LAWRENCE, SCHUELER WIN IN KANSAS

Overland Park, Kansas, April 6--Both Debbi Lawrence and Carl Schueler pulled away in the final stages to win National Athletics Congress race-walking championships today. Lawrence's title at 20 km was her first and also marked her first win over defending titlist, Teresa Vaill. Her 1:46:07 was less than 2 minutes off Vaill's U.S. road best, set in Washington, D.C. last year. Schueler won at 25 km, beating Jim Heiring, who was walking his first major race at a long distance since knee surgery last summer.

Lawrence, who also helped her husband Don organize and manage the races, trailed the favored Vaill in the early going. Teresa applied pressure early and led through 5 km in 24:27. However, that left the determined Lawrence only 10 seconds back. When Vaill slowed over the next 5 km, Debbi moved in and the two went through 10 km together in 50:23. From there, the local favorite pulled away from her Long Island rival to open a 44 second lead by 15 km, which she passed in 1:17:31. Vaill was able to close some to the finish, Lawrence perhaps feeling the effects of her pre-race activities and the hot pace, but the margin was still 33 seconds at the end.

Canada's Micheline Daneau could not match the early pace of the two leaders, but gained ground over the second half to easily beat Susan Liers for third in 1:48:19. Liers hung on to finish ahead of the other Vaill--Lisa, Canada's Christine Cusiguy and the rapidly improving Viisha Sedlak, from Denver, were sixth and seventh, both well under 2 hours.

In the men's 25, Heiring set out to see how fit he was with a 21:53 for the first 5, leaving Schueler and Gary Morgan nearly a minute behind. Although slowing somewhat, he widened the margin slightly as he passed 10 km in 44:30. Morgan was loosing ground at this point and Dave McGovern closed on him.

Schueler took command from Heiring at about 19 km and led at 20 in a quick 1:30:53. He slowed only slightly from there and finished in an excellent 1:53:28, 63 seconds ahead of Heiring. Carl commented, "I didn't expect Jim to have a bad day. He went out way too fast. He probably would have won had he gone out with me. When he is doing well, he's a lot faster than I am."

McGovern also finished strongly, well under 2 hours and way ahead of the fading Morgan. Seventh overall was marvelous Max Green, age 53, I believe, who won the master's title in 2:37:01. Also marvelous was the 61-year-old 1960 Olympian, Bob Mims, who was the second master, well under 2:30. The Junior 20 was won by John Shaeffer, a high school freshman in Kansas City, in 2:05:13. Results: (Turn to page 3.)
FORTHCOMING OPPORTUNITIES FOR COMPETITIVE EXPERIENCES

Sat. June 7-5 Km, Denver, 8 am (K)
Sun. June 8---Ron Zinn Memorial 10 Km, Kenosha, Wis., 9 am (O)
Mon. June 9---5 Km, Long Branch, NJ (P) And every Monday through Aug. 25
Fri. June 13-1500 meters, Kenosha, Wis., 5 pm (P)
Sat. June 15-5 Km, Racine, Wis., 8:45 am (O)
Masters 5 Km, Indianapolis, Ind., 4:13 pm (V)
Metropolitan 5 Km, New York City, 9 am (BB)
5 Km, Dearborn Heights, Mich., 10 am (W)
5 Km, Los Angeles, (N)
Sun. June 15-5 Km, New York City, 10 am (G)
5, 10, and 15 Km, Pasadena, Cal., 7:30 am (K)
Fri. June 20—NATIONAL ATHLETICS CONGRESS WOMEN’S 5 KM, EUGENE, Ore. (DD)
Sat. June 21—NATIONAL ATHLETICS CONGRESS MEN’S 20 KM, EUGENE (DD)
10 Km, Colorado Springs, Col., 9 am (K)
5 Km, Los Angeles, 9:30 am (P)
Tue. June 24-5 Km, Kenosha, Wis., 6 pm (P)
Sat. June 26—NATIONAL ATHLETICS CONGRESS JUNIORS 5 KM AND MEN’S 10 KM, Towson, Md. (EE)
10 Km, Century City, Cal., 7:30 am (N)
5 Km, Los Angeles, 8:10 pm (O)
Sun. June 29—Triathlon (5 Km walk, 5.5 Mile bike, 5 Km run), San Francisco (Q)
Fri. July 4-10 Km, Long Branch, NJ, 5 pm (P)
Sat. July 5—10 Km, Columbus, Missouri, 8 am (G)
10 Km Men, 3 Km Women, Dearborn Heights, Mich., 10 am (K)
2.8 Miles, Seattle, 6 pm (A)
Sun. July 6—5 Km, Kenosha, Wis., noon (O)
Tue. July 8—1 Mile, Kenosha, Wis., 6 pm (P)
Sat. July 12—NATIONAL ATHLETICS CONGRESS 10 KM, NIAGARA FALLS, NY, 9 am (FF)
July 18-20—NATIONAL MASTER’S 5 and 20 KM, LONG ISLAND (S)
Sun. July 20—5 Km, Kenosha, Wis., noon (O)
Sat. Aug. 2—5 Km, Arrowhead, Okla. (P)
10 Km, Columbus, Missouri, 7:30 am (G)

