RESULTS
Australia's No. 1 ranked duo -- Kerry Saxby (10 Km) and Simon Baker (50 Km).

SPORTSFOTO by John Allen.
FROM THE FOLLOWING LIST, SELECT RACES YOU WANT TO ATTEND

Sat. Apr 14  
Missouri Cup 50 Km, Columbia, Missouri, 7 am (M)  
5 Mile, New Haven, Conn. (A)  
5 Mile, Stone Mountain, Georgia, 9 am (H)  
10 Km, New Orleans, Louisiana, 9 am (A)  
Sun. Apr. 15  
5 Km, Denver (F)  
Sat. Apr. 21  
10 Km, Columbus, Missouri, 8 am (M)  
10 Km, Thomasville, Georgia, 8 am (H)  
5 Km, Dearborn Heights, Mich., 10 am (U)  
3 Km, Mayfield, Ohio, 12:15 pm (D)  
5 and 10 Km, Aurora, Colorado (F)  
1 Mile, Albuquerque, NM, 8:30 am (N)  
Sun. Apr. 22  
Mt. SAC Relays 10 Km, Walnut, Calif., 8 am (B)  
Gulf 10 Km, Championships, Houston, 8 am (I)  
Julie Partridge Memorial 10 Km, San Francisco, 8 am (X)  
5 Km, Bayside, NY, 9:30 am (T)  
3 Km, Phoenix, Ariz. (E)  
10 KM, Highland Park, Illinois (W)  
18 Mile, Albuquerque, 8 am (N)  
Thu. May 3  
2.8 Mile, Seattle, 6 pm (C)  
Fri. May 4  
Southeast Masters 5 Km, Raleigh, NC (O)  
Sun. May 6  
National TAC Women's 20 Km and Southeast Masters 20 Km, Raleigh, NC (O)  
5 Km, Dearborn Heights, Michigan, 10 am (U)  
5 Km, Worthington, Ohio, 10:30 am (Y)  
5 Km, Kansas City, Missouri (V)  
Long Beach Marathon, 7:30 am (B)  
5 Km, Douglas County, Colorado (F)  
Sat. May 12  
National TAC 5 Km, Bethany, Oklahoma (Z)  
5 Km, Denver (F)  
10 Km, Columbus, Missouri, 8 am (M)  
Sat. May 19  
5 and 10 Km, Atlanta area (H)  
National TAC Jr. 3 Km Women, 5 Km Men, Dedham, Mass. (Q)  
5 Km, Lansing, Michigan, 10 am (BB)  
5 Km, Denver (F)  
New Mexico State 5 Km, Albuquerque (N)  
5 Km Women, 10 Km Men, Dearborn Heights, 10 am (U)  
5 and 10 Km, Santa Anita, Cal., 7:30 am (B)  
Metropolitan 10 and 20 Km, New York City (AA)  
Sun. May 20  
Lincoln Memorial Mens 20 Km, Womens 10 Km, Washington DC, (CC)  
Sun. May 27  
10 Km, Kent, Washington (C)  
15 KM, Los Angeles area (B)  
Sun. May 28  
5 Mile, Columbia, Missouri (M)  
Mon. May 28  
10 Km, Boulder, Colorado (F)  
Sat. June 2  
15 Km, Columbia, Missouri , 9 am (M)  
Sun. June 3  
5 Km Women, 10 Km Men, Dearborn Heights, 10 am (U)  
5 Km, Denver (F)  
10 Km, Steamboat Springs, Colorado (F)  
Metropolitan 5 Km, New York City (AA)  
Thu. July 6  
2.8 Mile, Seattle, 6 pm (C)  
Sat. June 9  
5 Km, Denver (F)  

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AN APPEAL TO PROMOTE YOUTH RACEWALKING  
Gene Dix asks all readers of the ORW who would like to promote walking in the junior high schools in their town or city to sponsor the mailing of one copy of his book, Youth Race Walking Manual, For Young Walkers and Their Coaches. The book would be mailed to the local junior high school gym teacher.

