In the National Athletics Congress Indoor T&F Championships, Jim Heiring bettered the American record and world best for 2 miles, winning the title in 12:11.21, about 2 seconds under Ray Sharp's old record. Sharp, with a bad cold, was not on hand to uphold his honor.

In the women's 1 Mile, Teresa Vaill walked unchallenged all the way to claim the title in 7:12.85. Maryanne Torrellas, perhaps starting to feel the effects of being several months pregnant, took second ahead of Susan Liers-Westerfield.

Heiring passed through the first mile in just under 6 minutes with Tom Edwards and Marco Evoniuk in close pursuit. The Edwards' threat disappeared when Tom was pulled by the judges at about a mile and a half. Evoniuk suffered the same fate as he departed on the final lap. With these two out, Paul Wick captured second in 12:52.0. Another product of the successful Wisconsin collegiate program, Paul walked a very steady race, moving through the field to a well-deserved place. In the process, he beat four-time titlist Todd Scully.

Four weeks earlier in Connecticut, Edwards had also beaten Scully to win the National Indoor 5 K title in 21:05.2. Ray Funkhouser was third in that one.

Results of these three indoor title races:


OTHER INDOOR RESULTS


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OTHER RESULTS

FROM HEEL TO TOE
British walkers, who have no Olympic trials, have the following criteria to meet to get to LA: Walkers who achieve times of 1:25 for 20 or 410 for 50 before the end of May will be selected. Walkers who do not meet these standards, but who achieve times of 1:27 or 4:10 before June 23 will be nominated for selection (which doesn't mean they will be selected). Still a few more additions to our 1983 lists. In the U.S. women's 5 K, Nancy Novak had a best time of 27:03, not 28:59, and Deborah Gestwick, with a best of 28:59, should be added to the list. Novak also had a better time at 10 K than we credited her with--57:20. • Larry Walker made the Faces In the Crowd feature in Sports Illustrated with his national masters record of 1:32 1/2. • The program for the LA Times meet ran a photo of Todd Scully covering Sharpton "1983 Winner Ray Sharp." • John Allen comments following that race: "Sam Shick wasn't dq'd until after race. He was looking especially bad trying to stay with (and at one did pass) 'fly' Lewis. A very serious 50-year-old walker phoned to ask me (he was in the stands) if that was really race walking? Also, my brother was up there, and had the same question. Last year a writer said of Heiring, "If he's walking, I'm swimming!" Which, of course, only puts Jim in a long line of people of which very similar things have been said. The dilemma of the short indoor walks has been with us as long as I have been around. Some say we have to have then for the exposure it gives the sport. Others argue that the exposure is all bad. And now, of course, that becomes a moot question with bucks available, and who is going to give them up—and who is not going to stretch the definition of walking to the utmost in going for them?
The following article appeared in the second issue of RW Coaching Aid, the official RW Technical Journal of the Athletics Congress. Dan O'Connor is editing this journal for dissemination to coaches to try and improve knowledge and promotion of the sport. We reprint it with the kind permission of Dan and Bob Lawson.

A Guide for Your Daily Training Pattern for Competitive Racewalking

by Bob Lawson
Aston Track Coach U.S. Naval Academy

For a smoothly running program, each athlete must know his obligation to the program since one's use of time is important for success.

Tradition has hurt walking because of the casual approach taken by the walker, due to differences in temperament to the point where time is needlessly wasted. Walking is one of the few sports where the athlete controls his warm-up and the basic resistance and cool-down programs after training. The walker should have a good daily training pattern and follow it through both training and competitive sessions. (Ed. Ladies: please substitute "she" as needed.)

The walker should know why and how he does each step of his training pattern. The walker needs not only to know why he does something, but must also know the minimum and maximum amount of exercises he should do for each step. Things that can determine the specific of how his patterns are designed include:

1. The weather
2. Time of the season, day, etc.
3. The walker's ROADINESS (condition, background of experience, etc.)
4. Actual event (1 mile up to 50 Km)
5. The individual's special needs, such as suppleness, stamina, strength, ability to relax, temperament, etc.
6. Geographical location and facilities
7. New research or ideas.

The following pattern was used by the walkers at the University of Wisconsin-Parkside and is designed for the day's total training from the warm-up to the cool-down/stretching. Good habits should be developed early in one's career and proper progression in a pattern is a must for steady improvement and protection from injury.

