Santa Monica, Cal., Jan. 8—Canada's Guillaume LeBlanc, ranked number 10 in the world in 1983 by the ORM, opened his 1984 campaign with a swift 20 Km race today. However, he was just able to overcome Dan O'Connor, walking a personal best, in the final yards. LeBlanc finished in 1:26:12, just a second ahead of O'Connor. The Canadian had to make up 31 seconds over the last 5 km to get there. Not far back (1:26:59) was Marco Evoniuk, who gave ground grudgingly, but steadily, to O'Connor throughout the race. In fourth place, Vincent O'Sullivan recorded a personal best, showing a turn of speed that should make him tougher than ever in the 50. And 1976 Olympian, Larry Walker, now a master, qualified for another Trials with a tremendous 1:32:25.

O'Connor took command of the race early and led through 5 km in 21:08, with Evoniuk close behind and LeBlanc 50 seconds in arrears. Dan slowed only slightly over the next 5, passing half-way in 42:10, with Evoniuk losing ground. LeBlanc accelerated sharply from his initial pace, but gained no ground on Dan. By 15 km, the Canadian was right on Evoniuk's heels, but still well back of O'Connor. However, Dan was still slowing and LeBlanc was able to maintain his pace to snatch victory at the finish. Meanwhile, Walker stayed close to O'Sullivan for the first half, but then had to yield over the second 10. However, Larry's time was a U.S. Master's record.

2. Dan O'Connor 1:26:13 (21:08, 42:30, 1:04:17)
5. Larry Walker (age 41) 1:32:25 (22:21, 45:17, 1:08:36)
6. Jim Cost 1:41:45
7. Jolene Steigerwalt 1:47:43
8. Jerry Welti 1:53:10
10. Mike Despey 2:08:09

1983 NATIONAL ATHLETICS CONGRESS POSTAL 1 HOUR (Conducted by New Jersey Association and directed by Ray Sowers)
Women:
1. Susan Liers-Westerfield, 24, Island TO 11,093
2. Susan Miller, 31, Rac Pacers 11,001
3. Norma Arnesen, 25, Shore AC 10,500
4. Paula Kash, 34, Vans 10,445
5. Nancy Novak, 16, Golden Gate 10,429
7. Cynthia Costa, 32, Shore AC 10,000
8. Katie Warren, 16, Sunshine Striders 9,214
9. Donna Cetrulo, 33, Shore AC 9,200
10. Noreen Moom, 26, Shore AC 9,015
11. Chris Bieck, 48, Dixie 8,985
12. Gretchen Dickerson, 18, Missouri 8,974
13. Marie Henry, 60, Shore AC 8,800
14. Barbara Neuaus, 33, Houston Harriers 8,756
15. Marina Waugh, 40, Rac Pacers 8,742
16. John Knifton, 44, NYAC 8,682
17. Christa Bieck 8,674
18. Richard Harries 8,657
19. Jennifer Katz 8,642
20. Victoria Zucco 8,637

1983 NATIONAL ATHLETICS CONGRESS POSTAL 1 HOUR (Conducted by New Jersey Association and directed by Ray Sowers)
Men:
1. John Knifton, 44, NYAC 13,146
2. Dan Pierce, 27, Rac Pacers 12,356
3. Rob Campbell, 18, Wis. Parkside and Andy Keastner, 19,
The top photo shows Siv Gustavsson, Sweden, and Sue Cook and Sally Pierson of Australia leading the women's 10Ks. China's Hong Yang (DQ'd and being warned here) and Yong Ju Xu, the winner, trail. Below, the real Josef Pribilinec leads Damiano Solozin, and Ganto in the men's 20Ks. (Bergens Tidende Photos.)
A MONTHLY COMENDIUM OF OPPORTUNITIES FOR THE COMPETITIVE WALKER

