Los Angeles—Showing the Ohio Racewalker a thing or two, Marco Evoniuk was an easy winner in the Olympic 20 Km Trial on June 16 and then came back a week later to leave the rest of the field behind in the 50. Last month, the ORW picked Marco as a sure thing in the 50, but afforded him only an outside chance at 20. We should know better than to write off a proven classy competitor who is generally at his best when it counts—just because a few people beat him at 15 Km when he is in the middle of travel and training.

In the 20 Km race, reliable Jim Heiring was a solid second, but no threat to Marco, who pressed the pace from the start. Marco was a minute ahead at the finish. Dan O'Connor, not quite up to some of his earlier races in a busy year, was well back, but in no danger of losing the third spot on the team. Tim Lewis, who rated a good chance for one of the three places, could not match the pace of the leaders and dropped out to save himself for the 50. Alas, he dropped out of that one, too. Ray Sparp, who we considered the other contender for the team, was not in it and was DQ'd, as in last year's National.

Sam Shick, who has been laying rather low this year, walked a very solid race to capture the unlucky fourth (but no cigar) spot, just ahead of Carl Schueler, who might have been expected to save himself for the 50. The biggest surprise of the race was Todd Scully in sixth with a 1:32:21, far better form than he has shown at any time this year. Just two places back of Todd was his teammate on the 1976 and 1980 Olympic teams, 41-year-old Larry Walker; yet another outstanding performance for this king of the masters. Sandwiched between the two, was TAC champion, Ray Funkhouser.

The finish was not a whole lot different than four years ago in the Trial for that non-competitive Olympic team. Evoniuk and Heiring tied in that one, with O'Connor, Scully, Walker, and Schueler following. Scully and Walker made the team when Evoniuk and O'Connor chose to go only in the 50, for which they had already qualified. In referring to that earlier race—which qualified people for nothing but the honor—O'Connor said: "Today is the day that time stood still. Today, we all get it again—I wanted to be on the team again. I'm 32 years old and I've delayed a lot of things in my life, like starting a family, buying a house, and developing my career. But it's worth it. It's an honor."

For his part, Evoniuk had to overcome stomach problems to even get to the starting line. "I've spent most of this week in bed," he said. "I think I ate a bad mushroom on a pizza." He called the race "a good warm-up for the 50—the 50 is my better event." (Turn to page 7.)
FUNKHOUSER, LAWRENCE WIN NATIONAL TITLES

San Jose, June 8—Just as predicted in these very pages, a lot of men bypassed the National 20 Km with the Olympic Trials just a week away. Relative newcomer to the sport Ray Funkhouser took full advantage of the situation, circling the track 50 times in 1:38:48 to nail down the title. The 33-year-old Funkhouser recorded a personal best and beat second-place finisher Gary Morgan by nearly 2 minutes. Ed Bouldin was a distant third as the other Olympic qualifiers besides Funkhouser and Morgan who did show up got disqualified--Dave Cummings, Mike DeWitt, Vincent O'Sullivan, and Todd Scully. Scully, having his problems this year, had reportedly slowed to a crawl by 10 miles, so his DQ may have been a blessing.

In the women's 10 Km, Debbie Lawrence came from behind to overtake Esther Lopez in the final stages to cop the title in 51:00.3. Teresa Vaill had set the pace most of the way, leading from the start, but was DQ'd to leave the way open for the other two. Susan Liers-Westerfield, still not up to her usual form, took the third spot ahead of Chris Anderson. Results of the two races:

**Men's National Athletics Congress 20 Km Championship (Track)**
1. Ray Funkhouser, Shore AC 1:38:48
2. Gary Morgan, Wolverine 1:39:45
3. Ed Bouldin, Dauchet Street Walkers 1:39:04
4. Juan Santana, East Side TC 1:39:32
5. John Glavonic, East Side TC 1:39:52
6. Don Lawrence, Rooster 1:39:57

**Women's National Athletics Congress 10 Km (Track)**
1. Debbie Lawrence, Rooster 51:00.3
2. Esther Lopez, S. Cal. Roadrunners 51:35.9
(Westerfield had 51:35.9, as I see it to have omitted that.)
5. Elizabeth Kemp, un. 55:03.7
6. Karen Styanowski, West Valley TC 55:25.1
7. Jolene Steigerwald, Vans Walkers 56:02.8
8. Carol Brown, Island TC 57:12.8
9. Rev Forest, Rooster 57:35.10
10. Kathleen Huddleston 59:37.5

**Other Results**

**Women's Junior National 3 Km, Los Angeles, June 22**
1. Kerry Bratton, Cupertino, Cal. 11:50.24
2. Sybil Perez, SGHR 11:53.35
3. Lynn Ellis, Sayville NY 11:53.59
4. Meg Mangan, Mount Lebanon, Pa. 12:38.97
5. Katie Warren, Sunshine Striders 12:41.82
6. Diane Nystrom, Nesconset, NY 12:46.16
7. Anne Sarchinowski, Bethpage, NY 12:47.44
8. Kathleen Huddleston, Coast Athletics 12:48.15
9. Susanne Garcia, LA Saints 12:52.31
10. Tanya Karnes, Chester TC 12:54.02
11. Erica Benson, Kettering Striders 12:57.62

