Typical January for the ORW with nothing really big to report, so we will move right into the various and sundry results. Incidentally, for those of you wondering about results of the 1980 National TAC 25 Km at the convention site in Atlanta, here's your answer:?? That's right, I'm still wondering too.


FORTHCOMING OPPORTUNITIES TO EXERCISE YOUR PERAMBULATORY SKILLS THROUGHOUT THE UNITED STATES AND CANADA

SAT. FEB. 7 -- NATIONAL TFA/USA INDOOR 5 K AND WOMEN'S 1 MILE, RACINE, WIS. (A)

SUN. FEB. 8 -- ONTARIO MEN'S 3 K AND WOMEN'S 1.5 K, TORONTO (A)

FRI. FEB. 13 -- CALIFORNIA 1 MILE, LOS ANGELES (QUALIFIERS ONLY) (B)

SUN. FEB. 15 -- MET. AC WOMEN'S CHAMPIONSHIP, NEW YORK CITY (A)

SAT. MAR. 4 -- 2 OR 4 MILE, FARMINGDALE, N.Y. (C)

SAT. MAR. 6 -- 2 MILE, LAKE DANDING, IOWA, 1:30 P.M. (C)

SAT. MAR. 14 -- 20 MILE, LONG BEACH, CAL. (F)

SAT. APR. 4 -- WALK-RUN PENTATHLON (2 MILE WALK, 880 RUN, 1 MILE WALK, 2 MILE AVE.), DENVER, COLO. (A)

SUN. APR. 5 -- 5 MILE, DANVILLE, CHICAGO, N.Y. (F)

If you want to see your races listed here, you have to get me the schedules. Of course, even that doesn't always work, since the RWI is subject to occasional oversight, carelessness, and shoddy work. But, if you make the effort, your chances are better.

CONTACTS:
A -- STAFFORD WHALEN, 11 MIDALL ST., WESTON, ONTARIO MOP 22N, CANADA
B -- METROPOLITAN ATHLETICS CONGRESS, 5340 FDR STATION, NEW YORK, NY 10150
C -- GARY WESTERFIELD, ISLAND TC, P.O. BOX 440, SMITHTOWN, N.Y. 11787
D -- UNIVERSITY OF WISCONSIN, WOMEN'S TRACK OFFICE, 1940 MONROE, MADISON, WIS. 53705

SAT. MAR. 28 -- CANADIAN MEN'S 3 K AND WOMEN'S 1.5 K CHAMP., EDMONTON (A)

SUN. MAR. 1 -- 1 OR 2 MILE, FARMINGDALE, N.Y. (C)

SUN. MAR. 5 -- 5 MILE, LAKE DANDING, IOWA, 1:30 P.M. (C)

SUN. MAR. 14 -- 20 MILE, LONG BEACH, CAL. (F)

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women should have been so informed of the dates, team structure, assembly, etc. so that there would be no misunderstanding or misinformation. Instead there was practically no contact right to the final weeks. The fact was, and still remains, that the exact dormitory name was not provided and going to the "Empire Games" headquarters did not produce that information; so luck was of utmost importance. I must point out that the accommodations were excellent once you made contact.

The uniforms problem again is not new. How many times have the men gotten wrong sizes, incomplete uniforms, or none at all. But that doesn't make it right. Regardless of whether a team member has been on previous teams or not is no excuse. Having to exchange a uniform or even pay to have it altered should not be part of the athletes expected responsibilities. Saturday, the TAC (AAU) will stop treating the race walkers as second class citizens and not just sand whatever is lying around the office. In no way large men's sweat suits going to look good on women of 5'6" or less. Would the T&F people outfit a woman's touring team that way? Not a chance. (Ed. Not necessarily true. I guess Ron never saw the sweat given to the U.S. national team in 1965—both men and women. The thing is: those particular uniforms apparently weren't made to fit anyone of the human species. Just occurred to me—maybe the fact that we looked like losers explains the first ever dual meet loss to the Soviets.)

The issue on the money is not whether everyone got $150 or $25 or $50 but whether the sum was sufficient to pay the travel expenses of the team members. Quite obviously, it was not. Of course, don't even ask about per diem! On the other hand, the women's T&F Committee was responsible, through the meet's sponsors, for providing quite adequate expenses for the top women race walkers for both the indoor and outdoor championship meets. But once again, in order to be a member of the national team the athlete was expected to pay the difference—a difference that Bruce MacDonald has himself unselfishly paid into over the years.

As to the judging comments, if I interpret P. Kash's statement of weird to mean inconsistent, then her reference to pictures taken of the race (10 km) and competitors being off makes a little more sense. Obviously, Mr. Pollet missed the reference to pictures and though that she was "judging" during the race. Furthermore, I judged the 5 km not the 10 km. Also, I had intended to only spectate and coach Miss Arnesen, but was recruited on the spot. As for the Irish woman's DQ, she should have been informed prior to the actual awards presentation—more than an hour was spent eating and talking. A shocking and embarrassing moment for sure. As for P. Kash not knowing from whom she received the DQ cards, this information should be on file along with all other important information on the meet.