Your Daily Training Pattern

Step I Modern Shin Splint Exercises for the Prevention of Lower Leg Injuries

A new concept in the control or prevention of shin splints is that of ankle flexibility. Those athletes who lack flexibility of the ankles are more prone to this type of injury than those with good ankle mobility or ankle "bounces". Drills should be done DAILY—morning, before practice, night.

1. Tucker Crunch: Take the foot in the hands while in a sitting position and force it in hyperextension and rotation in all directions and angles.

AND/OR

Foot Rotations: Pull the toes forcefully toward the knee, then rotate outward, 10 times in each direction. Then curl the toes away from the knee and keep forcing the foot outward, sideways, and back to original position. Repeat 10 times in each direction for both feet.
Step running, reaction time. It consists of 10 to 15 minutes of general loosening and circulation to specific joint areas and energy to the muscles. They aid in the total preparation for the work demands of modern training on the circulatory system and deliver blood to specific joint areas and energy to the muscles. They aid in the total preparation for the work demands of modern training on the body and stimulate the heart, lungs, muscles and connective tissues.

The two phases of the calisthenic warm-up are:
1. Phase One—General loosening and circulation to specific joint areas.
2. Phase Two—Loosening of the hip adhesions done to develop the suppleness of the hips and the ability to split the crotch area.

**Action**

1. Fence running stretches
   - Stretch out body against a wall, fence or tree. Drive up on toes of one foot—opposite foot flat on the ground and push heel into ground. Repeat 5 to 10 times each position or can place one foot in front and press heel of back leg into the ground and push against the wall.

2. Fence running lift
   - Same position as above, but bring the thigh up from the hips and step out. Leave rear foot on the ground flat. Heel flat on the ground.

3. Side leg swing (both legs)
   - Stand facing an object to use for support. Swing one leg in front of the body, from left to right. Gradually increase the arc of the swing. Change legs, 10 right, 10 left, repeat.

4. Forward leg swing (both legs)
   - Swing the leg in a kicking motion, on the downswing, pull backward to the rear. Repeat and increase the arc progressively. Repeat, alternating legs.

**Value**

1. Easy side static leg lunges
2. Quarter knee bounces (Godfrey bounce)
3. Knee circles or grind
4. Knee stretch
   - (Action and value of these exercise is to be covered in a subsequent article.)

2. Phase Two—Loosening of the hip adhesions done to develop the suppleness of the hips and the ability to split the crotch area.

**Value**

1. Fence running stretches
   - Develops stretch in the ankle and ankle bounce for sprinting. Also aids in shin splint prevention. One area that is needed for sprinting is a strong flexible ankles. Do with feet in three directions to center of the ankle. Move feet in three directions to center of the ankle. Move feet in three directions to center of the ankle.

2. Fence running lift
   - To develop hip flexors and loosen the hips for later sprinting. Also work on lower leg chops-down and rhythm. Ten times each leg.

3. Side leg swing (both legs)
   - To develop hip flexors and loosen the groin area. All the following leg swinging exercises are to help develop a longer stride and hip swing.

4. Forward leg swing (both legs)
   - Same as #2 above.

5. Hip Circle (both legs)
   - Standing position—bend one leg to right angle, bring it up and over as if going over a hurdle with the trail leg. Rock up on toe of standing leg to aid in balance and free movement of hip. Change leg—repeat 10 to 20 times.

Exercises 5 and 6 are excellent for developing flexibility for hip circle action.

**Step II** Warm-up Walk or Run

This is done to stimulate the circulatory and systemic systems, to warm-up the muscles and connective tissues, and to aid flexibility and reaction time. It consists of 10 to 15 minutes of walking and/or easy running.

**Step III** Rhythmic Calisthenics and Light Static Stretching

These calisthenics stimulate the circulatory system and deliver blood to specific joint areas and energy to the muscles. They aid in the total preparation for the work demands of modern training on the tissues of the body and stimulate the heart, lungs, body temperature, and connective tissues.

The two phases of the calisthenic warm-up are:

1. Phase One—General loosening and circulation to specific joint areas
   - Standing high knee lifts
   - Forward jumping jacks
   - Neck rotation
   - Arm rotation
   - Round-back arm claps
   - Trunk torque twist
   - Side heming (two styles)
   - Four-count toe touch
   - Hip grind or hip circles
   - Cross-leg toe touch

2. Phase Two—Loosening of the hip adhesions done to develop the suppleness of the hips and the ability to split the crotch area.

