SCHUELER DEMOLISHES FIELD IN NATIONAL 40;
BREAKS OLD RECORD

Fort Monmouth, NJ., Sept. 23 (by Elliott Densen)--For Carl Schueler, the leading American athlete in the longest footrace in the Olympic Games, there has been little fame and no fortune. The 28-year-old Olympian from Silver Spring, Maryland has not been besieged by endorsement opportunities. No invitations to play cameo roles in soap operas have come his way. The only magazine cover he's appeared on has been "Ohio Race Walker", circulation about 1,000. (Ed. Actually less than 500, Elliott.)

Fortunately, Schueler doesn't consider himself deprived. And he just keeps rolling along in his specialty. That's race walking, and he showed his talents again in winning the Athletics Congress national 40 Kilometer championship in the record time of 3:13:57. The record he broke was his own--3:14:03 last year.

Carl's walk through Fort Monmouth became a walkaway. Shore AC's Ray Funkhouser (3:39:21) and Schueler's East Side TC teammate, Nick Blera (3:40:54) finished a distant second and third in the event, sponsored by Lite Beer from Miller in cooperation with the Shore AC.

Women's champion was Carol Brown of the Long Island TC in 4:30:59, while Sal Corrallo, 53, of Arlington, Virginia and the Potomac Valley Seniors TC led the masters.

It was the sixth national title at various distances for Schueler and his third of this year. It may have looked easy, but Schueler said it wasn't. "I never really got in the groove," said Schueler. I never felt loose. Maybe it's just a little letdown a lot of us are having after the Olympics."

Carl is a graduate of Frostburg State College (Maryland) and a professional land use planner, but uncertain about his own plans. He's been based at the U.S. Olympic Training Center in Colorado for nearly 2 years, but now must prepare to meet the "real world." Right now, he's in the process of exploring professional opportunities, while exploring ways to stay in Olympic condition.

Results of the races:
UNSUNG HEROES OF THE OLYMPICS--The LAOC Race Walk Management Team, left to right: Jim Hanley, Special Lap Counting and Split Timing; Steve Van Doren, Equipment and Supplies; Roland Yon, Inside Source Setup; Malcolm James, Course Measurement; John MacLachlan, Sponsorship Services; Bob Bedell, LAOC Commissioner; Dr. Robert Breiman, Communications; Ron Daniel, Race Walk Director; John Kelly, Technical Director; John Kelley, Refreshments and Aid Stations; Diane Uribe (partially hidden), Lap Counting Assistant; Ron Brumel, Marshalls and Crowd Control.

TONY ENGLEDORST on his way to win the National Junior 10 Km in the LA Coliseum on June 24. SPORTSFOTO by John Allen.

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40 KM (cont.)

ALAN PRICE TAKES FIFTH NATIONAL 100 MILE TITLE IN RECORD TIME
Columbia, Mo., Sept. 29-30--(From Bill Hillman)--In the cool, the cold, and the freezing weather of late September at the 17th annual 100 mile Columbia TC 100 mile walk, Alan Price of Washington, DC broke the Athletics Congress championship record with a dazzling 18:46:13 performance. Price, 37, recaptured the record he had held previously from Paul Hendricks, who did 18:46:52 in San Diego in 1980.

In addition to defending his 1983 TAC 100 mile title, Price won his fifth title at the distance. The Athletics Congress has conducted a 100 mile national for the last 7 years. Alan has won the Columbia race, not always the national title, for the last 7 years.

The number two finisher, Bob Keating of Nashua, NH, was 13 miles behind when Price completed his 100. Keating (21:42:15) and Bruce Etherton, of Breckenridge, CO (23:51:16) were the only other finishers in the race.

