ANNUAL ORW WORLD AND U.S. RANKINGS

Each year the Ohio Racewalker puts our collective heads together (there is, after all, only one of us) and ranks walkers of the world and of the U.S., both men and women. This marks the tenth year of our World rankings at 20 and 50 km, the eighth year for U.S. rankings at the same distances, and the second year for ranking both world and U.S. women at 5 and 10 km.

Daniel Bautista sits at the top of the world at 20 km for the fifth year in a row and his dominance has been pretty much unquestioned during this span. He did lose one race this year but still dominated the world during a year of revolutionary performances. At the start of the year, the best 20 km ever was 1:23:12. That mark was bettered by 25 men during 1979, many doing it several times. Leading the assault was Bautista. He saw several people better his world record on the track but regained it before the year was out. And he shattered all the others in a row and his dominance has been pretty much unquestioned during the fastest 20 km ever was 1:23:12. That mark was bettered that span. He did lose one race this year but still dominated the world women's events and was ranked first at both 5 and 10 as the British ended Swedish domination of the women's events.

So, on to the rankings. Track times are indicated by (t).

1979 ORW 20 KM RANKINGS

1. Daniel Bautista, Mexico
   DQ: Ja lapa 4/8
   1:22:15 (t) (1) Valen 9/19
   1:22:10 (t) (2) Fana 5/26
   1:24:10 (t) (3) Tabere 6/3
   1:21:04 (t) (1) Vrestad 6/10
   1:22:14 (t) (1) Eschborn 9/29
   1:20:07 (t) (1) Montreal 9/17

2. Domingo Colín, Mexico
   1:31:20 (1) Ja lapa 1/8
   1:20:59 (t) (1) Fana 5/26
   1:20:12 (6) San Juan 7/13

3. Nikolai Vynetschenko, USSR
   1:21:40 (t) (2) Alushta 4/22
   1:21:11 (t) (3) Alushta 24/29
   1:21:07 (t) (4) Fana 5/26
   1:20:05 (1) Moscow 7/20
   1:31:17 (t) (1) Eschborn 9/29

4. Anatoliy Salonen, USSR
   1:21:05 (t) (1) Alushta 4/22
   1:21:02 (t) (2) Fana 5/26
   1:24:56 (1) Eilb 5/26
   1:23:16 (t) (3) Fana 5/26
   1:25:23 (2) Fana 5/26

5. Boris Yakovlev, USSR
   1:24:43 (1) Alushta 4/22
   1:23:55 (1) Fana 5/26
   1:24:55 (1) Fana 5/26
   1:23:16 (t) (2) Eilb 5/26
   1:26:11 (t) (1) Alushta 4/22

6. Vytor Potshchenhuk, USSR
   1:21:19 (t) (1) Naumba 5/1
   1:20:22 (t) (2) Moscow 7/20
   1:21:22 (t) (3) Eschborn 9/29

7. Felix Gomez, Mexico
   1:20:05 (1) Valen 9/19
   1:22:20 (t) (1) Valen 9/19
   1:21:19 (t) (2) Vrestad 6/9
   1:21:22 (t) (2) Eschborn 9/29

8. Ernesto Ca nito, Mexico
   1:27:03 (1) Jalapa 4/8
   1:26:43 (1) Jalapa 4/8
   1:21:52 (t) (3) Montreal 10/17

9. Hartwig Gauder, E.G.
   1:22:40 (1) Eilb 5/26
   1:21:29 (1) Naumba 5/1
   1:21:20 (1) Vrestad 6/9
   1:21:50 (7) Eschborn 9/29
   1:23:00 (t) (4) Montreal 10/17

10. Roland Weiser, E.G.
    1:23:27 (1) Naumba 5/1
    1:21:20 (1) Naumba 5/1
    1:21:22 (t) (1) USA 6/23
    1:22:32 (9) Eschborn 9/29

