National 50 Kilometer to Vince O'Sullivan

Seattle, June 7 (From Martin Rudow) — A steady drizzling rain and chilly temperatures dampened the spirits of walkers and officials alike, but failed to dim the luster from a strong, gutsy performance by New York's Vince O'Sullivan as he walked a new personal best time (barely) and convincingly won the 1981 National TAC 50 Km Race Walking Championship and a berth on the Lugano Cup team, his second. O'Sullivan's time of 4:12:10.6 better the 4:12:15 he recorded in the 1979 Lugano competition in Eschborn, West Germany. This year's meet, a biannual affair for National teams of four each at 20 and 50, will be held in Valencia, Spain in October.

O'Sullivan shot right to the lead at the start, and after leading the field through a rather pedestrian 49-minute first 10 kilometers, poured on the steam over the next 15 km to take a lead which was never really threatened, especially after pre-race favorite, Marco Evoniuk, was disqualified at the 20-Km mark.

As predicted, the fight for the next three positions on the Lugano Cup team was a hot one, with Jim Heiring, Ray Sharp, and Wayne Glusker nailing them down. However, a move by Heiring to the 20-kilometer distance, where he is also qualified, would put Steve Pecinovsky on the squad. If Heiring chooses to go in the 50, Pete Timmons, fifth in the 20 trial, would move onto the squad.

Both Heiring, who walked in second place most of the way, and O'Sullivan suffered stomach distress over the latter stages of the race, with O'Sullivan probably losing a sub-4:10 clocking as a result. Sharp, dropped by Heiring at 35 km, struggled in over the last few miles, but held his style well to make his first International team after several national titles over the last 2 years. (Including, incidentally, last fall's 25 km, for which we are still missing results.) Glusker showed his experience by keeping something in reserve for the last lap, passing Pecinovsky for the final (based on Heiring's decision) spot on the team at the 46-km mark.

Finishing further back, on a day that should have been his, was Seattle's Bob Rosencrantz, past internationalist Floyd Godwin, Greg McGuire, and pre-race dark horse, Mike DeWitt, who never looked relaxed until the last 10 km.

Despite the weather, it was a good race, with a flat, fast course of 5-km loops in a scenic, woodsy setting. Dean Ingram, Bruce Carter, and Martin Rudow worked hard to make this race a success, and thanks must also go to Dan Cahill, who contributed financially and did considerable support work to the College Club, which graciously opened its facilities to the walkers, and to numerous other Seattle-area people who contributed financially or with their time and effort. The results:

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Tony Englebardt 21:51 (DQ)

NEWS FROM OTHER LANDS


Arturo Bravo, Mex. 3:15:40 (41:45) on 40 km; Bohdan Bulakovsky, Poland, 2:19:48 on 30 km; Ysvtechalev Furso, USSR, 1:58:35 at 25 km) 10 km (track)


The following article will be the Race Walking chapter in a forthcoming book by Larry Myers entitled, "The Dangerous Connections". The book will cover training doctrine developed by the late Percy Cerutty, who trained Herb Elliott among others. It will cover all the running, track and field events, as did Larry's earlier book "Training With Cerutty", only more information on techniques and training will be based on to athletes and coaches—information that Larry has uncovered in the last 4 years.

Note that Cerutty had some ideas that are considered controversial by many—some of this certainly shown through in this article. Note also that he developed some very successful athletes. We present this as Cerutty's opinion, as set forth by Larry Myers and are not going to attempt to either endorse or debunk it either in part or in whole. Each walker has to make whatever he can find on training, choose it, digest it, and decide what he or she wants to keep on. This is just another meaty meal for you to chew on.

Larry Myers was handpicked by the late Percy Wells Cerutty to carry on the Australian's work. He resides in Denver, where he teaches Cerutty's athletic techniques and philosophy.

RACE WALKING

by Larry Myers

"Race walking and hiking enabled me to build a strong secondary task for running the marathon."

—Percy Wells Cerutty

Race walking and hiking both played a major role in restoring Percy Cerutty's health when he suffered a mental and physical collapse in 1938. On Cerutty's long road to recovery, he gradually rebuilt his whole constitution over a period of 2 years by eating a raw diet of uncooked foods, without meat, lifting weights, diving and swimming in the ocean, and hiking through the bush and mountains of Victoria and New South Wales in Australia. Hiking through the Australian wilderness renewed Cerutty's health and confidence to compete in race walking and distance running when he rejoined the Malvern Harriers after retiring from competition for 24 years. "For 2 years, I ate a diet of raw uncooked foods free in nature," Cerutty described, "and as I grew healthier, I added thick soups, brown bread, and meat for strength. I was never a strict vegetarian."