Price has now completed 15 100 milers, beginning here in 1978. This is four more than Leonard Busen, a non-finisher this year, who thought he had the most. Busen was not aware of Alan's 100-mile efforts at Ft. Meade, MD in 1980, 1982, 1983, and 1984. Price's training for the race included completion at the AC 40 K a week ago, concentration on diet, pre-race strategy planning, and the purchase of a pair of discounted Foot Locker shoes (which he wore for the entire race) costing $1.90. They were on the table, they fit well, and they brought victory.

Others in the race included Tom Kline, 93 miles; Carl McCown, 86.5; Jack Blackburn, 86.25; John Stowers, 83.75; Rich Myers, 79.25; Scott DeMaree, 79.25; Dave Carver, 77.25; Bob Greer, 75.25; Don Williams, 75.5; Darwin Hindman, 69.75; Leonard Busen, 65.5, and William Tall 60.

ALONGI INTERNATIONAL GOES TO LEBLANC
Dearborn, Mich., Sept. 30 (From Frank Soby)--Guillaume Leblanc exhibited remarkable restraint in dealing with the Italian speedsters at the 6th Casimiro Alongi International race walk competition today. Leblanc traditionally walks at the front early in a race. He demonstrated this strategy at the World University Games and at the Olympics, finishing first and fourth in those events.
U.S. Postal Service

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ITALIAN WALKERS—WALTER ARENA AND SERGIO SPAGNULO CAME TO DEARBORN CARRYING IMPRESSIVE CREDENTIALS. ARENA WAS THE EUROPEAN JUNIOR CHAMPION AND HAD SET A WORLD'S BEST JUNIOR 10 KM AT 40:08. SPAGNULO WAS THIRD IN BOTH THE ITALIAN CHAMPIONSHIPS AND IN THE MEDITERRANEAN GAMES.

NOR WAS THE MEXICAN TEAM TO BE DENIED FOR LACK OF CREDITS. 20-YEAR-OLD JAMES LOPEZ HAD BATTED BOTH ERNESTO CANTO AND RAUL GONZALEZ AT MEXICO'S OLYMPIC TRAILS. A FRESH INJURY INCURRED IN A PICK-UP SOCCER MATCH KEPT HIM OUT OF THE OLYMPICS. HIS TEAMMATE WAS 18-YEAR-OLD MEXICAN JUNIOR CHAMPION, BILIUFO ANDALBO, COMPETING IN HIS FIRST 20 KM. THE U.S. WAS REPRESENTED BY STEVE PECINOVSKY, TOM McMILLAN, AND GARY MORGAN.


VOL. 6, ISSUE 10

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OCTOBER 1984

WHY, EVEN AT THIS TIME OF YEAR YOU CAN FIND SOME RACES IF THAT'S WHAT YOU WANT

SAT. Nov. 10--10 Km, Washington, DC (L)

Sat. Nov. 10--10 Km, Denver, 11 am (V)

Sun. Nov. 11--10 Km, Columbus, 8 am (M)

Mon. Nov. 12--10 Km, Asheville, NY (U)

Sat. Nov. 17--5 and 10 Km,klass, 9:30 am (U)

Sun. Nov. 18--1 Hour, Arlington, Vir., 1:30 (L)

Sun. Dec. 2--1 and 2 Mile, Arlington, Vir., 10 am (L)

Sat. Dec. 8--10 Km, Washington, DC (L)

Sun. Dec. 9--3 and 6 Mile, Seattle (D)

Sat. Dec. 9--10 Km, Hudson, 6 am (S)

Sun. Dec. 10--10 Km, Washington, DC (L)

Mon. Dec. 11--5 and 10 Km, Arlington, 10 am (A)

Sun. Dec. 17--20 Mile, Boston (D)

Sat. Dec. 23--10 and 20 Mile, Columbus, 10 am (L)

Sat. Dec. 30--10 Mile, Asbury Park, NJ, 10 am (A)

Mon. Jan. 1--10 Km, Washington, DC, noon (L)