JANUARY 1984

Fri. Feb. 10—LA Times Indoor 1 Mile (c)
Sat. Feb. 11—4 Miles, Atlanta, Ga. (c)
Sun. Feb. 12—Long Beach Marathon (c)
Sat. Feb. 18—Portland Indoor 2 Mile (k)
Mon. Feb. 20—10 K, Seattle (d)
Fri. Feb. 24—NATIONAL AC MEN'S 1 MILE AND WOMEN'S 3K, NEW YORK CITY (g)
Sat. Feb. 25—20 K, Long Branch, N.J. (1:15 pm (a)
Sat. Mar. 3—10 Mile, Long Beach Relay, 3:30 pm (a)
Sat. Mar. 10—5 Mile, Stone Mountain, Ga. (e)
Sat. Mar. 11—5 and 35 K, Washington, D.C. (9:30 am (L)
Sat. Mar. 17—NATIONAL AC 15 K, CARMEL, CAL. (I)
Sat. Apr. 7—Women's 10 K, Atlanta, Ga. (f)
Sun. Apr. 8—30 Marathon, 8 am (f)

CONTACTS:
A-Elliott Dennan, 28 N. Locust, St., West Long Branch, NJ 07764
B-Barry Silberman, 500 S. 13th St., Santa Monica, CA 90403
C-John Kelly, 1024 Third St., San Francisco, CA 94114
D-Don Plummer, 1137 NW 57th St., Seattle, WA 98107
F-John Nafci, 3535 Glen Eagles Dr., Augusta, GA 30902
G-Steve Valerio, 15 Chestnut St., Watertown, MA 02172
H-Bob Miller, Box 1504 Ansonia Sta., New York, NY 10012
J-John White, 4801 Indian Place, Columbus, OH 43220 (or the editor)
K-John Jacobs, Box 3234, Ridgeland, OR 97223
L-Sal Dorrila, 5317 N. 8th St., Arlington, VA 22207
M-Joe Duncan, 2936 Maple Bluff Dr., Columbus, OH 43201
N-Jim Bean, P.O. Box 2921, Rose Lodge, OR 97732

(Rate: The schedule of National races for 1984 (not 1983 as we showed given in last month's issue listed the date of the National 30 mile race in Colorado Springs as April 13. The correct date is May 13. I think that was perhaps the third mistake the ORW has ever made—or did I lose count?)

Add: Feb. 26—TAC Midwest Regional Masters, Cincinnati, Ohio
March 3—Indoors Open and Masters 2 Mile, Chicago
Contact: Mary Byers, 6946 N. Arden Ave., Milwaukee, WI 53209

JANUARY 1969

FROM HEEL TO TOE

Provision was made at the recent National Convention for holding Sectional championships during 1969. Apparently the first one on the schedule is the Southern Section 10 km, which will be held at the University of Arkansas on April 21 starting at 8 am. This is part of the Razorback Invitational TAP Meet and there will also be a 10 km Invitational for those out of the Southern Section. (I'm not sure what states comprise that section, but it is probably most of the ones you would expect.) There will be some travel reimbursement for those in the Sectional race. Contact Neil Picken (nee Grim Reaper), 219 Odessa Acres, Bentonville, AR 72712...

A walk has also been added to the program for the 2nd Annual Jessie Owens Invitational right here in Columbus, Ohio on May 6. They hope to pull in some of you guys. In the meantime, male model Eddie Bierman has managed to overlook the results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Robert Brown, 20, a former Miss Ireland. He managed to overlook the results in the U.S. women's 10 km race.

He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said model Roberta Brown, 20, a former Miss Ireland. He claimed that model Roberta Brown, 20, a former Miss Ireland, overlooked results in the U.S. women's 10 km race. "I never had any doubt I was going to make it," said mode...
we had seen a lot more walking during the Winter Olympics (on various
courts) than we did in coverage of the Summer Olympics, where there
was real, live competitive walking available to the cameras. So far, it
has been all 'the wild and — actually there is probably less walking
than I expected, even after 15 years ago—but there are still 15 years to
hope for better things... In indoor mile races, Larry Young won in 4:51.
Jim
Hanley captured a San Francisco race in 4:53, and Dave Romansky blitzed
times of 6:31 and 6:28 in the East... We also reported on the first ever indoor
mile walk, held at the NYAC meet on Nov. 11, 1980 and won by J. Russell in
7:50.5... We had a feature on Vladimir Zolotouchkin under the heading Tough
Cat of the Month (European Edition) and highlighted Tom Dooley under the same
title (U.S. Type).