Cerutty founded the Melbourne Walking Club in 1939. The members of this club were not race walkers, but a small group who enjoyed hiking and mountaineering on the weekends. Percy, who meticulously kept records on his training and racing, also kept a small notebook filled with recipes for cooking bush foods in the wild, selections of his best prose and poetry quotations from Shakespeare and, most notably, a handwritten copy of Gray's "Elegy." With this and his harmonies, he entertained his companions at mealtime. "We athletes, as we traveled around the world, read Cerutty's famous notebook to get our minds off the pressure and tension of competition," recalled Les Perry in writing of the 1952 Olympic Games. "We didn't have television, in those days and Percy's writings inspired us to give 100 percent in our training and racing."

In 1940, Cerutty covered 70 miles, which, in his record in his training diary, gave him the strength to run a half-mile without stopping for a rest. After he rejoined the Malvern Harriers in 1942, Cerutty continued the hiking and race walking combination with great success, before he was fit enough to run a mile. In three years of serious training, he covered the mile in 6 minutes. Then on his 48th birthday, Percy ran a mile handicap.
Race Walking Rules

The race walker must maintain unbroken contact with one foot on the ground at all times during the race. The heel of the front foot touches the ground before the toes or the rear foot leaves the ground to complete the striding action. The front leg is momentarily extended and not bent at the knee when the foot lands on the ground. A walk may be cautioned by the judges if he or she appears to be in danger of circumventing these rules. If in the agreement of the judges, the walker is not proceeding within these rules, he or she will be disqualified from the race.

Race Walking Technique

Australia's Noel Freeman, silver medalist in the 20 km at the 1960 Rome Olympic Games and fourth at Tokyo in 1964, was the most outstanding race walker to apply Cerutty's varied arm movements for maximum oxygen consumption. Don Keane and Ray Smith were others who drew on Cerutty's ideas. Freeman, a regular visitor at Cerutty's train camp, did distance walking to apply Cerutty's varied arm movements for maximum oxygen consumption. Freeman, a regular visitor at Cerutty's train camp, did distance running and gymnastics, lifted heavy weights, and trained on the beaches and dirt roads of Portsea.

Both the runner and race walker move on oxygen and upper body strength and power that is transferred to the legs and feet. A walker who strolls over the ground with locked elbows using an exaggerated arm swing that wastes valuable energy, immobilizes the upper lobes of the lungs from completely filling with oxygen. "Running and walking mile after mile with no variation in the arm movements freezes the mind turning the athlete into a 'zombie' who appears to be in a hypnotic trance," Cerutty said. "Then the walker feels the onslaught of pain coming on during a long race, as it invariably does, he should divert the mind developing an ambivalent attitude, a casual indifference to pain similar to Biofeedback, by thinking pleasant thoughts to neutralize the pain that comes and goes as energy ebbs and flows, pulses and surges through the mind and body."

In breathing properly, the walker's shoulders rise and come up high, shortening the neck muscles to take off the 16 pounds to the square inch of atmospheric pressure, letting the oxygen fall into the lungs. Once the oxygen is absorbed directly into the blood stream about every 8-10 strides to oxidize the glycogen fed to the working muscles, the carbon dioxide is exhaled immediately by dropping the forearms down to the waist, as it would be for the runner.

The outside edge of the foot gently presses against the surface, pushing the athlete's weight forward with the toes slightly turned in, like all little children and primitives, as the race walker wobbles over the ground with a walking motion, clinging to the ground with his fingers, solving all the problems of the runner,拱 up and forward, generating special forward momentum while the legs and feet are striking the ground underneath him. "The race walker should never have to overcome his will power by abnormally forcing a faster pace," Cerutty advised, "to unnaturally lengthen the normal stride causes unnatural stresses and strains on the musculature."

In a smooth, relaxed, easy-flowing stride, the walker's knees will almost rub against each other. The race walker, like the distance runner, only develops full power in the event when relaxed in movement and personality. "Race walking is still pretty much in the infant stages and it is far from its full development," Cerutty said at his lectures. "It has a long way to go and the breakthroughs will be made by varying the arm movements allowing the race walker more freedom of movement for creative expression, so he or she can fully fill the upper lobes of the lungs.

