NEW TYPEWRITER (Same tired typer). Thanks to all of you who contributed to the generous Christmas gift presented to the editor by Jack Blackburn what you are now reading is being typed on a brand new Electric Coronet portable. This replaces the old Underwood manual of about 1940 vintage. Unfortunately, 11 is being manipulated by the same uncoordinated fingers. At least, the typos should look better. Anyway, thanks again. Oh, yes. That still leaves a sizeable amount, thanks to your generosity, some of which I think will go to a new desk lamp to light my labors. The rest may go in some frivolous fashion—not on wine and women. I assure you—but perhaps some on song. The 25-year collection of the best of jazz can perhaps see its way to the generous Christinas.

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Another Result: New Year's Eve 5 Mile Handicap, Springfield, Ohio.
John Blackburn 66132 2. Kathy Blackburn 66123 3. Tim Blackburn 66129
4. Jack Blackburn 66127 (the handicapper, who obviously favors the family)
5. Chris Knotts 66127 (now living with Jack, so he too is part of the family.
6. Fast and course record. Good time on a cold night in the dark.)
9. Phil Lewis 64125 (Rich Myers, with a broken toe, served as timer. Jack
Moving Maple Leaf, with hard cold, commiserated with Rich for part of the race,
and then drove back to the warmth of his home and family in Columbus without
ever knowing who won. A phone call just received from the crossed handicapper
finally brought the exciting news. Oh, yes. One other absentee was
Steve Pecinovsky. He was throwing a big New Year's party in his new
apartment back in Columbus. The less we know about that, the better, I imagine.

FROM HEEL TO TOE
Several corrections and additions to the Annual lists I had in the December
issue are due to the U.S. 20 km list, delete Ray Florlancal 1(43600), Bob Pacolma
(143900) and Jack E Itano (143904). According to Jack, those were all
on a short course in Massachusetts. He doesn't know of a few others.
On the other hand, Mike del Plll in a few times.
On May 5, then delete Mike from the 50 km list. His 445518 is on the
short course (about 47 km, says he. Also, at 50, add Peter Daley, 481414,
Boyle, Westfield, and McCoy turned in these times in the NY Empire Games,
a result I carried but overlooked in compiling the lists—for the second
year running, much to their chagrin. A good way to retain subscriptions.
Phillips time came in Iowa. In March, in the women's 5 km, Lori Maynard's
best time was 26:10, not 26:10, and Diane Urra is added to the list with a
27:12. At 10 km, Paula Kash had a 51:26 best, rather than the 51:54
listed, but remains fourth in the rankings. Lori Maynard had a best of 53:11,
far better than that listed, and moved up one spot in the rankings. Donnie
Billie and Diane Urra also move up in the lists with bates of 53:21 and
56:40 respectively. Maynard should also be added to the World 10 km list
as should Marlan Stand of Australia with a 51:43. Lori's best times at
both 5 and 10 were in the World Master's Championships, another result I
managed to overlook. . . . Regarding our missing 1984 AAU 40 Kilometer
till, Ray Leach offers the opinion that the race was never held. He says
it was originally scheduled for Detroit in July and was then shifted to Nov.
11, then then Nov. 15. Checking all issues of the Amateur Athlete for late
'84 and early '85, he never found a result. So, can anyone in Detroit tell
us what ever happened to the race? . . . The Road to Moscow segment featuring
Marco Ewuniuk has apparently appeared in some markets, and might have been
shown here, but, if so, I missed it. From all reports it was very well
done, and had Jenna Walker. Beginning to lose and road now, however.
. . . Iowa has nine State Championships scheduled for men, five for
women, and five for masters in 1980. There are also nine TPA State Cham-
ionships in the state, with three hosted by colleges in an effort to promote
the sport. Four high school invitational s are also going to include a walk.
Although the number of competitors aren't there yet, Dave Eldahl

January 1980

The following are some of the results and updates from the Amateur Athlete
for January 1980. The Amateur Athlete is a monthly publication that covers
the world of amateur athletics and provides information on upcoming
events, results, and commentary on the sport. This edition includes news and
updates from various areas, including the United States, Canada, and other
countries around the world. It covers a range of events, including road races,
track meets, and other athletic competitions. The Amateur Athlete is an
important resource for those interested in keeping up with the latest
developments in amateur athletics.