10 Years Ago (From the Jan. 1974 ORW) — John Knifton edged Ron Daniel with a
13:58.5 in the Met AAU 2 Mile and Ron Kukic won a mile from Dan
O'Connor in 6:46... Beyond that, there didn't seem to be much happening—
January again, you know... We did run an excellent picture of Larry Young
during his bronze medal 50 K performance in Munich. Beautiful, relaxed
style and very solid in one of those rare double-contact photos.

5 Years Ago (From the Jan. 1979 ORW) — The National 1 Hour Postal race was
won by Neal Pyke with an American record performance of 8 miles 1021 yards.
Todd Scully was not far back, covering 8 miles 987 yards. Larry Walker
won by 8 miles in third, and Wayne Gunkler, Tom Dooley, John Knifton,
Dave Romansky, Dan O'Connor, and Bob Henderson also paced 8 miles in the
hour... Chris Shea was the women's winner with 7 miles 133 yards with Lori
Romansky blitzed the American 1500 meter record, winning the
Olympic Invitational in 5:40. It was the third year in a row he had broken
this record in this meet. Dan O'Connor also bettered Todd's former
record with 6:46... British Centurion No. 12, Bill Brown, celebrated his
100th birthday and we speculated this might make him the first "Double
Centurion". He had walked his hundred from London to Brighton in 1907 with
time of 20:38:01.

RULES UPDATE

The Athletics Congress rules on race walking have been updated to bring
them in line with the latest IAAF rule changes. Larry Larson comments on
the changes (the amended rules in their entirety follow):

1. Each walking judge now uses a paddle/disc with symbols < and > on the
reverse side and communicates a call to the competitor.
2. The new IAAF term: "warning" (also TAC) is "caution."
3. The old terms "lifting" and "creeping" have been dropped from the vocabulary
of the sport and replaced with the more accurate, descriptive terms
"loss of contact" and "bent knee." Actually, the slang terms never were used in
the rule book and we realize that old-timers will miss them, but the new
wording is more clear (But how will we refer to those creeping creeps?).
4. No longer will there be "white cards" as each judge will personally issue
the warning and not it on a "Tally Sheet," which is turned
over to the Recorder (no longer to the Chief Judge).
5. For each call that an individual judge determines to be for "disqualification"
(a red card), such a card is filled out and passed immediately to the
Recorder (no longer to the Chief Judge).

RULE 150

GENERAL RULES

1. DEFINITION OF RACE WALKING. Race Walking is a progression of steps so taken
that unbroken contact with the ground is maintained.
(a) During the period of each step, the advancing foot of the walker must make
contact with the ground before the rear foot leaves the ground.
(b) The supporting leg must be straightened (i.e. not bent at the knee) for at
least one moment when the vertical upright position.
(c) Failure to adhere to the above definition of race walking will result in
disqualification (See Rule 39).

