

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XVI, NO. 2

COLUMBUS, OHIO

APRIL 1980

NATIONAL TITLES TO SCHUELER (4:06:07), O'CONNOR (1:26:21)

Carl Schueler suddenly emerged as the second faster American ever at 50 kilometers with a 4:06:07 performance to win the National Athletics Congress title in New York City's Central Park on April 13. Moving quickly from the start, Carl never let up and left Dan O'Connor better than 13 minutes back at the finish. O'Connor came back with a startling performance of his own just one week later as he took the national title at 20 Km across the continent in Seattle. Dan's time there, 1:26:21, is the fastest ever by an American, 13 seconds better than Neal Pyke did in Moscow last summer. Both races were rather sparsely attended, with many of the big guns saving their energies for the "Olympic" Trials, but that should not detract from the performance of either of the winners.

Schueler had finished third in the National 50 in both 1978 and 1979, but his previous best time was 4:24:16. He has a reputation for fading in the final stages and O'Connor expected that again on this day. It never happened. Only Larry Young with his 4:00:46 in Munich has gone faster. O'Connor's time in second was 4:19:36. A distant third in 4:32:05 was John Knifton, but he was first Master, and that aint bad time for an elderly fellow. Alan Price was next in 4:38 and Bill Ranney fifth. Beyond that, all I know at this point is that Chris Knotts was around 4:46, in sixth I think, and Jack Blackburn had 5:09 and was fifth Master. Full results next month.

O'Connor also had a walk-away win in the Seattle race, his 50 km race a week earlier apparently not affecting him too much. And he too showed a startling improvement on his previous personal best, which was 1:31:37 in last year's AAU title race. He was fifth in that one after a third place finish in 1978. Dan's best performances in the past have been at 50 km but obviously he is going to make some people work over the shorter route in the future. Second in the Seattle race, also with a personal best, but about 7 minutes behind, was John VanDenBrandt. And once again, that is about all I have on the race as we go to press. An expected phone call last night did not come and this must go to the printer today (May 2) so I can get it in the mail Monday (May 5). Now you can see how long it takes for your ORW to reach you. Full details on the 20 Km race next month.

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

OHIO RACEWALKER
(USPS 306-050)

APRIL 1980

VOL. XVI, NO. 2

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.

BAUTISTA ROLLS ON, SPANIARDS IN HOT START;
SHARP BETTERS AMERICAN RECORD

Daniel Bautista indicated he didn't lose much over the winter months as he launched his 1980 season with a stupendous 1 Hour performance of 15,122 meters at the Mexican Race Walking Week. Even at that pace he was only 79 yards ahead of Soviet ace Anatoliy Solomin. Back in eighth place, Ray Sharp continued to excel, covering 13,984 meters (8 mi 1213 yards) to better Neal Pyke's American record of 8 mi 1020 yards. Marco Evoniuk just missed the old mark as he went 13,714 meters in 11th.

Four days later, Bautista blistered a 1:20:59 for 20 Km at 4700 foot altitude. This time he beat another Soviet walker, Nikolai Vinnetschenko, who had 1:21:40. Jim Heiring was the first American this time with a swift 1:31:40 at altitude. John VanDenBrandt bettered his personal record with 1:33:59 in 30th.

Meanwhile, over in Spain, Jose Marin won the 50 Km title on March 9 in 3:43:35, with Jorge Llopert just 2:20 back (3:45:55).

1 Hour, Mexico, March 26--1. Daniel Bautista 15,121 m 2. Anatoliy Solomin, USSR 15,043 m 3. Boris Yakovlyev, USSR 14,800 m 4. Ernesto Canto, Mex. 14,699 m 5. Maurizio DaMilano, Italy 14,649m 6. Antonio Carrera, Mex. 14,508 m 7. Bohdan Bulakowski, Poland 14,233 m 8. Ray Sharp, USA 13,984 m 9. Roberto Buccione, Italy 13,924 m 10. Felix Gomez, Mex. 13,838 m 11. Marco Evoniuk, USA 13,714 m 12. Domenico Carpietieri, Italy 13,670 m 13. Jim Heiring, USA 13,342 m 14. Stanislaw Rola, Poland 13,228 m 15. Tore Stromoy, Norway 12,662 m

20 Km, Jalapa, Mex., March 30--1. Daniel Bautista 1:20:59 2. Nikolai Vinnetschenko, USSR 1:21:40 3. Angel Flores, Mex. 1:22:27 4. Domingo Colin, Mex 1:22:33 5. Raul Gonzalez, Mex. 1:23:02 6. Antonio Carrera, Mex. 1:23:16 7. Martin Bermudez, Mex. 1:23:31 8. Yuriy Bencki, Czech. 1:24:04 9. Pyotr Potechonchuk, USSR 1:24:16 10. Felix Gomez, Mex 1:24:40 11. Enrique Vera, Mex. 1:25:35 12. Vyachislav Purov, USSR 1:25:42 13. Erling Andersen, Nor. 1:26:05 14. Carlo Mattioli, Italy 1:26:15 15. Vadim Zvetskoy, USSR 1:26:46 16. Pedro Aroche, Mex. 1:27:24 17. Alessandro Pezzatini, Italy 1:27:51 18. Marcel Jobin, Can. 1:28:35 19. Vladimir Rezayev, USSR 1:28:42 20. Domenico Carpietieri, Italy 1:28:52 21. Javier Rodriguez, Mex. 1:29:20 22. Stanislaw Rola, Poland 1:29:59 23. Vladimir Dobrowskiy, USSR 1:30:51 24. Jim Heiring, USA 1:31:40. . . 30. John VanDenBrandt, USA 1:33:59 . . . 41. Dennis Reilly, USA 1:38:32 45. Marco Evoniuk, USA 1:39:41 . . . 53. Ron Laird, USA 1:45:42

15 Km, Durango, Mex. March 25--1. Carol Mattioli, Italy 1:04:31 2. Paolo Grecucci, Italy 1:04:48 3. Arturo Bravo, Mex. 1:05:48 4. Eduardo Linares, Mex. 1:07:01---Dan O'Connor 1:06:14 DQ'd

Women's 3 Km, Durango, March 25--1. Elisabeth Olsson, Swed. 13:33 (World's Best) 2. Mia Kjolberg, Nor. 13:43 3. Eva Gustavsson, Swed. 13:47 4. Froydis Hilsen, Nor. 13:56 5. Thorill Gylder, Nor. 13:59 6. Siv Gustavsson, Swed. 14:14 7. Rubi Galindo, Mex. 14:44 8. Margareta Olsson, Swed. 14:56

Women's 10 Km, Jalapa, Mex. March 30--1. Elisabeth Olsson, Swed. 50:25 2. Thorill Gylder, Nor. 50:45 3. Mia Kjolberg, Nor. 51:00 4. Eva Gustavsson, Swed. 51:30 5. Siv Gustavsson, Swed. 52:30 6. Froydis Hilsen, Nor. 53:08 7. Margareta Olsson, Swed. 53:40 (No results on Mexican Walking Week 50 Km)
Spanish 50 Km Championship, El Prat de Llobregat, March 9--1. Jose Marin 3:43:35 2. Jorge Llopert 3:45:55 3. Dominique Gueberry, France 4:06:20 4. M. Alcaide, Spain 4:06:48 5. Mike Parker, NZ 4:10:06 6. Amos Seddon, UK 4:10:42 7. Ian Richards, UK 4:11:38 8. Adrian James, UK 4:13:58

OTHER RESULTS:

