Helsinki, Finland—Mexico's Ernesto Canto became the first "World Champion" in walking when he won the 20 Km in the First World Track and Field Championships on August 7. Ranked Number 1 in the event in 1981 in the Annual ORT rankings, Canto had fallen to ninth last year. In this race, he proved too good for a very strong field, leaving Josef Pribilinec in the last 2 kilometers to win by 10 seconds in 1:20:49. Pribilinec, also second in last year's European title race, left Yevgeniy Yesyukov in third, as European titlist, Jose Marin, settled for fourth.

Five days later, Ronald Weigel destroyed world record holder Raul Gonzales over the last 15 kilometers to win the 50 Km. Weigel had shown his potential last year, but failed to finish the European title race, and was ranked number 5. Gonzales eventually managed only fifth in the race, as Marin came back well to capture the silver medal, better than 3½ minutes back of Weigel's 3:43:08. Marco Evtitiuk, after a misfortune in the 20, captured ninth place in 3:56:57, best ever by an American.

The 20 was walked on a warm day, with the temperature in the sun at about 84°F. There were 60 starters in the race and most of them seemed determined to stay in the pack at the start. At least 20 were still bunched at 5 km, and when Canto, Pribilinec, Marin, and Maurizio Damilano went through 10 km together in 40:49, there still 10 others within 11 seconds of them. However, Canto was able to apply the pressure and break that up as he walked the second half in an even 40 minutes. Olympic champion Damilano faded to seventh at the finish, but did finish just ahead of his World University Games conqueror, Canada's Guillame Leblanc. Leblanc had another brilliant race with a 1:22:06, and beat such notable walkers as Raul Gonzales, Roland Weiser, Reima Salonen, and Piotr Potschenchuk.

For the U.S., Marco was walking in 13th place on his way to a sub 1:25 clocking when the lap counters erroneously told him he had another loop to go before entering the stadium. Discouraged, he dropped out at that point. Jim Heiring finished in a good 1:25:55, picking up three places in the last 10 km to finish 19th. Tim Lewis improved on his Indianapolis time by 8 seconds, but found it good for only 36th place in this strong field.

The results:
Following the race, Canto said: "This was the hardest competition I have ever participated in. The standard of the walkers was extremely high. The start was fast, and only one kilometer from the finish I realized I could win." Pribilines was not so pleased. He said: "Canto left me 2 kilometers behind him and I could not keep up with him. I am not satisfied with my result as I was aiming to win the race, but the competition was very heavy and the route was difficult." Yagi said, on the other hand: "I think this was a good race. I was satisfied with my time and place. We were in a group of 7 to 10, but after 2 km before the finish there were only four. Jose Marín got tired 3 km before the finish and I could not keep his speed."

The 50 km race started with the temperature a much more agreeable 57 degrees. However, there was heavy rain during the second half of the race. The early pace was quite mild for a race of this caliber, agreeable to the competitors and the route was difficult. Yariv had increased the pace further, clocking 1:29:12, with Dorovsky second, some 7 seconds behind, and Weigel, Bermudez, Nikolai Udovenko, and the tenacious Eviuk together in 1:29:23. Miesz had been axed by the judges just after 15 km. Marín was more than a minute behind at this point. At the halfway point, Bermudez had come on steady terms with Gonzalez in 1:25:15, covering the 21.5 km in 2:17:52. Weigel and Dorovsky were just 2 seconds behind and Udovenko had 1:51:21, but was about 1:27:52 ahead of Eviuk. Weigel was still hanging tough in sixth, with 1:27:52. Over the next 5 km, Eviuk caught and passed Dorovsky, but another Soviet, Sergei Jung, moved up from seventh to fourth, but nearly a minute and a half back of the three leaders. Gonzalez passed 30 km in 2:11:52, 3 seconds ahead of Weigel and 11 ahead of Eviuk. Bermudez, who shortly became the third major dQ. Ermil Andersen, walking in eighth, was also removed at about this point.

