HI E

VOllJME XXII, NUMBER 7 COWMBUS I OHID

SELL IS

IN ANOTHER SWIFT PERFORMANCE

Seattle, Sept. 13 -- Tim Lewis added another to his list of fast 20 Km races during 1986 with an American test of 1:23:25 in the Rockport Grand Wall Regional today. Carl Schueler also continued to impress over the shorter with a 1:25:38 in second, and up-and-down Ray Sharp was up this time with a 1:26:42 in third. Paul Wick also went under the 1:20 mark. Back in 11th place, aging Ron Laird showed the fruits of recent serious training with a U.S. age 45 and over record of 1:43:11.

In the women's 10 Km, Teresa Vaill prevailed again in 49:30, with Debbie Lawrence just over 50 minutes in second. Results:


OTHER RESULTS:

European 50 Km Championships: 1. Herbert Gauder, East Germany 3:40:55 2. Vyacheslav Ivanov, USSR 3:41:54 3. Valery Shulzukin, USSR 3:42:38 (Where was Ronald Weigel? We don't know. We have no further detail at this time on either this race or the 20 Km, results of which we ran last month.)


The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is $5.00 per year ($7.00 for first class mail). Editor and Publisher: John E. (Jack) Mortland. Address correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

Second class postage paid at Columbus, Ohio. POSTMASTER: Send address changes to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

A LITTLE PEARL HAS TOLD US YOU CAN RACE ON THE FOLLOWING DATES AT THE LISTED PLACES:

Sat. Oct. 11 - 10 Km, Dearborn Heights, Mich., 10 am (W)
3 Km and 10 Km (track), Arlington, Mass., 11 am (L)
9 km, Davenport, 8 am (M)
3 km, Raleigh, N.C. (S)

Sun. Oct. 12 - 10 km, San Francisco, 9 am (Q)

Sun. Oct. 19 - 10 km, Los Angeles, 5:30 pm (P)
5 and 10 km, Albuquerque, NM, 8:30 am (M)
15 km, Austin, 7:30 am (OC)
15 km, Kansas City, 7:30 am (W)
4 km, Philadelphia, 9 am (S)
1 hour, Philadelphia, 9 am (S)

Oct. 24-26 - North American Masters, 5 and 20 km, Tampa, Fla. (S)

Ft. Mill, South Carolina, 10 am (R)

Sat. Nov. 1 - 5 km, Albuquerque, NM, 10 am (B)
New York Marathon Walkers Division

Sun. Nov. 2 - Women's 10 km, 8 km, 5 km and 2 km, Columbus, Ohio, 8 am (R)
Sun. Nov. 2 - 5 km, Coconut Creek, Fla. (S)
15 km, Atlanta (S)

Sun. Nov. 9 - 5 km, Las Vegas, 9:30 am (R)
10 km, San Francisco, 9:30 am (R)
1 hour, Long Branch, N.J., 10 am (P)
10 km, Houston, 7 am (X)
10 km, Albuquerque, N.M., 9 am (M)
Southwest Regional Grand Walk 5 km, San Diego (D)

Sun. Nov. 16 - 10 km, Handicap, Long Branch, N.J., 1:30 pm (P)
10 km, Handicap, Sterling, Mass., 10 am (B)
Southwest Regional Grand Walk Women's 10 km and Men's 20 km, San Diego (D)

Sun. Nov. 23 - 10 mile Handicap, Brooklyn, 10 AM (P) (The great Coney Island extravaganza)

CONTRIBUTIONS:
A-Brian Savillons, 2433 Mirick Rd., Princeton, MA 01541
C-Gary Westerfield, F.O. Box 440, Smithtown, NY 11787
D-Joe Barrow, 675 Marion St., Denver, CO 80218
E-Bob Marlett, 2712 NW 48th, Oklahoma City, OK 73121
F-Hillman, 700 7th St. W, #304, Washington, DC 20004

FROM HEEL TO TOE:

