Monte·y, Cal., March 30--In the year's first outdoor National, Marco Evoniuk was an easy individual winner of the 20 Kf team race. The team title went to a team from Seattle. Marco's quick 1:28-40 put him more than 6 minutes ahead of Sam Shick at the finish. Shick just beat comebacking Steve Dibernardo. In the women's race, Lori Maynard won impressively over Jolene Steigerwalt.

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3. Steve Dibernardo
4. Dan Pierce
5. Ed Boudin
6. Guy Ott

**Women**:
1. Lori Maynard 1:58:07
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3. Mary Baribeau

**Men's Ten**:
1. Seattle 5:09:18
2. Van's Walkers 5:17:30
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DOES RACE WALKING NEED A RULES CHANGE?

We feel it is time for a change in the rules of race walking so that they correspond to what is happening in the sport today. Well trained race walkers do not maintain contact with the ground at the speeds and over the distance at which they now race. We, who have been in this sport certainly know lifting has existed as long as race walking. As walkers from around the world get stronger in future years, lifting will only become more of a problem. The dedicated judges do their best but the human eye simply cannot focus on heel and toe contact when the athlete is moving at such high rates of speed. A few years ago someone came up with an idea to help the judges out. It tells us the judges are only capable of making decisions their human eyes can detect. This is quite true but if this is the best we can come up with you know our sport has problems. We are quite a unique event because the fitter one gets, the faster one goes, and the more illegal one becomes. Look at the improvement in performance since the 1970’s. The following are what the rules of race walking could possibly be.

CORRECT RACE WALKING TECHNIQUE

Note: The race walker is displaying a typical low flight phase and excellent biomechanical technique at the same time.

Race walking is a progression of steps so taken as to demonstrate continual and correct biomechanical technique. I.E., correct hip rolling motion with low forward knee swing. The heel of the foot must make contact with the ground out in front of the walker’s vertical upright position. This forward stepping leg is to straighten or "lock" (hyperextend back into the knee joint) no later than in this vertical upright position. The competitors are to appear to be pulling themselves forward after their heels have made contact with the ground. The toes are to point in an upward angle as the heel makes its contact. An upright body and head posture at all times is recommended as is a vigorous arm movement. Look for a smooth and even flow of the walker. The legs should smoothly pull the body forward. Any push should be created by the toes at the very end of the stride.

**Why not start our 21st year of publication with a little controversy—judging. The following article by Ron Laird, three-time Olympian, million-time National champion, appeared in the February 1985 Race Walking Newsletter, edited by Randy Minn, and sent to members of the National Race Walking Committee by the National Athletics Congress.**
We acknowledge the presence of a loss of contact or flight phase during the stride of today's highly trained competitive race walkers. It is legal to demonstrate this flight phase as long as it does not cause excessive forward distance to be gained. Any athlete who intentionally or carelessly extends this flight phase will give cause for warnings and disqualification. The single, white warning marker and three disqualification calls from various judges remain the same.

**ILLEGAL RACE WALKING TECHNIQUE**

**BENT KNEE(S)**

The supporting leg must be straightened in the vertical upright position. Pushing off with the frontal thigh muscles to propel the competitor forward will be reason for disqualification. This is the easiest fault to detect. The competitor will display a shuffling, creeping or even jogging movement. The muscles just above the frontal knee (quads) will contract and stay that way throughout most or all of the stride. At quality speeds they can also easily create a medium to long flight phase.

**EXCESSIVE FLIGHT PHASING**

If the race walker is intentionally or carelessly extending his or her flight phase by the following methods, they shall be warned and disqualified:

1. Too rigorous and high an arm and/or shoulder movement. This can easily pull the body up and through the air.

**FUTURE FROLICS FOR FRIVOLOUS FEET**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
<th>Start Time</th>
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<tbody>
<tr>
<td>Sat. Apr. 13</td>
<td>Women's 5 Km, Worcester, Mass., 10 am (T)</td>
<td>5 and 10 Km, Panasena, Cal., 9 am (O)</td>
<td>5 and 10 Km, Overland Park, Kansas, 8 am (W)</td>
</tr>
<tr>
<td>Sun. Apr. 14</td>
<td>DC Marathon, Washington, DC, 8 am (Q)</td>
<td>5 Mile, Boulder, Col., 10 am (K)</td>
<td>5 Km, New York, NY, 9 am (X)</td>
</tr>
<tr>
<td>Thu. Apr. 18</td>
<td>10 KM, Boston, 7 pm (O)</td>
<td>5 Km, Thomasville, Georgia, 9 am (B)</td>
<td>5 Km, Atlanta (B)</td>
</tr>
<tr>
<td>Sun. Apr. 21</td>
<td>NATIONAL ATHLETICS CONGRESS WOMEN'S 20 KM AND MEN'S 25 KM, WASHINGTON, DC, 8 am (Q)</td>
<td>8 Mile, Sandy Hook, NJ (E)</td>
<td></td>
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<tr>
<td>Thu. Apr. 25</td>
<td>10 KM, Seattle (P)</td>
<td>Sat. Apr. 27</td>
<td>3 Mile, Detroit (S)</td>
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<tr>
<td>Sat. Apr. 28</td>
<td>5 and 10 KM, Albuquerque, NM, 9 am (F)</td>
<td>Sun. Apr. 29</td>
<td>15 Km Open, 5 Km Invitational, Jesse Owens Classic, Columbus, Ohio (U)</td>
</tr>
<tr>
<td>Sun. May 5</td>
<td>5 Km Open, 5 Km Invitational, Jesse Owens Classic, Columbus, Ohio (U)</td>
<td>Sat. May 7</td>
<td>Men's 20 Km, Women's 10 Km, Novice 3 Km, Cambridge, Mass., 9 am (O)</td>
</tr>
<tr>
<td>Sun. May 12</td>
<td>NATIONAL ATHLETICS CONGRESS 50 KM, NEW YORK CITY, 7 am (X)</td>
<td>Fri. May 17</td>
<td>5 Mile, Ballard, Wash. (P)</td>
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<tr>
<td>Fri. May 29</td>
<td>12 Km, Port Townsend, Wash. (P)</td>
<td>Sun. May 26</td>
<td>Men's 5 Km, Women's 3 Km, College Park, Maryland, 9 am (Q)</td>
</tr>
<tr>
<td>Sat. May 25</td>
<td>NATURAL ATHLETICS CONGRESS 5 KM, MEN, WOMEN, JUNIOR, MASTERS, DENVER, COLORADO, (Y)</td>
<td>Sun. May 26</td>
<td>20 Km, Washington, DC, 8 am (Q)</td>
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<tr>
<td>Thu. May 30</td>
<td>5 Km, Reading, Penn. (V)</td>
<td>Sat. June 2</td>
<td>15 Km, New York City, 10 am (X)</td>
</tr>
<tr>
<td>Sun. June 9</td>
<td>15 Km, Columbia, Mo., 9 am (C)</td>
<td>5 Km, Denver, 9 am (K)</td>
<td>Sun. June 9</td>
</tr>
</tbody>
</table>
2. The driving up and reaching out of the forward stepping leg. This easily extends the flight phase of the stride beyond the allowable limits.

3. The premature bending at the knee and pulling forward of the trailing (supporting) leg while the leading leg has yet to make contact with the ground.

A combination of two or all of the above will certainly result in excessive and illegal flight above and over the ground. These are well illustrated in the above drawings. Look for a well controlled and smooth movement at all times.

Judges from all over the world must look for biomechanically correct race walking technique and disqualify those who are deliberately or carelessly getting too high and really flying forward with each step. Excessive lifting is what the athletes get disqualified for and what the judges must watch for anyway. This is the way it has always been and should always be. Flexibility, technique and fitness only help what is going on with one's true ability to make perfect contact at all times. We only sink deeper into more controversial situations by continuing to ignore the fact that the flight phase is a normal part of today's highly competitive racing and training scene. Until we update our rules we will continue to be criticized by other track and field officials, coaches, athletes, writers and spectators. Let us work together to change the rules so race walking will finally be legitimate in all its future years. If we don't, we may soon see the end of the sport.