- Standing position—bend one leg to right angle, bring it up and over as if going over a hurdle with the trail leg. Rock up on toe of standing leg to aid in balance and free movement of hip. Change leg—repeat 10 to 20 times.
6. Figure eights

Stand, holding onto an upright object. Try to draw a figure eight with a straight leg. Alternate legs 10 to 15 each side.

Help develop the flexibility for good circle action of the hips.

Step IV Specific Racewalking Drills

1. Single arm circles (one arm at a time)

Walk at a slow pace and rotate one arm in a backward direction. Try to swing the arm straight back and maintain a perfect 360° circle. Do 3 x 60 to 100 meters, alternating arms on each repetition.

Value: Losens shoulder girdle and increases circulation to joint area.

2. Alternating arm circles

Walk at a slow pace the same as in #1 but alternate arms right-left in a backward direction. Do 3 x 60 to 100 meters.

Value: Same as #1.

3. Line walking drill

Walking at a moderate pace over a painted line, walk so the inner borders of the feet fall on, but not over the line. Do 3 to 5 x 60 meters.

Value: Proper foot placement, rhythm and balance while keeping the torso "squared." Be sure to practice concentration while doing this style and technique drill.

4. Cross-over line drill

Walking at a moderate pace, clasp the hands together in front of the chest. While swinging the arms from side to side, move forward putting each foot across the painted line and keeping the hips facing directly forward. Do 3 to 5 x 60 meters.

Value: Coordination of the hips and shoulders. Develops a rhythm and balance of the legs with the upper body.

5. Progressive sprint walking

Do 6 to 8 x 60 to 100 meters while you progressively walk faster on each repetition. Gradually increase the intensity in each repetition as you increase the stride length and the stress on the tissues by more effort. Repition #1 should be about 60 percent effort, the last should be 100 percent effort with the middle repetitions gradually progressing to the top. This is a good time to work and concentrate on technique or style.

Value: Finishes the warm-up of the body in preparation for the workout. Lates you work on technique while moving fast, but while you are fresh.

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Step V Workout of the Day

This is the only new part of the daily pattern. The other steps are done daily and automatically once learned by the walker. Step V is the individual's actual training program designed by the coach for the walker's continued progress toward goals and needs.

Step VI

This is a series of sprints that is done daily immediately (without rest) after Step V. If that day's training goal was a speed or high intensity workout, then a 5 to 10 minute rest should be taken before doing these sprints. Step VI will help develop a "kick" at the end of the race, plus build staying power or strength. Pace training uses a slightly different set of muscle tissue than fast work so no matter how tired one feels, one can always pick up the pace at the end of a race (white vs. red muscle fiber). After a period of time, when you have proven to yourself that you can do this series of sprints day after day, you will gain even more confidence that you can sprint through the tape at the end of a race. By experiencing the same fatigue daily in training, you are learning also how to live with discomfort and will be more ready to race competitors at the end of a race. All out efforts of 10 to 20 x 60 to 100 meters with occasionally 2 to 4 x 300 to 400 thrown in.

Value: Develops the hamstrings and lower legs. (Begin after 6 weeks of training and continue throughout the season.)

Step VII Resistance Training

This is the time in the daily pattern to incorporate your resistance training program or "overload" work. Use a "total body" concept and be sure to balance all muscle groups (antagonist muscle groups, right with left side, front with back muscle groups). The three basic exercises to build your program and lifts around are cleans, parallel (½) squats, and bench presses.

Step VIII Cool-Down

This is just the reverse of the warm-up and is extremely important in preventing discomfort or even heart problems. After a workout or competition, jog 800 to 1600 meters to slow down the systemic system. To milk the waste products out of the muscles and help prevent stiffness and soreness, start out by jogging then slowing down to a shuffle, which is a slow jog. The last 400, slow the jog down to a tip-toe shuffle, where the body goes limp with the head dropped down. Temperature, pulse, and breathing go back toward normal and waste products are flushed out of the large muscles to prevent discomfort later. This also aids the next day's workout and makes the following day more enjoyable—a must for all training day after day. The cool-down also assists the heart until it can again pick up the blood flow from the legs (60 percent of the blood is in the lower extremities after walking) and return it to the heart for recycling and continuance of its normal rhythm.