The magazine features a variety of articles and sections, including:

1. The Amateur Athlete's annual lists, which provide information on
the top performers in various events and age categories. These lists are
updated regularly throughout the year.
2. News and updates from around the world, including results from
upcoming events and discussions on various aspects of amateur
athletics.
3. Articles on specific topics, such as training techniques, nutrition,
and injury prevention.
4. Interviews with top performers and coaches, providing insights
into their training methods and experiences.
5. Other features, such as equipment reviews, race reports, and
photographs of events.

The Amateur Athlete is a valuable resource for anyone interested in
amateur athletics, whether as a participant, coach, or spectator. It provides
important information on upcoming events, results from past
competitions, and insights into the world of amateur athletics.
He's Got Your Number

Your number's on, it's "five-two-o", a sip of R.R.G,
and you're ready to go...

Bang! You're out, ahead of the pack...
Flying, pumping, don't look back!
Your effort's smooth, too good to be true?!
Oops! The judge is ahead of you!!
Slow down, look good, go heel-to-toe...
Good grief, what's this?!!
The old "heave-ho!"

Tim Jacobs

In the December 30 Newday, columnist Jack Altshul made his New Year's predictions. One of these read: "Walking will undergo a renaissance. It is already beginning to catch on in Manhattan with the organization of a Race Walkers club, according to the New Yorker magazine. The idea, it seems, is to get in shape to qualify for the race walking events in this year's Olympics. Race walkers are rare breeds. They walk on their heels, elbows flailing and heads bobbing, but I have an idea that more clubs will soon be formed and that walking will take over the jogging craze. A dozen books on walking are now on publisher's desks. Ready to take advantage of this craze is the New York Walkers Club, headed by Howie Jacobsen. The club is out to promote walking both for fitness and for competition. The following is taken from a publicity release they have prepared (printed on their handsome letterhead including a guy walking on top of an apple—the Big Apple, you know):

WELCOME TO THE WONDERFUL WORLD OF WALKING!

Despite all the publicity about running, there are twice as many people who walk for their fitness. According to the Fairer Study: Fitness in America, some 17 million people run, while 34 million people walk for exercise.

Recognizing the need of the public to be better informed of the benefits of walking for fitness, the New York Walkers Club has been established as the first affiliated chapter of the Walkers Club of America, a racewalking organization since 1911. President and founder of the NYWC is Howard Jacobsen, champion race walker and coach to Olympians. Vice Presidents are Dr. Jack Bilano, former NAU Racewalking Chairman, and Steve Hayden, US Olympic Racewalking Team, 1972.

Racewalking is an Olympic sport that produces a high level of fitness and is virtually injury free. You don't have to race to racewalk. It is the style of the racetrack that does the job. The racetrack's style goes beyond that of brisk walkers, joggers, or even long distance runners by employing more of the body's musculature.

Racewalkers are among the finest conditioned athletes in the world, achieving cardiovascular fitness equal to runners and swimmers. Compared with running, which pounds and jars, racewalking is smooth and fluid, avoiding injuries. Because of its dynamic muscular activity, especially with the arms, racewalking is still slower to do than any other endurance exercise. Therefore, it is for more of the population—children, adults, and senior citizens alike, at efforts they can handle and enjoy more.

... Jacobsen has also been giving free racewalking instructions at clinics sanctioned by the Department of Parks, the NYWC, and the WCA. His classes have become quite popular, attracting 100-150 people at a time.

to p. 11

PLANT AND NURMI. Willie Plant shakes the hand of immortal Finnish distance runner Paavo Nurmi before the LA Coliseum race shown on the cover. Willie competed in many of the same meets as Nurmi that summer during a tour of the U.S. in which each set many records. (Photo courtesy of Bill Chisholm)
MASTERS WALKERS OF THE YEAR. Readers of Alan Wood's The Master Walker picked Lord Maynard and Ron Laird as walkers of the year in the master's category (60 and over). Lord is seen entering the stadium during the World Masters Meet in Hanover where he finished third in 20:10. Richard Don took the picture.