Regarding the attendance or non-attendance by the Empire Games race walkers, I too would expect a full turnout—after all the races were completed by 8 p.m. Ron too very late even for those with a 6 a.m. race. But more importantly, the non-attendance by the general Empire Games spectators for a "Worlds Championship" event doesn't say much for the event publicity.

This brings me to commenting on the status of the event. In sure the boycott by the U.S. may have been partially responsible for the no shows, but it has been suggested that the competitors from Britain were not informed of the meet date and recently it has been said that the Swedish women also did not know when the event was scheduled for. (From R. Laird in Mexico, where Swedish women are currently training.) I suppose we're to believe that their NW committees kept the information from them.

From another point, the intention to compete in the 1981 Lugano Cup was to be held by the respective countries by Dec. 31, 1980. How if they only get affiliation from two or three countries, will they hold the event?

So the question is: were the prospective entering countries required to respond prior to a certain date? What response was there? How much lead time were they given?

For sure, there are a lot of difficulties in preparing to conduct such an event; all the more reason to allow for long lead times and follow through all aspects in a business like manner—just ask Dan Stanek.

Well, we're back at the beginning—should the women stay as a sub-committee, become a full standing sports committee, or should there be a single NW committee? Unfortunately, because the convention was held in Atlanta, Ga., there were no women in attendance at their own sub-committee meeting. Thus if they want to take over their own committee, they should be preparing now and planning on being in Reno, Nev. next December. How about some response from the women on their own destiny.

LOOKING BACK 15 Years Ago (From the Jan. 1966 ORW) — For the second year running, Doc Blackburn won the New Year's Eve 6 Mile Handicap. Walking in a driving rain and cold temperatures on a 1/2-mile loop over a gravel road and mud path, Doc held off two charging Jacks to win by 16 seconds with an actual time of 57:10. The Jacks, Blackburn and Mortland, died heated in 49:20, amazing time even such tough guys as we were. Some one by the name of Larry Keston won the Junior National 50 km title in 5:22:39 beating Roger Duran—remember that Junior in those days was what should actually have been called novice—had nothing to do with age. One Ron Daniel whipped through a quick mile in New York in late December with a 6:34, leaving Ron Kulik way back. In another big local race, Blackburn whipped Mortland over 2 miles on a cold January day with a 6:34 to 14:43. Walking on Doc Blackburn's 9.3 laps-to-the-mile track, Jack B established a 9 second lead with a 7:12 first mile and Ron held off all challenges. Chuck Russell beats Doc Blackburn for third, 17:06 to 17:12. John MacLachlan was named to replace the hard-working Charlie Silcock as National Chairman. We ran an editorial chastising CTS for coverage of the walk during the IA Invitational, which they featured as some sort of comic relief from the rest of the meet. Ron Laird won the race in 6:38. In that New Year's Eve Race, Corinne Blackburn, Jack's mother and certainly one of the real pioneers in women's race walking in this country back in the '50s, finished sixth in 85:26, slipping champagne en route. And here is the picture we ran of her at that time.
In the morning, the sun's up and you do what we agree on is that we could all benefit from! It's jogging time!

Jogging enthusiasts, but out of the past a rival has appeared to challenge the sport of the sound mind/sound body. Nature has purged add records were listed for nearly any distance imaginable) with American Indoor record for 4 miles. The event was held in Los Angeles, Ron Laird set an 8:41.2, leaving Larry Walker 22 seconds back. Five years later, Kirk whipped Daniel by a mile, 6:32.9. Out in California again, Goff Klopfer went through 20 miles in 2:57:38 and Walker beat Laird in a 1 mile, 6:28.3.

Dave Rosawbby had two set miles—6:20.6 and 6:21.7, with Daniel doing 6:22.2 and Kirk 6:24.5 in the second race. (On the Ohio scene, Mortland did 15 miles 1:34:00 (10 laps of our Worthington road course) in 2:17:47 to eschew Blackburn some 18 minutes behind.

5 Years Ago (From the Jan. 1976 ORW) — Ron Laird was announced as the winner of the National 1 Hour postal championship, his 8 mi 612 yard performance edging Todd Scully by just 32 yards. Wayne Glusker did 7 mi 1763 and John Knifton 7 mi 1677. Rudy Halusa won in the Masters Division with 7 mi 849, Ray Floriano in Class B with 7 mi 590, and Bob Rosencrantz in the Junior Division with 7 mi 289.