**Men's Junior National 10 Km, Los Angeles, June 24**
1. Troy Englehardt, Pacific Racers 49:13.10
2. Brian Schneck, Cleveland Walkers 49:19.67
3. David McGovern, East Side TC 50:04.17
4. Martin Hennes, Arizona Puma TC 50:04.16
5. Gregory Daken, Nesconset, NY 50:06.53
6. Neal Fronk, Kettering Striders 50:07.00
7. Darrin Dushbug, Kettering Striders 50:12
8. Darrin Dushbug, Kettering Striders 50:12
DQ—Andy Moussa, Aquinas Co.
Women's 10 Km (Track), Los Angeles, June 23 - 1. Estela Lopez, Hiale, Cal. 5:04.1.5 2. Teresa Vaill, Island TC 5:15.6.7 3. Susan Liers-Westfield, Island TC 5:16.8.4 4. Chris Anderson, Liberty AG 5:17.0.3 5. Carol Brown, Island TC 5:18.6.5 6. lan Laurence, Rover 5:20.10 7. Lisa Koep, San Diego 5:22.22 8. Jeannie Bocci, Detroit 5:24.18 9. Karen Starkscki, Lovins, Cal. 5:27.30 10. Susan Miller, Seattle 5:37.37 - This, and the two Junior races, were held in conjunction with the Olympic Trials. While billed as an exhibition, it served as a qualifier for any international competition this summer. Lopez, now 26, had been out of walking for 3 years. A drink and some food in the race box saw her come back stronger than ever, her 5:16 in the National 2 weeks ago having been more of a form when we consider the 8 months worth of training in her</p>
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Ian McCormick Sun. May 12 -- 5 and 10 Km, Gardnerock, Maryland, 8 am (L)

Sat. Aug 11 -- 5 and 10 Km, Groton, Connecticut, 12 noon (AA)

Sun. Aug 5 -- NATIONAL ATHLETICS CONGRESS 2 HOUR, Montclair, NJ (R)

Contacts:
1. Cliff Dansen, 28 N. Locust St., West Long Branch, NJ 07764
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6. Joe Duncan, 2380 Maple Bluff Drive, Columbus, OH 43201
7. Jim Baros, P.O. Box 2642, Rose Lane, OR 97732
8. Dan Procop, P.O. Box 805, Mariwood, PA 17947
9. Frank Soby, 3820 Harvard, Detroit, MI 48224
10. Oregon Track Masters, P.O. Box 10085, Eugene, OR 97404
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AA. Larry Pallette, 19 Juniper St., Bangor, ME 04401

FURTHER RESULTS (From today's mail)


OLYMPIC TRIALS (Cont.)

One week later, he proved himself correct as he walked away and hid from a strong field in the 50 Km Trial. Although 5 minutes off his best, his 1:20:45 was excellent in the LA atmosphere and with little competition. Vincent O'Sullivan, a master of consistency in big races, was a solid second. Carl Schueler, while not able to challenge Mims as he thought he would, managed to hang on for third--battling Tom Edwards and his handler.

Carl had had the 1982 trials in 3:17:53--the first U.S. walker to break 4 hours. In fifth, was Randy Mims, another athlete we haven't heard much of this year, but one who seems to be at his best for such races. With a 4:19:38, Randy was the only walker to break his personal record in the race. One else was close, and only five others finished. There were three disqualifications, including Heiring, and those who did not finish for reasons best known to themselves.

Results of the two races:

FROM HEEL TO TOE

Jill Belknap is being inducted into the NAIA (National Association of Intercollegiate Athletics) Hall of Fame. (That should read has been inducted; the ceremony was May 23.) He was a six-time NAIA champion, each three at the Indoor 2 Mile and the Outdoor 10 K. Jim is a 1977 graduate of the University of Wisconsin-Parkside. A graduate of Kenosha Bradford H.S., Jim is also being inducted into the newly established Kenosha Public Schools Athletic Hall of Fame. 1956 Olympic walk and outstanding sportswriter for the Asbury Park Press, Elliott Dennis got to help carry the Olympic torch on its way to Los Angeles, pinch running for another pinchrunner who was a late scratch. Copies of the excellent photos from the Olympic Trials you see in this issue, as well as photographs in the basketball tournament that we will run more next month, can be yours.

The man behind the USOC Training Center in Colorado Springs. There were many more papers on race walking. The following summaries were prepared by Dr. Howard Rand and Leonard Jansen was program moderator. Although Leonard's own work with Dr. Charles Dillman was not presented because of time limitations, it was included in the body of abstracts available at the Conference.