2. RACE CONDUCT. At racing events, the following code of conduct must be
adhered to, e. disqualification will ensue:
(a) In track races a competitor who is disqualified must immediately leave
the track, and in road races the disqualified competitor must immediately
(after being disqualified, remove the distinguishing numbers which he or she is
wearing, and leave the course.
(b) In road races, a competitor may leave the road with the permission and under
the control of a judge, provided that by going off the course the walker
does not lessen the distance to be covered.
3. SPONGING AND REFRESHMENT STATIONS.
(a) Sponging and Drinking Water Stations: At all walking events of 10 kilo-
 meters or more, sponging and drinking water stations may be provided by
the Meet Director, Sponsor or Organizers at suitable intervals, according
weather conditions.
(b) Refreshment/Feeding Stations: In all races of more than 20 kilometers,
refreshments shall be provided by the Meet Director, Sponsor or Organizers,
and refreshment stations shall be arranged at approximately 5 kilometers
and thereafter at every 5 kilometers. Refreshments which may either be
provided by the organizer or the athlete, shall be available at each refreshment
station assigned to the competitor. The refreshments shall be placed in such a
manner that they are easily accessible for the competitors or so that they may
be consumed by the competitors. A competitor taking refreshments
place other than the assigned refreshment station may be
disqualified.
4. COURSES AND CONDITIONS FOR WALKING EVENTS.
(a) In Championships, the circuit for the 20 kilometer walk should be, if
possible, a maximum of 2,500 meters, and the circuit for the 50 kilometer
walk should be, if possible, 2,500 meters, with a maximum of 5,000 meters.
(b) The organizers of walking events held on the roads must take care to
ensure the safety of the competitors. In the case of Championships, the
organizers must, where possible, guarantee assurance that the roads used for
the competitors will be closed in both directions; i.e. not open to
motorized traffic.
(c) The road walking events shall be so arranged as to ensure that the
walkers finish in daylight.
(d) The course for all Championship events and qualifying races must be
certified according to Rule 133.

RULE 39

JUDGES OF RACE WALKING

1. JUDGING.
(a) The Judges of Race Walking shall have the sole authority to determine
the fairness or unfairness of walking, and their rulings thereon shall be
final and without appeal. Judging decisions are made as seen by
the human eye.
(b) The appointed Judges of Race Walking shall elect a Chief Judge.
(c) The Chief Judge shall assign the Judges to their respective judging areas and explain the judging procedure to be used during the race.
(d) All the Judges shall act in an individual capacity.

2. WARNING.
Competitors must be warned by any Judge when, by their mode of progression, they are in danger of ceasing to comply with the definition of race walking (See Rule 150); but they are not entitled to a second warning from the same Judge for the same offense. Having warned a competitor, the Judge must inform the Chief Judge of his or her action.

3. DISQUALIFICATION.
(a) When, in the opinion of three Judges, a competitor's mode of progression fails to comply with the definition of race walking (See Rule 150) during any part of the competition, the competitor shall be disqualified and declared failed of the disqualification by the Chief Judge.
(b) Disqualification may be given immediately after the competitor has finished, if it is impracticable to inform the competitor of the disqualification during the race.
(c) It is recommended that a system of signalling "warning" by a white flag and "disqualification" by a red flag be used as far as possible during a walking race for the information of the officials, competitors and spectators. Each Judge may also use a paddle or disc with the symbol ← indicating "Loss of Contact" and the symbol → indicating "Bent Knee" on reverse sides to show the reason for the warning or disqualification call.

A Few items from today's mail (today being Monday, Jan. 30) before we wrap this up.

PECINOVSKY WINS FIRST 84 TITLE; SHARP WINS MILLROSE GAMES

National Athletics Congress Indoor 3000 Meter Championship, Boston, Mass.


Addition to U.S. 50 km list—Steve Vaitones 4:52.25

Additions to schedule:
March 25-30 Ka, Boylston, Mass.
March 31-20 Ka and Jr. 10 Ka, Westfall, Mass.
April 7-10 Ka, 7 km, Boston, Mass.
Contact Steve Vaitones, 15 Chestnut St., Waltham, Mass. 02154 for the first and third race, Bob Kitchen, 122 Pine St., Northampton, Mass. 01060 for the other

CONTINUING MARTIN RUDOW'S SERIES FROM THE GOLDEN GATE WALKER:

PLANNING & IMPLEMENTING A YEAR-ROUND TRAINING PROGRAM — TV

By Martin Rudow

THE YEAR PLAN

The following sample plan, with all the above concepts in mind, is excellent for twenty-kilometer walkers. Walkers more interested in ten kilometers may wish to halve it, or at least cut down the distance in the long days. Fifty kilometer walkers could add more long workouts, but these should be primarily aerobic type.