The manual, mailed in the donor's name, will be sent by Gene. The donor includes his or her name and the address of the school, with the gym teacher's name, if known. Or, Gene will mail the book directly to the donor, who can personally deliver the book to the school.

Gene will reduce the cost of the book to participants in the donor program from $25 to $15 per book (includes tax and packaging).
Coaches are searching for variety in their gym programs. If a coach conducts a racewalk class once a month, it will increase visibility of race walking within the school, and, if the town is small, the knowledge of racewalking will spread throughout the town.

This is one way in which each race walker can contribute to the development of the sport. Gene will keep a record of donors and they will be listed periodically in the ORW, if the donor wishes.

The check for $6.25 should be mailed to:
Gene Dix
2301 El Nido Ct.
Albuquerque, NM 87104

Include your address and if you want your name inscribed in the book as the donor.

FROM HEEL TO TOE

With this issue, the Ohio Racewalker miraculously begins its second quarter century of publication, perhaps some kind of record for an informal, kitchen newsletter. Some way we have managed to get something in the mail each month for 25 years that we hope is informative and, at least, semi-legible.

Strictly a not-for-profit venture, the ORW’s purpose is to keep the hard core of dedicated racewalk enthusiasts aware of what others are doing—and saying. We sometimes confuse newer readers by sending the March issue at the first of April, but that sort of comes by starting out around the middle of the month, those many years ago, drifting steadily toward the end of the month and never recovering from that drift. So, the March issue essentially covers March news.

The little number at the lower right corner of your address label indicates the month and year your subscription expires. Because of our rather late publication date, some readers get a little confused here, too. We just had a renewal from a reader whose subscription expires with this issue (March) saying he had never received notice. That was because we send the notice with the issue with which the subscription expires. He would have gotten his notice with this issue.

(Saved me the trouble of sending a notice, which any of you are welcome to do.) If you don’t renew, you will get a second notice with the following month’s issue (actually a bonus issue), and then that’s it. One more item of business: We apologize that some of you got ORW’s all in black and white last month. The preprinted color cover stock ran out in the middle of the press run and we don’t like to delay the mailing. Viisha Sedlak’s American Racewalk Association has scheduled two training camps for 1990. The first is in Boulder, Colorado from May 24 - 28; the second in Acapulco, Mexico from Nov. 6 - 10. The camps are for beginners through Olympic-bound competitors and have been well received by those who have attended in the past. You will get two-a-day workouts, seminars, video coaching, individual attention, and beautiful settings. Daily seminar topics include speed, strength and form drills, biomechanics, mental training, fat reduction program, racing strategy, and more. The registration fee of $385 includes all handout materials, video sessions, workouts, and coaching tips. Viisha is a triple gold medalist in the 1989 World Veteran’s Games, double world champion, and an M.D. specializing in kinesiology, has formed a new club in Southern Ontario to promote the sport of racewalking. Called the Ontario Race Walkers, the organization’s goals are to attract people of all ages to the sport, assist in organizing competitions, provide initial coaching for novices, and seek out those who might be encouraged to become judges. In addition to providing his own expertise, Dr. Roos has outfitted his already overcrowded basement with treadmills and large mirrors to enable his proteges to learn from their own stylistic errors. They will also view on videotape the dynamics of effective technique as demonstrated by world class competitors. Inquiries can be sent to Jaan at 19 Lytton Blvd., Toronto, Ontario M4R 1K9 Canada.