It is important to remember that in any training pattern an athlete chooses, the key to total fitness is total body conditioning instead of specializing. Most important, the abdomen, lower back, hamstrings, and lower legs should not be overlooked. The successful athletes in the Parkside program never forgot:
SURGERY AND THE RACEWALKER

by Dr. Howard J. Palamarchuk

When and if should a racewalker have foot surgery? When every possible conservative treatment has been tried. If there is no way the athlete can compete safely and comfortably.

I'm not totally putting surgery as a form of definitive treatment, but in my office practice, many athletes avoid surgery, plaque. Why? Utmost in the athlete's mind is that no surgery is guaranteed and the results may be less than perfect. A condition may be improved dramatically, remain unchanged, or actually become worse than the original condition. If a doctor tells you he will make you "better than new," start looking for another doctor. Remember, there are no guarantees. Most conditions of the feet and legs respond to physical therapy, stretching, and exercises. There are conditions such as hammertoes (contracted toes), bunions, bone chips and spurs, nerve entrapments, etc., that are ultimately remedied by surgical correction. Results are gratifying if you work a desk job and the most exercise you get is walking to the "fridge" to get a beer. But how well are they going to look exactly, straight, but what if it didn't bend at toeoff?

If you have a bothersome condition, here are some quick guidelines:

1. Explore alternatives to surgery with your doctor. Might orthotics, shoe modifications, etc. help?
2. Get second and even third opinions.
3. Seek a doctor who is sympathetic to athletes and their training.
4. If surgery is decided upon, allow plenty of time for full recovery.

A LOSS FOR RACEWALKING

(From Harry Sitiomen) The Northern California race walking community lost one of its top competitors when Walter Jaquith, of Tahoe City, passed away on January 30 at age 40 at his home after a long bout with cancer.

Walt was engaged in walking for many years, becoming active in the sport during his high school days and walking during his college career at Sacramento State University. During 1964-65, he was race walking chairman of the Pacific Association, Amateur Athletic Union.

A school teacher, Walt dropped out of the sport for some years, but returned to competition at age 37 in an auspicious fashion doing well in both seniors and masters categories. In 1961, he was overall winner of the 5 Km track walk at the National T&F Championships at Los Gatos. Earlier, in June of that year, he placed fifth in the 5 Km walk at the National Seniors T&F Championships at Sacramento.

He had an earlier problem with melanoma in 1982, but came back strong early last year to do a 4:59 in the National TAC 50 Km at Monterey. He won both senior and masters categories upon reaching age 40 last year in the Pacific Association 20 Km Championships in a time of 1:17:25.

Walt leaves his wife, Mary Lou, an accomplished competitive swimmer, and two young daughters. He was held in high personal regard by his friends and fellow athletes, and will be sorely missed in the Pacific Association race walking circles.

Olympic 20-Kilometer Walk Record
Men only: 1:23:35.5 (Maurizio Damlano, ITA, 1980)

Olympic 50-Kilometer Walk Record
Men only: 3:49:24 (Hartwig Gauder, GDR, 1980)

Race walkers—the grim bunch of pedestrians on earth—are the curiosity item of Games athletics. Watchers of the two long-distance walks are at first inclined to laugh. Never have there been such leg-squashing, pelvis-swaying, arm-pumping actions by a human biped. How can you describe it?

In his day, the late IOC president Avery Brundage was national champion at race walking, then called heel-and-toe. Said Brundage, seriously: "It's a torturous event. This is the closest man can come to the pains of childbirth."

After closer inspection of athletics walking, not running, more than 12m in the 20km contest and more than 31m in the 50km match, the viewer has to agree that this is agonizingly hard work. The 50km is the longest competition on the Games schedule—almost 5m (8km) farther than the marathons' race.

Basic rule: Athletes are prohibited from taking any step or steps that simulate a run. A walker must have a part of 1 foot in contact with the track or pavement at all times. Rule 191 of the IAAF/Olympics reads: "At each step the advancing foot of the walker must make contact with the ground behind the rear foot leaves the ground. During the period each of which a foot is on the ground, the leg must be straight (not bent at the knee) for at least one moment; and, in particular, the supporting leg must be straight in a vertically upright position."

The procedures: The field of superpedestrians takes off when the track is clear of a 2-laps circuit. Traffic is blocked. And, in the marathon, refreshment stations are set for every 5km. Sporung stations are set up. There are less than 20 minutes for all athletes at each station. "A competitor taking refreshments at a place other than the official stations is disqualified," reads the rule.

Watch for an official carrying a white flag, which is a caution or warning device. It tells the walker he's suspected of running. A red flag informs the walker he's disqualified.