As interest in recreational and health walking grows, walking publications continue to proliferate. The latest we have seen is The Walking Magazine. There have been two issues to date and they far outnumber anything else that has been done in the periodical field. Both have numbered nearly 100 pages and the number of ads, as well as those who are advertising, attests to the fact that the publisher went into the venture with a good deal of thought and preparation. Both issues have included a competition department, a page or two long, which have been quite favorable to the sport, but, of course, geared to promoting interest, not to bringing anything new to the seasoned competitor. The competition column in the first issue begins: "Racewalking has been one of the best kept secrets around since the 17th century, and our mission is to expose it once and for all as the best sport we know. (B1) We couldn't ask for a more positive approach than that.) Why? It's aerobic, it's easy, it's demanding, it's fun, it can be done anywhere, by everyone, the middle aged, beginning with a little walking experience, injured runners, marathoners—the list is a long one. As a natural extension of walking, we feel it's the cream of the cream of the walking experience." Features in that initial issue include 5 Easy Races, Backroads & Byways, Best Foot Forward, 22,000 Miles, Walking, News on Top of the World. Departments include News and Reviews, Fitness and Health, Portfolio, Gear, Competition, and Ramblings. Obviously, the magazine is tailored to fitness and recreational walkers, but they plan to continue to feature racewalking, at least in the one feature a month. Initially, the magazine is publishing quarterly, but they plan to go to six times a year soon, and possibly monthly sometime down the road. If you're looking for more on racewalking, you've come to the right place. If you're interested in a well done well done magazine promoting all the benefits of getting out and walking, you might want to try The Walking Magazine. 

CONTACTS:
K—Bob Carlson, 2361 Glennco St., Denver, CO 80207
M—NN Race Walkers, 2301 El Nido Ct., Albuquerque, NM 87104
N—Elaine Ward, 585 W. California Blvd., Pasadena, CA 91104
P—Henry Laskau, 26 N. Locust, West Long Branch, NJ 07764
Q—Harry Sliter, 156 S. 9th St., San Francisco, CA 94114
R—Bob Woyt, 485 Arthur Place, Columbus, OH 43220
S—Dr. Bill Farrell, 818 Peachtree Center South, Atlanta, GA 30303
T—Howard Jacobson, 445 B. 86th St., New York, NY 10028
W—Frank Along, 2800 Woodside, San Francisco, CA 94127
X—Dr. Dan Fitzpatrick, 95-311 A10 Pl., Milli, CA 95149
Z—Guilio de Petra, P.O. Box 2927, Carmel, CA 93921
CD—Frank Soby, 3820 Harvard, Detroit, MI 48224

Published monthly in Columbus, Ohio. The Ohio Racewalker is published by The Ohio Racewalker, 710 El Nino Ct., Albuquerque, NM 87104. The Ohio Racewalker is published by The Ohio Racewalker, 710 El Nino Ct., Albuquerque, NM 87104. E-mail: ohioracewalker@earthlink.net. Web site: http://www.ohioracewalker.com. The Ohio Racewalker is published by The Ohio Racewalker, 710 El Nino Ct., Albuquerque, NM 87104.
that this is something the walker can go through in each workout, by grit-
ting the teeth and ignoring it, and that there will be no residual sore-
ness the next day. But, let’s turn to more expert opinion, for those who might be troubled by this phenomenon. In the
Southern California Racewalking News, Dr. Paula Kash answered the question:
"I am a new racewalker. After about 10 minutes of racewalking, my shins hurt. Is there anything I can do? How long will this continue? And what are "shin splints", anyway?" Paula is a Doctor of Chiropractic and holds an M.S. in exercise physiology and B.A.
in biochemistry, answered: "Pain along the shins is common for many
racewalkers. As coordination and conditioning improve, the problem usually resolves itself. However, there are some guidlines you can follow: 1. Make sure you have suitable shoes for racewalking and for your individual foot. 2. Get an adequate warmup consisting of 15 to 25 minutes of easy-paced racewalking prior to fast-paced efforts. 3. Calf stretches and foot exercises will help prevent problems as tight and weak muscles are contributing factors. 4. Elevate your legs and massage ice over the shins for 15 minutes after your workout. 6. Allow yourself time to make a smooth transition from regular walking to using the racewalking technique."