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NOTE: Bob Kitchen has scheduled a special athletes' pre-convention meeting at his home, 1225 Pine St., Northampton, MA, on November 11 from 1 pm to 6 pm. For further details on the convention, please contact the convention committee at 413-586-3066.
LOUING BACK

15 Years Ago (From the October 1969 ORW)—A U.S. team of Bill Ramsey, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westfield took fourth behind Italy, London, and Sweden in the annual Alaro-Chiaso road relay in Switzerland... Ron Laird won national titles at both 1 Hour (6 miles 20 yards) and 30 km (18.28 miles) in 1969. In the former, Ramsey was nearly a quarter mile behind in second and John Kelly finished third. At 30 km, Tom Dooley gave a good tussle and finished in 2:30:08, with John Knifton, Ron Daniel, and Gerry Bocci following well behind... East German ace Christof Hohne bettered the world record at 50 km (track) with a 4:08:01... On the local scene, your already aging editor won a 2 Mile in 14:49 and a struggling 20 km in 1:43:14.

10 Years Ago (From the October 1974 ORW)—Led by Bob Henderson and Augie Hirt, the U.S. won a dual meet from Canada in Montreal. Bob won the 20 km in 1:34:32, with John Knifton edging Karl Marschens and Marcel Jobin for second and John Kelly finishing third. At 30 km, Tom Dooley gave a good tussle and finished in 2:30:08, with John Knifton, Ron Daniel, and Gerry Bocci following well behind... East German ace Christof Hohne bettered the world record at 50 km (track) with a 4:08:01... On the local scene, your already aging editor won a 2 Mile in 14:49 and a struggling 20 km in 1:43:14.

5 Years Ago (From the October 1979 ORW)—This time, Canada, led by Mike Stone and Helmut Boek, prevailed over the U.S. in a dual meet from Canada in Montreal. Bob won the 20 km in 1:34:32, with John Knifton edging Karl Marschens and Marcel Jobin for second and John Kelly finishing third. At 30 km, Tom Dooley gave a good tussle and finished in 2:30:08, with John Knifton, Ron Daniel, and Gerry Bocci following well behind... East German ace Christof Hohne bettered the world record at 50 km (track) with a 4:08:01... On the local scene, your already aging editor won a 2 Mile in 14:49 and a struggling 20 km in 1:43:14.

Report from Outer Mongolia

We mentioned earlier that Bob Steadman had received a letter from that former great from Outer Mongolia, Mr. Gombojav. Here it is, for your edification:

Ulan Bator
Outer Mongolia
1984 July 3

Dear Steadman,

Thank you for your invitation to visit while in America for Olympic Games. Thank you also for nice digital timer. I have sent you nice fur hat by surface mail.

As you know, Communist solidarity requires us to boycott—sorry, not attend—Games as Russians have demanded. Our team did not really want to go there anyway, because Los Angeles smog is worse than Leningrad water—you cannot cure fog with Pepto-Bismol. We had selected very good young track team, mostly students from University of Outer Mongolia, and I was to be manager. Our walker, Wonton Upchuk, has been trained by me since childhood. Also are fine horsemen and wrestlers.

But when the Party heard that decadent Americans were to place signs along 50-Kilometer course urging athletes to defect, we voluntarily withdrew from Games at government command. They need not have worried; like most college athletes, my boys cannot read their own language, let alone foreign ones.
Between you and me, comrades, I am annoyed that our government forced our voluntary withdrawal. We are unhappy that our President Johnson was killed for "ill health" while USGR is run by invalids. But don't tell this to that skinny editor, or he will make fun of me, Gesmich!

Perhaps we meet at some Solidarity Games.

Yours in solidarity.

Ta, Gomboj

FROM HEEL TO TOE

An mentioned briefly in the last issue year, Henry Laskau has learned after 10 years that he had not disqualified in the 10 Ks in the 1965 Olympic Games, as he had been told at the time. Bob Bowman had researched the records of the competition and found that Henry had officially finished seventh in his heat. The first five advanced to the final. We also barely mentioned a birth in the Torrellas family.