A GOOD FRIEND OF THE SPORT

Many in racewalking around the country know San Francisco’s Harry Sittonen, founder of the Golden Gate Walkers in 1978 and editor of their newsletter ever since. Harry has done an excellent job of promoting the sport in the Bay area, stressing participation, and they know have several enclaves with regular, well-attended walks. On his retirement as editor of the Golden Gate Walker, that newsletter ran an interesting interview with him in the March issue. Harry is a former marathon runner and always a concerned environmentalist who worked most of his life as a printer. Prior to retirement in 1986, he was a composing room printer for 26 years at San Francisco Agency. Currently, he is associate editor of Finnish Heritage. The interview:

Q.—Harry, it’s awesome to consider how generous you’ve been in coaching beginners and actually earning an A-1 job as editor. In spite of a new acting career with rehearsal and performance schedules, you’ve been most accommodating in hanging in as editor until Shirley could replace you. We recall, it was your idea to organize a RW club; could you fill us in on the group’s early history and how you became editor?

H.—I was the original editor when GGRW was founded in September 1978. The idea of the club was mine and the initial founding group included Lori Maynard, Roger Anawalt, Otto Sommerauer, and myself. The first issue was one page printed on one side. I’ve been editor until this March issue, with the exception of a few years when I was still, however, writing and soliciting material. For the first couple of years, I was pretty much “main cook and bottle washer” until we elected the first Steering Committee and I was elected first president. I served several one-year terms, being succeeded by Tom Giantvalley.

Q.—And how far back does your interest in the sport go?

H.—The first time I watched racewalking was about 50 years ago as a teenager when my late uncle Otto Salkkonen won a mile racewalk at a Finnish-American picnic in Worcester, Massachusetts. Actually, I didn’t start racewalking until
1990. I had been a runner form 1972, when I was 46. My first "competition" was a track mile at a meet at College of San Mateo. I was the only entrant and there were no judges. I did an 8:20 mile, which I've never come close to since, so you can imagine how legal I was. My first bona fide race was a PA/AAU judged 10 Km. Five minutes before the start, Wayne Glusker, then a leading walker here, gave me a crash course in the legal form. I finished in about 68 minutes and didn't get DQd. I was hooked!

Q-You were a marathon runner before getting hooked on racewalking?

H-Yes. I ran long distance from November 1972. I ran dozens of marathons and ultra-marathons. I was still running in my early racewalking years, but no more! It was an obsession that wrecked my knees! (The source of Harry's self-chosen byline, "O1' Featherlegs").

Q-Biking for you is more than just a sport, right?

H-As an environmentalist, I use a bike mostly for transportation. But I'm proudest of my three-year career as a triathlete. One big moment was as a Fleet Feet mini-triathlon participant, when I swam a half-mile, biked 20 Km, and racewalked the 5 Km running leg, and finished up with seven runners still behind me!

Q-We're excited about your new career as an actor. Which parts stand out for you so far?

H-My favorite has to be Adam in the 1988 San Francisco Shakespeare Festival's outdoor As You Like It. I also enjoyed going bonkers as the mental patient Scalon in One Flew Over, Don Quixote in Camino Real, and Foresight in Love for Love. I've done some filmwork and have been an occasional extra in two TV series. I also write poetry in both English and Finnish and have read my work at the Mission District's Cafe Babar.

Q-What have been the highlights of your 14 years of racewalk involvement?

H- Mostly, I've enjoyed coaching newcomers in racewalking fundamentals. There's enormous satisfaction in having helped nurture the GGRW from its birth and growing pains to becoming a thriving racewalking organization. Also, the many friends I've made over the years are important to me.

Q-We wonder what trends you've noticed in the sport and what you see for the future of GGRW?

H-Racewalking has a promising future on the AMerican scene. Fitness walkers number in the multi-millions now. Yet, I don't see competitive racewalking as being more than a minority in the entire walking spectrum, although it too will grow. But even noncompetitive walkers can maximize benefits of daily exercise by utilizing racewalking technique.

Q-Harry, you've played a number of parts on stage and we've enjoyed watching you behind those lights. Selfishly, we think your most famous role has been as GGRW's founder, coach, and editor. However, your acting future shines real bright and all of wish you continued success. We just hope we'll be seeing you on the track and around...
maintain a flexibility based on the level of the competition, but they at least try to be consistent within each meet. And they all do this! They probably meet before the event and agree on certain guidelines for each event. Afterwards, if one judge has been consistently an outlier, there are procedures to bring that judge back into line.