5 Km, New Rochelle, N.Y., March 19--1. Bruce Harland, Island TC 21:42 2. Pete Timmons, NYAC 21:48 3. Mike Morris, Marist Col. 22:43 4. Jack Boitano Pequest Lummers 24:03 5. Jake Doherty, Pearl River TC 25:15 6. Bob Fine, NY Masters 25:34 7. Tom Kline, East Side TC 26:38 8. Clayton Heydorn, ESTC 27:17 9. Richard Goldman, ESTC 27:27 10. Bob Timmons, Island TC 28:35
Women's 5 Km, same place--1. Susan Liers, Island TC 24:51 2. Debbie Schauble 27:55 (1st Jr.) 3. Dorothy Kelly, ESTC 28:15 4. Carol Brown, Island TC 28:45 (2nd Jr.) 4. Mary Clark, ESTC 28:59 5. Tracey McCullogh, ESTC 29:14 6. Margaret Piehler 29:28 (Jrd Jr.) 9. Mara Fertally, ESTC 30:10 (4th Jr.) 10. Carolyn Brandt 30:14 (5th Jr.)--24 finishers
Jr. Men's 5 Km, same place--1. Tim Lewis 22:48 2. Ed O'Rourke 22:58 3. Marty Barrack 23:14 4. Troy Engle 23:24 5. Bob Mafucci 23:25 6. Tom Edwards 23:26 7. Reynolds Hernandez 24:03 8. Kenny McKinnon 24:14 9. Tom McGee 24:23 10. Bob Coll 24:32 11. Simo Hoite 24:39 12. Rob Timmons 24:46 13. Erik Oja 25:21 14. Andy Liles 25:33 15. Kill Iakis 25:40 16. Mark Salzman 25:50 17. Anthony Garden 25:52 (29 finishers)
10 Km, Bethesda, Md., March 16--1. Sal Corrallo 53:25 2. Paul Levandoski 54:20 3. Dave Milzman 55:02 4. Jim Bentley 56:06 5. Carl Gronberg 60:29 Philadelphia Masters Indoor 1 Mile, March 1: 40-44--1. Bill Preston 7:39 2. Joe Stefanowicz 7:51 45-49--1. Bob Fine 8:48 50-54--1. Sanford Kalb 10:26 55-59--1. Bob Mimm 7:41 60-64--1. Don Johnson 8:51 65-69--1. George Braceland 9:23
10 Km (track), Saginaw, Mich, April 12--1. Steve Pecinovskiy 43:14 2. Marty Kraft 47:02 3. Steve Umphrey 47:??
20 Km, Saginaw, March 26--1. Steve Pecinovskiy 1:28:31 (Number 4 All-Time, U.S. behind O'Connor, Pyke, and Scully) 2. Marty Kraft 1:36:43 3. Mel McGinnis 1:39:01 4. Dan Dudek 1:44:19 5. Steve Umphrey 1:45:12 6. Ward Freeman 1:45:12
7 Mile, Springfield, Ohio, April 26--1. Chris Knotts 56:56 (long course, maybe a quarter mile or so) 2. Jack Blackburn 62:42 3. Jack Mortland 64:16 4. Dirk Douglas, Muncie, Ind. 64:27 5. Rich Meyers 75:08 6. Patrick Eain 78:21 7. Kathy Blakburn 78:23 8. Clair Duckham 84:44 Wisconsin State Universities 2 Mile, March 29--1. Jeff Ellis, UW-Stevens 13:59 (meet record--Jeff came back a couple of events later to take second in the 1000 yard run with 2:13:0, undoubtedly the best ever by a full-time race walker) 2. Tom McMillan 14:51 3. Tim Gifford 15:04 4. Dave Bachman 15:06 5. Dave Carlin 15:24 6. Ken Gissing 15:24 7. John Williams 15:43 8. Todd Coolidge 16:10
5 Km, Wheaton, Ill., April 5--1. Steve Ball, UW-Parkside 23:12 2. Mike Rummelhart, UW-Parkside 23:35
10 Km, Kenosha, Wis., April 12 (40F, 25 mph winds)--1. Chris Hansen 42:35 2. John VanDenBrandt 45:38 3. Al Halbur 45:57 4. Steve Ball 47:15 5. Jay Byers 47:54 6. Mike DeWitt 49:27
10 Km, Stevens Point, Wis., April 12--1. Jeff Ellis 48:39 2. Tom McMillan 49:13 3. Jeff Mazenec 50:14
10 Km, Whitewater, Wis., April 22--1. Mike Rummelhart 24:32 (Heck, I'll bet this was only 5 km even if the results do say 10) 2. Steve Ball 24:32
10 Km, Woodland, Tex., April 19--1. Neal Pyke 44:01 2. Mike Kleinhens 51:23 3. Dave Gwyn 51:30 4. Grim Reaper Marathon, San Diego, 1. Jim Coots 3:52:30--2. Bouldin 3:15:40 for 35 Km; Dale Sutton 1:28:30 for 15 Km; Uwe Fibelkorn 46:14 for 10 Km (West German Jr. Champion) 5 Km, Sepulveda, Cal., April 5--1. Diane Uribe 27:35 2. Malloy Geller 27:53 3. Milt Creange 29:06 4. Guy Sutton 29:55
10 Km, same place--1. Dan O'Connor 42:37 2. Larry Walker 44:18 3. Jim Coots 46:31 4. Dale Sutton 51:49 5. Ray Parker 51:52 6. Vicki Jones 56:02 7. Chris Smith 56:04