The race continued for only another 5 km, with Gonzales and Weigel together in 2:35:54 at 35 km. Marín had moved up from seventh to third, but...
When Weigel stepped the pace up slightly over the next 5 km, Gonzales could not respond and slowed markedly (24:26 for the 5, compared to 22:26 on the one before). As usual, dropped well back of Marin to third. Evonik also started to slow at this point, but still held sixth spot at 40. Seppo Salonen having caught him. From there, he struggled home, losing three more places, but this does not detract from a brilliant performance.

Meanwhile, Gonzales hit the wall completely, requiring 31:31 to cover the ninth 5 kilometers and dropping to 9th place. Just as quickly, he revived, and walked the last 5 faster than anyone in the race (22:04), but this only got him back up to fifth, better than 15 minutes back of the unchallenged Weigel. Marin finished strongly, well clear of Jones and Weigel, but Evonik was an isolated fourth. The only real race at the finish was for fifth, as Gonzales caught Pracis Laponte, who walked a steady race to again prove his ability over the distance.

Commenting on his win, Weigel said: "I walked according to my strength. I thought it was the right moment to take the lead after 10 km. Before, I was cautious of the Mexicans, but not any more after today. I always have luck when it rains. The route was a little bit hard, but when you are leading, everything goes easily. In talking to the press, Marin stated: "I think it was the right moment to take the lead. I had 10 km to prepare."

(Thanks to Elliott Denman for sending along these quotes, released to the

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Women's International Racewalking Festival, Stone Brook, N.Y., July 30:

Marina Coll, Scotia, N.Y. 2:07:13

NY State Empire Games, Liverpool, N.Y.: Women's 5 km (road), Aug. 11:
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These teams will join Italy, USSR, and Mexico, who qualified as the top three teams in the 1981 Cup. Teams from outside Europe can enter without qualification. The U.S. will be there, but I am not sure who else has entered.

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Pronation creates problems when it is excessive. At contact, the heel rolls in beyond the normal amount and stays that way throughout the stride. This creates a loose "flat foot" that does not become rigid enough to effect a powerful toe off (very much needed in racewalking). The unstable foot from excessive pronation may result in overuse injuries and strains to the foot, ankle, knee, hip, and even the lower back.

Sometimes, pronation can occur from an increased angle in the forefoot of the foot that pulls the rest of the foot into pronation. A recent examination of the walkers at the USOC Training Center demonstrated this.

Excessive pronation can be controlled with correct shoes with stiff heel counters and increased arch material inside the shoe. Some cases of pronation may require treatment with a prescription orthotic (a custom made insert that fits into the shoe to control excessive motion).

FROM HEEL TO TOE

Elliott Denman has been named the 1983 winner of the Jesse Abramson Memorial Award as track and field writer of the year. Elliott, sportswriter for the Asbury Park Press (N.J.), was a member of the 1956 Olympic team (50 km walk). He has contributed long hours to the development of race walking, both in New Jersey and on the national level, and has built the Shore AC into a strong, all-around track club, and is a frequent contributor to these pages. The Abramson Award is presented by the Track and Field Writers Association of America for excellence in coverage of track and field events.

This was the third year for the award, with previous winners being Neal Asdour of the New York Times and Doc Pearson of the Chicago Tribune.

Congratulations to Elliott. Speaking of Elliott and New Jersey, he led 11 racers to the torch for the First Garden State Games for 46-mile walk from the waterfront in Trenton to Ocean County. Others were Paul Robertson, Cliff and Wens, S. Ramen, and Ray Funkhouse, Jack Youmans, Jack Henay, Norm Ashenam, Cynthia Costa, and John Fredricks.

After 26 years on the program, the mile walk was dropped right off the program of the IAAF Indoor Championships in 1983. The outdoor 10 km was followed in the spring. The athletic directors of the oldest college athletic conference in the U.S. overruled their coaches, who had previously voted for scoring indoor and outdoor walks. (Although held in the past, they never count in team scoring.)

The indoor mile had previously been dropped in 1986 and not revived until 1988. Elliott Denman won the 10 km walk in 1998 and not revived until 1999 when Elliott Denman won the 10 km walk in 1998.

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Denman suggests a counter attack on the college track authorities throughout the land. Race walks belong in the NCAA, NAIA, IAAF, and all other championship conference meets. He pleads the services of such great coaches as Bill Osmolchanko, Gary Westerfield, and Bob Lowen to the front. The U.S. team for Lugano is Jim Heiring, Tim Lewis, Tom Edwards, and Bill Olender. The team for the World Championships is from the warehouse.