I strongly feel the National 100 km and 100 mile walks are valuable
events and need to be retained. They are tough-tough-tough. They deserve all our encouragement. Let us find promoters for them if none are immedi-
ately forthcoming.

The concept of "Regional" championships is valuable, but can never
replace the idea of staging a National Championship.

I strongly suggest we take away no springboards, lest we find ourselves
drowning in the pool down below, but unable to enter the next Olympic
Trials in the 200 meter backstroke.

AND WHILE I'M AT IT: OPEN LETTER TO MR. RONALD O. LAIRD, WHEREVER YOU ARE:
1. Most sincere congratulations on your election to the National Track and
Field Hall of Fame, as first race walker so honored!
2. Please let me hear no more of "flight phase" idiocy. It will be
nothing less than the death of our sport. We have good rules. We must
live with them. We must train judges to enforce them. Speaking of
"friends" outside walking in TAC, we will have no more if we continue

majority, it seems, used the race as "just another time trial" going 20
Km and then not finishing. How sad that they think so little of a Na-
tional. At one time, placing in the top six of any National was consid-
ered a walker's big ambition—because he thus won a coveted National
medal. Now so few give a hoot. Now sad.

I note that the majority of the proposed deletions are of the longer-
distance races, including the 40 Km, in which I have been so personally
involved over the past quarter century. I don't know if you recognize
this, but certainly do: We seem to be falling much further
behind world pace in the 50 Km than we are in the 20. Up-and-coming 50
Km specialists are an endangered species. Where are they? What encour-
agement are they getting? What "longer" races in the U.S., apart from the
annual 50 Km itself, can they point to? If we do not see fit to promote
the 25 and 50 Km Nationals, we're cutting out two vital, potential sources
of 50 Km talent. There is an abundance of shorter distance racing oppor-
tunities around America. But there's a real shortage of 50 Km type
"long" events. We have too few walkers around America willing to "tough
out" the long ones. I can think of many instances of good walkers falling
to finish long ones on ground of temporary discomfort. I tend to think the
walkers of two and three decades back were tougher minded.

Let's all of us, as race walkers, feel the pride in having "the longest
Olympic track and field event" as our very own. Let's show that pride by
promoting longer-distance walking in the U.S. every way we can.

I suggest that, if we're ever going to make 50 Km progress, we develop
an outreach program to lure marathon-type runners into 50 Km walking.
That may be the last great hope. Right now, we're just spinning our
50 Km wheels.

I strongly feel the National 100 Km and 100 mile walks are valuable
events and need to be retained. They are tough-tough-tough. They deserve all our encouragement. Let us find promoters for them if none are immedi-
ately forthcoming.

The concept of "Regional" championships is valuable, but can never
replace the idea of staging a National Championship.

Please, whatever we do in the future, let's not decide anything on
the results of a "National Team Survey" or anything such. Such a survey
merely acts as a sounding board for the currently elite. In no way does
it represent the feelings of those who were formerly elite, as well as
those who hope to be elite in the years ahead. And those people, the elite
of the future, are those who must have opportunities.

Looking at my own experience, I came up through the ranks. I always
aimed for the "Nationals". They meant everything to me, as well as others
of my competitive day. They were the springboard to international com-
petition, and more.

I strongly suggest we take away no springboards, lest we find ourselves
floundering in the pool down below, but unable to enter the next Olympic
Trials in the 200 meter backstroke.

AND WHILE I'M AT IT: OPEN LETTER TO MR. RONALD O. LAIRD, WHEREVER YOU ARE:
1. Most sincere congratulations on your election to the National Track and
Field Hall of Fame, as first race walker so honored!
2. Please let me hear no more of "flight phase" idiocy. It will be
nothing less than the death of our sport. We have good rules. We must
live with them. We must train judges to enforce them. Speaking of
"friends" outside walking in TAC, we will have no more if we continue
this "flight phase" stuff. Please stuff "flight phase" any place convenient.