When the walker's abdominal muscles are strengthened from walking up hills—even surging up the steep sandhills, or any hills for that matter—and doing situps on an incline bench with a heavy weight behind the head, the stride will be naturally lengthened by as much as 3 to 6 inches. These exercises recognize the utter importance of a longer stride along with a higher frequency of strides per mile over the race."

Shoes

The perfect shoes for running and race walking are those made especially to conform with the shape of the human foot. Shoes for race walking should be made from light, absorbent materials with a wider toe box giving the toes room to wiggle freely when the feet expand from heat and perspiration. The sole should be constructed of soft, crepe rubber—many walkers prefer vulcanite to absorb the shock placed on the Achilles tendons from the hard roads. A thin sole with a reinforced counter and extra cushioning for support on the outside of the show where the foot lands permits the proper heel-and-toe action.

Training

The Conditioning Period (6 months. High school and college: July-December; World class: September-February)

The 50 km walk, a distance of approximately 31 miles, is equivalent to the marathon in distance running. The 20 km walk, considered a sprint by race walkers, covers a distance of 12 miles. The race walker, like the 5,000 and 10,000 meter runner who also runs the marathon, should be versatile enough to compete in both these events in his career.

Race walking is a unique event, like hammer throwing, where the athlete improves with age and consistent training over a period of many years and there is no such thing as a natural born race walker, or any athlete, for that matter, who competes on a world-class level with the world's greatest athletes. Vladimir Golubichiy of the Soviet Union established himself a master in the sport of race walking by finishing in the top three places in the 20-Km walk in four Olympic Games from 1960 to 1972.

Many distance runners in the Soviet Union and East Germany start race walking early in life with excellent coaching on the club level, because they lack the natural speed over 200 meters to become a world-class distance runner, or perhaps, they fall into the category of being a well-seasoned long-distance runner who has reached a peak in his event. Whatever the case, the distance running done early in the athlete's career pays dividends developing a strong cardiovascular system for the secondary tank, if the athlete decides to take up race walking.
Race walkers who have their sights set on the Olympic Games should train three times a day with a balanced training program that builds a strong secondary tank needed for competing in both the 20- and 50-Km walks. The training program consists of:

- Short intensive workouts during the week covering 5-6 or 7 miles three times daily, concentrating on speed and intensity.
- Longer straights over 20 to 30 miles on the weekends for stamina and endurance, building toward the 60-mile weekend (42 miles).

Over the 6 months of the Conditioning Period from July to December, this approach forces the crucial break down in mid-September that is critical for developing a progressively stronger secondary tank from year to year. It also cleans out the cluttered brain attic, clearing out the old neural patterns that hold back the athlete from satisfying his or her inevitable destiny. "Walking with a faster overall pace per mile, stressing quality and intensity of effort, is more beneficial than totaling up a large number of miles," Cerutty said. "With the faster pace, the athlete's cardiovascular system gradually adapts to a new level of stress needed for walking faster times."

Weight training with Cerutty's five basic lifts for upper body strength in the walker's arms, chest, and shoulders is done three times a week, preferably on Monday, Wednesday, and Friday. The hill training is done on Tuesday and Thursday for 30 minutes, before the walker goes on a stroll with 30 to 40 pound vest weights for added resistance. Gymnastics is done on Sunday, the day used for active rest.

During the Conditioning Period, the race walker, as a rule, does not compete in road racing and cross country; however, the walker may use the races each weekend for practicing walking technique in order not to break contact with the ground and for practicing proper breathing.

Cerutty believed race walking should be mixed with distance running during a workout to break up the monotony of walking mile after mile with little variation in speed and the problems that arise in using the same arm movements. The race walker should vary the scenery and terrain for workouts, training in a variety of venues—the beach, dirt roads, mountain trails, the rolling countryside, parks, and golf courses. Cerutty also recommended cycling, hiking, and cross-country skiing in November and December to end the Conditioning Period. The race walker, like the distance runner, needs to do a number of supplemental exercises, as long as they do not "tangle" the neural patterns for race walking that should be natural for the athlete. "The cycling, in many instances, is just as good as surging up the steep, 80-foot sandhills, like Neil Freeman did at Fortaleza with the distance runners," Cerutty stated. "Going on long hills with a 40-pound pack on the weekend may prove to be more beneficial, in the long run, than the 60-mile weekend for the distance runner."