10 Km, Long Beach, Cal., March 1--1. Larry Walker 43:20 2. Dan O'Connor 43:24
 3. Ed Bouldin 47:05 4. Den Dierzel 49:24 5. Roger Brandwein 52:47 5. Chris
 Smith 55:09 7. Milt Creange 58:29 8. Hal McWilliams 60:49 Women's 5 Km,
 same place--1. Vicki Jones 26:17 2. Sheila Smith 29:25 3. Rose Kash 33:30
 (Age 58 World's Best) 10 Km, Hollywood, March 30--1. John Kelly 52:56
 2. Diana Uribe 57:05 3. Mallory Geller 57:30 4. Milt Creange 59:59
 20 Km, Long Beach, March 15--1. Dan O'Connor 1:30:36 (21:48, 44:21, 1:07:09)
 2. Larry Walker 1:32:44 (22:47, 46:03, 1:09:28) 3. Ed Bouldin 1:44:15
 4. Jim Coots 1:47:31 5. Roger Brandwein 1:53:19 6. Milt Creange 2:10:05
 10 Km, same place--1. Phil Beauchamp 60:26 2. Chris Smith 60:41 3. Chesley
 Unruh (age 73) 68:35 Women's 20 Km, same place--1. Sue Brodock 1:45:20
 (25:16, 51:05, 1:17:50--American best ever) 2. Vicki Jones 2:09:54 3.
 Georgia Sakelarios 2:16:28 4. Jane Janousek 2:17:12 5. Rose Kash 2:39:03
 Women's 10 Km, same place--1. Chris Sakelarios 56:18 2. Sheila Smith 66:10
 (age 44) 3. Chris Ramirez 68:16--The 20 Km was Sue Brodock's first attempt
 at the distance. The previous American best on the road was 1:47:35 by
 Sue Liers at Niagara Falls last August. Lier's American record on the track,
 which is also a world's best is 1:48:18.6. Only Thorill Gylder of Norway
 (1:43:19.6) and Lillian Harpur of Australia (1:43:38) have gone faster on
 the road than Brodock. Sue's 15 Km split of 1:17:50 is a world's best at
 that distance, bettering Thorill Gylder's 1:18:40, though one must suspect
 that Gylder was faster than that on her way to 1:43:19. Women's 5 Km,
 Millbrae, Cal., April 12--1. Bonnie Dillon 25:53 2. Lori Maynard 26:53 3.
 Kathy Curtis 30:03 4. Sue Mendes 35:01 5. Dorothy Perry 36:53
 Overseas:
 3 Km (indoor), Genova, Italy, Jan 23--1. Carlo Mattioli 11:12.2 (world's
 best) 2. Maurizio Damilano 11:21.8 3. Roberto Buccione 11:35.8 4. Alessan-
 dro Pezzatini 11:43.4 Women's 3 Km, Melbourne, Jan. 5--1. Sue Cook 13:45.4
 2. Anne Miller 14:20.2 3. Sally Pierson 14:25 Women's 3 Km, Doncaster,
 Aust., Jan. 19--1. Sue Cook 13:56.9 2. Anne Miller 14:27.7 (Book also had
 times of 14:12.8, and 14:10.2 in other races) Women's 20 Km (road), Mel-
 bourne, Feb. 3--1. Sue Cook 1:41:41.6 (World's Best--moves Sue Brodock back
 to fourth on the list--24:54, 49:49, 1:15:21 (world best, so Sue's wasn't)
 5 Km (track), Melbourne, Feb. 9--1. Sue Cook 23:32.8 2. Lorraine Young
 25:33.5 5 Km, Melbourne, Feb. 10--1. Sally Pierson 24:57.6 2. Anne Miller
 25:31 10 Km (indoor) Riga, USSR, Feb. 3--1. Aivars Rumbenieks 39:47
 10 Km (Indoors), Moscow, Feb. 5--1. Pyotr Myslivzev 39:47.2 5 Km (Indoor),
 Kaunas, USSR, Jan. 8--1. Valdas Kaslauskas 19:32.6 2. Viktor Dorbrovski
 19:32.6 3. Rimas Simkevicius 20:32.8 Soviet Indoor 10 Km Championship,
 Moscow, Feb. 17--1. Viktor Semenev 39:20.8 2. Aivars Rumbenieks 39:34.6
 3. Valdas Kaslauskas 39:38.6 10 Km (Indoors), Turku, Fin., Jan. 5--1. Reima
 Salonen 39:58 3 Km (Indoors), Turku, Jan. 12--1. Salonen 11:44.2 3 Km
 (Indoors), Turku, Feb. 9--1. Salonen 11:40.8 2. Petri Makela 11:51.7
 5 Km (Indoors), Paris, Feb. 9--1. Gerard Lelievre 19:55.4 1 Mile, Christ-
 church, NZ, Jan. 19--1. Roger Mills, UK 6:04.5 1 Mile, Auckland, NZ, Jan.
 26--1. Mills 6:04.2 10 Km, Havana, Cuba, Jan. 20--1. R. Medina 42:04.2
 (national record) 1500 meters, Melbourne, Jan. 23--1. Willi Sawall 5:30.8
 3 Km, Adelaide, Jan. 25--1. Dave Smith 11:31.5 Women's 3 Km, Melbourne, Feb.
 16--1. Sue Cook 13:44.3 2. Lorraine Young 14:48 Women's 1500 meters,
 Doncaster, Aust., March 1--1. Sue Cook 6:38.5 2. Sally Pierson 6:44.6 3.
 Louise Nicholson 6:47 4. Lorraine Young 6:52 Women's 10 Km (track), Ball-
 arat, Aust., Feb. 3--1. Sue Cook 49:48 (24:20 at 5) Women's 3 Km, Doncaster,
 March 8--1. Sue Cook 13:20.7 (World's Best) 2. Sally Pierson 14:08 3.
 Louise Nicholson 14:22 2 Mike (Indoor), Vienna, Austria, March 5--1. Martin
 Toropok 12:24.4 (6:08.9 at mile--world's best ever by Junior) 10 Km (Indoor)
 Genova, Italy, Feb. 2--1. Maurizio Damilano 40:30.2 2. Reima Salonen, Fin.
 41:59.7 3. Vittorio Visini 42:11 3 Km (Indoors), Milano, Italy, Feb. 6--
 1. Maurizio Damilano 10:54.6 (World's Best) (Wait a minute, that's not right.
 Damilano was second and the result doesn't show who was first, but one would

have to guess that it was Carlo Mattioli) 2. Maurizio Damilano 11:08.2
 3. Vittorio Visini 11:23.1 4. Alessandro Pezzatini 11:24.3 5. Roberto Bucc-
 ione 11:26 6. Arcangelo Cannone 11:26.9 10 Km (Indoor), Genova, Feb. 9--
 1. Carlo Mattioli 40:17.4 2. Alessandro Pezzatini 40:44 3. Vittorio Visini
 41:23 20 Km (Indoor), Benfienberg, E.G., Jan. 27--1. Ronald Weigel 1:20:40
 2. Karl-Heinz Stadtmuller 1:21:22 3. Werner Heyer 1:31:35.6 4. Hartwig Gauder
 1:23:36.6 5. Ralf-Kowalsky 1:27:07 (Junior) 6. Fred Spemann 1:24:45 7.
 Steffen Mueller 1:25:43 8. Dietmar Meisch 1:26:02 9. Uwe Dunkel 1:27:02
 10. Ralph Meissel 1:27:52 Junior 10 Km (Indoors), East Berlin, Feb. 2--1.
 Ralf Kowalsky 40:45 2. Michael Friedel 41:57 3. Andreas Ehrlich 42:44
 4. Norbert Schaeffer 43:34 10 Mile, Colchester, Eng., Feb. 23--1. Roger
 Mills 70:00 100 Miles (track), Australia--1. C. Jack 17:59:30--also had
 7:57:57 for 50 miles, but am not sure if it was in the same race.
 British National 10 Mile, Leicester, March 15--1. Roger Mills 68:45 2. Mike
 Parker 69:24 3. Mick Greasley 69:28 4. Ian McCombie 69:37 5. Graham Morris
 70:23 6. Steve Barry 70:56 7. Alan King 71:01 8. Brian Adams 71:28
 9. Mike Holmes 71:36 10. Ian Richards 71:50 (67 under 80 minutes, 100th
 at 83:30 Women's 5 Km, London, March 9--1. Carol Tyson 24:52
 British 10 Km (track), London, March 29 (strong winds)--1. Roger Mills 43:21
 2. Mike Parker 43:39.6 3. Gordon Vale 43:57.6 4. Brian Adams 44:08 5. Alan
 King 44:19 6. Ian McCombie 44:38 7. Todd Scully, USA 45:03 British Women's
 10 Km, same place--1. Carol Tyson 49:30.4 2. Irene Bateman 50:38.8 3. Karen
 Eden 53:46.8 4. Elaine Worth 55:00.6 10 Km, Mendon, Eng., March 23--1. Todd
 Scully 44:52 20 Km, Steyning, Eng., Feb. 23--1. Graham Morris 1:30:30 2.
 Mike Parker 1:30:52

FROM HEEL TO TOE

Regarding Marco Evoniuk's failure to finish in the National 30 Km reported
 last month, the Grim Reaper reports: "He went the wrong way on a figure eight
 course and met Marcel and Ray S. going the other way. He became disoriented
 but was given the OK by judges to continue as distance would have been the
 same. He had stopped and found it too difficult to get up the steam again"
 Get requests from time to time regarding other race walking literature, in-
 cluding several lately. About 3 years ago, I published a rather extensive
 race walking bibliography, covering books, articles, and periodicals. A year
 or so ago I promised to update that bibliography and still haven't done it.
 I still promise to do so in the near future. It's just a question of finding
 the time between issues to do the work involved. Anyway, to those who are
 awaiting an answer regarding race walking literature, it should be coming soon
 in these hallowed pages. . . Of course, one demand on my time now is that we
 are back into another soccer season, with Marty and I once coaching Derek's
 Hurricanes, now an 11-year-old team. That means we have moved up to a full-
 size field and full-size goals. After winning both the league championship
 and the Cup in the Fall, the Hurricanes are going well again this spring.
 Following two 1-1 ties, we have won 4-0, 5-1, 7-0, and 5-0. The defense is
 still strong--only 5 goals given away in the last 14 games in which we are
 undefeated--and the scoring is finally coming, the 23 goals so far this
 season matching last fall's output in 12 games. Meanwhile, Scott's 9-year-old
 team is having a better time of it than in the fall with two wins and two ties
 in five games. . . Sorry to report that both Augie Hirt and Larry Young have
 announced their retirement from competitive race walking. Augie has been
 plagued with injuries for the past 18 months or so and feels he simply can't
 produce the mileage needed for competition at 50 Km. He is now working
 full time with Continental Illinois bank. Larry finds his artistic endeavors
 are too demanding of his time to allow proper training. He now has works in
 at least six galleries around the country. . . Dale Sutton reports on an
 interesting award structure he set up for his St. Patrick's Day 20 Km (see
 results): "I set up the award structure so as to give incentive to everyone.
 As you know, prizes for just the top three finishers leave a lot of folks