CONTACTS:
A--Don Pierce, 1137 NW 57th, Seattle, WA 98107
E--Sandy Bashkin, 563 Egleston Ave., New York, NY 10031
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G—Bob Duncan, 2980 Maple Bluff Dr., Columbus, OH 43201
K -- Bob Carlson, 2261 Gencoe St., Denver, CO 80207
N--Elaine Ward, 355 W. California Blvd., Pasadena, CA 91105
P--Elrod Franks, Track Coach, UW Parkside, Kenosha, Wis. 53141
V--Ellen Denman, 28 N. Locust, West Long Branch, NJ 07767
Y—Harry Smithen, 106 Sanchez St., Apt. 17, San Francisco, CA 94114
V--Bob Coughlin, 305 S. Barton, Indianapolis, IN 46201
W—Frank Alongi, 26530 Woodside, Dearborn Heights, MI 48127
CC—Howard Jacobson, 445 E. 86th St., New York, NY 10028
DD—Jack Pfeiffer, P.O. Box 22653, Baltimore, MD 21203
EE—Don Winicki, 161 Stewart St., Buffalo, NY 14211

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Women’s 20 Km—1. Debbi Lawrence, KC Walkers 1:46:57 (24:34, 50:31, 1:17:31
3. Michelle Dansau, Canada 1:46:39 (26:06, 53:00, 1:20:41)
8. Lorraine Green
9.20:09 (29:59, 1:25:59)
Barbara Fets, KC Walkers 2:07:05
10. Margaret Berger, KC Walkers 2:03:55
11. Patricia Rupert 2:04:11
Team 1: Kansas City Walkers 6:47:56

7. Martin Smith, Iowa 2:30:11
8. Dave Thomas 2:37:15
Team Reebok 5:59:47

Master’s 25—Age 50-59—1. Max Green, Detroit 2:17:01
2. Howie Jacobson 2:41:03
Ray Franks 2:46:40 60 and over 1. Bob Mism, Shore AC 2:18:51
2. Don Johnson, Shore AC 2:47:32
3. Harry Dralin, Shore AC 3:12:26

Jr. 20 Km—1. John Sheaffer 2:10:13
2. Elmer Becker 2:18:10
3. Lennie Becker 2:33:11

LEWIS, LIERS WIN AT 15

Long Beach, Cal., April 20—On a steaming hot day, Tim Lewis led all the way to win the National Athletics Congress 15 Km walk over Paul Wick.

In the women’s race, Susan Liers won easily as favored Teresa Vaill apparently folded up in the heat. Larry Walker, now 43, continued to impress as he took fifth overall and an easy win in the master’s race. Curt Clausen, eighth overall, was the Junior titlist and Max Green had another great race as he won in the 50-59 age group.

When the race started at 8:40, the temperature was already 82 F under a bright sun. It warmed to about 90 by the finish. Lewis was undaunted and moved into a quick lead. Pushing 5 Km in 21:46, he was 18 seconds ahead of Wick, with Gary Morgan another 5 seconds back in third. Steve Pecinovsky and Dave McGovern were locked in what turned out to be a race-long duel as they went through 5 in 22:18.

Lewis could not hold his pace in the heat, but continued to widen his lead to the finish, which he reached in 1:06:47. Morgan faded after the 5 and Wick had no trouble staying close of Pecinovsky and McGovern for second. Those two finished in the same time, with Pecinovsky given the nod for third.

In the women’s race, Vaill led at 5, but dropped quickly away after that, so Liers was pretty much on her own. However, she had a good tussle with Max Green throughout and she finally edged her by 3 seconds.

