late 30's when we were just youngsters and he could row faster, run faster and farther, do more situps and all those things than 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."

Thormann "Doc" Schaab, West Side president in the 1950's, recalled talking to Hewson's late mother. She told him her 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-eight 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 James E. Sullivan 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 post-Melbourne existence. It had been boy-to-man then, in 1956. It would be man-to-man now, in 1978.

But I never quite made it. Until now. Jimmy, please try to understand.

Elliott adds to the words in the column "It's a shame the current generation of American race walkers never got to know Jimmy Hewson.....It would be appropriate if we started some kind of Memorial to Jimmy Hewson. His memory needs to be perpetuated."

Dave Lakritz knew Jim Hewson well and writes as follows: "Jim worked in a steel mill in Buffalo shovelling coal into a furnace and injured his back. He had two operations, a laminectomy and a spinal fusion. The operations and convalescence took about a year. At the final hearing at the Workmen's compensation Board, the Referee, despite the Insurance Company's Lawyer's protest advised Jim that if he did not go back to work he would receive \$32 per week for the rest of his life (the maximum in

New York at that time). Jim went right back to work and his training—sculling, running, and walking, and in addition he did 1,000 situps daily. ...Jim was quite reticent and when I worked in Buffalo we went on a number of 30 mile hikes on weekends that I did not go home. Because I was not from Buffalo, he confided to me items that I don't believe any of his closest friends or relatives ever knew. Also, when I worked in Buffalo, we went to a number of walking races together to Cincinnati and Canada. What was not mentioned in the Buffalo papers after Jim's murder was that on one occasion while working as a bridge tender, Jim dived into the river from the bridge and saved a man from drowning. It is my belief that it must have been a gang of three or more that attacked Jim as he could have taken care of any two. To cut this short, let me say that Jim was the kind of guy that would give the shirt off his back to a friend."

JUDGING

We mentioned last month two articles in the British Race Walking Record that fit in with the ongoing discussion regarding judging. These were written by National Coach Julian Hopkins and appeared in November and December.

TRAINING TALK by Julian Hopkins (National Event Coach)

Recently there has been quite a lot of discussion about the difficulties of judging walkers of world class especially now that times like 83 mins. are being recorded for 20 km. Various ideas are being bandied about so I thought I might add a few of my own in this article.

For a start, it should be pointed out that this is not a new problem. The leading performers are now averaging about 4:10 per kilometre over 20 km. which represents 12:30 speed for 3km. Now leading walkers in this country have been recording such times for 3km for many years and yet we have not had great debates as to whether such events are capable of being judged! I do not think that the problem has really changed except in one respect. Now, increased photographic coverage of races has accumulated evidence that walkers sometimes fail to maintain contact and yet finish the race. In particular, the Mexican 20 km. walkers have come in for a lot of criticism in some quarters but I believe this to be rather unfair. Being the frequent leaders in major events, they tend to be photographed more frequently than others and

this increases their chances of being caught off the ground. Interestingly, a frame-by-frame analysis of high speed cine film of the 1977 Lugano Final showed many of the 20 km leaders failing to maintain contact from time to time. If the study had been extended further down the field, I am sure many others would have been included in this category. I am reasonably certain that many 20 km walkers walking to their own limit in a top class race fail to maintain contact from time to time. I am more certain that such walkers would not know that they were lifting. Recently these ideas were verified in an International race in which walkers recording 84, 90, and 94 minutes were each off the ground for at least one stride. Rather significantly, the fastest walker was failing to maintain contact by the smallest amount and the slowest walker by the largest amount. It is also worth pointing out that I have seen photographs of leading competitors at the 1952 and 1956 Olympics, off the ground. My point is that technique and fitness have improved so drastically in the last 20 years that the top walkers are now reaching their limiting point of contact at about 4:10 per kilometre instead of 4:30 per kilometre.