permanently off the victory stand. But, on the other hand; handicap races are rarely won by the fastest walkers. I try not to penalize either group. First, we give traditional awards to the top finishers. This year, we gave plaques of 10" by 10" mahogany with inscriptions cut in, similar to the Park Service signs. Then anyone who betters his or her best time at 20 Km over past 2 years can choose a merchandise award. This year we had shorts and singlets donated by the local factory rep, for Dolphins. Finally, I award a trophy to a male and female for "Best Performance", but only if warranted. That is, if nobody has a really outstanding walk, then the trophies are retreaded for next year. "Best Performance" is judged against the walker's previous performances, but also in relation to others in his/her category nationally. So the winner of the race doesn't automatically receive this award. Last year, for example, Travis Veon took second in the men's race, but did an outstanding performance by just edging under 1:40. I know it takes some work to arrange this setup, but its important for the health of this sport to do such things. Not only do we need to attract new talent, and keep them motivated, but we must work to retain that small nucleus of local supporters and participants who show up race after race, rarely placing in the open events and with no hope of ever competing on a national or international level. Not only does the structure of the race itself influence participation and promotion, post-race activities can also help. Although many people don't get involved in my potluck picnic and clinic for one reason or another, those that do stay around have a hell of a good time. If weather permits, the combination of food, drink, and discussion is a relaxing way to establish closer friendships and share knowledge about technique, training, and the latest gossip about what the Mexicans are planning to do in Moscow!". . . As one might expect, good old Ray Leach is the first to reply on trying to fill in the missing spots in Elliott Denman's rundown of past IO4A 1 Miles published last month. Ray reports that in 1961, second place went to Lyle Arnbeiter and third to Ron Kulik, both of Montclair State. No times available, however. Anyone else going to help Elliott complete his history? . . . The San Francisco Marathon, to be held on July 13, will have an official race walking section for the first time this year. The Pacific Association 40 Km will be held as part of the race. Harry Siltonen reports that the course is fantastically beautiful, encompassing several loops within Golden Gate Park, out and back along the Great Highway with a sweeping view of the blue Pacific, and a grand loop around Lake Merced. He suggests you take your vacation then and plan to hit San Francisco for the marathon. For entries write: Scott Thomason, P.O. Box 27556, San Francisco, CA 94127

AND SPEAKING OF UPCOMING RACES:

- Sat. May 10--US OLYMPIC 50 KM TRIAL, Niagara Falls (X)
 100 Mile, Chula Vista, Cal. (G)
 10 Km, Sioux Falls, S.D. (K)
 15 Km, Seattle (T)
- Sun. May 11--5 Km, Los Angeles (D)
 10 Km, Houston, 9 a.m. (C)
 1 and 6.2 Mile, New York City, 9 a.m. (I)
 Julie Partridge Memorial 10 Km, Woodside, Cal. (Y)
 10 Mile, New York City, 11 a.m. (J)
- Fri. May 16--NAIA 10 Km, Abilene, Texas
- Sat. May 17--2 and 5 Mile, New York City, 9 a.m. (J)
 2 Mile, Modesto, Cal. (B)
 20 Km (track), Willmar, Minn. (K)
- Sun. May 18--2 and 6 miles, New York City, 10 a.m. (I)
 5 Km, Seattle, 10 a.m. (T)
 7 Mile, Smithtown, NY 1 p.m. (F)
 10 Km, Long Branch, N.J. (L)

- Thu. May 22--IO4A 10 Km, Philadelphia
- Sat. May 24--NATIONAL ATHLETICS CONGRESS 10 KM, CHICAGO (E)
- Sun. May 25--10 Km Men, 3 Km Women, Toronto (Q)
 9 Mile, Lakewood, N.J., 10 a.m. (L)
 5 Km, Brentwood, Cal., 9 a.m. (D)
 Zinn Memorial 10 Km, Chicago, 10 a.m. (E)
- Mon. May 26--5 Km, Haywood, Cal. (B)
 7½ Mile, Seattle (T)
- Thu. May 29--5 Km, Seattle, 5:15 (T)
- Fri. May 30--TFA/USA 10 Km (track), Naperville, Ill (R)
- Sat. May 31--TFA/USA 20 Km, Wichita, Kan. 7:15 a.m. (S)
 6.2 Miles, New York City, 11 a.m. (I)
- Sat. June 7--15 Km, Columbia, Mo (track), 8 a.m. (M)
 2 and 5 Mile, New York City (J)
 5 Km, Willmar, Minn. (K)
- Sun. June 8--25 Km, Niagara Falls, 10 a.m. (X)
- Mon. June 9--5 Km, Long Branch, N.J., 7 p.m. (L) (And all Mondays through Aug.)
- Wed. June 11--Mens 5 Km, Womens 1500, Etobicoke, Ont. (Q)
- Fri. June 13--Sun. June 15--NATIONAL ATHLETICS CONGRESS 5 AND 10 KM WOMEN, 5 KM MEN, LOS ANGELES (D)
 Also Canadian 20 Km and Womens 5 Km, Montreal (Q)
- Sun. June 15--10 Km, H uston, 9 a.m. (C)
 5 Km, New York City, 11 am (I)
- Tue. June 17--10 Km, CW Post College, N.Y., 6 p.m. (F)
- Sun. June 22--Half Marathon, New York City, 10 a.m. (I)
- Sat. June 28--5 Km, CW Post College (F)
 5 Mile, New York City, 11 a.m. (I)
- Sun. June 29--Metropolitan 20 Km, Women's 10 Km, CW Post College, 8 a.m. (F)

CONTACTS:

- B--Bill Ranney, 101 Sunnyhills Dr., San Anselmo, CA 94960
 C--John Evans, 5440 N. Braewood, #945, Houston, TX 77096
 D--John Kealy, 1024 Third St., Santa Monica, CA 90403
 E--Mike Riban, 25 Sunnyside Dr., Fort Madison, IA 52627
 F--Island Track Club, P.O. Box 440, Smithtown, NY 11787
 G--Dale Sutton, 6937 Petit Court, San Diego, CA 92111
 I--New York City Roadrunners, P.O. Box 881 FDR Sta., New York, NY 10022
 J--New York Walking Club, 445 E. 86 St., New York, NY 10028
 K--Chris Haugaard, 1212 W. 5th St., Willmar, MN 56201
 L--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 M--Joe Duncan, 2980 Maple Bluff Drive, Columbia, MO 65201
 R--Bob Kitchen, 194 North St., Northhampton, MA 01060
 Q--Stafford Whalen, 60 S uthport St., Apt. 723, Toronto M6S 3N4, Ont., Can.
 S--TFA/USA, 10920 Ambassador Dr., Suite 322, Kansas City, MO 64153
 T--Martin Rudow, 4831 NE 44th, Seattle, WA 98105
 X--Dan Stanek, 1081 S^Heree Dr., Grand Island, NY 14072
 Y--Lori Maynard, 2821 Kensington Rd., Redwood City, CA 94061

* * * * *

Just In--Results from Mt. SAC Relays Walks at Walnut California on April 26:
 Men's 5 Km--1. Jim Heiring 21:12.9 2. Liemares, Mexico 21:20 3. Larry Walker
 21:21 Men's 10 Km--1. Jim Heiring 44:27.8 2. Liemares 45:53.6 3. Sanchez, Mexic
 Mexico 45:53.6 4. Joe Berendt 46:16.3 5. Jim Coats 46:20 (Sanchez DQ'd in
 5 Km) Women's 5 Km--1. Sue Brodock 24:33.5 2. Hunt 28:32.6 3. Aimee
 Burr 29:26.8 Women's 10 Km--1. Vicki Jones 55:14 2. Hunt 57:55 3. Ramirez
 59:28.