Bautista is clearly No. 1 with his Forceful Lugano Cup win followed by his world record in Mon treal. ... Colín had just one serious race before falling ill in the Pan Am Games and missing the rest of the season but in that one he shattered the existing world record and easily beat Bautista and two of the top Soviets ... There is very little to choose between the three Soviets in third, fourth, and fifth. Vynetschenko, however, won two of three from each of the other two and Solomin won three of four from Ya kovlev, so we rank the latter fourth despite his great Lugano Cup second place. ... Potshchenhuk in a clear sixth off his Lugano race. ... Gomez, despite finishing behind Ca nito and Weiser at the Lugano meet, led the superior record topped with his great race in Montreal. At Vrestad he finished ahead of Gauder, though not actually in the money. Weiser is the only walker mentioned to rank ... Lelievre and Salonen both won Lugano semi from walkers who finished well in the final. They did not compete in the final since their teams didn't qualify. Lelievre seems to have a slightly superior record topped by his early season world record. ... Damilano hit practically all of the important races and performed well. His D2 while in second at the Luge no meet is a just a few hundred meters to go cost him a much higher ranking. ... Tvetkov and Senyov topped the rest of the amazingly deep Soviet contingent and have superior records to anyone else.
**1979 U.S. 50 KM RANKINGS**

<table>
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<th>Rank</th>
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**1979 WORLD LIST--50 KILOMETERS**

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**1979 U.S. LIST--50 KILOMETERS**

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<td>Roger Brandwein</td>
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<td>7</td>
<td>Brian Savilonis</td>
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1970 WOMEN’S WORLD 5 K RANKINGS

1. Marian FAUkES, UK
23:32t (1) Birmingham 6/16
23:47 (1) Rothenburg 5/20
23:19t (2) Ostersund 6/30
23:47 (1) Hageneden 7/14
23:58 (1) Eschborn 7/29
24:21 (1) Eschborn 9/29

2. Carol Tyson, UK
23:57 (2) Birmingham 6/16
23:44 (1) Enfield 5/19
23:36 (3) Sittingbourne 6/30
23:13 (1) Bergen 5/30
23:22 (3) Ostersund 6/30
23:31 (1) Atlanterike 7/14
23:47 (1) Hageneden 7/14
23:59 (2) Eschborn 9/29

3. Thorhild Gylder, Norway
24:37 (1) Bergen 3/10
24:44t (1) Enfield 5/19
24:56 (1) Rothenburg 5/20
23:11 (1) Ostersund 6/30
23:31 (1) Bergen 7/1
23:53 (1) Ostersund 7/14
23:47 (1) Hageneden 7/14
23:59 (2) Eschborn 9/29

4. Britta-Karle Carlsson, Sweden
24:12 (3) Oakland 3/10
24:09 (1) Gothenburg 5/1
24:08 (1) Afton 5/25
24:37 (5) Ostersund 6/30
24:10 (1) Feskov 7/22
24:12 (1) Gino 8/3
23:52 (1) Bergen 9/2
23:43 (1) Vasteras 9/8
23:30 (1) Eschborn 9/29
23:11 (1) Oslo 10/6

5. Elizabeth Olsson, Sweden
24:12 (2) Oakland 3/10
24:09 (1) Gothenburg 5/1
24:08 (1) Afton 5/25
24:10 (1) Ostersund 6/30
24:07 (6) Ostersund 7/1
24:19 (1) Hageneden 7/14
23:58 (3) Hageneden 7/14
24:10 (1) Enfield 9/29
24:00 (1) Gino 8/3
23:50 (3) Eschborn 9/29

1970 WOMEN’S WORLD LIST—5 KILOMETRES

1. Marian FAUkES, UK
23:32t (1) Birmingham 6/16
23:47 (1) Rothenburg 5/20
23:19t (2) Ostersund 6/30
23:47 (1) Hageneden 7/14
23:58 (1) Eschborn 7/29
24:21 (1) Eschborn 9/29

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23:57 (2) Birmingham 6/16
23:44 (1) Enfield 5/19
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23:22 (3) Ostersund 6/30
23:13 (1) Bergen 7/1
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24:37 (5) Ostersund 6/30
24:10 (1) Feskov 7/22
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23:52 (1) Bergen 9/2
23:43 (1) Vasteras 9/8
23:30 (1) Eschborn 9/29
23:11 (1) Oslo 10/6