Former National Chairman Bob Kitchen, a walker of no little repute himself, offered the following commentary on Ron's suggestion.

KEEP CONTACT IN WALKING

Bob Kitchen

I have read Ron Idard's thoughtful proposal for a Rules Change for Race Walking. Ron has circulated a similar proposal before and though it attempts to respond to the universally perceived crisis in race walking technique and judging, there are serious flaws in its logic. If Ron's rule change were to be accepted (and I doubt that the conservative IAAF Race Walking Committee would do so), I believe this would remove all credibility from our event in the view of the athletic world.

As clearly as possible, allow me to explain the problem with this rule change and then offer the constructive direction in which we must go.

Ron's Rule takes the current situation of two objective rules and reduces it to one objective rule (straightened knee) and one subjective rule for style. "Continual and correct biomechanical technique" is not very objective, either now in the future, whenever the inevitable style changes will develop. Moreover, judging for "correct biomechanical technique" will prejudice the inefficient, but legal, walker, let alone the walker with a revolutionary or simply unfamiliar technique. If you thought the arguments among judges were esoteric before this, wait until such a rule change would take effect!

"Excessive flight phase" is a nebulous phrase and I doubt it would solve many problems. Certainly, very excessive flight phase in a walker would result in disqualification under either system. As time passes, the
degree of excess permissible would tend to increase ("because it still looks good").

Problems in judging only really occur in the gray areas between the obviously legal and the obvious DQ. Ron's Rule wants to solve the problem of the gray areas by eliminating or ignoring them. In the process, this rule would de-objectify race walking. Ours would be the only athletic event without an objective rule, looking for a specific event to occur (i.e., not stepping over the foul line, clearing the hurdle, throwing within the sector, making contact with the ground at all times).

The technical details of Ron's proposal are not the critical issues. It is the overall perspective that is at fault. Ron sees the crisis as one of technique: the tremendous fitness of current and future race walkers renders the old limits of contact ineffectual. I perceive the crisis as one of judging: we have never yet professionally trained and certified our walking judges. There are several programs circulating for a judging-certification and training program. We must take the lead in the world in this matter and must put our priority on it in this early year of the Olympiad. Our best judges are remarkably accurate, but we need to refine our judging techniques and make them more consistent in all our judges.

Yes, we do have a public image problem due to technique and judging. But it will be nowhere near the problems we will have if we introduce this rule change. The criticisms that we do not know or are not clear about we are doing may be correct.

Elliot Deman chooses to be less diplomatic in commenting on Laird's proposal:

Re: The so-called "Ron's Rule"

To me, it represents the worst possible "solution" to any judging problems we may have. It is no "solution" at all because it would make any current controversies look like chicken just matters indeed.

The term "excess flight phase" is simply ridiculous and incapable of being judged. Walkers would turn to kangaaroos. We would change the name of the event to hopping or skipping or long jumping. Carl Lewis would be fine at it. His "flight phase" is already world-record caliber.

This whole business was brought up in England several years ago and laughed out of the country. If it ever comes about in this country, I will switch sports. . . to ballrooming. . . or chess.

Sincerely, Elliot Deman

Brief comment from the editor:

My initial reactions on reading the suggestion were along the same lines as Bob Kitchen's; why throw out an objective rule, albeit one that must be applied subjectively because the human eye cannot detect broken contact at high speed, in favor of a subjective rule that still must be applied subjectively? I don't see it being any easier to distinguish between the "flight phase" and the "excessive flight phase" than it is now to distinguish between double contact and "flight phase". Of course, it is obvious in the extreme as Ron shows, but I don't see anyone walking anything like that today. But, if we inject the "flight phase" into the rules, we might see people trying to walk like that in the future—maybe even getting away with it because of lenient judging. (All people get away with today because of lenient judging or "marginal flight phase", to coin another term in our rapidly expanding walking vocabulary. Whatever happened to "lifting" and "creeping")

From Heel to Toe

Many of you received an Ohio Racewalker with a black and white masthead last month. The printer ran out of the preprinted cover stock in the middle of the run. Rather than delaying production, I went ahead with black and white for the rest of the run. I was supposed to have been notified when the stock was running low, but I guess it didn't happen. More covers have been ordered in the meantime so things should look familiar again on this issue.

