Results are in the National AAU 1 Hour Championship, held as a postal affair over a several-month period, and Neal Pyke emerged as the winner—nearly "a half lap up" on Todd Scully. With nine walkers bettering the 8 mile mark, Neal set an American record of 8 miles 1020 yards with Scully's 8 miles 807 yards also ahead of Ron Laird's old record. Larry Walker, Wayne Glusker, Tom Dooley, John Knipton, Dave Romansky, Dan O'Connor, and Bob Henderson were others to go beyond 8 miles in the hour. Pyke and Dooley led Sequoia Sport Club to the team title with an outstanding 21+ miles 906 yards as third man, Dave Himmelberger missed the 8 mile barrier by just 114 yards in finishing tenth.

Romansky led a strong Master's field with Bill Ranney close behind. Former record holder Laird took off enough fat in the late season to capture third in this division, which he just joined, nearly making 7½ miles. Honors in the Class II Division went to San Diego's Dale Sutton with 7 miles 784 yards and the Junior title was captured by Sam DeLos Santos of the Shore AC. Chill went beyond 7 miles to capture the women's title. The race was handled by the San Diego Track Club with Dale Sutton compiling the results.

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $4.00 per year ($6.00 for First Class Mail), 38 cents for Overseas Air Mail. Editor and Publisher: John E. (Jack) Holland. Address all correspondence to: Ohio Racewalker, 318 Summit St., Columbus, OH 43202. Second Class Postage paid at Columbus, Ohio.


Teams: 1. San Diego TC--21 mi 336 yds 2. Shore AC--20 mi 1356 yds 3. Potomac Valley Seniors 20 mi 393 yds 4. Troy Engle (17) Island TC 7 mi 111 yds 5. Martin Greenbaum 6 mi 1666 yds 6. Mike Dwyer 5 mi 505 yds (apparently there is some mistake with the distance, but I don't know what it is) 6. Carol Brigg's (17) SDTC 5 mi 341 yds.

UPCOMING EVENTS OF A WALKING NATURE

Sat., Feb. 10--8 Mile, Mt. Vernon, Va., 10 a.m. (J)
Sat. Feb. 17--5 and 10 Km, Washington, D.C. (J)
Sun. Feb. 18--10 Km, Trenton, N.J., 10 a.m. (C)
Sun. Feb. 18--20, 30 and 50 Km, Mission Bay, Cal., 9:30 a.m. (D)
Fri. Feb. 23--AAU INDOOR 2 Mile and women's 1 Mile, NEW YORK CIT.
Sat. Feb. 24--Canadian 3 Mile and Women's 1.5 Km, Edmonton (F)
Sun. Feb. 25--Women's 10 Km, Northridge, Calif. (K)
Fri. Mar. 2--US-URSS Indoor 5 Km, Richmond, Va.
Sat. Mar. 3--5 Km, Columbia, Mo., 9 a.m. (E)
Sat. Mar. 4--10 Km and 20 Km, Bethesda, Md., 10 a.m. (J)
Sun. Mar. 5--10 Km, Columbia, Mo., 9 a.m. (E)
Sat. Mar. 10--2 Mile and 10.1 Mile, Silver Spring, Md., 10 a.m. (J)
Sun. Mar. 11--15 Km, J. Women's 3 Km, and Women's 5 Km, Walnut, Cal., 9 a.m. (K)
Sat. Mar. 17--3 Km, Columbia, Mo., 9 a.m. (E)
Sun. Mar. 18--High School 5 Km, Open 10 Km, Beginner's 1 Mile, New Rochelle, N.Y., 10 a.m. (L)
Sun. Mar. 25--5, 10, and 15 Km, San Diego (D)
Ontario 50 Km and Open 10 Km, Ohawa, 11 a.m. (F)
Sat. Apr. 7--1 Hour, Columbia, Mo., 2 p.m. (B)
Sun. Apr. 8--AAU 100 KM CHAMPIONSHIP, WASHINGTON, D.C. (D)
Sun. Apr. 15--10 and 15 Km, Los Angeles, 9 a.m. (C)

Note: The National 30 Km, originally scheduled for Pasadena on March 18, has now been awarded to the Michigan Association with no date set yet. This is because of Southern Pacific having to handle the Pan-Am Trials at 20 and 50, as well as the National 5, at the 1979 Championships in June.