LOOKING BACK

10 Years Ago (From the April 1970 ORW)--We reported that U.S. race Walking was entering a new era in the '70s. Item: Dave Romansky did a track 25 Km in 1:58:09 for an American record with records of 1:12:38, 1:31:10, and 1:53:44 at 10 miles, 20 Km, and 15 miles. Item: Tom Doolley with a record of 15 miles 1093 yds in 2 hours with 1:59:20 at 25 Km plus a 43:50 10 Km. Item: A 1:33:35 for 20Km on the track by Ron Laird. Item: 13.28.6 for 2 Miles by Greg Diebold. Ten years later the times still don't look too bad....The National Junior 20 Km went to Jim Hanley in 1:46:34. . . Larry Walker did a 45:22.8 for 10 Km on the track. . . Three months after the birth of Gerry, Jr., Jeannie Bocel did a 3:46.8 for 880. . . Romansky also took the American record at 50 Km, doing 4:15:23 on the track. . . On the local scene, one Jack Mortland won a 20 Km on the track in 1:40:33, hitting the wall the last 2 miles and won the Ohio 10 Km Championship on the same track in 48:38 over Paul Reback who had 49:54. . . Shaul Ladany did 7:52:04 for 50 Miles, an American record.

5 Years Ago (From the April 1975 ORW)--Ron Laird won his 57th AAU Senior title, but first since 1971, when he captured the National 25 Km at Seattle in 1:56:38. John Knifton was a distant second in 2:05:13, followed by Bill Ranney, Ron Kulik, Bob Rosencrants, and Steve DiBernardo. . . Bill Walker set a new American record for 50 miles doing 8:37:57 on the Grosse Pointe, Michigan track. . . Dave Romansky was still going pretty well with a 1:34:48 20 Km on the track. . . In France, Jean-Pierre Garcia set a World's 100 Km record in 9:33:06. . . And Shaul Ladany added to his list of ultra-distance titles taking the U.S. 75 Km title in 7:22:20. Dan O'Connor was second in 7:39:50 and Bill Walker, perhaps still feeling the effect of his 50 mile effort less than a month before, was third.

* * * * *

A BIT OF HISTORY

(A repeat from the February 1970 Ohio Racewalker) The top U.S. walker of all time, if we are to believe his records, is Bill Mihalo, who as a professional in the 1950s recorded such times as 1:05 for 10 miles and 1:24 for 20 Km. These records were set when Mihalo was 39 and older after a successful, but sensational, career as an amateur. My research into the man's career is still incomplete and perhaps some of my readers can fill in some of the gaps (they never really did, but maybe some can now) and offer some comments as to the validity of his professional times. (We did receive such comments--Elliott Denman suggested "It was interesting reading about Mihalo's exploits but I believe they belong in the fiction dept, and should not be mingled with the straight news." and George Shilling commented: "The judges must have been judging from a submarine.")

During the 1940's and early '50s, Bill Mihalo, representing Thompson Products of Detroit, won 20 Senior AAU walking titles at distances from 7 miles through 50 kilometers. All but three of these were at 25 kilometers and up. He was on the 1948 Olympic team (Ed. Elliott pointed out this was not true, the 50 Km team that year was Adolph Weinacker, John Deni, and Ernie Crosbie and your editor took another fickle-finger-of-fate award for his continuing careful research) but in 1952 finished fifth in the 50 km Olympic Trial with 4:55:02 and fourth in the 10 Km Trial with 52:32. He won championships that year at 35 and 50 km with 3:23:14, and 3:45:50. The 35 was an extremely tight race with John Deni a second behind and Jimmy Sidun another second in back of him.

It was sometime during this year that Mihalo turned professional. I am not certain what the circumstances surrounding this move were, whether he was barred as an amateur or just decided to see if there was any money to be made. In any case, his record as an amateur did not indicate the ability to walk world class times and he was 37-years old when he started walking as a

pro. This was in Detroit, and he immediately started claiming professional records, although I don't have the history of these early marks. Sometime thereafter, he moved to California and the following capsules give testimony to his prowess as a professional walker. Whether he made any money, I don't know and whether there is anything even approaching legitimacy in any of these marks is still an open question.

. . . On Dec. 20, 1954, Mihalo won the World's Professional Association 5 mile race at Griffith Park in Los Angeles with a 35:01. This broke the world's record of 35:24 set by Frank Donovan of New York in 1892 and marked the 43rd time Mihalo had broken a record.

. . . On Jan. 29, 1955, he broke the world's professional record at 2 miles with 12:41 on the Hollywood High School track. The old record was 13:14 by John W. Raby of Lillie Bridge, England in 1883. John Peterson of Detroit was second in both of these races, times not given, but in this one was about 200 yards back, which would put him well under 14:00.

. . . A couple of days later he claimed his 45th record with 100 yards in 17.0.

. . . On May 1, 1955, he claimed a 3 mile record with 20:01 in Los Angeles, breaking Raby's 1883 mark of 21:11.

. . . His 60th record breaking mark on March 17, 1956 at the Hollywood H.S. track was a 1:09:01 for 10 miles. This was in the WPWA Championship for which he won \$50. Peterson was second and Al Larson of New York third. The old record was 1:10:02 by Dan Donovan of New York on Aug. 10, 1897.

. . . On Sept. 27, 1956 in San Fernando, Cal., walking in 101 degree heat, Mihalo claimed another 10 mile record with 1:09. This time Fred Kazensko, secretary of the WPWA, reported that this broke the old pro record of 1:11:01 set Nov. 19, 1882 by James Meague of New York. I don't know what became of Mihalo's earlier record or of Donovan's in the meantime.

. . . On Feb. 15, 1957, Bill won the world professional walking championship by taking both the 10 and 5 mile races, giving him 20 points. He had a 1:04 for the 10 mile, reportedly breaking his 1952 record of 1:02:02????? and his 35:01 for 5 (much slower than the 10 mile pace you will note) broke Donovan's record of 35:22 (listed as 35:24 before, see above). (Ed. At this point I also introduced a puzzle into this already puzzling report of records with an apparent typo in the original. At the start of the article I noted a 10 mile best of 1:05, here I report 1:04. One is probably a typographical error, but without repeating my original research, I don't know which. But who cares?) No mention of Mihalo's 35:01 earlier. Peters of Detroit was second with 16 points and Larsen third with 12. No mention of their times, of other competitors, or whether the races were on the road or track.

. . . At Griffith Park on May 20, 1958, Mihalo claimed a 1:26:01 for 20 km, listed as breaking the record of 1:27:38.6 by The Soviet walker Panichkin (amateur) earlier in the month.

. . . On Sept. 25, 1958 it was 25 miles in Griffith Park in 3:20:10, a "modern world record". The temperature was 100 for this one. Good-old Peters was his usual second and Tom Larson, of Los Angeles, third.

. . . Finally on Nov. 12, 1958, he roared over the Griffith Park course for a 1:24:01 20 Km. This was again listed as breaking Panichkin's record with no mention of Mihalo's earlier record.

That was all I had on the mighty Mihalo then and still is. Any further details would be appreciated. Who was judging? How accurate were the courses?



Action in this year's National TAC 2 Mile. Jim Heiring leads Todd Scully, Pete Timmons, Ron Daniel, and John Fredericks on the backstretch of the first lap. In the bottom photo, Scully is seen with a half-lap to go in his record victory. (Photos by Don Johnson)



Top Photo: Early action in the New Rochelle Race Walking Festival 5 Km. From left: Howie Jacobsen, Jack Boitano, Pete Timmons, Bruce Harland, and Mike Morris. Harland edged Timmons in 21:42. (Photo by Noel Morris)
Bottom Photo: Daniel Bautista and Raul González during a training spin at USOC Squaw Valley Camp in August, 1980. Ray Sharp is hidden behind the post. (Photo by Jay Byers)

OLYMPIC SITUATION

As you all know by this time there is to be no Olympics for the U.S. this time around. By the time the vote came around I was more than ever opposed to a boycott, the seeming arrogance of the White House stance doing much to solidify my thinking (not necessarily a rational approach on my part, I realize). Mondale's announcement that the security of the free world was at stake sure did beat all, and the delegates apparently bought it. It may be that the security of the free world is at stake, but our presence or absence in Moscow isn't going to tip it one way or the other. My opinion, of course. Anyway, I'm glad we have let the Ruskiies know we mean business. They do naughty things and we won't play games with them anymore. "I'm going to take my ball and go home." I can see the war room in the Kremlin now as they plan an invasion of Iran or Pakistan. "But, the Americans mean business. If we do this they probably won't let the Bolshoi into their country anymore." "But we don't send the Bolshoi out anymore anyway. They never come home."