Maryanne, the first of last year, but out much of this season being great with child, delivered a boy on August 22. The fellow weighed a half ounce under 8 pounds and measured 20 1/2 inches. Maryanne planned to resume a training schedule on September 10 and be back in competition for the indoor season. For those who noticed the man on the stool in the bottom photo on page 2 of our Olympic issue and thought it might be a lazy judge, Larry Larson tells us: "The man on the stool was an umpire (IAAF term, we call that official an inspector in the U.S.). The umpires were men and women from the 200 officials selected for the Olympics and in many cases having their first exposure to race walking. Few who saw the finish line of the 50 would have seen those umpires on their stools. Their job was to watch for violations of the rules of competition (e.g., interference for is involving unsportsmanlike conduct, allowing) and out on the road loop they were also responsible for supervising athletes who left the course for bathroom stops, to stretch, etc., and also to watch for cutting off at the spray stations and refreshment stations. They were an active group and did make some calls (none that affected the final standings). I was in charge of organizing that group of officials for both the 20 and 50. It involved a group of about 40 officials. One of the highlights of my involvement with the officials was the number of the top officials in the U.S. who volunteered to work the walk."...Larry also reports: "A rather exciting event happened to Frank Alongi following the 50 K race. After his amazing victory, Paul Gonzales got a huge Mexican hat (see photo) from someone in the stands and did his victory lap wearing it. Afterwards, Gonzales came to Alongi (away from the track area) and gave him the scarf as a special gift. "I have my glory and I wish to share it with you in thanks for what you have done for walking in the Agerlone, Gonzales told Frank. So Frank had to find room on the plane going home for his special treasure."...Apparently athletic directors in the Wisconsin State Universities Conference have voted to drop the race walking events from their championship program (2 miles indoor, 10 Ks outdoors). Another kick in the pants for walking, as this was the premier collegiate program in the country. The reason is that many of these schools, who have been members of the small college NAIA, which who are not affiliated with the NCAA, which does not... Speaking of Frank Alongi, he has recently completed a study to determine the impact forces of a race walker for heel drop of up to 190 mm (6 inches). Lower impact forces were registered for heel drop of less than 25 mm. At 20 mm drop, the force is approximately 10 percent of body weight. At about 72 mm, impact has risen to 200 percent of body weight. It is what that you had better walk properly or risk some serious injury problems from the severe impact of heel drop. The Athletics Congress National Convention is Nov. 30 to Dec.

COLUMBIA DAILY TRIBUNE

Page 11, October 1, 1984

The "closet" walker finally emerges from the shadow. From the dark in the dark so no one could see him. Now, Allen Price, serves the limelight.

For one 24-hour period each of the past three years, Price has come to Columbia and performed an incredible athletic feat. He slips into town on a Friday night, shows up at a track on Saturday afternoon, blows everyone — opponents and spectators — away and is gone by Monday morning. He is a vapor, like the fame that accompanies what he's done. Price is at once the most successful and the most mysterious walker in the world. He has won races in every single event he has entered, and he has broken every record in the book.

Every year offers new challengers, new events. Last year, Price ran in events all over the world, but this year, it was the cold. Price strode through it like he was all alone, which of course he was.

Price, 37, is from Northwest Washington, D.C., where he lives with his wife and daughter. When he was 18, he was the first American to win the Olympic trials. He has won every race he has entered since then, and he has broken every record in the book.

"I believe in the power of athletics to change lives," Price says. "When I was young, I was a rebel. I was a dropout. I was a dropout. But now, I'm a success. I'm a success."

Price is a man of many talents, and he has many interests. He is also a musician, a painter, and a poet. He is also a actor, and he has appeared in several movies and television shows.

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He'll again pick up his pace when you talk about intros on his homedomain.

“People who don’t do this,” he says, “they think it’s so easy. That’s because they haven’t tried it yet.”