CONTRIBUTORS

John Kelly, 1024 9th St., Santa Monica, Ca 90403
Dale Sutton, 8937 Petit Court, San Diego, Ca 92111
Joe Duncan, 2960 Maple Knoll Drive, Columbia, MD 21040
Doug Walker, 2360 Dundas St., Toronto M2P 4Z2, Ontario, Canada
Larry Larson, 709 Chesterfield, Racine, Wise 53406
Carl Schueler, 10602 Wooddale Dr., Silver Spring, MD 20910
Paula Kash-Mori, 11246 Cornin St., Los Angeles, Ca 90035
Gary Westerfield, Island Track Club, PO Box 440, Smithtown, Ny 11787
annals of sport (outside of Master's competition, of course). John Less writes in Race Walking Record: "In the 85 km Campaign to Paris event, Ian Harding became the oldest Senior Great Britain athlete of all time at 48 years 141 days, the previous record holder having been Harold Whitlock who was 46 years 218 days when appearing in the 1952 Olympics. But not to be outdone, Peter Worth at 48 years 94 days became the oldest person to make a UK Athletics debut and was possibly the oldest UK international debutant in any sport. John Eldersaw weighed in at 45 years 113 days with Dave Boxall, on debut, being the absolute baby of the team at 45 years 114 days. Averaging 57 years 90 days this was certainly the oldest four-man team ever to represent Great Britain in any physically active sport. ...Unfortunately we have another death to report. John Seimos, age 45, died of cancer in Florida on December 11. John was the chief organizer, race director, coach, OMG! contact, and motivating force for walking in Central and South Florida. One other race result, a 25 km in Miami on Jan. 13: 1. Marcel Jobin, Can. 1:57:37 (Warm--high 70's--and humid--95 percent) 2. Barry Ingard, England 2:10:07 3. Dave Cummings, Niagara Falls 2:26:16 (attending school in Daytona) 4. Joe Sherman 2:28:56....Barbara Carroll—that's the girl who was sixth at Springfield. Just got a subscription for her via Steve P. She's going to get her first issue only to find out that the dumb editor didn't even know her name. Hope she reads this far...

Also the guy from Middletown goes by the name of Dan Debold. This per results I just got from Rich Myers, who showed me a few different times than those Blackburn gave me over the phone. He did have his own time right. First off, the race was in Canton, not Dayton. John had 39:45, Tim 41:35, Rich Myers 50:07, Phil Lee's 53:12, and the flying Debold 53:54. According to Rich, the guy was doing the old bent-legged creep the last half of the race. Since it was actually a running race invaded by a few walkers there were no judges around......

Reproduced below are lecture notes from the presentations of Mexican National Coach Jerry Hausleber at the 1978 USC Training Camp at Squaw Valley in August. These represent the first three lectures. We will reproduce notes from his fourth and fifth lectures on a general training plan at a future date. Note that the topics in this case may be laid at the fingers of Bob Bowan, or at least his typist, and not your editor. As a professional technical writer I would also make a few editorial changes here and there given the opportunity, but then I would make a lot of editorial changes in the stuff I send you each month—given the opportunity.

1. Introductory Meeting with Professor Jerry Hausleber

A. General Discussion on Technique & Faults (Theoretical & Practical):

The correct position (posture) for race walking is as follows:

[Diagram showing correct posture]

Faults:

Too far of a backward lean often leads to disqualification, as the knees often remain in the bent position shown below:

[Diagram showing backward lean]

The length of one's stride depends on one's height, length of legs, and flexibility of hips. A walker must find his optimum length and frequency of stride.

The Mexicans do not do many special exercises other than walking and exercises while walking. Power and strength are to be used very little. The emphasis is mostly on natural work (e.g., walking up inclines on sand). Younger walkers may use light weight work. Some weight work as well as isotonic exercises are used to correct special problems.

B. Running while Training:

After 16 or 17 years of age it is best if a walker doesn't mix running and exercises while walking. The heart rate reaches its maximum peak just the same, with the same cardiovascular development resulting. The danger of adding running to one's training program is that a natural walking technique is hindered. The Russians and Germans have technical problems as they do some running. Walking is not in the same family of movement as running. If you are a walker, you race walk; don't mix the two.

C. Important Assets in Race Walking Development:

(In order of importance and development)


II. Body Mechanics (Second Lecture by Professor Hausleber)

For proper technique development a race walker should be concerned with five major body areas: Foot placement, knees, hips, torso, and shoulders & arms. All are dependent on one another and are equally important for developing proper technique.