Oliver Evans, Cary Westerfield, and Bob Lowen to the front. The U.S. team for Lugano is Jim Heiring, Tim Lewis, Tom Edwards, and Bill Olender. The team for the World Championships is from the warehouse.

The qualifying period for the 1983 meet runs from May 15, 1983 to May 27, 1983. The qualifying times are 1:33:00 and 4:30:00. Times must be achieved on a certified course or track, with three certified judges on hand. Qualifiers must be provided. Additional qualifiers, up to 15, will be added, based on the next fastest time. The Trials are in Los Angeles, 20 km on June 16 and 30 on June 24.
Road to L.A. show sometime this fall. Alan Wood has upgraded printing quality of his publication The Master Walker. This monthly two-page (both sides of an 8½ x 14 sheet, is oriented to the walkers in the Matter, Seniors, Veterans, or whatever categories). Address Alan at Regency House, 255, Pleasant Plains, NJ 08640. If you are not already a subscriber, the walking clinic is scheduled for Kington, Tenn. on September 18. A 2 mile race will follow. Contact Harold Canfield, 502 Alandale Road, Knoxville, TN 37920 for details. Another one of those rare mistakes has crept into the pages of the ORW. In results of the Jr. National 3 Km, we listed Ellen Koonman as competing for the Island Track Club. Her affiliation should be the Long Island Golden Spikes Track Club. Ellen, age 14, won the Jr. National 3 Km at the Empire Games in an excellent 14:32. Great t-shirts available from Elliott Densau, 28 N. Locust Ave., West Long Branch, NJ 07764 at $5.00 each (plus $1.00 postage). The T'A Edwards photo model in blue says “I Do Not Choose to Run, I Am a Walker.” Elliott has nine of these in large and seven in extra large. There is also a Capt. Ronald Zinn Memorial Race vest style shirt in red. He has 10 of these in large, plus four women’s special design. And, for only $10.00, you can get the Shore AC’s annual raffle and win $1,000 worth of travel arrangements. Second prize is a $150 gift certificate from J.C. Penney and third a $75 gift certificate from Penney. Only 500 tickets to be sold. Contact Elliott on this one, too. (Didn’t I say Elliott is a frequent contributor?) John Allen speaks again, this time judging controversy (ongoing for at least 100 years). Unweighting, I like that description. Well, it’s the old bottom line we have used for years. Be: Race Walking. …you have to look at the rules of walking…you’re not! (John thought neither Canto nor Philbin could do it). These words from Ben Chapin, in Connecticut, on the same subject: “This writer found the article on walking most interesting… I spent nearly a decade in Eastern Europe. Unofficially, many spoke of the Mexican racers: walking or revolutionizing the sport! Apparently, due to politics, international factors, and communication variables, nearly all fear speaking out (publicly). Evidently those interested in our sport are not blind. It would be a shame if we lose forced to runwalk in order to stay competitive with the Mexicans.” …last month’s ORW went to 411 homes in 45 states, the Virgin Islands, and 6 foreign countries. We lack subscribers only in Alabama, Idaho (my wife’s sister lives there, but doesn’t subscribe), Delaware, South Dakota, and Vermont. The most copies were California 48, New Jersey 26, Colorado 21, Ohio 19, Massachusetts 18, Pennsylvania 15, Wisconsin 13, Michigan 12, Texas 12, Washington 12, Arisona 9, Florida 9, North Carolina 9, Minnesota 8, Georgia 7, Illinois 7, Missouri 7, “Ardlen 6, Virginia 6, Connecticut 6, Oregon 5, South Carolina 4, Tennessee 4, Arkansas 3, Iowa 3, Kansas 3, Kentucky 3, Maine 3, Montana 3, Hawaii, Indiana, Nebraska, New Hampshire, New Mexico, and West Virginia 2, Alabama 1, Arizona, Nevada, North Dakota, South Dakota, Utah, and Wisconsin. One go to ARO, the Virgin Islands, 22 to Canada, 2 to England, 2 to Israel, 1 to each to West Germany, Denmark, and Australia. …”Ray Leach sent me some stamps from various countries with race walkers on them, together with a list of all the countries who have issued stamps depicting walkers. Unfortunately, I left the list on my desk at work, meaning to dash off a note of thanks to Ray. Maybe some day I can publish the list. Thanks Ray.