5. Elizabeth Olsson, Sweden
24:12 (2) Oakland 3/10
24:09 (1) Gothenburg 5/1
24:08 (1) Afton 5/25
24:10 (1) Ostersund 6/30
24:07 (6) Ostersund 7/1
24:19 (1) Hageneden 7/14
23:58 (3) Hageneden 7/14
24:10 (1) Enfield 9/29
24:00 (1) Gino 8/3
23:50 (3) Eschborn 9/29
### 1979 U.S. List—Women's 5 Kilometers

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### 1979 U.S. List—Women's 10 Kilometers

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### World List—Women's 10 Kilometers

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<td>2</td>
<td>Blaine Cox</td>
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<td>Paula Kash</td>
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<td>5</td>
<td>Karen Eden</td>
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<tr>
<td>6</td>
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### World List—Women's 20 Kilometers

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The race for the U.S. title was a race-long duel between Knifton and Tom Dooley, with John edging away over the final 10 km. After they passed 25 in 2:05:58 (Dooley) and 2:06:00, Knifton accelerated to put in a final 5 km split of the race (21.28), leaving Dooley 22 seconds back at 30 km. Both slowed appreciably over the last 5, after this effort, but John continued to pull out.

Bill Ranney walked in a rather isolated fourth place throughout to finish in that spot. Roger Brandwein, in a stirring duel with Grim Reaper, did close to within a minute of Bill at 30 km, but the canny old veteran Ranney was able to pick up slightly the final five as Brandwein slowed. Grim Reaper, meanwhile, was the one to die on this day as he folded to a 31:41 final 5 and watched the battle of victims disappear in the distance. Fortunately, Brian Snell, who had led both Brandwein and Reaper early, suffered even more over the last 15 km to finish a distant seventh. Perhaps he was the one the Grim Reaper was after on this day. Another stirring duel was that between John Stowers and Bob Ronain for first in the 50-59 category. Stowers was able to pull away the last 10 as both hit the wall rather badly.

Results of the two races:


5 Mile, Des Moines, Iowa 22. Mike Bixler 38:52 23. Stan Smith 39:40


FROM HELL TO TOKYO

We hope to have a full report on happenings at the race walking committee meeting at the NAU convention in next month's issue. A few things here. The sites and tentative dates of next year's championships are listed elsewhere in this issue. The 100 km is not listed and it may still be open. If so, Sandusky, Ohio wants it. "89 championships have been eliminated, so the Olima Seaper reapied the lead of those titles. Perhaps the most important event was the switch of the 50 km Olympic Trial from the T&F trials site in Eugene to Niagara Falls.

The race will be held May 10 and sponsored by Korriskl Cooper through its subsidiary, the Caribouco Company. They are also sponsor ring the marathon trial in Niagara Falls. Dan Stancik will be race director.

The 10 km walk will be on July 18, at the 10 km Relay this year, only the second walk in their history. The first was a mile more or less an exhibition, in 1951 won by Jack Blackburn over Jack Valli, "Jack Portland, and Matt Rynya". The race will be on Sunday April 28 starting at 9 a.m. It will be on the track. It's important to get a good field for the race to encourage its continuation. Write Bob Ehrl, Track Coach, California State University, 1300 State College, for information. Call him at (513) 271-2115.

In the women's National 20 km, for which we had results last month, Sue Libe splited were 26:23, 51:54, 1:22:15, 1:52:59. Her first 5 was well ahead of the pace if her World's best of 1:44:18 but the effects of strained ankle from cross country and her hard 10 km earlier caught up with her after 15 km. Jeanne Rocci, with splits of 56:37, 1:04:43, and 1:54:45, was closing at the end.

