Segura, Piller nail world records; James follows American record with win at Nationals; Vaill also prevails

Allen James, who had already walked the fastest ever 50 Km by a U.S. athlete earlier this spring, journeyed to Fana, Norway in early May for the annual track races there and came home with an American record. Allen had a 1:24:26.9 while finishing fourth behind Bernardo’s Segura startling world record of 1:17:25.5, bettering the 1:24:50 by Tim Lewis in Seattle in 1988. However, he is still well off Tim’s road best of 1:22:17 at Dearborn in 1989. Six weeks later, Allen overcame the heat and Jonathan Matthews to win the US national title in Knoxville. He had 1:28:35.9 in that one. In Knoxville, Teresa Vaill just beat Michelle Rohl as both bettered Debbi Lawrence’s American record for 10 Km. Read on for some of the details. Also in Fana, Frenchmen, Rene Piller, just broke Raul Gonzalez’s world record for 50 Km with a 3:41:38.4. Read on for details.

Good racing at U.S. Nationals

Knoxville, Tenn., June 16 and 18--The National 10 Km title race saw both Teresa Vaill and Michelle Rohl bettering Debbi Lawrence’s American record of 45:28.4 set in 1991. Vaill managed to overcome a determined effort by Rohl to take the race and the record in 45:01.46. Michelle was just 6 seconds back at the finish. Lawrence, seeking her fifth title in the last 6 years was pushed back to fourth by Debbie VanOrden. In a high-quality race, Lynda Brubaker had 48:22 in seventh and 11 walkers went under 50 minutes.

In the men’s 20, James finished just 27 seconds ahead of Matthews with Andrzej Chylinski just over 1:30 in third. Then seven others crossed the line within 2 minutes of Chylinski in another race with good depth, despite the heat wave that was covering the eastern seaboard and great performances by intermediate team members Phil Dunn, Andrew Hermann, and Tim Seaman.

The results:


World Records in Norway

Fana, Norway, May 7—Exactly one month ago, China's Bo Lingtao walked a 20 Km in 1:18:03.3 on the track in Beijing to take down the world record of 1:18:35.2, set by Sweden's Stefan Johansson in 1992. Today, Mexico's Bernardo Segura shattered the new record with a 1:17:25.5 on the Fana track, scene of several past records, including Johansson's. The 24-year-old Mexican, ranked 10th in the world last year, had a previous best of 1:19:39. But, then Bo Lingtao's best had been 1:19:49. Allen James was fourth in the race with his American record, but then must have been lapped four times, which is rather frightening. Jonathan Matthews was seventh in 1:27:12.5.

In the 50, not often contested on the track, Piller finished in 3:41:28.4, just 10.2 seconds under the record that Mexico's Raul Gonzalez set here in 1979. China's Zhou Yongsheng finished second in 3:48:13.7, an Asian record. Piller was sixth in last year's world championships. His time was a world record on the track, but not the best time in the world this year as Spain's Valentin Massana had a 3:38:43 on the road in March.

Sonntag wins National 20, Dunn National 25 in Albany

Albany, N.Y., May 10 (from Robert Ryan)—With the men (going 25 Km) and the women (going 20 Km), Teresa Vaill led the pack field through a blazing fast first 10 Km (44:34), and then dropped out, opting to save herself for the National 10 six weeks. The performance certainly previewed her victory there, however. Her time is the fastest ever by a U.S. woman on the road, but doesn't count for anything since she didn't complete the scheduled distance.

With the rabbit gone, the men's field attempted to continue the pace with a lead group of Phil Dunn, Ian Whatley, Andrew Hermann, and Marc Varsano. With the heat of the day and the early pace, the contenders started to drop off one by one, with Whatley the last to go. Dunn continued through 20 Km in 1:32:26 with everyone else better than a minute-and-a-half behind. After that, he continued to pull away from the field to win in 1:58:05. Late surges by Mike Rohr, Hermann, and Varsano failed to reel in the leaders.

In the women's 20, Sonntag and Canada's Micheline Danseau hooked up in an early-race duel behind Vaill. Lisa established a mid-race lead, which she never relinquished in spite of a gallant late race surge by the Canadian. Sonntag's winning time was 1:48:15.