Three more late additions to the 1984 U.S. 20 Km list: Juan Santana and Alan Jacobson 1:37:41, John Slavonic 1:37:54. All in a race in Seaside Heights, NJ on May 6. The results had been sent to me, but somehow I overlooked them. (If you saw how efficiently things are organized in our offices), you would wonder how that could ever happen. . . . The Seaside Heights race is actually an annual 10 Miler (I guess they let some people go onto to 20 Kms last year to get 07 qualifying times) first held in 1964, when Bob Kitchen won it in 1:00:00. In the 20 editions since, only two people have won more than once. Ron Daniel won five of six races, starting in 1972, becoming the first repeater. Dave Romansky won in 1968 and did it again 10 years later, going almost 3 minutes faster (1:17:25 and 1:14:37). Daniel's best time in his string was the first in 1:14:45. Ron Edwards holds the meet record of 1:12:40, set in 1981. This year, Ray Funkhouser will try to get that elusive repeat title. He won in 1:13:19 last year. . . If you are interested in a summary of results in the New England area for 1984, send $1.00 to Brian Savilonis, 243 Mirick Rd., Princeton, MA 01541, for a copy of The Pine Hill Pedestrian, Vol. I, 1984 Annual. . . The Shore AC is sponsoring classes in the art of walking for fun and fitness. Directed by Mrs. Cindy Costa (see article elsewhere in this issue), they are held each Thursday at 6 pm. Contact Elliot Deman, 28 W. Locust, West Long Branch, NJ 07764, for details. . . Don and Debbie Lawrence have moved from St. Louis to the Kansas City area, where they are still managing an Athletic Shop. This one is inside a Fitness Center called Health Plus. The Center has full sports medicine and exercise physiology facilities and a 1/10 mile indoor track. They encourage visitors to stop by and see them when they are in the area. They have also organized the Kansas City Walkers and are already up to 90 members by holding weekly clinics. Health Plus is at 4500 West 107th St., Overland Park, Kansas 66207. . . Comments on the Intercollegiate Walk at Princeton N.J. on March 3 (see results), Gary Westerfield says: "On very little notice we gathered five top-quality walkers from five colleges. All did a super job, some after competing the day before. The race is a step in the right direction and hopefully we can look forward to an annual walk of the 1985 NCAA Track Championships. It is a good successor to the old (non-scoring) TOBA walk. Let us again urge that the college coaches out there continue to work for the inclusion of race walking events,

March 1985
perhaps first on a non-scoring basis, and eventually as a scoring event in all major events. We happen to have one terrific crop of college walkers at the moment. Now is the time to work for better days and greater acceptance of track and field-during the 1985 outdoor championships to secure a college 10 Km. walk, and also work on another 5 Km. for the 1986 indoor championships..." Jim Hanley informs us of the passing of a good friend of race walking, Max Zucker, on Feb. 23. For more than 20 years, Max was editor and publisher of Starting Line Magazine-a high-quality magazine that is read in the U.S. Put out from Max's home, Starting Line was a high-quality magazine that always covered walking fairly, frequently included pictures of walkers, and even had walkers on the cover on more than one occasion. Sons Eric and Mark have vowed to keep the line going...A few races in Kenosha, Wisconsin, omitted from the schedule because we learned of those since that was types, Sunday April 21, 10 Km Women, 20 Km Men (track), 1 pc; Sat. May 11, Women's 10 Km (track); Monday, May 27, Men's 20 Km, Women's 10 Km; Sat. June 8, 5 Km; Sunday June 9, Men's 10 Km, Women's 5 Km, 11 am. Contact Mike DeWitt, Track Coach, UW-Parkside, Kenosha, Wis. 53140 (262-549-4207).