A. Foot Placement:

The placement of each foot during a walker's stride in relation to the line of direction is extremely important. Incorrect placement can result in a loss of distance for the same energy expended. The following diagrams will help illustrate this point:

[Cont. p.10]
INDOOR HEROES OF THE PAST. Former Indoor 1 Mile record holder (6:10.4), Don DeNoon, is seen in action in the top photo. Who can tell us where and when? At the bottom, Ron Kulik and his huchpuppies lead some ancient race with the long-forgotten Alan Makasale, Bill Chmelchenko, Ron Daniel, and Rudy Halusa close on his heels. Who can identify this venue? (Photos courtesy of Charlie Silcock)

Ron Laird, now in the Master's ranks, is seen in earlier times in the top photo leading West Germany's Karl-Heinz Pape in a 10 km race in Augsburg in 1965. Pape went on to win in 45:20 to Ron's 46:06. Third in the race was your editor, seen in the lower photo, in 47:57. Please note the excellent contact but unnecessarily high and somewhat strained arm action of yours truly. Laird also appears to be clearly in contact proceeding at about 7 minute mile pace at this early stage. (El Attar Photos courtesy of Charlie Silcock)
Only with the foot placement in (f) is the power in the same direction to the line of direction. It is also more economical than (a) thru (e), as no loss of distance results. A further illustration of this is shown below:

A loss of 2 cm. can result from poor foot placement. This is equal to a loss of approximately 400 meters (2 minutes) in 20-kilometers or 1 Km (5 minutes) in 50-kilometers. Most of the top race walkers in the world use this correct foot placement as shown in (f) on the previous page. You will notice that they usually walk on the outside of their feet in order to get one foot directly in front of the other. Increased flexibility in the hips also aids this.

B. Knees:

In order to achieve maximum pulling power and at the same time avoid possible rule violations (e.g. bent knee in support phase), it is important to begin each stride with a straight leg. The diagram below shows both correct and incorrect leg action at the knee.

With the correct straight leg action it is impossible to jump off the ground as the quadriceps (upper front leg muscles) are loose, however, with the bent knee action, the quads are tight and it is possible to jump off the ground. It is often possible to "walk" fast times (e.g. 45 to 47 minutes for 10-Km.) without training using this incorrect technique.

C. Hips:

The proper flexibility or rotation in the hips allows a walker to not only achieve the proper foot placement, but to gain extra distance without overstriding. Diagram (a) shows a walker’s foot placement with no hip rotation, while diagram (b) shows the extra distance gained with proper hip rotation.

D. Torso:

As discussed in the introductory lecture, the proper posture for the torso is a straight upright position with maybe a slight inclination. This is shown in figure (c) below. Figure (a) shows too much of a forward lean which can often result in bent knee problems and disqualification. This also does not allow a walker to get maximum power and stride. Figure (b) shows too much of a backward lean which also limits a walker’s power considerably.

E. Shoulders & Arms:

The shoulders and hips work together. The same work on the shoulders is transferred to the hips and in that sense, they are dependent on each other. Flexibility in these two areas is especially important in mastering good race walking technique. It is important to note that 50% of one's power comes from the shoulders and 50% from the hips (not the arms!). More action of both the shoulders and hips is required for a longer stride and increased speed.
The arms are used for proper balance and should be carried at approximately right (90°) angles. Figure (c) below shows the proper arm carriage, while figures (a) and (b) show improper carriage. Figure (a) results in slow walking while figure (b) often results in lifting and possible disqualification.

It is also important for the arms to be somewhat relaxed and not tensed. Tension in the arms results in an uneconomical style, loss of energy and fatigue. It is suggested that the arms cross partially in front of the body about 10 cm. from one's torso.

III. Elimination of Common Mistakes (Third Lecture by Professor Hausleber)

There are two major classes of technical mistakes in race walking: (1) Mistakes that are in violation of the rules of race walking; and (2) Economical mistakes. The discussion that follows centers on the reasons for these mistakes (usually body construction problems or weak muscles, etc.) and possible corrective measures for their elimination.

A. Leg Problem #1:

Figures (a), (b), and (c) below illustrate three types of leg structures. With (a) and (b) it is not difficult to achieve the proper cross-over foot placement, however, with (c) it is difficult. Increased flexibility and strengthening of leg muscles may help, but this problem if severe may be hard to correct.

B. Foot Problems:

As discussed previously, foot placement is critical for gaining the maximum benefit from one's stride. Foot placement as shown below results in a shorter stride for the same energy expended with a possible loss in significant distance. A walker also looses the full force of the stride.