The Master's race was highlighted by the outstanding time of Bohdan Bulakowski, the Lagrange, Georgia Program coach and 1980 Polish Olympian. Bohdan won in 2:11:48. American masters were lead by Bob Keating in 2:23:02 and Ed Whiteman set an American age 55-59 best with his 2:24:08. Masters women were led by 55-year-old Elton Richardson in 2:02:55.


OTHER RESULTS


PAGE 4


6:50:13 5 Mile, Point Pleasant,


6:50:13 5 Mile, Point Pleasant,


### Ontario 30 Km Championship and Commonwealth Games Trial, Welland, Ont, May 28

- Jack Bray 25:47
- John Schulz 26:42
- Larry Green (59) 27:01

### Sacramento, June 4

- Jack Bray 7:14
- John Schulz 7:42
- Bob Eisner 8:01

### Overseas

- Arika Junna-Saxby 20:45
- Manning 21:46
- Blythe 22:07

### Australia, March 11

- Kerry Junna-Saxby 20:45.03
- Manning 21:46.5
- Blythe 22:07.3

### Overesee

- Pascal Pedneault 1:35:01

### Men's 10 Km, same place

- Brent Clark 2:27:52
- Dick Petruzzi (61) 2:35:05
- Arturo Huerta 2:35:07

### 5 Km, same place

- Tim Berren 2:11:34
- Martin St. Pierre 2:14:50
- Pete Giachetti (51) 2:28:01

### Dixon, Cal., May 12

- Dick Petruzzi 28:52

### 1500, Sacramento, June 4

- Jack Bray 7:14

### Overseas

- Nadezhda Ryashkina (Russia) 2:15:52
- Emm 2:15:52
- Volkmar Scholz 2:17:52

### Women's 5 Km

- Kerry Junna-Saxby 43:51
- Manning 44:41
- Blythe 45:02

### Berlin, March 27

- Axel Noack 1:25:14
- Beecroft 1:25:31
- Simon Baker 1:26:25

### Overseas

- Cao Hongmiao 41:37:9
- Holpuchova 44:50

### Canberra, Aus., Jan. 28

- Nick A'Hern 3:58:00

### GRAB YOUR WATER BOTTLE AND HEAD OFF TO THESE HOT SUMMER RACES

| Thu. July 7 | 2.8 Miles, Seattle, 6 pm (O) |
| Sat. July 9 | Masters 3 Km, Libertyville, Illinos (T) |
| Sun. July 10 | 3 Km, Alexandria, Virginia, 8:30 am (O) |
| Sun. July 10 | 3 Km, New York City, 8:30 am (F) |
| Mon. July 11 | 1500 and 3000 m, St. Louis (DD) |
| Sun. July 10 | 5 Km, Los Angeles (B) |
| Sat. July 16 | National USA & F 10 Km, Men and Women, Niagara Falls (AA) |