PHOTO COURTESY OF CHARLES SLOCOMB.

STANek RESIGNS NEW VAIKERS, Dan Stanek, manager for the 50K Olympic Trial scheduled for Niagara Falls (if we need such), has fallo Mayor Michael O’Laughlin and Oarborundau General Manager and Vice President Michael D. Magna trying out the heel-and-toe sport despite a little canvas.
Racewalking in this country is now enjoying tremendous renewed interest and accelerated growth. Not only are more people competing, but many are now racewalking for improved fitness. We, who are now competing, can lead the way toward building a nation of walkers by making our sport more visible—Jacobson.

COMMENTARY—Many people continue to wonder if man can really “walk” as fast as he is these days, or if the judges are simply growing too lax throughout the world. The following article appeared in the Jan-Feb. 1980 issue of Ontario Athletics, presenting Roman Olszewski’s views on the subject. After that, we reprint a letter that appeared in the British publication, Race Walking Record, together with editor Alan Buchanan’s reply.

Technically Speaking

BY ROMAN OLSZEWSKI

I can’t believe it—that was my first reaction upon seeing the results of the Lugano Cup Walking Championship (Frankfurt, September 29/30). Two under one hour and twenty minutes in the 20km event, and another three under 1:21! The 50km walk was no routine affair either—seven men under three hours and fifty minutes!

The Lugano Cup climaxed an amazing season for the walkers. Just two years ago, the best performances recorded for the 20km and 50km distances were 1:23:32 and 3:56:39, respectively. In 1979, up to and including the Lugano Cup weekend, no less than 17 athletes had superior times at 20km and, incredibly, 20 athletes were known with better times in the 50km event.

Perhaps, therefore, a little euphoria on the part of walking enthusiasts is excusable at this time. I do feel, however, that for the sake of the sport, some thought should be devoted to the possible negative effects of the dramatic developments that have taken place. The reference is, of course, to the rules which limit racewalkers and to the administration of the rules.

The submission that recent developments in walking have resulted from the wholesale adoption of Mexican training methods must have some validity. Mexican coach Haueller’s unique methods during the early 70’s resulted in a squad of athletes that was challenging the best of the world by 1975. Still, it is inconceivable that racewalking would experience such a revolution through modifications in training methods alone. The painful truth, painful because it points, in my opinion, to the demise of racewalking, is that technique has been amended to the point where legality, strictly speaking, is non-existent.

The recent trend among international judges has been a softening of the rules—how many of the leaders in recent important races have been ejected?

This softening is due in most part to the inability of the human to discern loss of contact of a walker’s foot with the ground. Today’s walkers are incredibly fit and can travel at tremendous speeds. It is even difficult at times to decide with the use of a motion picture camera, whether a competitor is “lifting”. Only with the aid of high speed cameras and still photos taken at precisely the right moment can one be sure.
Another bit of plagiarism follows. This excellent article on Sue Brodock appeared in the January 1980 issue of In Stride, a magazine apparently devoted primarily to Southern Californian athletics. It was sent to us by Jim Heiring.

Sue Brodock
by Barbara Ruzicka

Normally, she’s a dog groomer in Fontana, California...a quiet, unassuming 23 year old woman whose customers probably have no inkling of her alter-identity. But when the occasion arises, she slips into a black and gold Southern California Road Runner uniform to become “Super Sue,” holder of three current U.S. track records and a former world’s record holder.

She’s Sue Brodock, America’s finest female racewalker and, perhaps, our nation’s least recognized world-class track star.

Women’s racewalking in America is hardly a recommended route to fame. At its worst, the sport is an awkward, waddling performance that allows most spectators ample time to visit the refreshment stands. At its best, it is a demanding, powerful display of ability, conditioning and concentration—other words, a race with Sue Brodock in it. As she outdistances the competition, Brodock comes on more like a Patton tank than a duck.