Another problem for the judges has been the development of a new breed of walkers modelled closely on the Mexicans. 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 Mexicans 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 Mexicans, 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, can objective decisions 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-hundredth of a second and the human eye is incapable of discerning an image formed for such a brief period of time. We are all aware of this for twenty four still pictures projected per second, i.e. normal cine film, gives the impression of continuous motion. So as far as contact goes, a judge has to be guided by an appearance of the walker '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 use of video-tape replay has been seriously suggested a number of times but this is quite out of the question. Firstly, for the system to be fair - and this is essential - every stride made by every walker in the race must be photographed! This is clearly out of the question. Even if it could be achieved, the video tape of each stride made by every walker would have to be viewed in slow motion and stopped at full stride to see if contact



Improved judging
technique

had been made! Can you imagine how long this analysis would take for a 20 km. let alone a 50 km. race! They might just have the 1980 Olympic results out in time for the 1984 games! Another suggestion is to drop short distance races and only have events of 50km and over. I do not think this is the answer either for already 50 km has been covered at faster than 4:30 per kilometre and, as standards continue to rise, it will become as difficult to judge as the 20 km is as at present. I also feel that promoting only long races will drastically affect the popularity of race walking. How many youngsters will try the event if they know that they will have to race at least 50 km to gain an international vest?

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 be shown wrong from time to time by photographic evidence but decisions in other sports such as football, cricket, boxing, diving etc., are also arbitrary and have to content with subsequent 'trial by television'. Yet they have managed to survive very well. Our problem lies not so much within race walking - where many of these judging difficulties are at least understood - but in our relationship with the remainder of track and field athletics. In a sport in which performances are judged and measured with such precision, race walking must seem to many to lack the necessary standards of objectivity. For this reason, as we know, there are people in athletics who would like to see our event removed from the programme. We must be careful in our dealings with these people and take care not to provide them with too much ammunition. Race walking survived an international judging crisis in the 1920's and has grown in popularity world wide ever since. Let us hope it continues to expand for its very popularity will help to ensure its validity as an athletic event. → p. 13

(concluded from p. 13)

It should be remembered that it is also faulty technique for the forward leg to straighten too early i.e. to be fully extended well before the heel touches the ground (Fig.3). This leads to a wooden looking leg action with a high foot swing and doubtful contact from a judge's point of view. There is also a certain loss of forward momentum due to a hard foot landing which could result in injury (particularly of the lower back) through a jarring of the body. I think that walkers over anxious to straighten their legs correctly are usually guilty of this fault. They must concentrate on keeping the swinging leg loose until the heel makes contact. Emphasis on flexing (but not raising) the knee as the leg swings forward should help to promote relaxation

TRAINING TALK

by Julian Hopkins
(National Event Coach)

Last month I looked at some of the problems involved in judging from the judge's point of view. This month I would like to examine the situations from the walker's point of view, i.e. to pick out those aspects of technique which will ensure that he is unlikely to be disqualified. Firstly, I will consider the maintenance of contact. In my last article I indicated how it was impossible for a judge to make objective decisions regarding contact because the period of double support is too brief. Instead he is forced to make a subjective decision based on whether the walker appears to be 'down' or not. In other words he will disqualify the walker if he seems to be 'floating' i.e. his centre of gravity appears to be higher than normal. So the walker must ensure that he keeps his centre of gravity as low as possible. How does he achieve this?

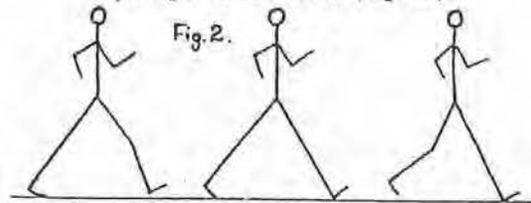
Firstly, it is important to have the shoulders low and relaxed. The walker should think of keeping his shoulders sloping down not high and square. Not lifting the arms too high in front of the body during their swing will also help. Secondly, the leg must be swung forward without lifting the knee high. This is essential for it helps to keep the swinging foot close to the ground. I always feel that if a walker achieves this his contact will appear to be very good - and this is what matters. Making sure that the hip on the side of the swinging leg drops sufficiently as the feet pass and keeping the swinging leg relaxed will keep the foot near to the ground.

Now let me turn attention to the requirement to straighten the supporting leg. It is of course much easier for a judge to decide whether a walker is complying with this condition than whether he is making contact. Hence, in theory anyway, a walker who is not straightening his legs is much more likely to be disqualified. I feel that many walkers fail to straighten their leg in the correct position - when vertical - because they go about it the wrong way. They make contact with their leg bent (Fig.1.) and then proceed to push



Fig.1.

their knee back forcibly. This is quite the wrong thing to do. Firstly, the leg is very unlikely to straighten in the vertical position and secondly, the knee joint could be injured by this jerky movement. The correct method is for the leg to swing through slackly, (Fig.2a) to reach full extensions just at the instant contact is made at the heel (Fig. 2b). The leg is now maintained in this straight position as the body weight moves over it (Fig. 2c).