| Sun. July 17 | 5 Km, Florence, S.C., 9:45 am (CC) |
| Sun. July 17 | -10 and 15 Km, Dearborn, Mich., 9 am (T) |
| Wed. July 20 | 5 Km, St. Joseph, Mich., 8:45 am (Y) |
| Wed. July 20 | 10 and 20 Km, Denver (H) |
| Fri. July 22 | Western Regional 5 Km, Las Vegas (B) |
| Fri. July 22 | 1 Hour, Marin, Cal., 8 am (P) |
| Fri. July 22 | 5 Km, Jefferson, Louisiana, 7 pm (W) |
| Sat. July 23 | 5 and 10 Km, Albuquerque (L) |
| Sat. July 23 | 5 Km, Marlboro, Mass. (I) |
| Sat. July 23 | 5 Km, Denver (H) |
| Sat. July 23 | 5 Miles, South Boston, Maze. (I) |
| Sat. July 23 | 2 Miles, New Orleans, 6:45 pm (M) |
| Sat. July 23 | Masters 5 Km, Tacoma, Wash. (C) |
| Sun. July 24 | 5 Km, Kalamazoo, Mich., 8:30 am (Y) |
| Sun. July 24 | Masters 3 Km, Libertyville, Ill. (S) |
| Sun. July 24 | 5 Km, Lafayette, Col., 8 am (H) |
| Sun. July 24 | Montana Sr. Olympics 1500 and 5 Km (K) |
| Sun. July 24 | 3 Km, Alexandria, Virginia, 8:30 am (L) |
| Sun. July 24 | 3 Miles, Notre Dame, Louisiana, 8 am (M) |
| Sun. July 24 | 15 Km, Pala Alto (P) |
| Sun. July 24 | 10 Miles, Narragansett, R.I. (I) |
| Sun. July 24 | 5 Km, Downagiac, Mich., 8:30 am (Y) |
| Sun. July 24 | North Region 8 Km, Indianapolis (AA) |
| Sun. July 24 | 5 Km, Albuquerque (L) |
| Sun. July 24 | Doc Trippe 5 Km and 10 Km, Broomfield, Col., 8 am (H) |
| Sun. July 24 | Montana Masters 5 Km, Bozeman, Mont. (K) |
| Sun. July 24 | 5 Km, Newburyport, Mass. (I) |
| Sun. July 24 | 2.8 Miles, Seattle, Wash. (C) |
| Sun. July 24 | 5 Km, Fl. Collins, Col. (H) |
| Sun. July 24 | 5 Km, Coloma, Mich, (Y) |
| Sun. July 24 | 5 Km, Dalton, Mich., (Y) |
| Sun. July 24 | New Mexico Sr. Olympics 5 Km, Las Vegas, N.M. (L) |
| Sun. July 24 | 3 Km, Alexandria, Virginia, 8:30 am (L) |
| Sun. July 24 | Northeast 15 Km, Concord, N.H. (I) |
| Sun. July 24 | 3 Mile, Edinboro, Penn., 7 pm (W) |
| Sun. July 24 | 3 Mile, Edinboro, Pa., 7 pm (W) |
| Sun. July 24 | NATIONAL MASTERS 5 KM, EUGENE, OREGON (bb) |
| Sun. July 24 | 5 Km, South Haven, Mich., 9:30 am (Y) |
| Sun. July 24 | 5 Km, Craftsbury Common, Ver. (I) |
| Sun. July 24 | NATIONAL MASTERS WOMENS 10 AND MENS 20KM, EUGENE (BB) |
| Sun. July 24 | 5 Km, Red Rock State Park, N.M. (L) |
| Sun. July 24 | 5 Km, Allegan, Mich., 8 am (Y) |
| Sun. July 24 | 5 Km, Florence, S.C., 9:45 am (FF) |
| Sun. July 24 | NATIONAL JUNIOR 3 AND 5 KM, eRONO, mAINER (Y) |
| Sun. July 24 | 5 Km, Littleton, Col. (H) |
| Sun. July 24 | 5 Km, Flint, Mich., 8 am (Y) |
| Sun. July 24 | 5 and 10 Km, Dearborn, Mich., 9 am (E) |
| Sun. July 24 | 4 Mile, Millcreek, Penn. (W) |
| Sun. July 24 | 10 Km, Exeter, N.H. (I) |
Sun. Aug. 28
Western Regional 5 Km, Denver
1 Hour, Marin, Cal.
Eastern Regional Junior 5 and 20 Km, Albany, N.Y.
8 Km, Needham, Mass.
Sat. Sept. 3
5 Km, Metairie, Louisiana, 6:30 pm
Sun. Sept. 4
Western Regional 15 Km, Albuquerque, N.M.
5.2 Mile Handicap, Interlaken, N.J.
Eastern Regional 15 Km, Washington, D.C.
Sun. Sept. 11
NATIONAL 40 KM CHAMPIONSHIPS, FORT MONMOUTH, NJ (A)