LOOKING BACK

20 Years Ago (From the July-Aug. 1963 Race Walker, edited by Chris McCarthy)

McCarthy himself was the National 40 Km, doing it in 2:28:42 in an Olympic course in the Empire Games in England. He has since retired from the sport. The New York AC won the team title with Daniel, Kulik, and Knifton finishing 1-6. (And also, of course, won the steeplechase.)

15 Years Ago (From the Aug. 1968 ORW)

Don DeNooon was hot at the Olympic training camp in Lake Tahoe’s altitude. He turned in a 1:55:53 for 10 miles, 1:55:42 for 20 Km, and 2:27:46 for 50 Km. Don DeNooon, with 2 miles to go and went on to win by an incredibly wide margin. Clinton did not crack open and fell apart—he lost the race. In another National, Ron Dandurand won the Junior 20 in 1:33:50 by 7 minutes over Roger Wicks. Jerry got him in the long run, however.

10 Years Ago (From the Aug. 1973 ORW)

Jerry Young was hot at the Olympic training camp in Lake Tahoe’s altitude. He turned in a 1:52:02 for 10 miles, 1:52:42 for 20 Km, and 2:27:46 for 50 Km. Don DeNooon gave him a close race in the 20 and also did 21:50:5 for 5 Km, beating Tom Dooley by 1.5 seconds. The Senior, by then firmly planted in Long Branch, went to Dave Romany. In 3:30:54, with O Joergensmoser losing less than 3 minutes back. The New York AC won the team title with Daniel, Kulik, and Knifton finishing 1-6-7.

5 Years Ago (From the Aug. 1978 ORW)—The feature story was on the possibility of walking coming out of the Olympics. As it turned out, we lost the 50 Km in Montreal, but it was back again for Moscow in ’80. But there was a lot of work done by a lot of people for a few years to prevent something worse happening. …Randy Minn and Mitch Patton were walkers on the first U.S. Junior Track and Field team to tour in Europe. Randy Minn ran 6.8 miles in 26 minutes at the European Cup in Rome. Minn scored 10 km races in West Germany, Poland, and USSR, both turning in the best times in the final meet—4:04:24 for Patton and 4:04:52 for Minn. …in long Branch, John Knifton overcame Ron Laid in the 40 Km in a course record 3:29:45. Ron had 3:31:14. Gary Wassertfield and Todd Scully were way back in third and fourth. …Shaul Laiday won both the 20 and 50 in the Maccabiah Games in 1:38:54 and 4:23:31.

5 Years Ago (From the Aug. 1983 ORW)—3:25:41, we were in Long Branch for the 40 Km, with Bob O’Conner prevailing this time in 3:25:41. Carl Schusser was 36 minutes back, beating Ron Daniel and Bob Kitcher. …England’s Olly Flynn won the Empire Games 30 Km in Edmonton in 2:23:10. Australians Will Swall and Tim Halsall are the future of this sport. John had a bad day, and after setting the earlier pace, faded to ninth. …Jim Blanchfield of New York AC went on to win by an incredible margin. …John at the earlier pace, faded to ninth. …Jim Blanchfield of New York AC went on to win by an incredible margin. …John in the World Championship in 1:50:50. Angie Hirt was way back in second, ahead of John Knifton. …Olin Bartles and Anatoly Solomak won Soviet titles at 20 and 50 Km respectively, in times of 3:56:36 and 2:32:20—at that time the second fastest in the world. …Dave Cotton won the British 50 in 4:12:35 with a U.S. Contingent of Ian O’Connor, Angie Hirt, Bob Kitcher, and John Knifton finishing 12th, 13th, 16th, and 24th. …
DYNAMIC WALKING EXERCISES

By Martin Rudow, Seattle

The main style problem wherever American walkers are assembled, is tightness, especially in the upper body, and how that upper body tightness affects the hips.