Sue was just seventeen when she set her first national women’s racewalking record in 1973. Outside of fellow walkers and a few record freaks, the accomplishment went unnoticed. The U.S. had a dearth of female walking talent; the real competition was in Europe. There, racewalking enjoyed an apprecia-

Dear Alan,

Julian Hopkinson is right: I can’t believe the results I have read in the October issue of the ‘Record’ and in particular the 20km in the Lucerne Trophy. Surely we must discount all these so-called records if as Julian reported that most of the field only been concerned in straightening their legs and continuing contact being the thing of the past.

Those of us who have competed on the continent have experienced the lack of consistent judging in some of the walking events, particularly in Germany and Italy.

It is obvious that a universal standard of judging is the priority or it will be a waste of time for our international walkers to compete against foreign competitors who are not making continuous contact.

We have seen film of many of the world’s leading walkers not maintaining contact and recently in the World Masters Championships in Hanover photo’s of the Walk were displayed after the walk aboard the winner Gerd Winkler off the ground.

I feel that our judging system is the best, even with the problems of judging walking at the fast pace some are attaining in the short events.

We could all knock minutes off our best times if we could get every walker the foreign interpretation of walking, but how long would we last in any domestic race?

It appears walkers from other nations who compete in this country seem to make the effort to ‘walk to rule’ in front of our judges, or put the penalty.

When a solution is found to ensure fair walking in top international events, then I am sure the times recorded will be realistic. I find it hard to believe that any man can walk 96km in nearly 80 mins. Which on the track is 50 laps at 3.6 secs per lap. Incredible.

Judging has been the topic of discussion recently on the domestic scene but even more important the international judging standard must be more strict.

Walking in the Olympics is going to be a farce if most of the field are allowed to continue in the race even though they are not ‘walking to rule’, this has now been highlighted by the report on the Lucerne Trophy events by Julian Hopkinson.

Yours in fair walking, REG EADE

EDITOR: I, like the writer and others who have gone into print with similar comments, was not at Lucember, so I cannot say whether the walking was fair or not and only those who were there who can certify the course as accurate or the true distances. However, I think it grossly unfair that and in particular John Hedgendorse in the weekly Newsletter should openly accuse all the walkers as cheats and ‘straight-line’ to the compiler John Hedgendorse’s favourite phrase. Do they think all were running, except the British and of course ? Are they following into the old trap and accepting photographic evidence and going to all those who were being measured to rate the ‘best’ or ‘fair’ to the walkers. Let only those who have the inside knowledge only can offer an opinion to who is transgressing instead of people who are not there openly branding the whole field as cheats.

--Lost"
She shattered any complacency by winning in a new world’s record time of 24:16.4; she became the first and only American woman ever to hold a world’s record in racewalking.

Had Brodock done it in the male run, the event would have made headlines. As it was, her remarkable feat slipped by unnoticed except by the local press. American women had made a grand entrance into international walking, and in 1975 the AAU selected Sue and two of her teammates as part of the five-women U.S. team to compete in France. Once again, no money was forthcoming for travel expenses.

With a world’s champion in their favor, the Road Runners optimistically mailed over fifty letters soliciting support from local city governments, service clubs and influential individuals. They might have done better seeking donations in an unemployment line. A week before the team’s scheduled departure, they had raised just $65.

A miracle was in order. It arrived via Betty Cuniberti, a feisty sports reporter for the San Bernardino Sun-Telegram. Right after hearing the plight of the racewalkers, Cuniberti published a blistering attack on the public apathy and lack of civic pride and support that threatened to keep America from sending a full team to France. As a result, enough money came in to send the women on a penny-pinching trip that brought them to France just the day before the meet, with reservations home immediately afterwards.

Were the Brothers Grimm writing the scenario, Sue would have retained her championship in leading the U.S. to a team victory.

However, the real-life Cinderella had blown her cover. This time, the Europeans had no intention of being upstaged by an upstart teenager.

American. Sue gave it all she had, remaining in contention throughout the race. She was fifth at the finish behind three Swedes and a Norwegian; the American team returned home sans medals. Press coverage fell short of minimal.