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FROM HEEL TO TOE

Norman Read, the 1956 Olympic 50 Km gold medalist for New Zealand died suddenly on May 22 during a Masters 54 Km cycle race. He had been riding with the main bunch early on, but had dropped off the pace. Riding alone, he collapsed and died. Dudley Harris provides the following background on Norm's career. Born in England on Aug. 13, 1931, he emigrated to New Zealand in the mid '50s. The New Zealand selectors showed little interest, so he paid his way to Australia, where he worked as a clerk and a gardener, and trained in order to do a New Zealand qualifying time. He was eventually chosen for the Kiwi team. At the Melbourne Olympics, in temperatures exceeding 100 F, the heat was too much for the favored trio of Klimov, Thompson, and Dolezal. One by one, they dropped out, while Read, showing superb judgment, worked his way towards gold. He joined the Russian, Yevgeny Maskinov, in the lead at around 35 Km, and the pair matched strides until 5 Km from home. Then, the smiling Read, his white handkerchief knotted around his neck, strode away to win in 4:30:42.8. Maskinov was second in 4:33:57, while the Swede, Ljunggren (who had won in the 1948 Games in London) was third. Since then, he bettered his 50 Km time, but was obliged eventually to cease competitive walking by injury. His post-racing achievements included becoming the inaugural President of the New Zealand Race Walking Association, and, this year, the President of Athletics New Zealand; plus a member of the International Panel of Judges, officiating at meets such as the Barcelona Olympics. Gary Little, our National walks coach, says, "Norm was a lesson in humility and experience. He said of his gold medal: 'I was just lucky to get it right in one race on one day.' When asked to speak to New Zealand's top walkers, Norm said, 'I can't imagine that I could have anything to say that they would want to listen to.' He was wrong on both counts, being clearly a man to be respected."

Graham Saeter, current President of New Zealand RWA, says: "He achieved his goal of Olympic Gold medal through a single-minded dedication; but in an era before 'goal setting' became common in sport, Norm lived the concept. He was a true champion—but not so determined to achieve individual success that he could not relate to the needs of others. He added a sense of dignity to every event he attended. I feel honored to have known Norman Read." (Ed. I was privileged to compete against Norm at White Plains, N.Y. at the National Masters in 1975. Many foreign athletes were at the meet, which preceded the World Masters Meet in Toronto. At age 44, spotting me 4 years, he had little trouble "mastering" me at both 5 and 20, although England's Roy Thorpe beat him in both.)... Elliott Denman, who competed against Norm in Melbourne, and now writing for the Asbury Park Press, received this year's Don Dunphy Award presented at the annual Spink-Stowe dinner at Manhattan College. The Dunphy is the club's top media award... A press release from the National Sporting Goods Association tells us that exercise walking remains as the country's favorite participant sport. Although participation declined 2.5 percent, exercise walking continued ahead of swimming among the 50 sports and fitness activities surveyed. (I see now, that this is a better than 1-year-old release and that the figures are for 1992.) Exercise walking had 67.8 million participants, while swimming drew 63.1 million. Bicycling riding (54.6 million), fishing (47.6), camping (47.3), bowling (42.5), exercising with equipment (39.4), billiards (29.3), basketball (28.2), and aerobic exercising (27.8) followed... I perhaps let Bob Bowman get a little carried away in his reply to Elaine Ward in last month's ORW and should have done a little censoring rather than simply copying his letter. For example, his statement that "her newsletter continues to be a wealth of misinformation on racewalking", probably puts me, as editor on the border
CAPACITOFLOW

If I understand the argument by Danish, another potential failur mode could be introduced by the athletes themselves just by touching one another.

Furlong energy expenditure study

Not having Dr. Furlong’s address, I offer this friendly overview through the ORW. With the study sample of one, it should not be assumed that the flight phase mode comes by way of a change in hip swivel. Each walker may have his/own technique transition leading to loss of contact. I suggest trying to evaluate the cost in energy due to the breaking action at the heel strike. How does this change as an athlete loses contact? I suspect that the major savings is the accumulated energy savings by having less touchdowns over the course of a race. From this assertion, however, I am not suggesting that an athlete who loses contact is doing so 100 percent of the time; so it would be inappropriate to extrapolate the result out to the full race distance.

Loss of contact and pull of gravity

In several writings supporting the dismissal of the contact rule, one of the scientific basis cited has been that the only way that the walker gets his/her foot back to the ground is simply by falling ala the force of gravity. This totally ignores the dynamic use of the upper body and arms. As a demonstration try the following experiment. Get two bathroom scales, put one foot on each scale, simulate the walking motion while standing in place (i.e., shifting weight from one foot to the other and rolling up on the toes), watch what the reading on the scales show. Now, start to swing the arms. Now what are the scales reading? If done correctly, you should see the reading on the scale beneath the straightened leg rise. This apparent increase in weight comes from the downward swing through of the arm above the straight leg, thereby demonstrating that there is a downward motion in addition to just gravity.