RESULTS CONTINUED:

Women's race walking is itself at a breakthrough stage. There will be a women's 10-kilometer walk at the 1987 World Championships in Rome, a possible stepping stone to the event's inclusion on the 1988 Olympic schedule.

Done properly, race walking is a thing of extreme grace. Done improperly, it sometimes seems — to casual observers — something of a waddle.

Mrs. Costa does it gracefully and properly — and that's the message she emphasizes in her teaching sessions. It's all in the coordination of the arms and the legs and developing a sense of dynamic, rhythmic movement.

"It's a beautiful thing, and I think the word is finally getting out," she says. "I just stress health walking, and getting people to feel good about themselves by walking.

"You can start in any shape. But I can guarantee you'll be in better shape once you get into it."

She cites studies that show vigorous walking to be one of the best calorie-burners ever discovered. Walking at 5 mph pace (a fast stroll) will devours at least 330 calories. 6 mph (steady racing pace) 734 calories, and 7 mph (championship racing pace) 960 calories. In each case, walking that fast will burn far more calories than running that fast.

Her ambition is to encourage walking fans everywhere.

"I'd like to see a million people out there walking," she says. "I'd like to get the whole world to do it."

It figures that she's a beautiful advertisement for her sport.

Once upon a time, long before Bill Rodgers brought brand-name running to Boston and before Americans began to jog their way to grace, walkers ruled the roadways.

In the late nineteenth century, many of the most strenuous races for top athletes were walking races. Professional "pedestrians" such as Edward Payson Weston won as much fame and fortune as baseball stars, and fans flocked to six-day walking marathons held in Madison Square Garden. During the twenties, boy scouts earned badges for mastering the "heel-and-toe," as race walking was then called. Aver Brundage himself, who became America's most vigorous promoter of the Olympics, competed in his younger days as a race walker.

Nowadays, however, race walkers are rare birds, and they don't get much respect. Ever since running surpassed walking as the gait of champions, loneliness and ridicule have become the lot of the long-distance walker. As far as many runners are concerned, a walker strutting down the street in the classic Olympic swivel might as well wear a big purple W on his chest — for "wimp." Says Steve Vaitones, one of New England's leading competitors in the sport, walkers have an "image problem."

In the opening scene of the film Doctor Detroit, for example, chubby-legged Dan Aykroyd gets an easy laugh by power walking, waggling down the road with his tail in the air. He's a parody of the health-conscious nerd, the village eccentric who becomes a vegetarian or takes up yoga.

Nevertheless, as many runners have begun to drop along the wayside with shin splints, bum knees, and tendinitis, race walking has begun to make a comeback. One thinks of the race between the tortoise and the hare — or more accurately, considering the styles of movement involved, the rooster and the roadrunner. Ultimately, the race for fitness goes not
to the swift but to the sound of limb. Walkers, who claim that their sport is virtually injury-proof, feel that they
will have the last laugh, since they can compete well into their seventies. In fact, cardiologist George Sheehan, one of
the early gurus of running, now claims that race walking is “part of a ground-swell that may become the wave of the future.”

In New England, where running has surpassed even sailing as a spiritual pursuit, that ground swell has yet to make
waves. But walkers, who often feel themselves to be second-class members of running clubs or athletic organizations,
have begun to form their own groups and to proselytize. Says one organizer, “Walking is now at the same stage as running was about ten years ago.”

That is, it’s a small, zealous network of middle- to upper-middle-class professionals, homemakers, and athletes who
are eager to proclaim the physical and mental benefits of their sport. Few walkers, it seems, can pursue their avocation
without trying to make converts.

Without surprising, most converts to race walking come from the ranks of injured or disgruntled runners. Steve
Vaitones, who works in the computer operations department of the Center for Astrophysics in Cambridge, started out
as a runner and entered his first walking race as a joke. However, he soon realized that he had a much brighter future
as a walker than as a runner. As he describes it, he was a “half-assed runner, a back-of-the-pack” with little
potential for improvement. But as a walker, he began to make his way to the front of the pack. He became so proficient at it that he now has a hard
time finding tough local competition.