So what will happen? Well, the Olympic Trials will go on and a team will be selected. Reportedly there will be three series of meets for the team. First, meets in Stuttgart, London, and Stockholm beginning July 11. Then back to the U.S. for a meet or meets. Finally, to Rome, Zurich, and Berlin beginning August 5. There are to be walks in at least each series, if not each meet. No further details yet.

* * * * *

With people all over the world concerned about the ability of judging to keep pace with the rapid improvement of walkers, a seminar on judging was held in Sweden in February. The following complete report of that seminar was published in the April issue of the Race Walking Record (British). Rather than try to condense out the meat from what is here, I'll just give you the whole hog to give you the flavor of the seminar and an idea of what people are thinking throughout the world. As you can see, there is a problem, but certainly no agreement on a solution, or even on a definition of the problem. I will reserve any further comment on the contents at this time. Also, I have no idea who Prof. Atterborn of the U.S. is, or how he came to be at the seminar.

JUDGING SEMINAR

(reported by Peter Marlow & Reg Walls)

BORAS, SWEDEN, 2, 3, 4, Feb. 80

We arrived late on Friday night and unfortunately missed perhaps one of the most interesting parts of the weekend when a five minute film was shown, taken at Eschborn during the Lugano Cup Final. This showed the majority of the field 'flying'.

The Seminar was held in Boras, Sweden, snow covered and extremely cold, a very different Boras to that experienced a few years ago, when Britain were victorious in the Lugano Semi Final.

Sixteen nations were represented:- Gt. Britain, France, Denmark, Sweden, Finland, Norway, U.S.S.R., Poland, Belgium, U.S.A., West Germany, East Germany, Mexico, Italy, Austria and Spain.

Over the last few years judging problems in walking have increased in direct proportion to the speed of walking and the bettermost of world records culminating in the now notorious Eschborn 'Flying Circus'. This Seminar was called to discuss the problems and possible answers.

The first speaker we heard on the Friday night was Prof. Atterborn of the U.S.A., an accomplished linguist, self confessing that he knew nothing of walking technique but attached to the U.S.A. Olympic team in New Mexico.

He proved mathematically that times were going to be reduced even further as mans ability to take in more oxygen was increased, as stride frequency and stride length were increased accordingly and predicted the possibility of a 3 hour 31 min. - 50 kilometres.

At the same time it was pointed out and Bio mechanically argued that plus nine miles an hour walking speed would mean almost certain loss of contact.

Atterborn's answer, thought put jocularly, was the introduction of lead belts.

G. Frister spoke on behalf of East Germany and argued :-

- a) Training should be geared to Rule 191
 - b) Judges should be better qualified and stricter in their application.
 - c) Video should not be used for competition, only for training.
 - d) Video needs very high technical knowledge and would be very expensive and possibly only give limited cover, whereas it would have, in order to be completely fair, be used in every competition. Video would not be used in Moscow!
- In East Germany there was a union between technical and physical education which was Practised at a very early stage with young children.

With children, competition was mainly on the track where strict supervision was maintained in order that mistakes in technique would be seen and ironed out on the spot, particularly in the case of cautioned or disqualified competitors.

Mr. Frister argued that a lot of time was being lost between the time a judge wrote out a 'card' and the time the chief judge could act on the 'card'. In Eschborn a card took thirty minutes at times to process particularly when so many cards came in. He suggested a system of two chief judges, one to handle cautions, one to handle disqualifications.

Mr. Frister argued that the definition for cautions under Rule 191 was not good. 'Caution is applicable when the walker is likely to break contact', so in time there may be far too many cautions, 'without reaction from walkers'. This should be changed.

- 1) In future say, no cautions.
- 2) Give cautions only if simple mistakes are made, such as in football when yellow card is used.

Regarding disqualification, Mr. Frister feels there should be more red cards before a walker is disqualified, i.e. 4 red cards (at the moment 3 are required though the rule book still says only two).

The argument here was that this would help the judges not to be afraid of putting in a red card as there would be less of a responsibility on each of the judges shoulders.

East Germany were experimenting with Juniors, of a time penalty system:-

One red card, a time penalty of 10 secs. added.
Two " " " " " " 20 " "
Three " " " " " " 30 " "
Up to five red cards, then disqualification.

Questions were asked of Mr. Frister among them from Peter Marlow, stressing the fact that more red cards would greatly increase an already heavily burdened administration system.

Reg Walls argued that judges should be stronger and that four red cards were being introduced only to protect judges, were they being made weaker?

Mr. Frister stressed that Eschborn was the extreme of weakness but that Moscow should not be an extreme in the opposite direction to the possible death of walking.

The next talk was given by Jurgen Kramer of West Germany and was difficult to follow. It is fair to point out that admirable translation plans fell down slightly because German had been overlooked.

Mr. Kramer's theme was that there were four different views of walking, that of the athlete, that of the coach, that of the judge and that of the spectator.

It is important that the picture of walking as seen by each of these principles becomes in time common, and that there be a common understanding of rules and systems.

Our present rules are not 'true' as judges were unable to pick out loss of contact at present walking speeds. This has been proved by photos and films from Eschborn. Our rules must be true.

Mr. Kramer argued that a Swedish system of educating judges would not work as in most countries there were insufficient judges.

Another argument was that rules should be over longer distances. This would not solve the problem, only delay it as in time, speed would catch up. Mr. Kramer's conclusions were:-

- 1. Common interpretation of rule
- 2. Increase judging qualification
- 3. Increase severity of judging
- 4. Rules should be true and application should be more efficiently monitored.
- 5. Walkers should be trained to walk to the rules and rules should not be changed to suit the trend in walking at any time. Rules should consequently be made 'true' and carefully looked at so that they may be universally understood.
- 6. Coaches should be under strict rules to train their athletes within the rules.

Mr. Atterborn spoke again:- He asked the question, 'How good can we become?' Mr. Atterborn put the following points.

- 1. Technique - based on mechanical efficiency and stride frequency
- 2. Leg length all
- 3. Hip flexibility affect
- 4. Strength stride length
- 5. Conditioning - Maximum oxygen intake, Velocity equation

d = stride frequency
= length of leg
= strength
= hip extension

| L | d" | Velocity | 20k | 50k | MVO2 |
|-----|----|----------|-----|--------|---------|
| 80 | 80 | 1.13 | 215 | 1.33 | 3.53 64 |
| 95 | 80 | 1.32 | 251 | 1.20 | 3.19 76 |
| 95 | 70 | 1.19 | 226 | 1.20 | 3.40 70 |
| | | | | L= 190 | |
| | | | | L= 180 | |
| 95 | 75 | 1.26 | 227 | | 3.40 70 |
| 100 | 75 | 1.32 | 237 | | 3.31 71 |

Walking becomes illegal under contact rule at above 9 mph. 14.5 k. per hour = 4.09 min k. this is same as 24.1 metres per minute = 1 hr. 23 m. 20 kilo.

Cause of this is stride frequency (f)

$f = 190^+$ = Unclean walking
but if $f = 180 - d = 1.24$
 $f = 170 - d = 1.42$
so if $f = 190$ speed 270 metres per min then $d = 1.42$ and gives 1.14.4 20 kilometres and 3.05 50 kilometres.

Afterborn then cover d the case of sloping courses.