Commenting on the race, Lewis said, “I’m really more comfortable walking by myself rather than with other people. I like to be in my own concentrated little groove.” He added, “I just went out racing. I wasn’t concerned about my time.”

The results:

VAILL AND LEMIS ADD TITLES

Denver, May 10 and 11—In the Rockport Grand Walk Finals, Teresa Vaill and Tim Lewis both scored twin victories. Vaill won Saturday's 5 Km and placed second in Sunday's 10 Km, while Lewis scored wins at both distances. The 5 Km races were also TAC nationals, while the 10 and 20 represented TAC team championships.

No details on these races yet.


Race day was sunny with temperatures in the upper 70s to 80s. The women walked with daily splits of 50, 48, 47 and 40 miles. Mountainous course with daily climbs averaging 2,500 feet. 51 hours walking.

Richard Quinn, Potomac Valley Walkers
Stony Brook, NY
8
Nick Formica, Sayville, N.Y.
52:46
Marshall, Sayville, N.Y.
53:12
Santana, Reebok/Eastside TC 22 100
7.
Frances Montes, Reebok/Eastside 25:12

Virginia to North Carolina Border,
Eastside 25:12
20.
Tricia Reilly, Adelphi U.
25:12
21.
Bob Ryan, Shore AC 25:37
Blueridge Odyssey,
16.
(First walk in 9 years at Penn)-- 1.
Pat Moroney, Fordham O.
20:12
2.
Randy McIn 23:15
4.
Bob Carlson
17:20
Bogart, Team Nike
20:30
46
2.
Todd Scully, Willamette
20:30
60
3.
Gail Allen
20:50
2.
Leonard Jan
28:18
1.
Visha Sedlak
26:47
2.
Gail Allen
32:15
1.
Viisha Sedlak
26:47
4.
Dale Sutton
4:19
04
Frd Bouldin
97:36
3.
John Garcia
58:52
(7 finishers - 5 men, 2 women)
1.
John Ratto
48:55
2.
Chuck Marut
May 3--1.
John Ratto
48:55
2.
Chuck Marut
50:47
3.
Robert Edwards
55:29
4.
Kerry Bratton
55:46
5.
Karen Stoyanowski
50:47
Bill San Marathon, April 27--1.
Migliorisi Andreotti (46) 4:10:00
2.
Karl Krueger
4:39:59
3.
Mary Borzotta
4:55:15
4.
Diana Mondello
4:57:57
(16 finishers) NAIA District 2 10 Km, Sales, Ore.,
May 10--1.
Bandy Jacob
50:38
2.
Fred Clair, Eastern Oregon
53:45
3.
Troy O'Tall
55:59
4.
Willamette
May 2--1.
Jan Roos
23:02
2.
Brad Leonard
24:19
3.
Debbie Powell
24:10
4.
Mike Freeman
26:15
5.
Peter Bush
26:37
4.
Dennis McGinn
21:11
7.
Max Gould
28:13

BOSTO OK SAN GIOVANNI 30 KM

This race annually draws some of the top names in walking to Italy.
This year the U.S. sent a team and we have the following exclusive report from team manager Dr. Horace Palmer, assistant, walker, full-time patient, and sports medicine enthusiast. This year's race was held May 1.

The U.S. representation consisted of Paul Wick, Carol Brown, Owen Robertson, and yours truly as the manager.

Problems started upon arrival at the Milan airport. My bag was lost with all the medical supplies. Paul Wick had suffered a severe tibial tendinitis of the left shin and we were counting on treating it early. So, we lost a day in treatment. Ice is also very hard to find in Italy, so we tried the best we could. The women were healthy, with Owen very fit and Carol just coming back into shape and being called upon to arrive at the race early. (Susan Liers could not come with us.)

Our hosts in the suburban town of Bosto San Giovanni were very gracious and made us feel quite welcome. The town lies about 10 miles from downtown Milan, and was fostered by a local resident, similar to Dearborn, Michigan. Frank Alongi is well known among the walking population.

My bag arrived the next day, and we started treating Paul's shin. We tried everything, but to no avail. He just did not improve. The pain greatly hampered his heel contact and too off. Needless to say, he was very frustrated since he is in excellent shape otherwise. We had some high expectations here.

The race fields were stellar. Except for the absence of the East German this looked like a Lugano class field.