These exercises' main purpose is to loosen the upper body & help the walker develop a good coordinated flow with the shoulders & pelvic area. The importance of mastering these exercises & realizing their full benefits cannot be overemphasized. It is not suggested that walkers drop all other exercises & work on these exclusively, but that they be included in every walker's exercise & training program.

Try to work the entire series into every warm-up session, & be aware of the coordinated movements they help you achieve during all training sessions.

1) Windmill. This is the right arm-left arm both arms over the shoulder swinging exercise. Remember to bring the arms back with the elbows straight as possible, & keep a sharp angle to the body, not letting the arms drop off to the side. Keep shoulders relaxed, letting hand swing freely as if it was a pendulum. Keep the head up, neck relaxed. Remember, one swing of the arm to one stride of the leg is the proper tempo.

2) Cross-over. This is the series where arms are held high, with hands clasped in front of chest, & the feet cross over in a straight line. Then turn the shoulder sideways, & looking back over the rear shoulder of the trailing foot, the arms are again swung, elbows high front & back. In these exercises, be sure to get well down in the hips, go as slow a tempo as necessary to achieve crossover, & keep neck relaxed.

3) Shoulder roll. Here the arm is lifted as a unit, shoulder to the ear, then the forearm is dropped rapidly, shrugging the shoulder & relaxing the upper body. At the same time, walk in tight circles, crossing over slightly. Tempo should be slow.

In all these exercises, it is important to eliminate as much tension as possible from the body, & get well down into the hips. The more time spent on these exercises, the better walking coordination & relaxation you will achieve. They should all feel natural & part of your normal walking rhythm when you have mastered them.

The exercises should be done interspersed with slow race walking—ie, a set of exercises, 100 yards walking, another set, etc.

Pan-Am 50 K, Aug. 27 - J. Xu Val Gonzalez, Mexico 4:01:05
2. Martin Beresne, Mex. 4:04:40; 3. Ivone Munoz, Colum. 4:33:02

Epilepsy no handicap to cross-U.S. walker

The Associated Press

PHILADELPHIA — Patrick Warren, an epileptic, braved rattlesnakes, temperatures in the 90s and parching dry spells on a 3,000-mile walk across the country. But the real battle, he says, was to demonstrate that his epilepsy is not a handicap.

"It was important to show society exactly what epilepsy is and to show society what it is," Warren, 36, said yesterday as he ended his 100-day walk that started May 2 in Los Angeles.

"From the response of people, of parents of people with epilepsy, I did know I accomplished something," he said.

The red-haired, lanky roofer, carrying a blackthorn walking stick and wearing a pair of sunglasses, crossed City Hall shortly before 11 a.m. where he was met by Mayor William Green and Health Commissioner Stuart Shapiro.

They tagged along with him for the final leg of the walk, a few blocks to the Philadelphia Museum of Art, which is where Warren was treated for epilepsy when he first suffered from the condition four years ago.

At least 200 people gathered in front of the hospital, bearing signs welcoming Warren back, and cheered his arrival. He also received a hug from his daughter Desiree, 4, of one of three children.

Warren, accompanied throughout the trip by his friend Ron Miraflor, 26, of Philadelphia, who drove a van, said the most serious hazards he encountered along the way were three rattlesnakes that refused to move from his path.

He said he dispatched the snakes with "boulders," adding, "It was rattlesnakes 0, Peter Warren 3."

"I could have had heat stroke, dehydration, fatigue or even gotten hit by cars, trucks or buses but it didn't happen to me one time," he said.

Warren, who walked most of the way alone Interstate 40, was greeted and housed by local hospitals or health organizations.

He said he encountered considerable ignorance about epilepsy and epilepsy programs.

"In the state of Oklahoma there are 50,000 people with epilepsy and only 500 are being treated," he said. "At the state's major center for epilepsy care, he said.

He said he met with thousands of epileptics and parents of epileptics, many of whom thanked him for drawing attention to the condition.

"Every time when I would see parents of children with epilepsy I would see them crying," he said. "I hope this will alleviate the frustrations."

He said the high point of the trip was meeting last Tuesday with President Reagan in Washington, where he gave him a tie clasp, but he said his best reception was "right here in Philadelphia."

Epilepsy is a brain disorder that can be caused by childhood illness or head injury.