Exercise to correct: This walker should always compensate when walking by turning feet inward and concentrate on walking on the outside edge of each foot.

C. Leg Problem #2:

As also previously discussed, landing on a bent leg as shown in figure (a) below results in a loss of power and possible rule violations. This improper technique involves using the front (quadriiceps) muscles instead of the back leg muscles.

To correct this mistake a walker needs to strengthen the back leg muscles and hamstring tendons with exercise. The best exercise is always walking. Therefore, walk in place on the balls of the feet and the heels below the level of the balls such as on a sidewalk curb. Do this ten to 30 minutes per day. This correct leg action is of course as shown below in figure (b):

D. Tight Hips:

Tight hips hinder proper stride development. To correct this problem a walker should concentrate on twisting the hips while walking or standing in place. General flexibility exercises also will help.

E. Torso Problems:

Too much of a forward or backward lean hinders a walker's stride and power, and often results in other problems such as rule violations. To correct for these mistakes a walker should concentrate while walking, on compensating in the opposite direction. Exercises such as pulling a tire on a track may be used to compensate for a backward lean.

F. Arm Carriage Problems:

As previously discussed, proper arm carriage is essential for good balance and coordination. Arms should not be carried too high or too low, but should be carried at approximately 90° angles at the elbow. It is not hard to correct this mistake, but does require concentration on the proper arm carriage while training.
G. Too Tight or Tense Muscles:

This is a general problem which prohibits many walkers from developing a nice fluid style. It is possible to correct this problem by doing flexibility exercises. It is best to do these while walking slow. Keep the arms loose at all times and concentrate on relaxing the muscles.

H. Concluding Remarks:

Always concentrate on what you are doing. You should be fresh when working on corrections of one's technique. Work on one mistake at a time if you are a veteran walker. For younger walkers new to the sport it is best to correct all mistakes at once. It is especially important for those younger walkers to work only on technique at first. Endurance, etc. will come later. Total body coordination is needed first. I recommend the following percentages of general training (swimming, running, walking, gym, baseball, etc.) plus special training (race walking only) for younger athletes:

<table>
<thead>
<tr>
<th>Age</th>
<th>General Training</th>
<th>Special Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-12</td>
<td>100%</td>
<td>-</td>
</tr>
<tr>
<td>12-14</td>
<td>75%</td>
<td>25%</td>
</tr>
<tr>
<td>14-16</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>16-18</td>
<td>25%</td>
<td>75%</td>
</tr>
</tbody>
</table>

Track Events ***

1 mile          6.59.8 Thorill Gylder  NOR Fredrikstad  22.8.1978
1500 m          6.27.3 Susan Orr      AUS Doncaster     4.2.1978
3000 m          13.39.6 Siv Gustavesen SWE Gothenburg 29.7.1977
5000 m          23.17.5 Thorill Gylder  NOR Oslo           4.8.1978
10000 m         48.40.3 Siv Gustavesen SWE Gothenburg 30.4.1977
15000 m         1:19.49.8 Susan Liere    USA Kings Point  20.3.1977
20000 m         1:46.18.6 Susan Liere    USA Kings Point  20.3.1977

Road Events ***

5 km            22.57.5 Siv Gustavesen SWE Borås     22.7.1978
10 km           48.40.0 Thorill Gylder  NOR Fredrikstad 22.7.1978
15 km           1:16.40.0 Thorill Gylder  NOR Fredrikstad 22.7.1978
20 km           1:43.19.6 Thorill Gylder  NOR Fredrikstad 22.7.1978
25 km           2:12.57.0 Susan Liere    USA Fort Jefferson 19.6.1976
30 km           3:18.15.0 Jeanne Bocci  USA Toronto       20.4.1978
35 km           3:26.04.0 Jeanne Bocci  USA Toronto       20.4.1978
40 km           4:10.12.0 Jeanne Bocci  USA Toronto       20.4.1978
50 km           5:17.00.0 Mary Milsson    USA Toronto       20.4.1978

INDOOR TRACK ***

1 mile          7.01.7 Susan / Sue Brodock USA New York  24.2.1978
3000 m          13.45.0 Thorill Gylder  NOR Tromsø        4.3.1978
5000 m          25.25.0 Thorill Gylder  NOR Oslo          20.2.1977
10000 m         55.25.2 Jeanthe Theberge CAN Quebec        21.3.1976

Compiled by Egon Rasmussen, Denmark