...which brings us to:

**FLIGHT PHASE AND CONTACT AND CONTACT RULING**

Commentary by Henry N. Laskau (highly respected former competitor—second only to Mr. Laird in National titles —coach, and judge.)

This is my "Swan Song Statement" on judging in general, since my term as an IAAF judge will be terminated as of September, 1986. Although I must state that my physical, mental, eyesight, and reflex conditions are as normal and exact as anyone else, I must adhere to the IAAF rules and step down as a judge. Perhaps, in later years, this rule might be revised, in my lifetime, I hope. As present, I claim to be the Senior ranking U.S. IAAF judge since my appointment by the late Joe Tigerman in 1960.

Before discussing the subject, I must say that Ron Laird has done a lot for race walking, devoting most of his years to coaching, writing training manuals, conducting special training sessions for prospective Olympians at the Olympic Training Center in Colorado Springs, lecturing, and in general promoting our sport or race walking. As to my recollection, Ron displays a perfect style, with accurate leg extension, planting the heel correctly, and getting propulsion from his upper body. From the beginning, I predicted he would make the next Olympic team, which he did in 1980, followed by 1964, 1968, and 1976.

**MAIN OBJECTIVE: INDOOR SPEED WALKING.**

I have been judging indoor meets for the past 30 years since my retirement from the sport in 1957. Thus, I have observed the individual athletic styles. In which the efficiency and springing action of the wood boards into an indoor track, the athlete is racing into a floating phase, which creates an additional bounce—to fly through the air. This is easily detectable; consequently the Flight Phase and contact rule should not be ever allowed in this type of competition. Our American race walkers have established a style that has been copied from the Europeans and perhaps Mexicans. During indoor meets, walkers try to maintain a high speed, that is uncontrollable, not showing race walking perfection. Upon completion of the event, I frequently received comments from IAAF officials questioning the legitimacy of the athlete's walking style, which was also echoed from the spectators. Only a few competitors showed the correct style of what race walking actually is.

**OUR JUDGES INTEGRITY.**

All of our American judges are competent, well trained, many of them former race walk competitors coming through the ranks. Most have judged in National and International competitions, this acquiring the technical, practical knowledge necessary to fulfill their task efficiently. I have had the pleasure to be associated with these competitions and found each one of them to be fair, impartial, and above all, capable of fulfilling the full capacity of their duty.

**ATHLETES' STATUS.**

Since the amateur status for any sport is in the verge of being outdated, the new incentive in monetary awards is, of course, very tempting. Consequently, each and every athlete in all sports, tries to achieve his or her utmost potential to reach popularity through the media, which sub-sequently will put the athlete in higher income brackets. Don't let us be influenced by these actions. All of us should work together to ensure that our unique sport is kept in its proper perspective. The athlete should show his competitive spirit and legality of walking without thinking of "flight phase." Let him achieve the ultimate with the correct style. He still will be able to set records and record top performances, if his training is supervised by a qualified coach, who knows the athlete and how fast he can accelerate.

Summarizing, my personal view is that our American walkers are actually showing the superior style compared to European and Olympic champions. During my observation as a judge during the 1984 Olympic Games in Los Angeles, I could see how the "flight phase and contact rules" were applied by various foreign competitors. Some of those were warned and others were DQ'd, based on their mode and style of walking. I try not to be too fashioned, and I know our sport has vastly progressed in the last 10 years. However, the fundamental base should remain, and I quote: "Walking is a progression of steps not taken that unbroken contact with the ground is maintained. 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."

Our sport of race walking is truly delicate and sensitive. In various track meets, they try to eliminate the event in view of our debates at conclusion of races. Only now our sport is really coming into the forefront with health kick and drive of the physical fitness program by our government. Health and race walking have been put on a National level and have gained priority. Richard Jacobson has generated interest by establishing Health Racewalk clinics nationwide, resulting in the ultimate goal of a better life and continued good health.

I conclude in saying this to all top race walkers: Portray your walking style properly as set forth in the basic rules. Let the public see what walking really is and stands for. Our sport is a unique one and should be appreciated as such.