This investigation consisted of filming a group of expert walkers (under 20) during an actual 10 K race. The subjects were not aware that they were being filmed. This approximated actual race conditions very closely and the results did not alter the findings. Information such as stride length and frequency of heel strike angle, foot strike velocity, angle and position, and saving the race course were painstakingly measured from film tracks and analyzed by computer comparing the different ratios.

The results showed a wide variety of individual styles among junior walkers studied. This demonstrated the need for more coaching and standardized training techniques for coaches to better help athletes reach their best. Walker data on upper body movement (Arm/forearm) presents an area of study that may have great impact on race walking. Bruce hopes to further investigate this in the future.

Kinematics of Race Walking, by S.J. Phillips and J.L. Jansen, University of Maryland.

In a cinematic (filmed) study, three elite-caliber race walkers (including Vincent O'Sullivan) were tested over a 100-meter course in free trials. A computer analysis of the film examined such factors as speed, stride length, and stride rate. Phillips determined that the elite walkers' style was based on the same standard deviations of the variables were all very small, giving good agreement to the variation of style among the athletes in Jansen's study. The elite walkers have reached a point of style consistency.

Controversy in this study arose when it was suggested that an illegal flight phase (lifting) was exhibited by each subject in all the trials, with the longest loss of contact being 0.022 seconds. This is still too quick to be detected by the human eye. (Reviewer's aside: This single statement is not exact with great response by the worldwide body of scientists. "So, you guys really aren't walking, are you?" It was a point bravely defended by the mayor of Jansen, Fenton, and Thomas to preserve the integrity of our sport.)

To be realistic, an all-out effort at speeds reaching 25 km/h per hour over a mere 100 meters does not represent competitive race walking and we feel a true representation of contact was not given.

An Evaluation of Ground Reaction Forces in Race Walking, by R. Mark Fenton, Massachusetts Institute of Technology.

This excellent presentation using race walkers of all abilities demonstrated the effect of vertical force measured in G's, i.e., the total force with which one strikes the ground at each contact. It has been proven that runners strike the ground with each step with up to three or four times their body weight. For example, a 100-pound runner strikes the ground with 300 to 400 pounds of force. This has been related to being one of the leading causes of stress injury. Fenton's study utilizing sensitive force platforms and a computer, demonstrated that a race walker travelling at a rapid 6 min/mile pace struck the plate with only 2.1 times body weight, as opposed to a runner at the same speed striking the plate at 3.0 times body weight. At slower speeds for walkers, the G force ranged from 1 to 2.

This is a significant reduction in shock and may explain why race walking involves less shock injury.
AIMING BACK

10 Years Ago (From the June 1974 ORW) — The Colorado Track Club's Jerry Brown and Floyd Godwin took one-two in the 50K walk on Long Island. Brown's 3:35:33.4 left him 24 seconds ahead of Dave Romany at the finish, but Dave had been 20:49 before 15K, and was never properly informed. Godwin finished in 3:35:31, followed by John Knifton, Ron Daniel, and Bob Henderson. Three weeks later, Knifton won the 5K title in L.A., finishing 8 seconds ahead of Larry Walker in 22:20. Bill Bunyon, Tom Dooley, Daniel, and Ed Bowerman were under 24:00, with a 23:39.6 from Paul Oka and Jim Cane. The National Junior 10K went to Steve Herman in 49:17.6 with Jim Murchie second... In Italy, Karl Heinz Staedtler, of East Germany, walked 1:20:55 for 20K, but the course turned out to be only 19,164 meters. East Germany's Winfried Sotnikow won the 47.91 Kms in the International meet in 2:52:12.

5 Years Ago (From the June 1979 ORW) — In Trials for the Pan-African Games held in Walnut, California, Marco Evoniuk won the 50K and Neal Pyke the 20. Evoniuk's 4:10:33 was nearly 10 minutes ahead of Vincent O'Sullivan, with Karl Johansen third. Carl Schuler was a distant sixth, and Dan O'Connor failed to finish. Pyke took command at the start and lead all the way to win the 20 in 2:01:30, but Todd Scull was only 46:40 seconds behind at the finish. Chris Hansen also bettered 1:20. Larry Walker was fourth, and Evoniuk, with only one day off after the 50, beat Jim Horning for fifth... Sue Brodock won both the 5K and 10K races at the Women's National T&F Championships. She did 2:17:04 on Friday and came with a 50:13:38 on Sunday, both American records. Paula Kesh, Chris Sakelarios, and Sue Liers followed in 5K, and Liner, Sakelarios, and Esther Oke in the 10... In Norway's annual walking Grand Prix, World Records fell to Mexicanos in both the 20 and 30. Domingo Colin did 1:20:59 in the 20, leaving former record holder Daniel Bautista some 30 seconds behind. Anthoni Schur, Boris Yakovlev, and Felix Gomez broke the old mark of 1:23:28. (A 1:22:20 by France's Gerard Lelievre was pending approval.) Paul Gonzalez did 3:41:39 in the 50, leaving Lelievre better than 16 minutes behind in second... Colin also had a 3:47:18 for 50K as Mexico won an international meet from West Germany, Sweden, Hungary, and Spain. Bautista won the 20 in 1:26:15.