The following article, provided by a couple of our readers, appeared in Sky, Delta Airlines in-flight magazine. Although there is some misinformation here and there, it is one of the better treatments of the sport to be found in the popular press.

RACEWALKING: The New Road to Better Health
by Michael Haley

All right! Up-and-at-’em! It’s six o’clock in the morning, the sun’s up and you know it’s good for you, so pull on those tennies and sweats and prepare to pound pavement! It’s jogging time!

“Jogging. Mania of mania? There are a lot of theories. But the one thing most doctors agree on is that we could all benefit from some type of regular cardiovascular exercise. Jogging, in the best American tradition of instant stardom, is the reigning sport of the sound mind/sound body enthusiasts, but out of the past a rival has appeared to challenge the King — Racewalking.

The problem with jogging, and there are many, is that it is not the exercise for everyone. Your next door neighbor may be one of those people who took to a 10 mile jog around the park like George took to Gracie, but you may wonder after a short trot to the end of the block how people can live and feel as if they’ve been SANitared at the same time. Take heart. You don’t have to run if you’ll learn to walk — racewalk, that is.

Walking, a natural and easy task for most of us, has always been touted as an alternative exercise. It isn’t strenuous, but it does provide the benefit of getting up and moving around. The problem is, it doesn’t build strength in the heart and expand the cardiovascular system. The answer is to walk, but walk fast, which is what racewalking is all about.

The most common perception of racewalking is its image. When most people hear the term, there is a pause and then, “Oh, yeah! The guys who wiggle their hips!”

This small observation has been sufficient excuse in the past to prevent millions of self-conscious Americans from future thought on the subject but the statistics are changing. And one of the principal reasons is that health-aware people are looking for a safe and viable alternative to jogging.

Along with its benefits, jogging has created a whole new area of orthopedic problems. The most common injuries are Achilles tendinitis, shin splints, chondromalacia patellae (runner’s knee), sciatica and low backache. Dr. George Sheehan, a foremost authority on running claims, “A runner averaging 50 miles a week has a 73 percent chance of suffering from an injury that will sideline him for a considerable length of time.” The reason for this is the shock impact in running; with each step forward, a runner sends a shock through his body that amounts to a force of three and a half to four times his body weight.

For the same reason, jogging or running are not recommended for many older people, pregnant women or children. But racewalking is!

Racewalking, as a sport, is an old and established veteran of the Olympic Games; the first event was in 1908. Walkers compete in ten, twenty, and fifty kilometer races. Its history is said to be a part of medieval England, when footmen would keep pace with their masters' coaches by walking rapidly. Eventually, these servants would be warded by their masters in "Footmen's races" to see who could walk the fastest — and the farthest. One of the most famous walks is the London-to-Brighton roadwalk, a still current tradition totaling 52 miles. The record time, set in 1857 by Don Thompson, is 7 hours and 55 minutes. That's an average of 7 miles an hour!

But racewalking is a little more complicated than just walking fast, as a recent book explains. One of this country's leading figures in racewalking, and author of the first book explaining how to racewalk, is Howard Jacobson. Racewalk to Fitness (Simon and Schuster, $1.95) is an enthusiastic appeal to the jogging masses to "March to a different drummer." Jacobson is president of the New York Walkers Club and a former Olympic coach. He has been and still is an active competitor in races and conducts two free clinics a week in Central Park throughout the year. "It's an 'ideal' exercise," explains Jacobson, "because it does so much and anyone can do it!"

Most people will be able to racewalk, but not without some practice and a great deal of concentration. In the series of photographs accompanying this article one begins to see that racewalking is more complicated than it seems at first glance. Style is everything. Which is what Jacobson and many others are so excited about and the reason that racewalking is so beneficial.

The style has been established through the years and is currently defined by the International Amateur Athletic Federation as follows: "Walking is a progression of steps so taken that unbroken contact with the ground is maintained. At each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. During the period of each step when a foot is on the ground, the leg must be straightened (i.e., not bent at the knee) at least for one moment, and in particular, the supporting leg must be straight in the vertical upright position."

In competition, these rules are adhered to strictly, unlike running, which only requires that you run — and it doesn’t matter if you’re caught with both feet off the ground (running) or he isn’t straightening his leg, he receives a warning. After the third warning, he is disqualified. This happens frequently as walkers try to increase their speed — they simply start to run.

Jacobson points out some of the many advantages of strict adherence to the racewalking technique. First of all, racewalking requires strenuous use of the arms. They are held at a 90-degree angle and pumped back and forth in step with the feet to increase speed and to give added momentum. This means added development of the upper body, something jogging will not do.

Secondly, there is a concerted effort to maintain placement of the feet. Jacobson is quite adamant about this, as a pronated foot (one that is turned out too much) will slow the walker down and cause muscle problems. Indeed, one of the few complaints walkers experience is soreness in the muscles of the front of the shin. These muscles hold up the front of the foot, which gets little rest in walking.