I do hope I have not offended any competitor, or any other individual who will read this article. This is only my opinion, and expresses as such.

**RESULTS (cont.)**

that National 25 km. Dennis Ralby won the National Junior 15 km in 1:22:17. An accompanying open race went to Larry Walker in 1:12:47.

10 Years Ago (From the Sept. 1976 ORW)--Larry Young captured the National 20 km in 1:27:26. Floyd Greening stayed close most of the way, and finished just 3 minutes back. Augie Hirt was a distant third, followed by Ron Laird. Hirt won the National 10 mile in Cumbria, Mo, in 1:5:35, with Chuck Hunter, finishing the race for the fourth straight year, only 10:39 behind. There were seven finishers, with our own Jack Blackburn joining, as a new Centurion. Jack was fourth in 21:57:11. The World 50 km championship race, held because the 50 was left out of the Montreal Olympics, went to the USSR's Veniamin Soldatenko in 2:07:56. He was followed by Enrique Vera, Mexico, in 2:07:14, and Reina Salonen, Finland, in 2:05:53. Larry Young was the first U.S. competitor in 21st with 2:07:47, but he lost eight places while taking more than 58 minutes for the final 10 km. Augie Hirt had 4:33:15 in 27th. Steve Pecinovsky just beat Marty Kraft for the National Class B 15 km title at Holland, Mich, as both walkers were given a time of 1:12:12. In the bridge walk the next day, Ron Laird won in 3:06:55, with Pecinovsky and Bill Walker setting for about 2 minutes back. In East Germany, Hans Gauder won the 20 km title in 1:18:25 and Junior Ralf Berner had a 1:25:17 on the track.


In the National 100 mile race in Des Moines, Augie Hirt had 4:28:15 in 27th. Steve Pecinovsky just beat Marty Kraft for the National Class B 15 km title at Holland, Mich, as both walkers were given a time of 1:12:12. In the bridge walk the next day, Ron Laird won in 3:06:55, with Pecinovsky and Bill Walker setting for about 2 minutes back. In East Germany, Hans Gauder won the 20 km title in 1:18:25 and Junior Ralf Berner had a 1:25:17 on the track.

Suddenly, it's hip to go walking

Now it can be revealed, folks.
The word is out and it could be the sweetest music to reach the ears of some of the longest-suffering people you'll ever meet.

For years, they've been telling the world "we've got a super thing going for us, you, too, can experience its joys and challenges by giving it a simple trial," only to be told by some simple-minded to "go take a hike."

Actually, that's what they themselves had been advising all along, only to be advised that what they were advising was both inadvisable at all costs and unsafe at any speed.

So you can imagine just how insufferable this put-upon minority had become in struggling to convince the non-believers that the form of exercise it was advocating really had something going for it.

Its American advocates over the years had ranged from George Bonhag to Henry Laskau to Larry Young, in the competitive branch, to Merriweather Lewis & William Clark and Henry David Thoreau and Harry S. Truman, in the recreational division.

No matter the distinction of the advocates, the same old "go take a hike" frequently rang out as a command of derision.

Bonhag and Laskau and Young walked a long, bitters path, all the way to the Olympics, trying to popularize walking as a sport. Lewis & Clark, Thoreau and Truman pounded both the forest pathways and the city pavements trying to make the pitter-patter of the grown-up feet a sound heard and appreciated in all corners of the land.
We'll even so far as to wager that Meriwether Lewis, out on the Oregon Trail, and Harry S. Truman, in a Fifth Avenue constitutional, heard a "go take a hike" along the way.

Well, where to go next?

Analyze all this and you'll see the walking art's been lacking a vital ingredient all these years. Check out some recent news bulletins, though.

It is early April 1986, 180 years since the Lewis & Clark feet, 80 since Bonhag. At long last, the Missing Something is at hand.

Its name is glitz/strut/celebrity and her name is Julianne Phillips.

Anything Bonhag-Laskau-Young/Lewis & Clark-Thoreau-Truman ever did may bear no relation whatsoever to the good this young woman can now do for walking/walkers/Americans of this feel/thrill out of every walk of life.