Following is a copy of a very good pamphlet on race walking prepared by Julian Hopkins for the British Race Walking Association in 1980. I just became aware of it when Dan O’Connor reproduced it in the third issue of RW Coaching Aid, the Athletics Congress Race Walking Coaching Journal. Geared to the beginner, the pamphlet can also say much to the more experienced walker. Julian also wrote a fine book published in 1976.

JUNE 1984

VISIT THE GRILL OF RACE WALKING

(or how to put one foot in front of the other)

YOUR FIRST ATTACK

First of all find yourself a quiet place with a smooth surface where you can walk. The local athletic track would be best but a tarred path in a park would be suitable. Wear a track suit (or a warm top and a pair of trousers will narrow legs) and a comfortable pair of trainers.

Now I want you to imagine that you have to chuck a bus. Of course you are left an instant! You will have to hurry but I am not allowing you to run. You want to try to move smoothly along. Your feet should not land heavily.

Keep a comfortably upright walk tall! Look where you are going not down at your feet. It is important to keep a good rhythm going. Try to feel like a well oiled machine moving along.

Now keep this going for a few laps. It will give you a chance to find a rhythm. Use a lane near the outside of the track so you can concentrate on what you are doing. Don't ease off into a slow plod! Remember you are in a hurry! If you start to tire or lose your rhythm, just relax for a while or have a break. Do a few more laps when you are ready. Try to keep going a little longer this time. Don't do too much at your first attempt. You might end up with sore muscles.

YOUR SECOND ATTACK

Now you probably found that first attempt fairly easy. If you did, great! Now you are ready to try walking at a more leisurely speed.

In your first attack, you probably felt as though you were running most of the time. It probably seemed as if it wasn't possible to walk much faster. Well it is possible and I want you to have a go.

Start off walking round the track (or your park circuit) as you did in your first attempt. Don't try to stride out smoothly and to walk tall! Keep your muscles as slack as possible. It is important not to do too much right at the start. To finish off, jog a few laps slowly on the grass inside the track. This will return your body gently to normal and keep your muscles loose. It is called a warm down.

I expect you were doing these things without really thinking! They are the natural aids to fast walking. All I want you to do is to draw your attention to them. You can emphasise each of them now.

So this time, walk a few more straights at your faster speed. Try to keep those points in mind. Don't try to walk too quickly. Just keep on moving, nothing under control. Walk with a smooth, brisk rhythm.

It is important not to do too much right at the start. To finish off, jog a few laps slowly on the grass inside the track. This will return your body gently to normal and keep your muscles loose. It is called a warm down.

YOUR THIRD ATTACK

Now you are ready to try walking at a walking speed. It is important to keep a good rhythm going.

Keep a comfortably upright walk tall! Look where you are going not down at your feet. It is important to keep a good rhythm going. Try to feel like a well oiled machine moving along.

Now keep this going for a few laps. It will give you a chance to find a rhythm. Use a lane near the outside of the track so you can concentrate on what you are doing. Don't ease off into a slow plod! Remember you are in a hurry! If you start to tire or lose your rhythm, just relax for a while or have a break. Do a few more laps when you are ready. Try to keep going after your last attempt. You might end up with sore muscles.

YOUR FOURTH ATTACK

Now you are ready to try walking at a walking speed. It is important to keep a good rhythm going.

Keep a comfortably upright walk tall! Look where you are going not down at your feet. It is important to keep a good rhythm going. Try to feel like a well oiled machine moving along.

Now keep this going for a few laps. It will give you a chance to find a rhythm. Use a lane near the outside of the track so you can concentrate on what you are doing. Don't ease off into a slow plod! Remember you are in a hurry! If you start to tire or lose your rhythm, just relax for a while or have a break. Do a few more laps when you are ready. Try to keep going after your last attempt. You might end up with sore muscles.

YOUR FIFTH ATTACK

Now you are ready to try walking at a walking speed. It is important to keep a good rhythm going.

Keep a comfortably upright walk tall! Look where you are going not down at your feet. It is important to keep a good rhythm going. Try to feel like a well oiled machine moving along.

Now keep this going for a few laps. It will give you a chance to find a rhythm. Use a lane near the outside of the track so you can concentrate on what you are doing. Don't ease off into a slow plod! Remember you are in a hurry! If you start to tire or lose your rhythm, just relax for a while or have a break. Do a few more laps when you are ready. Try to keep going after your last attempt. You might end up with sore muscles.

YOUR SIXTH ATTACK

Now you are ready to try walking at a walking speed. It is important to keep a good rhythm going.

Keep a comfortably upright walk tall! Look where you are going not down at your feet. It is important to keep a good rhythm going. Try to feel like a well oiled machine moving along.