For racewalking, before a meet, the judges should meet and decide the level of judging. Are there health and fitness walkers in the race? How are they to be evaluated? Is it a race to determine the national or U.S. representatives to an international event? Should stricter national or (in some ways looser) international guidelines be applied? At least, the judges need to agree and should let the athletes know before the gun goes off how they are going to be judged. It is unfair to the athletes to make them discover the style of judging during the race and make them try to adjust as best they can in the midst of the competition as someone gains an advantage by "running" by them without warning or they themselves get DQ'd using a style that was allowed in other races. After a race, all the judges should meet together and something should be done about those that were clearly different from the rest—not as a way of accusation, but as a way of learning or bringing about a consensus. There is, of course, the possibility of cases of "special pleading": one judge might have been stationed on a hill or was less visible than the others and some of the athletes tried to take advantage of the situation (some of this is dealt with by rotating the judges around the course). However, one judge should not be considered better at detecting infractions that the others! If such individual prowess does exist, it should be shared with the other judges before the race and not inflicted on the walkers unilaterally. In any case, after the race, the judges could learn from each other with fairness, i.e., consistency, the primary concern—not an individual judge's ego or clever schemes to "catch athletes cheating.

3. Some kind of standard racewalking judging video could go a long way toward achieving this consistency. I think that is a great idea and am glad to learn that some knowledgeable persons are in the process of producing one. I would like to offer some suggestions based on what I said above (guessing, however, that they may have already thought of many of these):

a. First of all, research should be done to learn what has been done in other sports where judging plays a big factor. My hunch is that they also use video's to teach as well as to standardize judging and, perhaps, even to work toward consensus. If they do, how do they decide what goes into a video and how it is used?

b. Include in the video a variety of distinctive forms, both legal and illegal, from various countries with a number of different body types and different expertise. Some forms are clearly legal, some clearly illegal. Each should be clearly represented, including walkers of various levels of expertise and training—from those just beginning to world class athletes. Furthermore, the close calls should be presented and discussed and some consensus reached about them by some of the most knowledgeable IAAF judges, perhaps with some comments about the distinctions between U.S. and international competition. Note that this is not a place for elitism—it is a place for mutual agreement on whatever is decided. Athletes respond to whatever the rules are, just as long as they are uniformly applied without surprises. Such a video could go a long way to getting consensus.

c. Develop the video along with accompanying appropriate printed materials that could be used by local race directors or other race officials who have little experience to show what is needed in the way of judging. They could also be used by coaches, in racewalk clinics, and by athletes to compare individual styles with those on the video and determine their legality.

d. Since there is still a lack of uniformity between races, athletes could be informed of the level of judging by being shown the video before a race and being told which forms will be allowed and which ones will a DQ call.

e. Develop the video with an idea of modifying it in the future as new walking styles are developed and new trends in judging develop.

Perhaps the most exciting thing about this video to me is that it could be a first step toward reaching some consensus and consistency in this highly emotional dimension of our sport. At this point, unfortunately, one of the main topics of discussion after any big race is the complaining about the judging—either too strict or too lenient. And since there is now no organization mechanism in place to register and respond to these criticisms, they are merely registering the frustration of the athletes over a vulnerable area in our sport. This video could go a long way toward stabilizing judging, giving a way for legitimate criticisms to be productive, and letting us get on with developing our form so that we know it is legal without fearing a surprise during an important race. Thus, the main topics after a race could then be contrasting styles, acknowledging great efforts, the tight that someone was wearing, etc.

LOOKING BACK

25 Years Ago (from the March 1975 ORW)—The IC4A winner was Paul Steward in a rather pedestrian 7:10.8. Karl-Heinz Stadmuller did a world's indoor best of 41:37 for 10 Km in East Germany... We published a brief capsule of the ORW history, noting that we started out charging $1.20 per year for what was then a 5-page newsletter reproduced by the ditto process.