The race has good financial sponsorship and the potential for an expanded future into a European Race Walking Circuit or Grand Prix. This will include also a 20 Km and women's 10 Km in Spain, and 10 Km in Prague, and the annual Bergen races. Most of the walks were paid, this is an exciting opportunity for U.S. walkers to gain the international experience so desperately needed. Out walkers normally don't get this until they are thrown into a Lugano situation. And it could be easy on the budget. On to the race.

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raced at 11 am (8 km). The Soviets took it out fast with the first two laps on the track. Gwen went with the lead pack, with Carol holding in the top third of the field.

The race exited the Stadium to a four-loop road course with no splits given and no organized refreshments. Gwen faded and was battling with the English and French. Carol gained ground and strength over the last 3 km. The Soviet woman was dazed, but Viktor Mostovik, promised a true fireworks show. We did not want to risk the rest of Paul's season and had to make some very realistic and mature decisions.

The men's race started at 3:45 with fans filling the Stadium and the road course. The hometown favorite is Rafaello Ducceschi, who won this race in 1984. The Canadians, Czechs, Mexicans, Italians, Norwegians, Swedes, and the lone wolf Soviet, Viktor Mostovik, promised a true fireworks show. We did not want to risk the rest of Paul's season and had to make some very realistic and mature decisions.

Paul at this point was very low and disappointed with his physical shape. We made a last ditch attempt at massage, ice, and taping. Overall, we did not want to risk the rest of Paul's season and had to make some very realistic and mature decisions.

Felix Gomez of Mexico and Guillaume LeBlanc offered advice, but we all realized that at this point he would not be effective for 30 km in the best of form.

As the race started, the lead pack moved through a very fast first 400 meters, with the Canadians, Soviet, Mexicans quickly establishing their presence. In this pack also was a not familiar face, Paul Wick. On the second lap, Paul made his move into the lead.

Exiting the Stadium, Paul was still in the lead and clear of the field by 50 meters. No matter what, it certainly looked good. Not since Heiring towing the field at the L.A. Olympics in the early going can I remember an American holding the lead for as long as Paul did and looking rather good at it. Personally witnessed his excellent race in the 1985 Igusno Cup, and I know he has the heart to do it.

After 5 km, Paul was still leading the pack (no splits were available), but shortly dropped out momentarily due to his left leg numbness from his knee to his toes. Paul ripped the tape from his leg and joined the chase pack, but could only survive another 2 km. When we caught up to Paul, he was being treated in an ambulance. The shin was very swollen, but the feeling gradually came back.

Meanwhile, The Canadians and the Mexicans duelled back and forth along with the lone Soviet, Mostovik. Bermudez was doing a lot of the lead work. Ducceschi was hiding his time. Looking at him midrace, you never would have guessed the outcome.

We accompanied Paul back to the Stadium to secure ice and treatment. Race reports filtered over the PA system with a fierce battle raging between the Canadians and the Mexicans. By 25 km, a new name made its presence known—Ducceschi, Izaia, was with the leaders. The partisan crown went wild. At the gates of the Stadium, after better than 2 hours of walking, Rafaello appeared. The crowd was on its feet and basking in the glory of its local hero.

LeBlanc made a valiant attempt to catch their hero, but came up 8 seconds short. The Italian waved and blew kisses to the crowd. Another Italian, Foggi, closed quickly on LeBlanc, who was intent on catching the leader, and fell a mere 2 seconds short. They were followed by Mostovik, Canada's LaPointe, and the Mexican assault team. The Mexican placing down to 15th place was solid enough to secure the team cup. However,

Ernesto Canto suffered a severe hamstring strain and withdrew from the race. He was held in recovery for the 20 km race in Spain.

Howard Jacobson directs this camp, which offers a fine opportunity for
competitive, health, and fun walkers. You get 9 days of intensive training
in beautiful country settings near Scranton, Pa. Costs, including meals,
is $400 per person, $300 for children under 13. Or you can go for the
3 day Labor Day weekend for $200. For information, write: Walkers Club
of America, 445 E. 86th St., New York, NY 10028...The Florida Walkers
Club has been formed, with Henry Lazan, John Maclean, and Dan Stanek
as founding members. They are planning a full Florida championship pro-
gram to hold for national championships in the future. If you are
interested in more information, contact: Bob Pine, 4223 Palm Forest
Drive, Delray Beach, FL 33444...Bob Carlson has compiled a list of
U.S. Walking Clubs and Prominent Promoters of Walking. Although he hasn't
said so, I assure you he would be glad to send you a copy if you send him a
check or so to cover copying and mailing costs. His address is 2261 Glencoe,
Denver, CO 80207...Ten of the walkers competing so well in the Penn
Relays 5 Ks are products of the New York State high school program. Despite
such success, they are apparently dropping the walk from the state cham-
pionship program. Incidentally, Frank Greenberg did a lot of work to bring
the event back to the Penn Relays and deserves the thanks of all in the
sport. If you want to do so personally, write him at 1444 WERHS Building,
12 South 12th St., Philadelphia, PA 19107.