Period A: Preparation (6 mos.)

Period B: Period of competition (4 mos.)

Period C: Transition (2 mos.)

Period A: PREPARATION

Subperiod 1: General endurance, aerobic workouts, not timed. This period lasts for four months. Walk for a set time or distance, gradually increasing effort both in time and distance.

This is the best period to do considerable supplemental exercises, especially those aimed at overcoming muscle fatigue. Some running and other activities are okay during this period, except for walkers with knee straightening problems.

Sample workouts: Start the period with four days of walking one hour, and one day 1 1/2 hours. Work up to five days of walking, alternating 1, 1 1/2, 2, 2 1/2, 3 hours per day by the end of subperiod one.

Subperiod 2: Aerobic/anerobic period of two month duration. Increasing intensity of workouts. Six days per week of work as follows.

Two days of fartlek: 15 minute warm-up, with flexibility work and supplemental exercises. 30 minutes of speed bursts, 4-6 minutes each. Incorporate hills where possible. 30 minute warm-down.

Four days of endurance work: 30 minutes of warm-up, with exercises, etc. Then 30-45 minutes similar to the above but with longer, less intense speed efforts. Then 1-1 1/2 hours of continuous walking at medium speed.

Subperiod 3: Two months with volume of work declining, with an accompanying increase in intensity. Much more aerobic work.

Intervals are introduced. Start with longer intervals, such as 3 x 4000 meters, 5 x 2500 meters, etc. The key is to keep the recovery period short, even if this slows times radically.

Three days a week should be on intervals and repetitive workouts. As outlined in the general principles, start slowly and increase intensity during the period.

Example: Begin with 8 x 800's at 3:40, and with 12 x 800's at 3:20. Increase load each week.

The two days should be of medium-paced medium-distance work, 15-30 km. One day should be devoted to at least an evenly paced 30 km distance.

Morning workouts are good during this period, as long as morning pulse rate remains constant and morning workouts are done at an aerobic pace.

Hard days should not follow one another. Do a longer workout, then a fast, then a slower, faster again, etc.

PLANNING & IMPLEMENTING A YEAR-ROUND TRAINING PROGRAM — V

By Martin Rudow

Period B: PERIOD OF COMPETITION

This is the racing period. You should be able to do 3-4 50 km or 6-9 20 km during this period if the above base work periods have been done. You can race shorter
distances almost as often as desired, for instance, two
10 kms per week.

During this period, two days of fairly hard intervals
are done per week, with two days of a fairly long re-
covery walk, plus a hard race of up to and including 20
kms.

Supplementary exercises can be cut down during the
racing period. Swimming and other exercises which aid in
recovery from hard races are good to keep up.

All hard workouts should be done at or near race pace.

Paying particular attention to morning pulse rate is a good
way to monitor your ability to handle hard workouts plus
hard races at this time.

Sample week of training and racing during this period:

Sun: 10 km race
Mon: Easy one hour stroll
Tues: 90 minutes light fartlek
Wed: Rest or light strolling
Thurs: Short intervals
Fri: Easy one hour stroll
Sat: Light fartlek
Sun: 10 km race

Period C: TRANSITION

This is a rest period and should begin immediately af-
after the last competition of the season. Injuries and spe-
cific weaknesses can be dealt with at this time by supplemen-
tary exercises and medical treatment if necessary. Medical
rest as physical rest is important at this time.

Two months is the maximum for this period. The walker
should be able to start the next year’s program at a higher
level of fitness than the year before.

TRAINING YOUNG ATHLETES

The above training principles obviously must be used
with caution on age-group walkers. The best method of
achieving good walking times and laying the foundation for
future high-level competitive success is to allow young
race walkers to take part in many different sports through
their late teens.