Wayne Gruaker will be doing a course in "Beginning Race Walking" at De Anza Community College during the winter quarter. Wayne Nicoll at Finish Line Sports in Augusta, Georgia has two more race walker t-shirts available. His first one, which we told you about some time ago, featured a Herb Parsons' print of five greats of the U.S. walking scene locked in a tight struggle. Hope some of you ordered that one. Now he has another Parsons' print of a single race walker on a gray shirt, which looks very nice, and a blue shirt with the Ohio Race walker logo on it (he had my permission and I have three free t-shirts). I don't know if the first shirt is really on sale, but any of the three would be excellent for giving out at races and certainly belong in your personal wardrobe. (I get no commission). They are $4.95 each, plus postage. Write Wayne Nicoll, Finish Line Sports of Augusta, 1710 Walton Way, Augusta, GA 30904. H&G has a forthcoming 30-week series "The Road to Moscow," which will present Olympic prospects in action. One segment will feature Marco Bonoli, who is a real long shot since this is a syndicated and will show at different times in different markets. The segment will show on February 2 in Denver, so that may be a clue. Our front page for this issue was done by Corbin Blackburn, Jack's mom, and first appeared in November 1971. One mystery solved. The two missing winners from our list of past 3Km/2 Mile/5km winners in the June issue are: 1957 Her: Lanagan 1:42:53 and 1:43:18; John Bond 1:45:02. Grimes Hershey sent me the info on the 1958 race, which he had gleaned from Track and Field News. That alerted me, how poorly I was using my own resources, since my complete file of TF News dates back to the fall of 1953. Besides that, the 1957 race was held in Dayton and I was there to see Henry vin, although competing in the 100 hurdles myself. Still don't know about the 1964/60 km. Larry Larcom tried to help out on that one, but merely reiterated information I already had that I knew to be incorrect. Phil Bradley in Texas is interested in "big people" records. Phil stands 6'6" and weighs 180. He would like to know what others of similar height and weight have accomplished for the mile, 5, 10, and 20 km. Anybody out there know?

THANKS TO ALL----Since typing the last line above, Christmas '79 has come and gone. On Sunday, Jack Blackburn brought to my door an envelope with my name upon it, giving strict orders not to open until Christmas. Man of integrity that I am, I did indeed wait until Christmas morning. Upon opening said envelope, I found a check of very generous proportions from "over our last name". I can only say I was overwhelmed. You didn't really need to bribe me to keep this rag coming, but it's certainly nice to be appreciated. By sincere thanks to everyone who contributed. Your support will be preparation for forthcoming issues on a typewriter, which, unfortunately, won't do much about the inept typist. But things should look a little neater, especially as this 25-year-old gem has started to look a little fight, although can't with any hope. The purchase of the typewriter should still leave a sizeable sum from the all-too-generous gift. Maybe the kids can have shoes this winter. Again, thanks and a Happy New Year to All May it bring prosperity and faster times to walkers throughout the world.

CHAMPIONSHIP AWARDS FOR 1980

Senior
10 Kilometer Chicago May 28
20 Kilometer Niagara Falls July-August
20 Kilometer Seattle April 19 or 20
25 Kilometer Miami Beach November 30
30 Kilometer Houston March 23
35 Kilometer Palo Alto September
40 Kilometer Long Branch November 1
50 Kilometer New York City April 5
100 Kilometer Longmont, Colo. October 4
2 Hour Postal to be handled by New England Association
100 Mile Columbia September
A quick review of the race walking stride gives the reason for this ranking of the Running Times' criteria. We land hard on the heel, so adequate shock absorption is a must. Just as vital is control of the heel plant, since motion in either direction is injurious, at least potentially, to the knee. Important also is a good forward roll and thrust off the toe, for motion control here is important as well. Little shock is transmitted from the forehead on race walking, so this criterion is less vital than others.

Among men's training shoes, three rated "very high" in all three vital areas: The Nike Daybreak and Tailwind, and the New Balance 620, but the Tailwind is not well suited for walking. The Adidas SL 820 rated "very high" in two areas: motion control at the heel and "high" in shock absorption at the heel. Also, the Adidas SL 820 rated "very high" in shock absorption at the heel and "high" in shock absorption at the toe. The Adidas Lady Orion was "high" in shock absorption at the heel and "high" in shock absorption at the toe.