LOOKING BACK

20 Years Ago (From the May 1966 ORW)-As usual, Ron Laird was in the head-
lines winning the National 35 Kms in 2:55:50. Better than 15 minutes back,
Goets Klopfer edged Bob Bowman and newcomer, Larry Young, for third.
...Ron Durille and Karl Marschennz killed in a fast 20 Kms in Waukegan in
1:32:48. ...Larry Walker covered 2 Miles in 13:54, with fast-improving Larry
Young just 7 seconds back and Laird a distant third.

15 Years Ago (From the May 1971 ORW)-Tom Dooley edged teammate Goets
Klopfer to win the National 20 Kms in San Francisco. Tom had 1:32:18,
Goets 1:32:38, and Larry Young 1:33:54 in third. Aging Ron Laird could
manage only fourth ahead of John Knifton, Floyd Godwin, and Bill Rauney.
Rauney finished in 1:35:40 and Bob Henderson, way back in 14th, broke 1:40
in the fastest mass finish in U.S. history to that date. ...Young did
better at 35 Kms, beating Laird on his home ground in Pomona with a 3:02:22.
Rauney, Bob Bowman, John Kelly, and Mike Ryan followed. ...And, Laird did
better in the 10 Kms in Chicago, building an early lead and then hanging on
to beat Floyd Godwin 47:10 to 47:18. Greg Diable, Bob Henderson, someone
named Mortland, and John Knifton broke 1:40. ...The following day, Laird
dropped out of the Zlin Memorial 10 Kms in Chicago with a sore groin and
Godwin easily beat Mortland and Brown in 47:01 (to 48:40 and 48:45).
The National Junior 20 Kms went to soldier Todd Scully in 1:44:40 (Junior
back then meant you still hadn't won a Senior or Junior. Should have been
called Novice). ...In the 30 Miler at ‘somnour, N.J., Elliott Deman, the host,
edged George Brancolin 8:55:26 to 8:58:05, and Dan Fries, as our own Jack Blackburn
hung on to beat Larry O'Neil by 3 minutes some 50 minutes further back.
John Knifton turned in a 4:19:38 50 Kms at the same site. Dave Romanisky
had 3:33:04 and 3:33:27 efforts in the East, before a disqualification in the National
20. ...Paul Winna won the British 20 Kms in 1:32:06 and also turned in a 2:32:24
for 20 miles. ...Other fast 20 milers in England went to Shaun Lightman in 2:34:03
and Olly Flynn in 2:35:04. ...In Luxembourg, Charles Sowa covered 214:050
miles in 24 hours.

10 Years Ago (From the May 1976 ORW)-After another 10 years it was still
Ron Laird in the news. He won the National 20 in New York in 1:35:53, the

In the 20, Dan O'Connor was second in 1:35:41, followed by Larry Young,
Wayne Glusker, Jim Heirig, and Bob Kitchen. In the 10, Jerry Brown
stayed close for 3 miles (21:20 to 21:45) but was disqualified at about 4. Greg
McGuire won second in 48:36 and Floyd Godwin was third. John Knifton
was second in the 15 (on the track in Champaign, quite a way from Chicago,
as listed above) in 1:33:34, with Brown, Godwin, Alan Price, and Jerry
Young next. ...Laird also got fourth, walking as a guest, in the 20 Kms of
a Mexico-Canada dual meet with a 1:25:13. Daniel Bautista had 1:25:52
and Paul Gonzalez 1:25:53. In the 10 Kms, Laird finished third in 43:26, with
Domingo Collin returning 43:49. ...In East Germany, Peter Frenkel and Karl-
And in the USSR, it was Anatoly Solomin in 1:26:32, Yevgeny Yerosuk
1:26:41, and Yevgeni Pototschevskiy 1:26:45. ...Jim Heirig won the NAIK 10
Kms in 47:55. ...In Bergen, Norway, Daniel Bautista did a world's best of
40:51.6 for 10 Kms. ...France's Rene Quemener had 9:23:56 for 100 Kms.
...The U.S. beat Canada in a dual meet, as Dan O'Connor won the 20 (1:35:51)
(although he had 1:34:56 as a non-scoring runner) and Jerry Lanning the 25 Kms in
2:16:20 (really just 32.66 as it turned out), just 8 seconds ahead of
Angie Hirt.