Judges: If 3 or more judges agree that the mode of progression is illegal, the culprit is disqualified.

Techniques: A top-flight walker goes at a leisurely 3 mph (1.5 mps) clip, taking up 45 seconds per mile. He times for good hop (both feet on the ground for a bit, then one foot off); good jump (both feet in the air); good foot plant (both feet on the ground); or straightening of the legs as they approach the ground or leave it. If three times are pointed straight ahead and there's no big hop, Walker, who could be a bit of a hop, is disqualified.

The winner: Great Britain's athletics won 3 gold medals up to 1980, since then East and West Germany, Italy and Mexico have produced the most champion heel-and-toes.
Looking Back

15 Years Ago (From the Feb, 1979 ORW) -- Dave Romansky recorded a 1:31:58 to win the ORW National Postal 20 K, with Bill Haney the only other competitor to break 1:40 with his 1:39:24. ... Mile specialist Dan Totheroh walked 6:36.6 in Los Angeles, with Ron Laird, Larry Young, and Larry Walker under a blanked just a second behind. ... Totheroh also won the Rose Bowl 10 Mile Danilocip in 1:24:02, as Tom Dooley edged teammate Goetz Kloper by less than a second for fast time honors with 1:15:43. In San Francisco, Dooley walked a quick 2:31:02 for 30 K. ... Larry Young was given the Ron Zinn Memorial Trophy as the outstanding walker in the U.S. in 1968.

10 Years Ago (From the Feb, 1974 ORW) -- The National Indoor 2 Mile was won by Larry Walker in 13:24, with Todd Scully only 0.4 second back. Dave Romansky finished 4 seconds ahead of Walker, but was bounced by the judges, as was Ron Daniel, who was just few strides back of Scully. With John Knifton also DQ'd, comebacking Don DeNoon was a rather distant third in 13:50. Sue Brodock was an easy winner in the women's mile in 5:28.6, nearly 9 seconds ahead of Ellen Minkow. Carol Mohanco from Kettering, Ohio took third. ... Romansky won the Olympic Invitational 1500 in 6:05.6, ahead of Daniel and Walker captured the IA Times 1 Mile in 6:28.7, with DeNoon second. ... Brodock had a 7:15 mile in California. ... The British Commonwealth 20 Mile title was won by England's Jhn Wachurst in 2:15:23. ... And then, Good 01' Stu cracked the pages of the ORW. Finishing third in a 10 mile race in Dayton, he was identified only as Good 01' Stu in the results. Blackburn had been walking with him for several months, but couldn't give him his full name. I made a point to ask him before the race, but in the course of hauling myself through 10 miles, managed to forget it. Even published a picture with Good 01' Stu in it. Maybe we got him properly identified later—I don't recall. Another of those promising walkers who doesn't stick around too long.

5 Years Ago (From the Feb, 1979 ORW) -- Chris Shea walked the first Indoor sub-7 minute mile by a woman and won the National title in the process. Her 6:55.8 left former Indoor record holder Sue Brodock nearly 14 seconds back. Sue's Southern California RR teammates, Chris Sakelarios and Estor Marquez took the next two spots. ... Todd Scully also had a world's best in winning the 2 Mile in 12:40, 10 seconds ahead of Jim Heiring. Dan O'Connor was a close third in 12:54.5. ... Marcel John beat Scully in a 3 K in Montreal with an 11:37. Todd had 11:40.4. ... But Scully also had a world's best at 1 Mile, winning the Millrose Games in 3:55.8. Bruce Harland was a distant second in 6:21.1. ... Scully scored other mile wins in Richmond (6:12.3) and Philadelphia (6:06.04). ... In Racine, Wis., Jim Heiring took the U.S. Indoor 5 K record away from Scully with a 13:33.0, edging Chris Hansen who was within the same time. ... Scully's big moment came when Sue Brodock won the IA Times Mile in a swift 7:06.4. ... The men's race went to Larry Walker in 6:25.

12 Years Ago (From the Feb. 1976 ORW) -- The outstanding walker in the U.S. in 1968 was John Knifton. He'd finished only once in 1967, then waddled toward an exit ramp. Like so many other walkers, he'd figured out that his own body was his own best weapon. ... The outstanding walker in the U.S. in 1968 was John Knifton. He'd finished only once in 1967, then waddled toward an exit ramp. Like so many other walkers, he'd figured out that his own body was his own best weapon.