During a normal week's training, the total mileage averages between 70 and miles, with an occasional overdistance walk on the weekend covering 25 miles for the 20-Km and 40 miles for the 50-Km walker. If the race walker is training for both events, like many world-class performers do for the marathon, or vest weights, to offset the weight training done on the other 3 days of the week, that does not restrict natural freedom of movement commensurate with high training speeds."

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The race walker, like all athletes in distance running and track and field, surges on the spot for 5 to 10 minutes after workout to sharpen his or her reflexes for accelerating at will in a race. The cycling and hill training are invaluable for improving the race walker's speed and accelerating power for dynamic movement in the closing stages of the race.

Finally, the race walker should keep an accurate record of all workouts in a training diary.

A sample week's training for the Conditioning Period follows. The race walker training for both the 20- and 50-Km events should feel free to modify the training schedules presented for all three training periods to satisfy individual strengths and weaknesses.

**Monday:** Morning—Walk 7 miles, varied pace.

- Noon—One hour of weight training with Cerutty's five basic lifts. Walk 6 miles, varied pace. Run in place for 5 to 10 minutes.
- Afternoon—Cycling over 15 miles. Rest briefly, then walk 6 miles, varied pace. Run in place for 5 to 10 minutes.

**Tuesday:** Morning—Walk 6 miles, varied pace.

- Noon—Thirty minutes of hill training. Walk 5 miles, varied pace, with a weighted vest. Run in place for 5 to 10 minutes.
- Afternoon—Walk 8 miles, varied pace, with the weighted vest. Run in place for 5 to 10 minutes.

**Wednesday:** Morning—Walk 6 miles, varied pace.

- Noon—One hour of weight training. Walk 5 miles, varied pace. Run in place for 5 to 10 minutes.
- Afternoon—Cycling over 12 miles. Rest briefly, then walk 5 miles, varied pace. Run in place for 5 to 10 minutes.

**Thursday:** Morning—Walk 5 miles, varied pace.

- Noon—Thirty minutes of hill training. Walk 7 miles, varied pace, with a weighted vest. Run in place for 5 to 10 minutes.
- Afternoon—Walk 10 miles, varied pace, with the weighted vest. Run in place for 5 to 10 minutes.

**Friday:** Morning—Walk 5 miles, varied pace.

- Noon—One hour of weight training. Walk 6 miles, varied pace. Run in place for 5 to 10 minutes.
- Afternoon—Cycling over 10 miles. Rest briefly, then walk 7 miles, varied pace. Run in place for 5 to 10 min.

**Saturday:** Competition in road racing or cross country to practice walking technique. Optional: The 20-Km walker covers 25 miles walking and running at will and the 50-Km walker strolls over 40 miles, periodically walking and running over the full distances, gradually building to hold the 60-mile weekend once a month. The walker can also go on a long hike with a 40-pound backpack, or cycle over 50 miles to build dynamic movement.
Sunday: Active rest by doing 30 minutes of gymnastics. Optional.

The race walker training for both walking events walks and runs 30 miles (2x15 miles) every two weeks, gradually building for the 60-mile weekend (4x15 miles) once a month.

The Race Walking Practice Period (3 Months. High School and College: January to March. World Class: March to May)

In the next 3 months, the race walker conditions the neural patterns for the event by either forming single neural patterns for the 20 km or 50 km or one neural pattern for both events. The race walker does not mix running and walking during the Race Walking Practice Period, because it "tangles" the neural patterns in the athlete's brain.

The race walker does only two workouts daily rather than the three done in the Conditioning Period, maintaining the quality and balanced training program by covering 5, 6, or 7 miles in the morning to reinforce the endurance base. In the afternoon, the walker commences speed work by making att random shorter segments of 3x4 miles when training specifically for 20 km, and covering longer segments of 3x10 miles when training for 50 km. A race walker training for both events, conditions one neural pattern by covering 2x15 miles. Cycling and hill training are done three times a week complementing the speed work, and weight training tapers down to one day a week, preferably on Wednesday when the walker wears a weighted vest for increased resistance during the workouts. Gymnastics are still done on Sunday as a change of pace workout, and the race walker continues to run in place for 5 to 10 minutes.

On the weekend, the race walker can compete in a 1-mile walk in an indoor meet, or he can flow together the segments of his event with a time trial over 12, 15, 20, or 25 miles enroute to 30 miles by the end of March. The race walker training for the 50 km, not being realistically able to cover 30 miles every weekend, does the only intelligent thing possible by walking over shorter distances of 12, 15, and 20 miles with a consistent pace per mile, concentrating on a relaxed technique, that does not break contact with the ground, while breathing properly with varied arm movements.