Price recalls two incidents while carving out a three-mile-sized piece of melon and swallowing it in one. “Both of these guys thought it was going to be so easy, and it isn’t because it’s incredibly difficult, what I do.”

He dismisses novices with shrug of a shoulder. Ask him how far a runner or jogger in good shape could walk in 24 hours and he’ll say “30, maybe 40 miles.”

“You don’t think it’s very hard,” Price says. “You figure 100 miles in 24 hours. That’s 15-minute miles, Easy, you think.”

Think about it. Take an average stride of three feet. In one mile, you will take 1,760 steps. Multiply that number by 24 and you reach a 90-mile walk. Be back, you can’t really talk about it. PriceHit him bow far be

In practice this rule forces some “waddling” during the walk if the athlete wants to reach a high velocity. The purpose of this note is to suggest that there is a simple physical reason why this waddling occurs.

During the walk, the athlete’s center of mass (c.m.) goes up and down. The velocity and accelerator of the rising depend on the force applied by the athlete’s foot to the ground. However, when the c.m. goes down, the only force is the gravitational one. The consequence is that the higher the height, the greater the descending time and, consequently, the time to complete the step. Thus the athlete must “waddle” so that his c.m. does not rise too much.

We can obtain a simple expression relating the athlete’s velocity and the rising of his c.m. Fig. 1 shows an athlete in three successive positions. In A he has his two feet on the ground, his c.m. is in his lowest position, and he initiates a step. In B his c.m. is in its highest position. In C the step is completed and his c.m. has returned to its lowest position. The continuous line is the c.m. trajectory. The intervals \( t_1 \) and \( t_2 \) are the rising and the descending time, respectively, and \( h \) is the amplitude of the c.m. oscillation.

There are several reasons why, in practice, the intervals \( t_1 \) and \( t_2 \) must be of approximately equal lengths. A great effort to obtain a very short \( t_1 \) is useless: it would tire the athlete while his velocity would be limited by \( t_2 \). Also, if \( t_1 \) were smaller than \( t_2 \), the walker’s upward acceleration would exceed \( g \), since we estimated \( t_2 \) assuming that the acceleration equaled \( g \). Thus if \( t_1 \) is less than \( t_2 \), the walker would tend to hop or leave the ground, thereby breaking the rules of race walking. Furthermore, since for human walking approximately equal distances are traveled during the intervals \( t_1 \) and \( t_2 \), if \( t_1 \) and \( t_2 \) differed significantly the athlete would have to accelerate and decelerate, requiring more power. All these arguments suggest that a good estimate of the total step time is

\[
\begin{align*}
t &= t_1 + t_2 \approx 2(2L/g). \\
\end{align*}
\]

(1)

The athlete’s velocity is

\[
\begin{align*}
v &= L \sin \theta \sqrt{g/2h},
\end{align*}
\]

(2)

where \( L \) and \( \theta \) are indicated in the figure. Reasonable values (at least to the author) are \( L \approx 0.8 \) m and \( \sin \theta \approx 0.5 \).

Thus

\[
\begin{align*}
v &\approx 0.9/\sqrt{h} \text{ m/s}.
\end{align*}
\]

(3)

Thus Eq. (3) shows why a race walker must “waddle”: He must limit the up and down movement of his c.m. For example, if the athlete desires to obtain a velocity of \( 5 \) m/s (a typical race walking velocity), he must limit the up and down movement of his c.m. to \( h \approx 3\) cm. At 8 m/s, his c.m. cannot oscillate more than 1.2 cm! We must observe that Eq. (3) does not impose any restriction on common walking. Its velocity is about 1.5 m/s and consequently \( h \) must
be lower than about 35 cm, which is easily attained. In ordinary running it is not necessary to have at least one foot on the ground and thus Eq. (3) also does not impose any restriction. This can be seen from the figures in Ref. 2, where during a run the athlete's c.m. oscillates with an amplitude of about 5 cm.


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