5 Years Ago (From the March 1985 ORW)—Marco Evoniuk was an easy winner in the TAC 20 Km team race with a 1:28:40 in Monterey, Cal. Sam Shick trailed by over 6 minutes with Steve Dibernardo right on his heels. Lori Maynard won the women's race in 1:58:07, just over a minute ahead of Jolene Steigerwalt. Mary Baribeau was third, just 27 seconds over the 2 hour mark. Team winners were Seattle in the men's race, Golden Gate in the women's, and Monterey Walk Walk in the master's for men... Tom Edwards broke the American indoor 5 Km record in winning the Intercollegiate race at Princeton in 20:17.55. Ed O'Rourke was second in 21:22... Ray Funkhouser covered 20 Km in 1:30:07 in Long Branch, N.J.
work on one new movement at a time, the learning process will become much simpler. Remember though that relaxation is the real key to getting the muscles to move freely without restrictions.

All your voluntary muscles have the ability to contract upon demand when stimulated by a nerve impulse, and to relax when the nerve impulse is removed. They can contract either singly or in groups in two ways: isotonically (tightening without shortening) or isometrically (tightening without shortening) when the muscles change length and produce a variety of movements. As your legs move in a walking movement, for instance, there needs to be a cooperative action of all the bones and muscles of the leg. This is because the walking muscles are attached to your bones across a particular joint or joints. For instance, the gastrocnemius (a calf muscle) extends all the way from the heel to above the knee, and it is a strong extender of the ankle and a weak flexor of the knee when it is contracted. When it contracts, its opposing muscles relax to allow movement. Depending upon the movement a muscle needs to make, it can assume a variety of roles. They can be an "agonist" which gives it the role of the prime mover as it contracts on demand. Or they can assume the role of an "antagonist" working in opposition to the agonist. It must relax to allow the desired movement to occur. An easy example to understand is the relationship of the triceps and the biceps. Each extends from below the elbow up across the shoulder joint. When you flex the biceps on the front of the arm, the triceps on the rear relaces, and vice versa when the arm is extended.

Muscles are also needed as "stabilizers". If the gastrocnemius muscle is flexed it could cause movement both in the ankle joint and the knee joint simultaneously. If only one or the other is desired to be moved, there must be stabilizing muscle action in the joint not to be moved to hold that joint firmly in place.

The fourth way muscles can act is as "synergists", or in combination with other muscles to produce movements that no single muscle could do. A good example of this are the external oblique muscles of the abdomen. In contracting the left external oblique muscle (a large sheet of muscle fibers covering the front and side of the abdomen) the trunk will bend to the left and rotate to the right. This is an aid for efficient walking. However, if you contract both the left and right obliques simultaneously, there will be forward bending at the waist with no rotation. This is not what we wish to have happen in racewalking so you should only contract one side at a time when walking.

From the Front Range Walker

MUSCLES AND WALKING
By Bob Carlson

Did you feel somewhat awkward when you were first learning the healthwalking or racewalking technique? Unless you have studied kinesiology or physiology you might wonder why. The reason is that new motor skills—even relatively simple ones—require a great deal of coordination between voluntary muscles. The voluntary muscles are the ones that move the joints of the skeletal system, while involuntary muscles are those which are automatically controlled, such as those of the breathing mechanism, small intestine and the heart. Slow, calculated movements are often necessary to train muscles to accomplish new motor skills. Conscious thought seems to slow the process and beginners tend to move along somewhat awkwardly. There is a term "paralysis through analysis" which comes all too often into play when walking very slowly and deliberately. The good news is that with practice, these movements become fluid through familiarity. If you can learn to relax and
We should know by now that fast walking uses practically all the muscles that we can name, and we thought you might be interested in what is going on inside as you stride along in the racewalking style.

The following two items from the Southern California Racewalking News:

INTERVIEW WITH LARRY WALKER

LARRY WALKER — CONTINUED FROM PAGE 1.