Myrna Finn, founder of the fledgling Newton Racewalkers Association, was an avid runner who competed regularly in
marathons and Bonnie Bells until she suffered a severe back injury in a household accident. Frustrated by inactivity, she
picked up a book on power walking, a simplified style of race walking designed for fitness rather than competition, and she began to walk briskly around her neighborhood every morning. One day she was approached during
a walk by a man in his fifties with an Australian accent who showed her the proper techniques for race walking.

Since then she has held clinics and gone on television to spread the word. “I think it’s the most beneficial thing we
can do for ourselves,” she says flatly.

Nevertheless, for Finn, as well as for most race walkers, running remains a constant reference point. At a recent
organizational meeting in Newton, Finn explained why “pound for pound, walking has it all over running.” It seems that a walker who covers a mile in twelve minutes is burning more calories than a runner. And, of course, the wear and tear on the muscles and ligaments is considerably less, since race walking requires constant contact with
the ground — no bouncing allowed. Amazingly enough, the fastest walkers can achieve six-minute miles and maintain a seven-minute-mile pace even over a marathon distance. Steve Vaitones claims that he can walk his way to
the finish line in a runners’ marathon ahead of a third of the entrants.

Unfortunately, the style that makes race walking so much speedier (and funnier looking) than regular walking and so much safer than running is quite difficult to learn. Unlike running and regular walking, race walking is an unnatural gait that requires great concentration and coordination. Race walkers take longer to develop than runners, and the average age of top competitors is considerably higher among walkers than among runners. Says Steve Vaitones, “People who think you’re just strolling through the park don’t understand the skill involved.” Mastering race walking is akin to doing the twist with the upper body while doing the merengue from the waist down. Beginners often resemble the buffoons in Monty Python’s Ministry of Silly Walks. The technique is particularly difficult for men, who learn early on in their lives that walking with a wiggle just won’t do.

Two basic rules of race walking are the source of all the complications. The first is that the supporting leg in one’s forward motion must be kept straight at the knee as it passes through the vertical position. This prevents “creeping,” or bending in the knees in a Groucho Marx shuffle. The second is that contact with the ground must be maintained at all times, which means that one must actually maintain double contact points.

As you stride forward and plant one foot, heel first, you push off from the toe of the other foot.

The key to maintaining a smooth stride is the swiveling “hip girdle” action that one walker has termed the “backfield-in-motion technique. It might better be termed “shooting from the hip.” The walker strides from the hip, using his whole body to build momentum. As the back leg moves forward, the hip rotates and drops, tilting the pelvis and allowing for a longer stride. The arms pump vigorously, bent at ninety-degree angles, with the hands swinging back to the ball joint of the hip. If one uses the classical European technique, the head and shoulders remain on an even plane. However, if one adopts the flamboyant Mexican style, which is growing in popularity, the upper body, including head and shoulders, appears to be twitching to a light fandango.

Carol Flake’s book Redemptorism is due out this month.

The better one becomes at race walking, the more fluid and exaggerated these motions become. And the tougher one’s hide gets when it comes to hecklers. Says one walker, “You get labeled the town eccentric, and people make wisecracks for a couple of days, but you get used to it.” That is, if you are walking in suburban places where Pumas are as common as Top Siders and where people are always ready to try a new mode of transportation — roller skates, roller skis, skateboards. For walkers who live in urban neighborhoods, caution is the better part of valor. Says Steve Vaitones, who is a sturdy six-foot-four, “I’ve learned where I can walk and where I can’t. I avoid the rowdier neighborhoods, and I check things out when I’m in a new place.”

Vaitones feels that it will take an Olympic star, or at least a Bill Rodgers of race walking, to make the sport exciting to spectators and sponsors. So far, soft-drink manufacturers and athletic equipment companies have been slow to endorse race walking, and one can hardly imagine the theme song of Chariots of Fire playing in stereo as race walkers splash along the beach in a training session. Until that can happen, race walkers may have to adopt the training method practiced by one engineer who has just begun to alternate race walking with running. “I go out at five in the morning, when there’s no one around to watch.”