5 Years Ago (From the May 1981 ORW)-Jim Heirig and Alan Price both won
two national titles. Heirig took the 20 Kms in Kenosha, Wis. in 1:30:47 and
the 10 on the track at Stagg Field in Chicago in 45:07. Price took ti
100 Kms in Arlington, Va. in 1:27:11 and 4 weeks later won at 100 miles
in Methuen, Mass. in 20:09:18. In the 100 Kms race, Israel's Shaul Ladasa
was the winner in a rapid 1:24:16, but not the national champion. Sal
Corrallo, in third, won the Master's title. Bob Keating was just 22
Minutes back of Price in the 100 mile and Jack Blackburn also went well under
21 hours. Heirig pulled away from Dan O'Connor in the second half of
...The 4-hour novelty finish, faster than in the 100, but
...Was 400, it went to second place with a 9:00:50, second place with Mike DeWitt
...Jays. ...Vicki Jones beat Paula Sach to win the women's National 20 in
was another 2 minutes back.

A FURTHER RESULT

John Ljunggren Swedten Cup, May 9: Men's 20 Kms—1. Martti Kaukonen, East
Ostigard, Canada 1:55:16

8. Anna Arvidsson 1:55:25

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Ron Laird, with 65 national walking titles to his credit and number of four U.S. Olympic teams, in addition to being coach at the U.S. Olympic Training Center Race Walking camp while it was open, is a recognized judge, involved with walking at the highest levels for nearly 30 years. More than a year ago, he penned an article on contact, in which he introduced the term "flight phase". While he didn't necessarily intend the article for publication at that time, it did attract these pages some way and raised a bit of controversy in the racewalking community. To begin to clarify his position on this controversial subject, Ron has spent considerable time and effort preparing the following article, which he has asked us to publish. The title is ours.

WALKING IN THE MODERN ERA
by Ronald O. Laird

My first article about racewalking's contact rule appeared early in 1985. It was not in its final form but somehow ended up being printed in our two national publications. There were a number of responses which I appreciated receiving. In this article I would like to talk about what happens during fast racewalking and how it feels in affecting the future of our sport. My reasons for asking our national leaders to seriously consider repealing the outdated contact rule here in our country are also discussed. Material on technique and some personal opinions will also be expressed. I will try not to bore you so please bear with me. I use lots of repetition to help explain my main points in a more detailed and concise manner. All this just may get me banned from racewalking and my IAC card burned, but I hope it will be instructive and make the incentive to further study the subject. Thank you for your time and attention to this most important matter.

Our's is a unique sport with a rule that demands our participants to maintain contact with the ground at all times. This, as we all know, tells us the forward reaching foot must strike the ground before the rear foot is allowed to lift. The better we do this sport (faster we go), the more we break this contact rule and thus illegally gain a few inches of distance with each step. Do we do anything about this or should we go by what we have to do is develop better judges? I cannot see our qualified judges getting any better because they simply cannot be expected to make decisions on something they themselves cannot see. We can only expect them to call something they can see or detect with their own eyes, which is not the case. This problem is to write up a new rule that says when the walker's loss of contact reaches human eye detectability, this will be reason for disqualification. When enough red cards come in, out they go! The present rule concerning the knees is fine.

Personally, I never feel comfortable being a racewalking judge because I know how easily we athletes break the contact rule. This is especially true of shorter and important races. The anxiety they create in me often causes nervous participants to bluntly lose contact. When I do observe a runner on the track, I suspect the back leg may be lifted life nearly out of my mind and concentrate on two questions: Does the flight phase of the individual look bad enough to call and/or how are the knees in fact moving? As we make the contact call, the most difficult of the two to make, we must know the contact point. A novice judge can quickly recognize all the basics of a racewalker's style (hip rolling, clockwise head straightening, up right body posture, arm pumping and heel turnover). As much as I analyze it, there is often there is that slight detection of looseness of the feet as they so quickly slip across the ground right there in front of you. You know they are off but not so much that you actually have to write out that disqualification card. Let's not be hasty. We can always compensate our convictions by giving them a strong verbal warning instead. At the same time we hope they soon slow down a bit or get more warmed up and fluent and thus look more like the next time they come by. It's a wake up or re-education and the next time they come by, I focus in on the offending leg to see exactly what it is doing. It must be straightening no later than in the vertical upright position. This, as we know, is the same as looking for a pendulum action of the leg as it passes directly under the upper body. I specifically concentrate to see if the bent knee is in any way being used to aid the forward progression of the walker by thrusting his rear-forward. The expression, "creeping" describes these athletes. The athletes will appear to be shuffling or even slightly jogging. It is even easier to display fairly good contact if they go slow enough. Often older walkers find it convenient to use this easier form of movement. Goodness this illegal knee action is easy to spot.