During all the afternoon speed workouts, the race walker carries a stopwatch and records all the times and distances in a training diary. Once a month, race walkers in both the 20 km and the 50 km go on an overdistance spin of 30 miles to flow together the segments of each race. Eventually, the 20-Km walker moves up to the 50-Km walk when he reaches a peak over shorter distance, which is a virtual sprint for all world-class walkers.

If the race walker feels like he is going stale from overtraining at any time during the practice period, he should drastically reduce the mileage in his workouts and still maintain the quality and intensity and a consistent pace per mile by covering shorter distances, holding the flow of his neural patterns.

A sample week's training for the Race Walking Practice Period follows:

Monday: 20Km: Morning—Walk 6 miles, varied pace
Afternoon—Thirty minutes of hill training. Walk 3x4 miles, varied pace. Run in place for 5 to 10 minutes.

50Km: Morning—Walk 7 miles, varied pace.
Afternoon—Thirty minutes of hill training. Walk 3x10 miles, varied pace. Run in place for 5 to 10 minutes.

Tuesday: 20Km: Morning—Walk 5 miles, varied pace.
Afternoon—Cycling over 12 miles. Walk 3x4 miles, varied pace. Run in place for 5 to 10 minutes.

50Km: Morning—Walk 6 miles, varied pace.
Afternoon—Cycling over 20 miles, Walk 7 miles, varied pace. Run in place for 5 to 10 minutes.

Wednesday: 20Km: Morning—Walk 6 miles, varied pace.
Afternoon—Thirty minutes of weight training. Walk 2x6 miles, varied pace with a weighted vest. Run in place for 5 to 10 minutes.

50Km: Morning—Walk 7 miles, varied pace.
Afternoon—Thirty minutes of weight training. Walk 20 miles, varied pace with a weighted vest. Run in place for 5-10 minutes.

Thursday: 20Km: Morning—Walk 5 miles, varied pace.
Afternoon—Cycling over 12 miles. Walk 2x6 miles, varied pace. Run in place for 5 to 10 minutes.

50Km: Morning—Walk 6 miles, varied pace.
Afternoon—Cycling over 20 miles. Walk 12 miles, varied pace. Run in place for 5 to 10 minutes.

Friday: 20Km: Morning—Walk 6 miles, varied pace.
Afternoon—Thirty minutes of hill training. Walk 3x4 miles, varied pace. Run in place for 5 to 10 minutes.

50Km: Morning—Walk 7 miles, varied pace.
Afternoon—Thirty minutes of hill training. Walk 20 miles, varied pace. Run in place for 5 to 10 minutes.

Saturday: Competition in a 1 mile walk. Optional: Time trial over 12, 15, 20, or 25 miles enroute to a distance of 30 miles for the 50-Km walk.

Sunday: Active rest by doing 30 minutes of gymnastics.

The Competition Period (3 months. High School and College: April to June. World Class: June to August)

During the Competition Period, the race walker has only one workout in the afternoon and goes through a program of continual sharpening, like the distance runner does at this time of the year, conserving strength and energy for weekend races.

Race walkers in both the 20 and 50 km events concentrate heavily on sprint walking, covering short distances of 3.5, and 7 miles for speed and accelerating power, reaching a peak in the summer months.

In the middle of the week, to allow plenty of time to rest up for weekend racing, walkers in both races need to do an overdistance workout covering...
15 to 20 miles. The cycling, weight training, and hill work taper off entirely, and the walker discontinues use of the weighted vest once the competitive season is underway in April. The race walker continues to run in place for 5 to 10 minutes throughout the year to keep the reflexes sharp for improved times.

A sample week of training during the competitive season follows:

**Monday:** 20 km: Sprint walking over 6 miles. Run in place 5 to 10 min.

**Tuesday:** 20 km: Sprint walking over 7 miles. Run in place 5 to 10 min.

**Wednesday:** 20 km: An overdistance workout covering 15 miles, varied pace. Running in place 5 to 10 minutes.

**Thursday:** 20 km: Sprint walking for 3 miles. Run in place 5 to 10 min.

**Friday:** Rest for competition on Saturday.

**Saturday:** Race walking competition followed by rest.

**Sunday:** Rest.

**Diet**

On the day of a race, a carbohydrate diet of high-energy foods such as spaghetti, puddings, and pancakes is eaten in small bites before the race. The athlete drinks his fluids—fruit juices and electrolyte drinks—30 minutes before the meal is eaten to avoid indigestion and stitches during the race. The 50-Ka walker drinks electrolyte fluids and sponges off at selected intervals during the course of the race. Most race walkers and distance runners prefer to replace electrolytes, sodium, magnesium, and potassium, after a race by eating oranges and bananas and drinking fresh fruit juice.