(a) (b) (c)

There is now absolutely no need to drive the knee back forcibly for this can lead to a premature bowing back (hyperextension) of the leg which can reduce leg speed. (Fig. 4)

Other factors can of course lead to a walker having difficulty with leg straightening. In particular, a lack of suppleness in the leg muscles especially in the hamstring (at the rear of the thigh) is perhaps the second most common cause of this technical fault. There are many well known gymnastic exercises for increasing the habitual length of the hamstring to which might be added walking slowly up a fairly steep incline emphasising the full stretch of the rear leg. Another, less frequent cause is lack of sufficient strength in the quadricep muscles (at the front of the thigh) to maintain a straight leg as it takes the bodyweight. Often the walker can straighten his legs correctly early in a race but later due to fatigue in his quadriceps, degenerates into bent knee walking. Correction in this case will include the use of resistance exercises (like leg extensions with an iron shoe) and perhaps some uphill running which places a greater emphasis on the quadriceps than race walking.

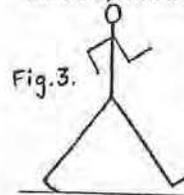


Fig.3.

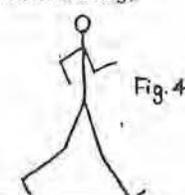


Fig.4.

(concluded on p. 12)

CONFESSIONS OF A RACE WALKER

by Bob Maffucci

(A it appeared in his High School paper)

When you are in the Larchmont-Bamorneck 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 hunter, I am a race walker.

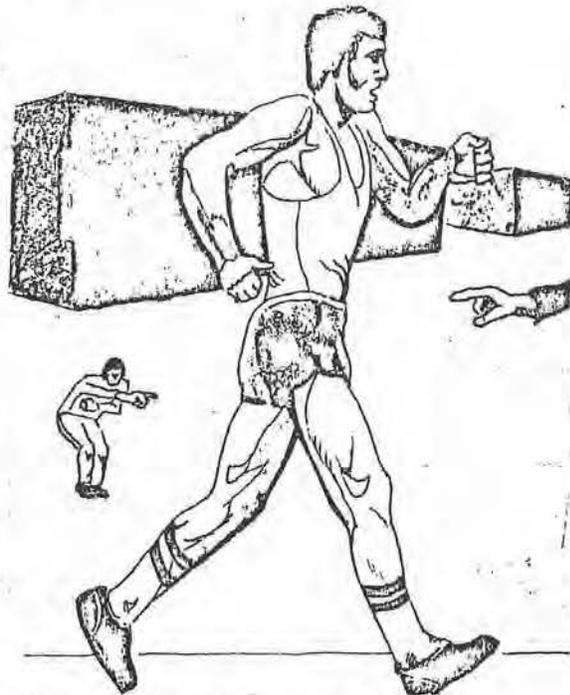
Race walkers are the rare breed of individuals who must keep one foot on the ground and the supporting leg on their body straightened at the knee. These miles give a walker that unmistakable "Mae West" wiggle of the hips that entertains the people on the street. Because of this, I face many "Occupational 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. Gardeners and garbagemen alike 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 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 home 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 RACEMALKER

by Tim Jacobs

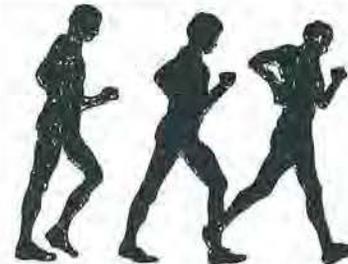
Runners pass you, 6:20 per mile...
 Huffing, puffing, with not even a smile.
 You're in your stride now, strong and smooth...
 Arms pump, hips roll, it's really a groove!
 Running's fine if you have that need...
 But I'll take racewalking, it's just my speed!

BLISTERS

by Tim Jacobs

Good grief, these hills, how steep they are!
 Pump up, pump up, you're not too far!
 The sweat beads down, your toes
 are numb, your throat is dry as whiskers!
 "I can't, I can't!" your feet cry out!
 And so do those three blisters!!

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



WALK

DON'T RUN