For many years now (probably since it was invented), our track and field event has had to cope up with rules that try to prove it is walking at the same time distinguish it from the art of running. Somewhere back in the 1930's, the British came up with our present day contact rule. The racewalking technique being used today is excellent but inappropriate on the road. This is due to them being very slow, fast and fast, they simply cannot keep contact with the ground. The other rule concerning bent knees needs no revision because it is easy for the judges to detect and therefore call.

Things really started to get out of hand in the mid-1970's when the Mexicans began to dominate the world scene. Because of their intense and specialized training, national loyalty and desire to improve their social status, they soon set all the records and won all their races. Most of the once strong countries have now caught up and are joined by a few individual stars from here and there around the world.

The following is what I personally do and feel when I racewalk at high speed. My forward stepping leg swings, or better yet, it is a pull. The knee is kept low enough to allow the bottom of the foot to barely clear the racing surface. Just as the toes flip upward and the heel is pulled backward into the ground, the rear foot is yanked away and in turn starts to be whipped forward. I feel it to be as much as a few inches with each step. By trying to keep my back leg low, I achieve better looking contact. A low back kick is always a big help to the racewalkers because it makes them appear more legal, especially if they are also being judged from the back. I sincerely felt I had adequate contact during my best competitive years, but now know this was not what was actually happening. As my heel makes contact my knee quickly straightens itself. It's like a natural 90 degree angle. This early hyperextension of the knee joint was always naturally easy for me to perform. It greatly helped to increase my leg speed and the efficiency of my technique. Powerfully pulling through from underneath and behind, this was most effective in helping to whip the leg into its next step. Training many hills and pulling and allowing the back leg to strengthen these muscles more than what I thought of as a pulling movement but others see it as a pushing one. If you feel you can pull the ground underneath and behind you with what should be a straight or locked out knee behind and ahead as the body is laid down, the only pulling is done by the toes, ankles, and calves of the trailing lower leg just before it leaves the ground. And if the high speed leg turnover is to be perfected and maintained, lower legs don't have much. It is a pull, because they are already on the ground and forward into the next step too quickly. Getting some push right up and off the toes is also good because it looks a lot better to the judges. When you appear to be

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pulling the ground with your heel and pushing away with your toe, you
display the classic "heel and toe" action many want to see. Running
appears to me to be a pushing move with the large muscles on the front of
the upper thigh and calves doing most of the work. Over the years I
intentionally took an arm and form of frontal intermuscular strength training.
As I became a better racewalker, I in turn became weaker in those
activities that depend so much on frontal upper leg strength, such as
running, skating and bicycling. To this day I try to persuade serious
competitors from over-developing this specific muscle group. It so often
is just excess weight and hurts coordination of their technique. This
slight loss of coordination can often get them in trouble with the
judges. Anyone who develops even a little bent leg pushing in their
trunk will be detected very readily be deemed as fatigued. This
action also helped me maintain body balance and a forward momentum. For
the most efficient use of the arms I held them at an angle of 90 degrees
at the elbow, kept them fairly close to my body and let them swing across
my front towards my opposite leg. I did never neglect their upper body
strength building program. All of the above is basically what I
eventually found to be the most proficient way to racewalk for my
particular physical structure. It eventually allowed me to win titles,
set records, and qualify for international tours. All serious
competitors should also try to discover the perfect technique that will
work best for their own bodies. Always be aware of small changes that
have to be made to accommodate your continual physical development and/or
keep you from injuries.