Now keep this going for a few laps. It will give you a chance to find a rhythm. Use a lane near the outside of the track so you can concentrate on what you are doing. Don't ease off into a slow plod! Remember you are in a hurry! If you start to tire or lose your rhythm, just relax for a while or have a break. Do a few more laps when you are ready. Try to keep going after your last attempt. You might end up with sore muscles.

YOUR SEVENTH ATTACK

Now you are ready to try walking at a walking speed. It is important to keep a good rhythm going.

Keep a comfortably upright walk tall! Look where you are going not down at your feet. It is important to keep a good rhythm going. Try to feel like a well oiled machine moving along.

Now keep this going for a few laps. It will give you a chance to find a rhythm. Use a lane near the outside of the track so you can concentrate on what you are doing. Don't ease off into a slow plod! Remember you are in a hurry! If you start to tire or lose your rhythm, just relax for a while or have a break. Do a few more laps when you are ready. Try to keep going after your last attempt. You might end up with sore muscles.

YOUR EIGHTH ATTACK

Now you are ready to try walking at a walking speed. It is important to keep a good rhythm going.

Keep a comfortably upright walk tall! Look where you are going not down at your feet. It is important to keep a good rhythm going. Try to feel like a well oiled machine moving along.

Now keep this going for a few laps. It will give you a chance to find a rhythm. Use a lane near the outside of the track so you can concentrate on what you are doing. Don't ease off into a slow plod! Remember you are in a hurry! If you start to tire or lose your rhythm, just relax for a while or have a break. Do a few more laps when you are ready. Try to keep going after your last attempt. You might end up with sore muscles.

YOUR NINTH ATTACK

Now you are ready to try walking at a walking speed. It is important to keep a good rhythm going.

Keep a comfortably upright walk tall! Look where you are going not down at your feet. It is important to keep a good rhythm going. Try to feel like a well oiled machine moving along.

Now keep this going for a few laps. It will give you a chance to find a rhythm. Use a lane near the outside of the track so you can concentrate on what you are doing. Don't ease off into a slow plod! Remember you are in a hurry! If you start to tire or lose your rhythm, just relax for a while or have a break. Do a few more laps when you are ready. Try to keep going after your last attempt. You might end up with sore muscles.
YOUR THIRD ATTEMPT
As you are now striving to walk faster, it would be a great idea to do a warm-up at the start of your training. The word explains itself. Before you try any fast walking, you gently warm up your body. You do this with some easy-paced walking while wearing extra clothing. The extra clothing is essential. Without it, you will not get warm enough.

After you have walked easily for about 10 minutes, have a break and do some stretching exercises. These are important. You need loose joints and stretchy muscles to walk fast. Here's the kind of thing you can do:

1) Stand with your feet a bit wider than shoulder width apart. Raise both arms straight above your head and reach for the sky really stretch and hold it.

2) Now with your feet in the same position, slowly reach down with both hands and try to touch the ground between your feet. Keep your legs fully stretched throughout. Come up and repeat the exercise several times - slowly!

3) Now bend down and touch your left foot with both hands, keep those legs fully stretched. Repeat for the right foot. Just stretch slowly. Stay bent! When you have stretched down and touched each foot 3-4 times come up. Relax gently stretching each leg several times.

4) Stand with your feet together and your hands on your hips. Take a very long strides forwards. You let your front leg bend. Keep your upright. Press down into a low position as you go. Repeat this movement several times. Do the same with the other leg forwards.

5) Finally, stand with your feet together and hands on your hips again. Take a moderate step forwards placing just the heel on the ground. Make sure the toes are pulled back towards the shin. Rock forwards by pushing right up onto the toes of the rear foot. The front foot should now be flat on the ground. Rock back again to the starting position. Rock back and forwards like this for perhaps a minute. Do the same with the other leg forwards.

You can do many exercises to make yourself looser. These are a few to be going on with. After a couple more laps of easy-paced walking, you should be ready to try something a little faster. You should be 'warmed-up'.

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YOUR FOOTPRINTS SHOULD LOOK LIKE THIS - CHECK THEM ON A SET SURFACE.

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WHEN YOUR FOOT SLINGS THROUGH... KEEP IT LOW. KEEP THAT LEG STRETCHED AS YOU GO OVER IT.

FURTHER PROGRESS
This time try to walk at your fast speed for a little longer. Try for a half a lap. Don't overdo it - keep it comfortable.

Next time see how your walking can be polished up: when you stop swinging though the front keep it low - just skimming over the track. Your leg should be fully stretched just when your front foot smoothly meets the track. Keep that leg stretched as you go over it. Don't let it sag! Keep it stretched until your foot pushes strongly off the track.

Walk a few laps, get going easily. Now concentrate on your leg action for half a lap. Don't try for too much speed.

Keep a smooth rhythm going. It's not so much one distinct stride after another but a smooth flow. Well, that's how it should look!