In an era when many top women track athletes are enjoying increased recognition and rewards, one is compelled to wonder why an enormously talented athlete and sensibly young woman has opted to racewalk. It wasn’t Sue’s first choice.

In fact, she never even heard of racewalking when Sue and her sisters began training with the Fontana Cinderbelles track club in 1967.

As a runner Sue had everything going for her along with one big problem: allergies that were aggravated by distance running workouts. Reluctant to default on such a promising athlete, Cinderelle coach Bob Bolinger tried Sue at racewalking. It was an inspired decision. Sue not only could racewalk without a recurrence of the respiratory problems, she displayed real talent.

When the Cinderbelles phased out in 1972, the Brodocks headed for nearby Rialto and the Road Runners, a team training boys and girls primarily for middle to long-distance running and cross country.

Road Runner coach Dave Japs knew less about racewalking than Sue, but he was willing to learn.

Japs scoured the sparse amount of published material on walking and sought in-person help from U.S. Olympic racewalker Ron Laird, then a resident of Pomona. "From that point," recalls Japs, "Sue and I began adding some of our own training ideas." Contrary to existing practice, Sue’s training schedule included frequent running workouts to develop strength and speed.

January 1980

Dave Japs recognized that he had a potential champion. He describes the signs, "Desire, drive, determination and quickness in the hips."

Sue Brodock confirmed his expectations. The ensuing years have not been quite as smooth as Sue’s racewalking style, which has resulted in just two disqualifications in almost ten years. But few athletes can boast as many world and national records.

A list of Brodock’s career highlights must include the 1976 L.A. Times Indoor Games, where Sue broke her own indoor mile record (7:15.2) as she won in 7:11.9. Her effort brought her the meet’s Outstanding Woman Athlete award over competition that included Francie Larrieu. Sue was a repeat recipient of the award at the 1979 Times meet.

In 1977, Sue was a dual winner in national AAU championship competition. Once again, she broke her own U.S. record in winning the indoor mile walk at New York’s Madison Square Garden in 7:05.9. In June she captured the 5000-meter outdoor victory in Los Angeles with a 24:10.1 effort.

Plagued by a recurrence of her allergies, Brodock was less than spectacular in late 1978, arriving in New York City for the 1979 Indoor Nationals, tired and discouraged. A defeat there brought her out of the doldrums.

Returning to California, Sue resumed training with renewed determination. It paid off! This past June, at the AAU National Track and Field Championships, the crowd at Walnut’s Mt. San Antonio College saw her set two new U.S. records.

Breaking her own existing records, she walked to a 24:07.6 victory in the 5000-meters and finished the grueling 10,000-meters in 50:32.8. Sue’s lifetime best in the 5000-meter, 23:53, does not stand as a U.S. record, since an inadequate number of officials were present.

Along with the U.S. records set last June, Sue has the best American time in the outdoor mile – a 7:10.9 walked at Irvine in 1976. Early in her career, the mile was her favorite event. Now, Brodock prefers the longer distances, where her hard training and strength generally pay off.

Last October’s performance in Germany was disappointing for Brodock. Getting off to a fast start (“Too fast,” coach Japs notes in retrospect, she tired during the 3.0 mile grind. Her 25.00.0 finish put her in 22nd place behind two teammates. Sue Liers of New York (10th in 24.02) and Road Runner Chris Sakelarios (20th in 24.50). It was a great day for the English as they took first and second in 22:53 and 22:57.

A resilient Sue resumed training in Rialto the day after returning from Germany. Japs was there, inspired by what he saw in Europe and determined to upgrade U.S. walking. "We need to develop racewalking on a nationwide basis," he insists, "with improved communication among the various walking programs."

While the prognosis for women’s walking in America is improving, the sport will never inspire the public enthusiasm enjoyed by more glamorous events. At times, in fact, racewalking brings out the worst in the public. Any racewalker who trains on city streets must endure a plethora of honking horns and shouted wisecracks. In competition, walkers are constantly subject to close scrutiny by judges whose decisions, often questionable, result in disqualification.

Now, fully aware of the sport’s drawbacks, Sue plans to continue. Why? "I’m good at it," is her direct answer.