A program of cross-country running in the fall, swim-
ing in the winter, and race walking through the regular
track season, is an excellent example of a well-rounded
conditioning program for young walkers.

Many young race walkers will also compete as runners
for their school’s track team in the spring. A successful
transition to race walking can be made in time for national
championship events in June and July if a complete switch
to race walking is made when the running season is over.

Also, race walkers should practice their technique during
all seasons, so they are not starting over when they switch
to race walking full time after running season.

The training for a young walker should consist mainly
of strength work, to allow them to hold their technique
over the distance they are racing.

CONCLUSION OF SERIES

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Walkers are always smilers

Gray Matters

By LOU KAPLAN

WALKING, running, jogging — what
shall it be? Have you ever watched
runners and joggers? They never smile. They
sure don't look like they're having a good
time. Jogging and running — that's for young-
er people. You don't see too many r. and j.'s
around here.

Walking is something else again. Anyone
can do it, regardless of age or physical condi-
tion. Walkers seem to enjoy themselves and
besides, it's great for your health. Another
perk — is that you can save on gas, when you
walk to the stores to pick up the paper or do
some minor shopping.

Walkers can stop and smell the roses and
enjoy the scenery — except where there are
no roses and no scenery. They smile and say
good morning. A few don't — and that's prob-
bly because they've had a fight with their
spouse.

It's a big part of the day. Generally it is a
morning activity and takes up about an hour
of your time. Although there are some who
seem to go at it for hours. I've passed one
walker at about 7:00 a.m. — finished my walk,
showered, had breakfast, gone to the library,
returned at 11:00, and this guy was still at it.
He must be the Olympic walking champ, or
else he's one of those who had a fight with his
wife and he has been locked out of his house.

THERE ARE all kinds of walkers:
- Early Birders. Two or three people who
seem to start out at 5:30 a.m. or even earlier,
In the dark. In the silence of the night their
sordid voices awaken those who are trying to
sleep a little later.
Conventioneers. Some condo walkers assume they own the street. They often stop and have a small convention in the middle of the road, while cars wait for them to finish their conference. When you blow your horn they reluctantly move to the side of the road, but not without angry looks.

Walkies Talkies. These people usually walk in groups of two or three. Everyone talks at the same time—yak, yak, yak. Each one seems to be holding forth on a different subject. You wonder—If they are all talking, who the heck is listening?

Stroller. Generally singles who like to walk alone. They take it nice and easy. It's the kind of walking you do when you're window shopping.

Sun Worshipers. You've got to walk facing the sun, at all costs, to build up your tan. When you walk East—no problem. But you are four miles from the ocean and if you don't change direction you will walk into the surf.

What do you do when you have to turn around and head back? Now, you've got a problem. You can hope it will get cloudy. You can try walking backwards. Or you can wait till 1:00 p.m. and then walk back facing the Westerly sun.

Walking is great. Try it—you'll like it.

Los Kaplan, a retired chemist who formerly lived in Neptune and Lakewood, has opted for condominium living in Florida and writes about it and people in retirement in this column, which appears every Sunday.

Coast-to-coast blind

BALTIMORE — A man who says "you can do anything you want to do if you try" has become the first blind person to walk from the West Coast to the East Coast, the National Federation of the Blind says.

Bill Morgan, 36, blind since the age of 10, finished the journey here Friday, a 15-state, 3,615-mile trek that began in the spring of 1982. He undertook the walk, aided by his guide dog, Hart, to prove that blind people can be as independent as the sighted, the federation said.

"I've never done anything the easy way in my life," Morgan said at the end of his trek. "It was a hard road. Whenever people say you can't do something, that just means they can't do it. You can do anything you want to do if you try."

Great early season form and conditioning was on display in the Santa Monica 20 Km. In the top photo Guillaume LeBlanc, Marco Evoniuk, and Dan O'Connor tool along together at the 800 meter mark. Below, LeBlanc leads O'Connor across the finish in a swift 1:26:11. (SPORTSFOTO by John Allen)