"Race walkers, like precious wines, improve with age and consistent training," Carvitie was fond of saying. "Many great race walkers, like Vladimir Zobnikovich, are able to compete in many Olympic Games and continue walking on a world-class level up to 40 years of age, as long as they never place any limitations on themselves."

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**LOOKING BACK (Cont.)**

10 Years Ago (From the June 1971 ORW)—Typos are nothing for the ORW. The first sentence of the lead story reads: "Larry Young quickly dispensed with the doubts, such as your editor, who figured he might have a tough time getting back to his 1963 form." Anyway, Larry won a highly competitive National 50 km at Nuthley, N.J. in 4:10:29. John Kiftgan, a newcomer to the longer distances at that point, was second in 4:13:03, Gary Westfield third in 4:13:02, 1122 miles, and Bob Kitchen sixth in 4:13:21. [Redacted]...

In those days, England's Colin Young covered 13.1 miles in 202 yards in 26 hours for a world's best performance, which qualified him for the Paris-to-Strasbourg 520 km donkeybrood. Ron Daniel blistered a 1:13:15 for 10 miles on Long Island, but lost to Kulk in a British, Pa. 1 mile, 6:39 to 6:43. Larry Young proved his versatility by adding a 2-mile crown to his 50 km title only 2 weeks later. He did 13:49.5 to head Ron Laidlaw's 14:07.6. Jim Hanley had 14:10.6, Ray Parker 14:11.5, Bill Banney 14:12.1, and Steve Tyler 14:25 in a very competitive race.
Ray Sharp (University of Wisconsin-Parkside) and Tim Lewis (East Tennessee) have been named to the U.S. Track and Field team for the World University Games in Bucharest, July 19-20. I don't believe there has ever been a walking event in this meet before and I know the U.S. has never sent walkers before. I don't know what the distance of the competition will be—probably either 10 or 20 Km. Suddenly realized I have another missing result. The National 30 Km was held March 29, but the result has never appeared in these pages. All I know is that Marcel Jobin was first across the line (but not the U.S. champion) in an ultra-fast 2:12:16. Jack Blackburn on training for old folks: 'I seem to be able to do well (for me) at all distances off of 8 miles per day (average). No long stuff beyond 15 miles and no speed work under 10 minute pace. I just get through 10:30 to 11:30 miles for the 8 daily. No speed work keeps the injuries down and 11 minute pace allows me to go the distance without burning out and yet keeps my heart rate and breathing at a high enough level to keep things in good shape.' He seems to be doing alright off this with his best ever 100 miler and a sub-15 for 3 Km, his fastest at that distance in years. He also had about 52:20 for 10 Km recently, which result I seem to be missing also. Your editor, meanwhile, has not found the secret. Doing about 5 miles a day (average) at 9:15 to 10 minute pace allows me to go up to 15 miles at under 10 miles fairly comfortably, but leaves me with no speed at all. An eight minute pace, even for a quarter, seems completely beyond my reach and if you cut out 3 Km would find me at least 2½ minutes back of Jack's time. This is from a one-time "speed merchant" who somewhere about 5 or 6 years ago gradually started to lose the ability to make the legs move at all quickly. For one thing, I can tell from shoe wear, which is completely different between the two shoes, that my style has deteriorated drastically from the standpoint of efficiency. Perhaps I need a coach after all these years. The teaching of race walking continues to blossom in the Bay area. Wayne Glasser has taught a class in the sport at DeAnza College for sometime. Now Cathy Curtis will teach one at the Pleasant Hill Recreation Center. The course will run for 8 weeks, with two sessions a week. Jim Heiring and Dan O'Connor will be in Leningrad with the U.S. National track team for a meet with the Soviets on July 10 and 11. The race walk distance is 20 Km. Tomorrow I will take this to the printer. Tomorrow, some important material regarding race walking will appear in my mail box. It always happens. But, it always waits until next month, too.