Don't bang your feet down! Land right on the back of your heel. Push right through to your toes.

When you have done half a lap, take off. When you feel recovered, try it again. You can go a little faster if you like. Don't get too tired - that's when you make mistakes.

Four or five half-laps of quicker walking should be enough. Now it's time to keep your leg action in place.

This time, I want you to think about your arms. You will have already found that it's best to bend them. Keep the angle at the elbow about 90°. Like a letter 'L' - as they swing, let them swing forward naturally. Your hand should come about to the middle of your chest - but no higher than necessary. On the back swing, keep your elbow well in. Keep your shoulders low and loose. Don't keep them square and solid as if someone's left the coat-hanger in.

To see what I mean, fold your arms behind your back. Now try walking! Pretty difficult isn't it? Notice how your shoulders move backwards and forwards, even when you use your arms you should have some of this shoulder movement.

Now start walking comfortably with your best action (as always). When you have a good rhythm going, speed up. This time, think about your arm and shoulder movements. Keep your upper body as loose as possible. After 200/300 metres ease off. Walk slower for 100/200 metres be speeding up again. Try to repeat this four or five times.

That is enough for now - well nearly! Don't forget to warm down. A couple of laps of slow jogging on the grass inside the track should do. Take short springy steps. Keep on the balls of your feet. Lower your arms from time to time. Shake them loosely.

Correct Incorrect

2) You fail to keep judgemental one of your legs is not right under your body. Remember you should keep your leg fully stretched from the heel to the toes.

Correct Incorrect

I have not mentioned the rules until now because the race walking action I have described comes first. It is the natural way to walk fast. The rules come later. If you have practised as I have suggested, you should be walking within the rules.

If one of the judges considers that you have broken one of the rules, you will be disqualified. You must remove your number and hand them to the judge. You will probably feel outraged by the decision but try not to show your feelings. The judge is only trying to do a difficult job.

Ask him why you were disqualified. He doesn't have to tell you but you will find that most judges are helpful.
There is no disgrace in being disqualified. It is only a technical fault like overlapping the long jump board. In race walking you don't get a second chance. That's really tough!

Most of the very best race walkers have been disqualified - some of them many times. However, they have kept it up improved their actions. If you get disqualified, you must strive to do the same. Always try to walk in the best possible action. Never sacrifice walking for speed.

DISTANCE TRAINING

This is very straightforward. Start by walking your racing distance. Keep to a comfortable speed so that you feel essentially tired at the finish. Do not forget to warm up with 5-10 minutes of stretching exercises. You can walk a little slower for the first 5 minutes of the session to old warm up. When you cover your racing distance at a steady, comfortable speed, add some distance to the session. Not too much - maybe twice the length of your usual distance in training. This type of training, the emphasis is on pace rather than distance.

At first walk on a track (or small park circuit). This will allow you to gain confidence. Also, someone can watch your walking for faults. He can also help you to keep a steady speed by counting out your lap times.

As you become capable of covering bigger distances, you will find track walking a little monotonous. Now is the time to look for variety. Quiet roads and/or smooth pavements are what you need. With a little thought, you can usually find somewhere suitable. It is best to have a training partner. Another walker of your own ability - or a jogger - would be a good partner.

Now you have a better idea of pace, you can train for time rather than distance. One simple way is to walk out from your home for, say, 25 minutes. Turn round and walk back along the same route. With the same effort you should return in 25 minutes. If you take longer, you have missed your pace. You might now find yourself finding it hard to walk at this pace. This is good because if it is an absolute pace, you will meet them in races. You will soon adjust to walking on slopes - it is not difficult. Don't lean too far forward when going up. Use your arms more strongly. Coming down, don't lean too far back. Keep your feet very low - that will help.

Have you a better idea of pace, you can train for time rather than distance. One simple way is to walk out from your home for, say, 25 minutes. Turn round and walk back along the same route. With the same effort you should return in 25 minutes. If you take longer, you have missed your pace. You might now find yourself finding it hard to walk at this pace. This is good because if it is an absolute pace, you will meet them in races. You will soon adjust to walking on slopes - it is not difficult. Don't lean too far forward when going up. Use your arms more strongly. Coming down, don't lean too far back. Keep your feet very low - that will help.

PACE TRAINING

Here the idea is to walk at about race pace. How you cannot walk your race distance at this speed in training. That would be far too tiring - perhaps impossible without competition. Instead, you should walk a part of your race distance, have a short rest, repeat the fast walk, having a rest and so on. In this way you do plenty of fast walking without getting too tired. Now the emphasis is on pace rather than distance.

Your pace training could go something like this. Go down to the track. Firstly, warmup. Don't skip it - it is important. Walk easily in your track suit for 5-10 minutes of pacing exercises. A couple more laps gradually increasing your speed should be enough.