The basic style being used all over the world today is fine.
Nothing needs to be changed on a super level. The arms are bent and
pumping vigorously to give speed and efficiency. The arms are bent and
pumping vigorously to give speed and balance while an upright and
slightly forward posture also helps maintain momentum. This brings
to mind the well trained baseball pitcher. When they go at a high rate of turnover even after they became fatigued. This
action also helped me maintain body balance and forward momentum. For
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Recently we have been informed by our scientific experts that when
one racing at a pace of five minutes per mile (five minutes per kilometer), contact with the ground is often broken.
I personally would have thought this speed to be around 30 minutes per mile. It only makes sense to realize the higher the
speed the longer the contact with the ground. At today's fitness levels, this is somewhere around three to seven inches
per step. For future levels, it's going to be even more for men as well
as women; especially if they combine a high rate of leg speed with over-stretching the leg muscle. I've seen many
drawings that showed the walker way up and off the ground. I've seen pictures that show how this is possible and I've been disqualified
from races. The biggest was the Tokyo Olympics back in 1964. Yet, I
fllipped off the ground as easily as anyone.

Nothin9 new ha• been created. Th• hipa are rolling and th• kn••• are ·

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Let's take a break at this point and I'll tell you the story about how I'm going to win the next 20 km. final Olympic trial. It's really quite simple. Since I didn't make the '80 or '84 team, it's about time I get back into the old winning ways. I'll be 50 years old by then and that's a good age to be a U.S. representative at these most prestigious Games. I can't always depend on looking back into the past articles in the newspapers. I need to focus on the here and now. If I keep going, I'm sure that when I hit 50, I'll be thin and fit enough to push through an 8 min. per mile pace which is a one hour and forty minute 20 km. performance. Of course I don't have to go that fast but eight is an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory. If I don't have to go that fast but eight are an excellent incentive and goal. Let's think about the future. All the other competitors making it back into the anticipated to claim the victory. If our contact rule is strict, I am sure that I'll be the only competitor making it back into the stadium to claim the victory.
Why make it legal to lift? Because it cannot be avoided! At today's elite racing speeds, continuous contact simply is not maintained and never will be. In fact, I feel it can only get worse as the flight phases continue to increase. This goes for all competitive distances, even the 50 kms. All we can actually do is honestly acknowledge lifting and call it when it reaches human eye detectability. This is how we will protect and save the future of our sport.

A few final words to all serious competitive walkers: If nothing is done about the contact rule you may not be able to enjoy (or torture) yourself in this unique athletics event in future years because it may just end up getting itself abolished. Even though the controlling bodies of world track and field (IAAF and I.O.C.) presently allow us to have our few moments of glory in the big international meets, I'm sure they can always be trusted to do so. Only time will tell. Let us not forget how they eliminated the 50 kms. from the Montreal Olympics not too many years ago. However, please don't let anything I've said in this article discourage you. You have chosen a very demanding sport. Few realize their potential because they lack the perseverance to fully commit themselves. Years of time and lots of hard work will be needed. Always be consistent with a healthy life style and a quality training program. If you never win any races you'll always possess the key to achieving and maintaining superior physical fitness. I sincerely hope you will practice race walking the rest of your life and always be eager to teach it to others. Remember: "It's better to walk fast than run slow." As for your future, may your racing and training efforts be successful and may you develop a long, but unbreakable flight phases. This, plus tons of hard work, lots of perseverance and injury free progress is how you'll eventually catch up to and beat the rest of the world. The best of courage, dedication, and luck to you all!

With all that said, here are the official rules of walking, as written in the Athletics Congress 1986 Rules of Competition.

RULE 39

JUDGES OF RACE WALKING

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

2. WARNING.
(a) Competitors must be warned by any judge when, by their mode of progression, they are in danger of ceasing to comply with the definition of race walking (See Rule 150); but they are not entitled to a second warning from the same judge for the same offense. Having warned a competitor, the judge must inform the Chief Judge of his or her action.
(b) It is recommended that a system of signaling "warning" by a white flag be used as far as possible during a walking race for the information of the officials, competitors and spectators. Each Judge may also use a white paddle or disc with the symbol indicating "Loss of Contact" and the symbol indicating "Bent Knee" on reverse sides to show the reason for the warning.

3. DISQUALIFICATION.
(a) When, in the opinion of three Judges, a competitor's mode of progression fails to comply with the definition of race walking (See Rule 150) during any part of the competition, the competitor shall be disqualified and informed of the disqualification by the Chief Judge.

RULE 150

GENERAL RULES

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

Carl Schueler on his way to win in National 25 Kms. Photo courtesy of Don Lawrence.