This sounds strange, but for the first ten years, my average time for a mile race was in the low 6:30's, but for the last 10 years, I don't think I have had one race slower than a 6:25.0.

Ed. I've heard of a lot of different commitments; I find it very difficult to get out and do anything except what I usually do. I want to be able to do it. I race 11 times a year while in my 20's, I was probably going to race 50 to 60 times a year between running and walking.

Ed. This brings us to the fact you run as well as walk? I'm not finding your running assists your racewalking?

L. I believe it helps, but not always. What I do is find that I have some problems early on in my 20's. I do honestly know whether the problems were caused by running or not. At this point, I can go on from one to the other easily.

It definitely helps me to have options in training. You can have a good race walking day and I am walking hard, the next day I just don't feel like racing walking and I have the option of running. If I am having trouble changing, I can hop on a bike. Having the different options available to me really is excellent. There is the fourth option of swimming. First of all, I don't really have access to a pool and secondly, swimming for somebody with my body doesn't help. I think I'm a deep swimmer — sort of like staying alive in the water. I have no future as a swimmer.

The frustration I felt in this particular did not really loosen up for some reason, that you are making adjustments to being 47?

This sounds strange, but for the first ten years, I find it very difficult to get out and do anything except what I usually do. I want to be able to do it. I race 11 times a year while in my 20's, I was probably going to race 50 to 60 times a year between running and walking.

Ed. Do you find in the process of learning new things is it more as tempo as tempo is dictated by an action not just plain clown and lke the others. What can I say? It has worked for me, I think it is a kick. I love race walking and I love running and I like to do both.

INTERVIEWS WITH LARRY WALKER

Holding of many Masters (over 40) Best Performances, not only in the Times Indoor Games, but finished in 4th place with a time of 6:20.2.

L. I was really hoping to get under 6:20.0 but was very stiff for some reason. It is one of those things you can't control. I have been competing since I was 15 in running or walking, and I haven't figured out when I'm going to have a good race or bad one.

Ed. Are you happy with your One-Mile Time?

L. I was really hoping to get under 6:20.0 but was very stiff for some reason. It is one of those things you can't control. I have been competing since I was 15 in running or walking, and I haven't figured out when I'm going to have a good race or bad one.

Ed. You hope you don't think 6:20.2 a bad one?

L. I was really hoping to get under 6:20.0 but was very stiff for some reason. It is one of those things you can't control. I have been competing since I was 15 in running or walking, and I haven't figured out when I'm going to have a good race or bad one.

Ed. Did you do a good warm-up?

L. I did good stretching and a good warm-up. Another possibility is that I had tapered off in my training. I was very dully 40 years old and I am beginning to wonder if I am tapering too much the week before a race, you don't actually cut down your ability to do your best. It is something I am going to have to find out. Is it just the length of the race or not. At this point, I cannot tell them about any follow-up, if at the end of the race, I could say, "You are interested in track. Terrific! Race walking is the option."

I have had 50-75 people come out of the stands, kids and parents. Some kids just hate running and I kick them out, but the interest is there. The problem is that the taping is fairly critical for doing well. There is a sheet of paper which tells you about a couple of walks coming up. Give it a try.

Ed. What I am suggesting is that the taping is fairly critical for doing well. There is a sheet of paper which tells you about a couple of walks coming up. Give it a try.

L. In the slowest thrice or four times, I only knew I could. As a matter of fact, I have gone exactly the opposite route of visualization. In 1976, when I made my first Olympic team, I did not know what anybody had done. I did not read the walking press as far as finding out what any of the competitors were doing. I was aware of some of the times but only because I couldn't tell them about any follow-up, if at the end of the race, I could say, "You are interested in track. Terrific! Race walking is the option." I have had 50-75 people come out of the stands, kids and parents. Some kids just hate running and I kick them out, but the interest is there. The problem is that the taping is fairly critical for doing well. There is a sheet of paper which tells you about a couple of walks coming up. Give it a try.

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