You then have been walking a few months you can add a lap and running to your training. That can be very useful. Increase your running time slowly at first. Run at a comfortable speed. Use soft surfaces if you can. If not, use shoes with a thick sole. This will stop you from getting too fast. Sometimes running can be very useful. If you are short of time for running or when it has snowing for exercise, but don't do much running - remember you are a race walker.

OTHER FORMS OF TRAINING

You might think that the best form of training for racing is walking. That is true - but only up to a point. Try to mount it in a period of time, and then improve your suppleness, coordination and strength. They also add variety and keep you in touch with other athletic clubs. Circuit training (often organised in schools and athletic clubs) is of great value. Games involving throwing a medicine ball are excellent strength training. If these opportunities are not open to you, add a little all-round training of your own.

To do some stretching exercises regularly, ten minutes each day will produce great results. Try to warm up your body with simple exercises. Use the well-known ones: press-ups, sit-ups, leg raises, hand raises, chin-ups, squats, and push-ups. These can be done at home. As you improve, try to do more repetitions of an exercise. Always aim to do a few more than you think you can.

After you have been walking a few months you can add a lap and running to your training if you want. This can be very useful. Increase your running time slowly at first. Run at a comfortable speed. Use soft surfaces if you can. If not, use shoes with a thick sole. This will stop you from getting too fast. Sometimes running can be very useful. If you are short of time for running or when it has snowing for exercise, but don't do much running - remember you are a race walker.

PACK YOUR KIT

Pack your kit carefully the night before. Make sure you have kit to suit all conditions. Extra T-shirts and long sleeves jerseys are always useful. Always pack your track suit - however warm you think it might be next day. Don't take socks which have any hoops or rough seams. These can cause blisters.

When you travel to a race give yourself plenty of time. Aise to arrive at the very latest, an hour before the start. There is nothing worse than arriving late. The resulting panic can ruin your performance in the race.

When you arrive, collect your numbers and get changed. Smear some grease (petrol jelly) at the top of your legs and under your arms. This will help prevent chafing. It is best to pay a visit to the toilet as soon as you have changed. You will need the quenches which usually forms as starting time approaches. About 15-20 minutes before the start, begin to warm-up. Try now you will have a good idea of what you need to do. Finish your warm-up about 5 minutes before the start. Until the start, keep warm in your track suit.

If conditions are very warm, be careful not to warm-up too much. Instead spend some time doing stretching exercises. Try to drink at regular intervals up to about half an hour before the start. This will help to stop you overheating during the race.
When the gun goes bang, watch for a mad stampede. Many walkers start too quickly for their own good. Don't let yourself become one of them. You'll suffer later if you do that.

At the start, concentrate on finding a good, smooth rhythm. You will overtake many of the fast starters later.

Never leave it to a sprint at the finish. If you are having a shoulder-to-shoulder race with somebody, try to drop them before the finish — if possible! Sprint finishers are dangerous — it is easy to get disqualified.

A PROCEDURE (or a few words about shoes)

After a few races, you might decide that race walking is for you. Now you will probably need a better pair of shoes. Many shoes are available for race walking. You will have to experiment a little to find out what suits you.

Choice of shoes is a personal matter but a few general points can be made:

Make sure the heel is reasonably wide. If it is narrow, your foot will be unsteady when it lands.

Make sure that the heel cup is fairly stiff. It should not be so hard that it digs into your heel however.

Make sure that the shoe has a moderately high heel. This is usually a wedge i.e., the sole is thicker under the heel. You certainly need a heel although the height will be a matter of personal preference.

Make sure that the shoes are sufficiently padded around the inside of the heel. In particular, look for rough edges and seams inside the shoes which might rub you.

Make sure that the soles are fairly flexible. You do not need to be able to bend the shoe in half as some people think.

Try to keep your shoes in good condition. In particular, keep the heels at the correct height. Worn down heels can cause skin soreness or worse.

When you first wear a pair of shoes, stick large plasters across the backs of your heels. They will help to prevent rubbing and resulting blisters.

Finally, let me wish you good luck with your race walking. There will be times when you seem to make slow progress, but don't worry. It happens to everybody at some stage. If you are patient, I am sure you will gain a lot of pleasure from this challenging sport.

SUFFICIENT PADDING
- NO ROUGH SEAMS

FAIRLY RIGID HEEL CUP

FLEXIBLE HERE
MODERATE WEDGE HEEL

NOW YOU WILL PROBABLY NEED A BETTER PAIR OF SHOES

U.S. Medal Candidates

By RAY DIDINGER
Daily News Sports Writer

Every morning they waddle down Boulder Street in Colorado Springs, Colo., unlved and misunderstood.


These are world-class athletes but try to tell the people on the street that. All they see are a lot of skinny guys who walk like their underware is three sizes too small.

"If Rodney Dangerfield were an Olympic athlete, he'd be a race walker," said Randy Mimm, 29, a walker from Willingboro, N.J. "We get no respect."

"It takes a year before you get over the self-conscious phase to where training in the city doesn't bother you," said Marco Evoniuk, 25, America's top race walker.