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By correctly placing the feet in a straightforward position, the muscles in the legs are used to build strength in both the front and the back of the leg. Jogging tends to build only the back of the leg.

Racewalking adds a third advantage by utilizing the famous, or infamous, hip rotation. In order to increase stride in racewalking, the hip is thrown forward—not to the side as some people think. This is what causes the 'wiggle.' This 'wiggle' though, adds extra pull to build, strengthen and stretch the muscles of the leg.

By carefully following Jacobson's book or, if you're lucky, finding someone to instruct you, you'll soon be scooting down the road to injury-free cardiovascular exercise. Since racewalking is newly popular, there are no current statistics comparing jogging and racewalking in terms of cardiovascular development. But many doctors agree that it can be as beneficial as running if it is done for longer distances. For example, if a two-mile run is your current pace, then a three-mile racewalk would be comparable.

Along with avoiding injury, racewalking is ideal for elderly and young alike. This is evidenced by the age of competitive racewalkers. Jacobson is nearly 50, and many racewalkers have careers spanning 20 years. In many recent events, competitors as young as ten moved along successfully alongside their elders. And even for pregnant women there is no need to hang up the tennies. The smooth motion of racewalking ensures safety and the strong arm movements help build chest muscles to enhance a rapid recovery of the figure after childbirth.

Are joggers and walkers at odds, though? "No way!" explains Sally Stewart, Director of Health and Physical Education at New York's Vanderbilt Y.M.C.A. "I'm currently teaching a class in racewalking, especially for my runners. The strong walking technique is a definite asset for both their running technique and their concentration."

Stewart, a recent advocate of racewalking, strongly believes that most runners simply run without learning how to run. Racewalking improves foot placement and provides strength in the muscles in the front of the leg. Also, the strong upper body movement helps eliminate arm fatigue in runners. Stewart, a runner herself, recommends about 30 per cent racewalking in a running program.

A great many racewalkers were or still are runners. Jacobson admits, "I was trained as a distance runner. Sometimes I like to just let go and run for a while, especially in the woods. It's great." He, too, would like to see more runners learn racewalking as a way to avoid unnecessary injury and increase output. "A well-placed foot can add that extra tenth of a second that is the key to winning or losing a race," notes Jacobson.

One other advantage for the runner is that they can often racewalk when they can't run. Stewart, advising caution, states, "Many runners can racewalk through their injuries. This way they continue to train and not cause further harm to themselves."

Even if you're not a "spring chicken," you may become so adept at racewalking that you will want to enter competition, as more and more people are doing today. In New York, The Racewalkers Club has a growing membership of 200 (125 of whom are women) who are working in conjunction with the Road Runners Club to enter more distance competitions.

Best Foods, the sponsor of the Mazola Corn Oil - Y.M.C.A. Shape-up Run Through Central Park is providing for a special racewalkers division to be a part of their 10,000-meter (6.2-mile) run. Racewalking divisions are not new in distance events, but Best Foods is hoping to attract the largest contingent of racewalkers to compete in one of their races. Diane Cline of Best Foods elaborates, "The usual figure for a group of racewalkers in a distance race is 20. We're out to get at least 100 or more for the field of 2,500. I think we'll see at least that many."

How does a walker compare with a runner? Very well, thank you! Jacobson, in the 1979 New York Marathon, a grueling 26-mile affair, finished in the middle of a field of 10,000 runners.

It is also interesting to take note of some of the world records set in the event. Daniel Bautist of Mexico set the record in the 20-km. run in 1977 in a fast-paced 1 hr. 23 min. 31.9 sec. The fastest mile walk recorded was that of Reima Salonen of Finland. He covered the track in 5 min. and 53 seconds! How many people can run a mile in that time?

One of the greatest American athletes of all time is a racewalker. Ron Laird was born in 1938 and has competed in racewalking for 24 years. Laird has participated in four Olympics and is preparing for his fifth. He is in the Guinness Book of World Records for winning the most national championships by a racewalker sixty-nine—and has set eighty-one records. He received a gold medal in the 1967 Pan-American Games, two bronze medals in world championships and has been on twenty-four international teams. A cult figure in the world of racewalking (a cliché group to begin with), he lives on an annual income of $3,000 a year, mostly from odd jobs and house painting; he refuses to take a job which might interfere with his training.

Not all competitive racewalkers are as unusual or as successful as Ron Laird, but names such as Neil Pyke and Todd Scully are figuring in a sport which is not well represented by Americans in international competition. Over the years, the English have lost their dominance to the East Germans, Russians and Mexicans. At this time there is not a women's division, although there is a campaign to create one for the 1984 Olympics.

In sum, racewalking is old and new, fast-paced but not frantic and, most of all, a sport which affords great participation at all levels. So watch for that wiggle!