The Dallas Morning News

Better late than never. Been going to run this for some time, and never quite had space. Thanks to Barry Montgomery in Bedford, Texas.

The Dallas Morning News

The Dallas Morning News

Waddlers' lift spirits at Pan Am

CARACAS, Venezuela -- The Rodney Dangerfields of track and field showed up in the nick of time Saturday. Just when you suspected the spirit of the IX Pan American Games had died, just when thought the Venezuelan people wouldn't smile again until this scandal-plagued week had come to merciful end, 13 men wearing funny little caps appeared in Olympic Stadium.

Looking like a group of house painters in their underwear, they began circling the track. They walked around once, twice and then waddled toward an exit ramp.

Arms pumping, elbows rotating, Mexico's Raúl González led these obedient goings off on the start of the funniest-looking, yet perhaps most physically demanding event in the Pan Am Games — the 50-kilometer walk.

On a day when gray-flannel rain clouds hung sorrowfully over the peaks of the Andes, the mood in Olympic Stadium suddenly brightened at the sight of these strange-looking figures.

David Casstevens

Sunday, August 28, 1983

You could almost hear the crowd smile. All around the stadium, bemused spectators stood and warmly applauded as the walkers, tightly bunched, waddled out of sight.

Walkers are like modern art. You don't have to understand them to appreciate them. Why anyone voluntarily would walk 32 miles — and not even stop at a Stuckey's along the way — is beyond human understanding.

On hearing about the 50K, my first fear was that the event would be held on a course winding through the streets of Caracas. Had this been the case, all 13 race-walkers would be dead, or hospitalized.

... There is no way anyone on foot could travel 32 miles in Caracas traffic without being sideswiped by a taxi or hit head-on by a produce truck carrying a full load of papaya.

Traffic in Caracas makes New York City seem like downtown Waco at midnight. Few intersections are protected by traffic lights, or stop signs. It's bumper cars at the state fair. A symphony of horns.

For the Pan Am 50K, walkers exited the stadium and then began their treadmill up and down a nearby parkway. The 1887-meter course was cordoned off. If the walkers failed to finish, it would be of their own doing, and not the fault of an impatient motorist.

Twenty-five trips. Up one side of the tree-lined boulevard, and back down again.

Around and around and around. In their silent agony, they walked at full-tilt boogie, past a pharmacy, a high-rise apartment complex, the Costa Alta luncheria, a service station, a Fiat dealership, a statue of Dr. Christobal Medoza and a pottery
shop, from which drifted the melodic music of a Latin marimba band.

Spectators lined the streets. Whenever two local walkers came around, their faces twisted in pain, four little girls would encourage them with a chant. "Ven-ezue-lal! Ven-ezue-lal!" Clap. Clap. Clap. A Chihuahua barked like he was on amphetamines.

The walkers never stopped. At the designated watering station — each country had its own — contestants would reach out, snatch a cup of water, gulp it down and toss away the container, leaving someone else to retrieve it.

"Water, 'till I say Coke!" yelled Sam Shick, a walker for the United States. Never breaking stride, he grabbed the plastic glass held out to him as deftly as a freight train picking up a mail bag.

Each walker was a picture of concentration. In race-walking, one foot must remain on the ground at all times. Also, a walker must keep his knees straightened during his stride. The two rules account for the herky-jerky motion. Pounding the pavement, swiftly, purposefully, almost, but never quite breaking into a run, they reminded you of Madison Avenue advertising executives late for a luncheon date.

Each race-walker moved along as steadily as a steamboat paddle wheel. But shortly before the halfway point, some began to falter.

Sam Shick, dehydrating and coughing from a bout with the flu, quit after 20Ks. Jose Alonzo of Guatemala gave up soon thereafter. So did Canadian Francois LaPointe. Venezuela's Omar Castillo limped off the course and received a hero's welcome from four little girls.

"Anyone who thinks it's not as difficult to walk as it is to run is crazy," Shick said as he sat on a park bench, watching the rest of the world go by. "You hit the wall in walking, just as you do in running."

Those who kept going completed each lap in 11 minutes or better. As expected, Mexico's Gonzales — one of the top 50K men in the world — pulled away from the field.

Finally, at 6 p.m., four hours after the race had begun, Gonzales came wobbling down the stadium ramp and onto the track.

(Please turn page 90° in a clockwise direction to complete article.
Or turn yourself 90° counterclockwise.)