Given spontaneous speeds of 5 mins per kilo up and 4.10 min per kilometre down.

| | d | d |
|------|-----|------|
| Up | 170 | 1.17 |
| Down | 173 | 1.40 |

with 3% slope there is a time reduction of say 20% over that distance compared to up hill. So each 100 metres not change gain or loss in altitude will give a time difference of 5 secs in time.

Afterborn argued that courses should not contain any segments with more than 3% gradient increase.

Jerzy Hausleber (Mexico) asked: Is Race Walking a natural event? Answer:

Yes! Hausleber argued that we should
1) Increase stride length,
2) Increase stride frequency
3) Increase training.

Problems of today are not to be blamed only on judges and judging methods but also on the coaches who are straining to find techniques to keep ahead of increasing speeds. 90% of race walkers who can cover 20 kilometres in 1.25 or under are not walking correctly.

There are cases, shown in photos, where a walker who appears to be walking perfectly well mechanically is in fact losing contact with the ground. This is not an organic problem but a physical and mechanical problem.

Rule 191 is dogmatic in saying contact is obligatory when we know, now, that this, at present speeds is almost certainly impossible!

Hausleber argued 'I am in favour of rule 191 and the strict interpretation of rule 191 but I also know it is impossible'.

What should be done? There are two possibilities. 1) Change all training by complete reduction which will subsequently slow our races! 2) The other alternative is 'up to you' i.e. change the rules.

Rule 191 contains a clear definition of a conventional rule but is a rule made up by man and subsequently made to quite a specific technique.

What kind of rule do we need to describe biologically and physiologically the difference between running and walking?

It is both easy and difficult.

Making a rule requires a specialist rule maker and both a bio chemist and bio mechanic but then any child can tell when one person is walking and another running.

We need to find a rule that is positive. Four things in rule 191 can be controlled.

- 1) The knee has to be straight.
- 2) The heel has to meet the ground first.
- 3) The spinal column must be straight and vertical.
- 4) The centre of gravity must not be in front of the leading heel when at point of contact.

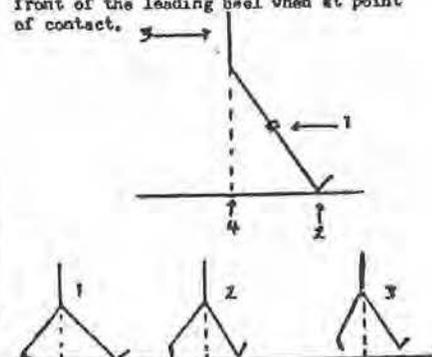


Diagram 1 & 2 are incorrect though walker 2 is faster. Walker 3 is doing less than 1.46 for 20 kilometres.

All above are biomechanically the same.

There are two points from above that could define walking.

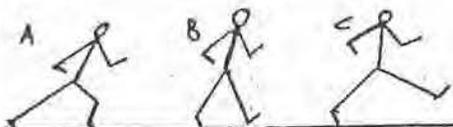
- 1) Triangles behind lead leg.
- 2) Spinal column

If no triangles then it is not walking.

The difference between running and walking becomes a question of how the centre of gravity moves. In walking, it remains on a level, in running, it moves up and down in waves.

J. Hausleber made the following argument on propulsion.

The difference between running and walking was that in running there was a problem with the centre of gravity. When Hausleber had his walkers running there was this problem. When he cut out running there was no problem but as speeds increased so the problem returned.



We found three ways of losing contact by body lean.

- A. is an example of a beginners and slowest walkers, not below 1.30 for 20k, as it is a disadvantage. Could be said to be running.
- B. Common between 1955 and 1970 (W. Wesch) when times came down below 1.30. Arms had to be used excessively with heels coming down behind centres of gravity.
- C. We see in well trained athletes with insufficient technique. They have the power to push forward and knee is straight but they then push off back foot before contact is made.

CONCLUSION RULE:

1. Leading leg must be straight.
2. Centre of gravity line must be behind heel.
3. Line through head and spine must be straight and vertical when legs pass.

This rule will not stop contact being broken but will allow faster walking which looks like walking.

We have, said Mr. Hausleber, these choices:-

1. Bury race walking as a sport.
2. Reduce training.
3. Increase race distance. The response will be to increase training and in time we are back to present problems.
4. Change rule. Rules are written by humans to fit a specific function and so can be rewritten.

J. Kramer of West Germany declared that a rule not enforcing contact was unacceptable.

R. Wells spoke of again making a rule which was more complicated. There was another alteration other than those given by Hausleber. Make judging stricter and take steps to ensure that judges were adequately trained and examined, to make certain that they are capable of interpreting rule 191 correctly and acting on it. Strict judging was used for the Rouen Lugano 50 kilometres. There were several disqualifications but few critics of the walking.

Extremely strict interpretation of rule 191 will enforce walkers to practice obedience of this rule.

Judges should be examined in order to qualify as judges and the examination should take in age, eyesight and fitness for extreme concentration. International judges should be regularly examined.

Francis Herbst of France argued that judges should only be concerned with the legs and should not be expected to have to take account of the trunk.

Prof. Hausleber's talk was basically the last of the Saturday session and it was clear that everyone was pretty tired and certainly full of thoughts.

SUNDAY

The Norwegian representative appealed to the Semina to consider better education of judges. Each nation should have the same standard system of education of judges.

The Norwegians outlined that the pamphlets 'Guidance for Judges' came out in 1972 and had not been updated. The International Walking Commission plans to give out a new edition and it is hoped that this will be soon. In view of problems now being experienced it is hoped that the book will be much more thorough.

It was also argued that the definition of walking must be able to be interpreted such that it is specific in any language.

The authorisation of a judge should show:-

1. Qualification
2. Number of races attended.
3. Upgrading Seminars attended.

It was also finally declared that the position of an International Judge must not be one of honour.

The U.S.S.R. delegate took the Rostrum to declare:-

1. There should be no increase in each distance, that 20k's and 50k's should be international distances.
2. There should be no use of video. It would be too expensive and all walkers would not be covered at all times.
3. The number of cards required for disqualification should be increased.
4. The authorities should be more reflective when appointing judges.
5. There should always be pre-competition seminars to assist, advise and direct both judges, walkers, officials and coaches.

SWEDEN The Secretary of the Swedish Judging Committee outlined Swedish systems and proposed:

1. The Walking Commission should set up a working party to examine Rule 191.
2. Reports on International Judges should be made annually.

Jurgen Kramer (West Germany) followed and proposed a change to Rule 191. This was difficult to understand in translation but appeared to be: 'Race walking or the progression by steps without technical aids.' The movements of race

walking follows the development of the style of walking by increasing ones speed and must be obviously perceptible with the movement of walking.

This positive view of the total picture of progression of race walking gives no reason for complacency. But if the follow up of some steps is not perceptible with the total 'picture of walking' the following detailed characteristics had to be viewed and the following regulations and actions had to be observed'.

After this there follows the present rule 191.

Britain through Reg Wells put a counter proposal.

Rule 191 should be amended as follows:-

Walking in a progression, by steps, so taken that unbroken contact with the ground is maintained.

At each step the advancing foot of the walker must be seen by the eye to make contact with the ground before the rear foot leaves the ground. During the period of each step in which a foot is on the ground the leg must be straightened (is not bent at the knee) at the point of contact and continuously until the supporting leg is in the vertically upright position.

The inclusion of the phrase 'seen by the eye' would safeguard judges from the critical evidence of the camera which can only appear after the event anyway. A judge can only use his eyes. We have all seen Daniel Bautista at full speed and we argue that few would say he was not walking. However the camera consistently shows loss of contact!

The point about the straight leg at point of contact is a straight comparison of the difference in mechanics between running and walking. A runner must have a bent knee in the forward position and invariably enforces body lean to facilitate this.

SWEDEN- Aids to Walking Judges.

The National coach for Sweden outlined an experiment whereby Britt Olsen a leading Swedish Woman Walker was tested on a treadmill walking at various speeds.