"We take a lot of abuse, most of it good-natured. If it goes beyond that, we usually give it right back. People have wanted to fight us and vice versa. I guess you can only take so much."

Mimm had one driver ("He was drunk but still ...") run him off the road and scrape his leg with the fender. Mimm considered having the guy arrested but decided it wasn't worth it.

"I don't know what it is," Mimm said. "People are in a bad mood and they think we walk funny so they decide to take out their frustrations. We're an easy target."

"It was like this with distance runners 10 years ago," Evoniuk said. "Marathoners would be running through the streets and people would say, 'Get a load of this.' They weren't used to seeing it.

"Now everyone is jogging. The streets and parks are full with runners. Maybe one of these days walking will achieve the same popularity."

What it is, is a dual Summer Olympic event for men, the 20-kilometer walk and the 50-kilometer walk. Evoniuk is the American recordholder at both distances and will double up in Los Angeles.

Walking in the Olympics is not like, say, walking along Penn's Landing on a warm evening. It is not leisurely nor is it likely to be interrupted by a stop for an ice cream cone.

Walking in the Olympics is like running ... only funnier. If you have ever seen race walkers, you know what I mean. Their stride is part Charlie Chaplin and part Donald Duck but just try to keep up with them sometime.

Evoniuk's United States record in the 20-kilometer walk (which he shares with Olympic teammate Jim Heiring) is 1:25:29. His record in the 50-kilometer walk is 3:56:37. That averages out to 7:20 per mile. That's better than most marathons.

This is one of the better done and more positive newspaper articles we have seen on our
The sports medicine experts at Colorado Springs tested the walkers and found their pulse rate peaks around 150 during a race. That's comparable to where a world-class distance runner would be. The stress then is roughly the same.

What we're saying, basically, is these guys aren't as wimpy as they look. Stand by the 50 KM finish line and you will see as much pain and grit as you are likely to see at any Boston Marathon.

The United States walkers have paid a steep price to compete in these Games. They spent the past year living at the Olympic Training Center, crammed two to a dorm room, trudging miles through the harsh Colorado weather.

"People have no idea what goes into this sport," said Evoniuk, a native of Longmont, Colo. "They ask questions like: Do you have to train to do that? Do you have to be in shape?"

"I have to laugh. Train? We walk from 10 to 20 miles a day. We average 100 miles a week. And the mileage isn't as important as the intensity. We go at it hard. (They will do 20 miles in less than three hours.)"

"During a race, we are really hurting. It might not look it, but the pace is furious. We don't go as fast as the [distance] runners but we use more of our bodies with the walking motion."

The motion is commonly referred to as "heel-and-toe." There are two basic rules: At least one foot must be on the ground at all times. The knee must be straightened to full extension.

The result is the flippity-flop race walker's gait. If you cheat — if you shuffle, skip or jog a step — you are disqualified. When you are new to the sport, it's hard to resist the temptation.

Evoniuk knows. He was a high school sprinter before switching over a few years ago. Imagine the shock, going from a 10.2 100 to the 4-hour walk?

"It was either switch or quit," Evoniuk said. "I was a sprinter in high school but I went to [University of] Colorado and I was nowhere close to those guys. They were blowing me away.

"Someone suggested I take up distances, so I did. I ran a while, then I tried walking. The first few months, the motion feels very unnatural. Most people get frustrated and give it up. But I wanted to, give myself a chance."

"I started doing casual walks — 3 or 4 miles — around the track. I checked the times and they were surprisingly good. So I kept working at it. Pretty soon, I was entering races and winning."

Colorado is one area where race walking clubs are popular. New York is another. As Evoniuk won, the folks in Longmont, Colo., rallied behind him and made him "an almost" celebrity.

"The interest is regional," the 5-10, 145-pound Evoniuk said. "It's like Little League. Some places support it, others don't. I was lucky. Walking is pretty big around here. Not like Europe, but not bad."

Even the Marco Evoniuk Fan Club in Longmont knows better than to expect any gold medals from their favorite son in Los Angeles.

Evoniuk might be the best walker in this country but he still is a Chestnut Street window shopper compared to the world's best.

His American record in the 20 KM is a full five minutes behind the time Mexico's Ernesto Canto turned in at the 1983 world championships in Helsinki, Finland.

In the 50 KM walk, Evoniuk's personal best is almost 14 minutes slower than Ronald Weigel's winning time from Helsinki. However, Weigel, an East German, will not be competing in LA.

"Weigel would have been the favorite again," Evoniuk said. "Look at this..."

He flipped through a drawer full of computer printouts. He had saved all the race results from the 1983 season. He had all the top walkers and how they fared, mile by mile, in the major competitions.

Marco, as you can tell, takes his walking seriously.

"Look at Weigel's pace in Helsinki," Evoniuk said. "See how steady it is. And he starts to pick it up [faster] here. He's very tough.

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