Her husband, Mr. Bruce Springsteen, "The Boss" himself, has long been known as a young man "Born To Run," one who takes the lyrics to his runway hit-seller literally in a personal conditioning program involving much running.

But word that "The Boss' Wife" is a young lady "born to walk" and is totally dedicated to the art of rapid-fire strolling has long been kept top secret.

Well, as stated at the top, now it's out.

Julianne Phillips tells of her dedication to walking on the pages of "Vogue" and the revelation is bound to be as eye-opening as Mrs. Springsteen herself.

She is portrayed as convinced her sport is the surefire route to super health/fitness/figure.

She is far more attractive than either Meriwether Lewis or Larry Young. Without a moment's hesitation, absolutely certainly, we can say the example she sets as a front-walker will inspire waves of new walkers out on the highways and byways trying the Julianne Phillips path to personal improvement.

The Jersey Shore area has long been known as one of America's hotbeds of walking action. From Takanassee Lake in Long Branch to the Asbury Park and Seaside Heights boardwalks, walkers have long known where to gather in the cause of group-commiseration. They were there long before "the running boom" and their members included such names as Todd Scully and Ray Funkhouser and John Fredericks, who walked their way to racing exploits across North America and two or three other continents. Alas, they were often trampled by the rush of the boom-runners.

Now, though, new opportunity knocks on every local walkway. All it will really take is a few more public declarations by Mrs. Springsteen, Monmouth County resident, that "walking has everything" and, as the visionary sees it, it will be the runners soon trampled by the walking-boomers.

The first lady of walking is an adopted Jersey Girl. Be advised the first to suggest Mrs. Springsteen "go take a hike" would be born to run directly into the wrath of "The Boss" himself.

○ Elliott Denman is an Asbury Park Press staff writer. His column appears Sunday, Tuesday and Thursday.

From the Walkers Club of Los Angeles Newsletter (apparently prepared by Ron Daniel):

Overview of Training for Race Walking

The following recommendations are based on over 25 years of personal experimentation as well as current training plans of many U.S. and foreign elite athletes.

General Fitness (all ages and fitness goals)

○ Daily stretching and flexibility for lower back, hamstrings and hips
○ Good nutrition
○ Rest
○ Good posture and body balance
○ Minimum three days per week of at least 30 minutes continuous walking at your exercise heart rate

Serious Training

○ Set performance goals (be realistic)
○ Avoid crash training programs (allow at least 8 to 10 weeks to prepare for a significant event)
○ Train at least 5 days per week with a total volume of at least 25 miles
○ Allow at least 4 weeks before the event to be doing high intensity training (use unimportant races as quality training)
○ Supplementary exercises (weights, swimming etc.)

More Serious Training

○ Set long range racing program of 9 to 10 months before important race
○ Set realistic performance goal
○ Be consistent with training (know and understand your commitment and the time you potentially need to achieve your goal)
○ First 4 months - low intensity, high volume (concentrate on Technique)
○ Increase weekly mileage by 50 - 100%
○ Months 4 to 7 - gradually increase intensity of training and start decreasing total volume. (Intensity to peak in 7th month)
○ Start competitions in 6th month
○ Expect to reach peak performance midway through 8th month
○ Total volume at lowest level during peak racing period
○ Intensity of training also at low point
○ Expect to hold peak from 8 to 10 weeks; this will carry you through the 11th month

Rule of Thumb for High Intensity Speed Training

<table>
<thead>
<tr>
<th>Distance of Race</th>
<th>% Training Miles at Race Pace or Faster</th>
</tr>
</thead>
<tbody>
<tr>
<td>up to 2 miles</td>
<td>80%</td>
</tr>
<tr>
<td>2 - 4 mile</td>
<td>60%</td>
</tr>
<tr>
<td>10Km</td>
<td>40%</td>
</tr>
<tr>
<td>20Km</td>
<td>20%</td>
</tr>
<tr>
<td>50Km</td>
<td>10%</td>
</tr>
</tbody>
</table>