Her shoes were wired so that intricate impulse switches were fixed at heel and toe extremes. A print out system was used showing exact point of contact of each foot. When 'feet lined up' on print out walking was fair.

They were able to show that at over 14 1/2 kilometres per hour contact was broken. This system it was argued was very prohibitive and costly.

ITALY The Italians who had 5 International panel judges, 32 national judges and 200 regional judges, put forward the following proposal.

Rule 191 must be amended to include:-

The leading leg must reach ground with heel first then roll onto foot until whole foot is on ground. The leading leg must form a straight line from heel to hip. The leading leg must be ahead of rest of body.

The Italians were in favour of the section of Rule 191 referring to contact.

The French through Francis Herbet gave the attached proposal.

The exhibition of race walking we saw in the LUGANO finale in Eschborn, especially on 20km made the spectators smile and made us, the defenders and admirers of so good a discipline, awfully sad.

The rule about contact wasn't respected. Have I to remind you of the risk of suppression from the Olympic Games threatening our discipline if nothing new happens to protect its regularity.

In 1929, race walking was banned from the Games after the terrible judging of the preceding Games (1924). Are we going towards a similar decision. It's terribly important! Taking into account the technical progression applied to the search of a greater speed, our judges seem to be unable to apply the basic rule any longer.

Video techniques exist, and one solution would be that at the highest level, an international judge ought to be helped by a video tape recorder. If we don't want machines to interfere and if we want judgement to remain a human speciality, there is another solution and it is much longer races. Those who demand race walking to begin after the running distances are right, and that is why we ask from now on:-

- a) a 50 km race
- b) a 100 km race, either on a circuit, or straight ahead from one point to another to replace the 20 km which are now much too fast to enable the judge to apply the

rules, and even to send his warnings to the head judge in time.

All walkers demand:-

- 1) an efficient protection of their efforts
- 2) the help of video machines for the judges.
- 3) they don't want to be laughed at, and it's likely to happen if there is a second ESCHBORN slapstick episode.

Judges are not the only responsible for that. The technicians who do not want to lose time with the notion of double contact have made 'flying robots' (as shown by all the visual documents), and this to the detriment of the true walkers who respect I.A.A.F.'s first rule.

PROPOSAL BY POLISH DELEGATE A STUDY OF SOME OF ARTICLE 191'S FEATURES

Article 191 says that an athlete can only be warned once by the Main Referee; therefore, the second time he must be disqualified.

It is our humble opinion that the player has little chance to change his behavior after receiving the first warning.

In contests and qualification tests, athletes are given up to three tries. They are given up to six tries in classified throwing and distance jumping (long jump and hop step and jump) finals; whereas in high-jumping and pole-vaulting they may try up to three times for each height, as long as they are successful.

Running, a long distance and durability test, gives the athlete few chances. If the Referees are unbending about section 2 of article 191, the athlete can receive a warning and be quickly disqualified at any point in the test.

We feel that some other solution should be found that would give the referees a better framework, since at times their lack of certainty is detrimental to the athletes.

We would like to put forward the following formula to be studied:-

1. Verbal warning by the Main Referee at any point in the test. The rest of the referees cards are not necessary.
2. Warning according to parts(a) and (b) of section 2.

Disqualifications: By parts (a) and (b) normal method. This way the runner's chances are greater and he will perhaps feel surer of himself since he had the chance to correct the mistakes the Main Referee has warned him about.

What should be the Main Referee's stand if he sees some athletes violate some of article 191's rules and none of the assistant referees say anything?

Can he give a warning? If he receive no notice. Should he give a warning? If he receives no notice. Can he disqualify? If he receives no notice. This happens at times.

The Rules say that they can or should be warned just as in disqualifications, if there are enough warnings or disqualifying cards, but it makes no mention at all of how far the Main Referee's work is similar to that of the Arbitrator in the rest of the tests (he can disqualify, change the contest's location etc.) and therefore the boundaries of his authority should be clearly outlined in the Rules.

For example: The Main Referee notices that an athlete is continually bending and often loses contact by pretending to begin to run. He receives no notice from any referee. Is the Main Referee correct in giving him a warning?

The same thing happens during the remainder of the test and the Main Referee disqualifies him. Is the Main Referee correct in disqualifying him?

In these two instances the Main Referee's decision is not backed up by Section 2a and (b) of Article 191, which say that one or several referees' cards are needed; however, they do not clearly state whether or not the Main Referee alone has the power to give warnings or to disqualify.

We feel that the authority behind the Main Referee's decisions should be made clearer. Since he is chosen by his fellow-referees, this shows that the person making the decisions is backed up by the rest of the referees.

Dag Gaasard of Norway - Appealed to the Seminar to support Womens walking and argued that Womens Walking in the World Championship should not be ignored, after all, had not Marathon running, 3,000 m. run and 400m. hurdles been accepted?

PROPOSAL FROM BELGIUM L.R.B.A. REFRESHMENTS & REFRESHMENT STATIONS

We ask the advice of the Medical Committee.

Taking fast food and something to drink at the same table is difficult.

Should it not be better to have a station where the athletes can take only fast food and then 200 or 55 m further a table where they can only take something to drink.

PALLE LASSEN PRESIDENT OF I.A.A.F. Walking Committee summed up:-

Sport has been defined as a game or physical exercise for amusement or diversion. In other words something you do just for challenge and fun. Sport is believed to be a preparation for life in general. You should learn to take pleasure in toil and struggle.

In old days the only prizes were wreaths and garlands. A true amateur spirit.

However, what is important is that sport provides an opportunity to promote understanding among people of competing nations/federations. A success in sports often means more to the average citizen/spectator

than other things measured in an international scale. Sports have a way to strengthen local identity and local pride.

Even if television may transform the athlete into a mass entertainer, I stress that race walking during the last ten years has proved to attract far more people and far more active walkers (man and women) than ever. We do know, that most often it is a relatively small number of events being televised. But we also know that when we through very clever organisers - succeed to have T.V. on great competitions like Milton Keynes, Frederikstad and Eschborn it has been a success - also paying respect to well prepared editors and commentators - and this has brought our sport into a better understanding we feel - and hope!

We also hope that these facts will raise the general numbers of doers among the watchers. We know that the interest for strolling/hiking, has increased considerably. Therefore we have to fight for still better understanding and support, for better organisation and co-operation quite out in the outer links of those organisations and federations, who further our sport.

We believe in the individual sport. We have shown it, when we fought for the 50kms. discipline to be re-entered in the Olympic programme. For the first time modern advertising was used to reach the Olympic organisation and the average man/women. It was mainly the British who used this pattern - with success!

In our own family we also must use modern kind of management - in order to better the climate, raise the standard, so we can present our sport far, far, better than hitherto.

Therefore, I congratulate the Swedish Walking Association for staging this first seminar, where we have to discuss and learn to better our possibilities and also be aware of our risks for misunderstanding and bad luck.

The IAAF will watch this seminar very closely. On behalf of Adrian Paulen and John B. Holt I bring their best wishes for success, so that this seminar will become a regular instrument in the activity of the IAAF Walking Committee.

The 1970's have been a decade of change and challenge. We have been watching a revolution rather than an evolution inside race walking. If we want to measure in results we have seen an improvement in records, nearly incredible.

Our sport has often been defined as a sport for veterans or nearly veterans. Now we have recruited young athletes too, and a similar list of records as the other track and field disciplines is a reality in our sport.

Nevertheless, however, we must make a similar follow-up for judges as already has

been done for the active walkers.

The progress of the walkers and the inability to judge speedy walkers by the human eye is the question to be solved in the near future - if we want to maintain respect of our sport.

We do not need to change the definition, but we need to use technical facilities in order to judge in conformity with the rules and thereby pay the respect to the walkers and the results made.

This seminar is, therefore, most valuable because it will start another serious evolution, needed for many years, and now realized here in Borås. A good start, established in a nation with rich tradition inside the race walking sport. To better the education of judges and to give these important officer better terms is the most important task of the IAAF Walking Committee.

This Seminar may become such an important key to the future!