Moving to women's training shoes, we find that two shoes rated "very high" in the three vital areas: the Nike Liberator and the New Balance 600. The Nike Liberator was "very high" in shock absorption and motion control at the heel and "high" in motion control at the foot. Other shoes rated "very high" in motion control at the heel, also "high" in other areas, and the Brooks Lady Vantage Supreme (motion control at the foot), also "high" in the other two areas.

"Racing shoes" should certainly be not purchased for training; this is a rule even more important to walkers than to runners, since our need for support and cushioning is vital. However, for those of us serious enough to invest in shoes just for racing, here are the Running Times' racing shoe ranking, based on the same four criteria (three of importance to us).

The Adidas TRX Competition and the New Balance Comp 100 are clearly the class of the field here, with both enjoying "very high" rankings in all three areas. The Nike Challenger is a "very high" in shock absorption at the heel and "high" in motion control at the heel and foot.

To summarize, here are the shoes that fared the best under Running Times' and our criteria. We have not included the Tailwind. Refer to the legend below for shoes for special needs.

<table>
<thead>
<tr>
<th>Highest Rating</th>
<th>Very Good</th>
<th>Good</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Training Shoes</td>
<td>Mike Daybreak (F)</td>
<td>Mike Liberator (F)</td>
</tr>
<tr>
<td></td>
<td>New Balance 620 &amp; 620W (F)</td>
<td>Brooks Lady Vantage</td>
</tr>
<tr>
<td></td>
<td>Adidas SL 60 (F)</td>
<td>Brooks Liberator (F)</td>
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<tr>
<td></td>
<td>Mike Liberator (F)</td>
<td>Brooks Vantage (F)</td>
</tr>
<tr>
<td></td>
<td>Nike Tempest (F)</td>
<td>Brooks Vantage Supreme (F)</td>
</tr>
<tr>
<td>2. Racing Shoes</td>
<td>Adidas TRX Competition (W)</td>
<td>Adidas Lady Vantage (H)</td>
</tr>
<tr>
<td></td>
<td>New Balance Comp 100 (N,W,F)</td>
<td>Adidas Lady Super Runner (F)</td>
</tr>
<tr>
<td></td>
<td>Nike Challenger</td>
<td>Adidas Lady Vantage Supreme (F)</td>
</tr>
</tbody>
</table>

Notes:
- For both men and women, "very high" is rated 4.0 or better.
- "High" is rated 2.0-3.99.
- "Moderate" is rated 1.0-1.99.
- "Low" is rated below 1.0.
- The "special walking shoe" category is included in the "moderate" category.

RACE WALKING SHOES

Martin Rudow

The people ask about the proper shoes for race walking. The following summary is an attempt to answer some of their questions and assist walkers in choosing the best shoes for their own needs.

Running Times magazine recently rated running shoes in a manner that lends itself well to race walking interpretation. Accordingly, I've taken the information and applied them to race walking criteria. There is no need to seek out "special walking shoes" — you won't find any anyway — since standard running shoes fit our needs very well. It's simply a matter of finding out the running shoe best suited for race walking.

Running Times rated shoes on four criteria: Shock absorption at the heel, shock absorption at the foot, motion control at the heel, and motion control at the foot. Of these four criteria, the two dealing with the heel are the most important to walkers, the motion control at the foot is next, with shock absorption at the foot least important.
with different terminology and also include two other categories I feel is the first thing I check when looking at a new shoe.

The shoes Martin has discussed above all come out very well in Runner's World rankings, too—especially supporting his recommendations. All but the Tempest are given "5 Star" rankings—tops—and the Tempest is "4 Star". However, my Super Villanovas are also 5 Star and stack up very well with the shoes above in the important categories. In addition, only the New Balance 620 is lighter and none are a 5 Star. And to top it all, the Super Villanovas lists at $10 to $15 cheaper than the others. (No, I don't get a commission from Brooks either.) It all comes down to a matter of personal choice and personal needs—any new shoe is a bit of a gamble; you really don't know until it has been under you for a few miles. But it's good to have some guidelines to start with and those Martin has provided are very good. And check the running magazines for evaluative articles and ratings, keeping in mind those criteria that are important to walkers. (To forget to mention, the Super Villanova also outnarks the others in sole wear—a key criterion to me, I'm sure.)

LOOKING BACK

10 Years Ago (From the Dec. 1969 Omni)—According to the Omni, the IAAF had passed a rule to the effect that all shoes worn in track and field competition, including walking, were to be solid white. And to do with advertising and all the money supposedly given to athletes to wear a particular shoe. Either it was just proposed and never passed or someone realized in time it was unworkable, but apparently it never got off the ground. As pointed out, it will not have been beneficial to walkers—contact appears more distinct the darker the shoe—at least it appears so on some film I once took of Chris McCarthy wearing one white shoe and one black one. We had a review of the decade, something perhaps we should have done in this issue, and made a Man of the Decade and Walker of the Decade award. The former went to Charlie Winkle, the latter to Ron Laird. Ron Zinn, Rudy Ha Luna, and Larry Young ranked second, third, and fourth, respectively.

Fast times honors went to Ron Laird in 1:13:24 on a San Francisco track. 5 Years Ago (From the Dec. 1974 Omni)—Jack Blythman, the National Race Walking Chairman, won the 20m leg in 1:33:24 on a San Francisco track. Fast times honors went to Ron Laird in 1:13:24. Laird also scored a 3000 meter/2 mile double at an indoor meet in Pittsburgh with 6:06:7 and 14:05. We ran a bunch of material from a 1910 book on race walking by Hugh Innes.


REPORT ON THE PROMOTION OF RACEWALKING IN THE NCAA by Bob Kitchen

College racewalking has made tremendous progress this year, yet in another way, it has reached a plateau. The number of college race walkers is increasing rapidly as more conferences and colleges are conducting walk meets. However, the sympathetic attitude expressed by the NCAA Rules Committee does little to override their conviction that the lack of money and popularity inhibits acceptance for the time being.

The New York State high schools continue to be the source of a growing number of college race walkers. As more are going to colleges where the coaches and conferences are sympathetic, more opportunities are being created. Most are in Division 2 and 3 schools or the predominantly small NAIA conferences where money and scholarships are not the same problem.

A number of conferences have added a scoring or exhibition walk. The NAIA continues its indoor and outdoor events. The NCAA added an exhibition 20 km outdoor this year and has just voted to lengthen its indoor race from 1 to 2 miles. The College Track Conference in the metropolitan New York area and the City College of New York City Conference have scoring events, while the Maine State and Eastern Intercollegiate Conferences have conducted exhibitions. The New England Small College Athletic Conference (Amherst, Bates, Bowdoin, Tufts, Colby, Williams, Wesleyan) is scheduling a 1 indoor and outdoor race.

I have continued my lobbying efforts with the NCAA Track and Field Rules Committee which met at the Division I meet in Champaign, Illinois. Our cause made less progress this year because the "surprise element" has vanished and the Committee has taken a firm stand on the financial unwillingness of the major schools to accept a new event. I do not believe for any presentations at the national level will do any good for the year or two.

Our best opportunity may be to work with the TFA/USA organization. I spoke with the Executive Director Larry Wagner and quickly had set up a TFA/USA sponsored national collegiate walk to be held at Fort Hood Central College, Naperville, Illinois in conjunction with the NCAA Division III meet, May 29-31. The race will be a track walk, 10 or 20 km, probably on Friday morning, May 30. Final details are still pending confirmation. The race would be open to any walker at a four-year college, NAIA, or other conference. This race needs our full support.

In the next year we shall have two priorities. First, putting exhibition or scoring walks in more and more conference meets. Second, we need to adequately train more walking judges. The NAIA is still not out of the woods in this matter, nor are the New York State high schools. Clinics should be arranged for the regular track officials, not just specialized walking judges. We still have a long way to go, but we are making great progress at the "grass roots". Our guiding principle should be to give college walkers ample competition and reward and to get the high school walker something to look forward to.