Judging rules and benefit of doubt to the walker

It is generally accepted in racewalking and other athletic events (and rightly so) that in the application of the rules, the benefit of the doubt goes to the athlete. In some ways, the current flup over judging is an outgrowth of this premise. (The judge can’t make a 100 percent accurate call at all times.) An immediate reversal of this belief to the athlete could be fashioned by simply changing the observation of the contact phase to require that the judge look for contact versus loss of contact. In this way, if the judge cannot see double contact, then the athlete is to be recommended for disqualification! Another rules/contact alteration could be the requirement that the athlete visibly make contact with the ground with the heel. Much like the straight leg requirement, where the judge has to evaluate when the leg is straight, the judge would be looking for contact under a specific condition. The foregoing is not approved by the Judges committee and is only my musings.

Ron Daniel

LOOKING BACK

20 years Ago (From the June 1974 ORW)–The Colorado Track Club duo of Jerry Brown and Floyd Godwin took one-two in the National 20 Km on Long Island. Brown’s 1:33:34 left him 24 seconds ahead of Dave Romanskly at the finish, but Dave had been DQ’d
John Knifton, Ron Daniel, and Bob Henderson took the 20 km in 1:27:11, but in the women's event, the USA's Lyn Weik set a national record on the track with her 46:44.1, leaving Teresa Vaill nearly 1:00 minute behind. Maryanne Torrellas beat Debbi Lawrence for third. Vaughn joined the World Cup events in Barcelona, winning both men's and women's team titles decisively. China and Italy were second and third, respectively. Out the Soviet women came fourth, sixth, and ninth to take the title. Lynn Weidig third, followed by Australia's Kerry Saxby second and Italy's Ileana Dooley first in the women's race, with the US in 12th. The women's 10 km winner was East Germany's Beane Anders in 43:08 with Australia's Kerry Saxby second and Italy's Ileana Dooley first in the women's race. Marco Evoniuk won the 50 km and Neal Pyke the 20. Evoniuk's 4:10:33 was nearly 2 minutes faster than the previous world record.}

In trials for the Pan American Games, Marco Evoniuk and Tom Dooley, Daniel, and Ed Bouldin followed, all under 23, with Evoniuk winning in 4:02:25, nearly 12 minutes ahead of Vincent O'Sullivan. Carl Schueler was second, and lead all the way to win the 20 in 1:27:11, but Todd Scully was only 44 seconds back. Evoniuk won the 50 km and Neal Pyke the 20. Evoniuk's 4:10:33 was nearly 2 minutes faster than the previous world record.

Three weeks later, Knifton won the 5 in 1:22:30 by Frances's Gerard Lelievre was pending approval. Raul Gonzales did 3:41:39 in the 50, leaving Lelievre better than 16 minutes. The National Junior 10 km went to Steve Herman in 49:08 with Jim Murchie second. In Italy, Karl-Heinz Stadtmuller, of East Germany, walked 1:20:58 for 20, but the course turned out to be only 19, 164 meters in length. [ast Germany's Winfried Skolnick won the supposed 50 km (47.91 km) during this botched International meet in 3:52:12.

15 Years Ago (From the June 1984 ORW)--In trials for the Pan American Games, Marco Evoniuk and Tom Dooley, Daniel, and Ed Bouldin followed, all under 23, with Evoniuk winning in 4:02:25, nearly 12 minutes ahead of Vincent O'Sullivan. Carl Schueler was second, and lead all the way to win the 20 in 1:27:11, but Todd Scully was only 44 seconds back. Evoniuk won the 50 km and Neal Pyke the 20. Evoniuk's 4:10:33 was nearly 2 minutes faster than the previous world record.
• Specificity. If an activity is similar to racewalking in terms of mechanics and intensity, the results of studies on this activity are more likely to be transferable to RW training. Movements can be compared by considering the major muscle groups used and the rate of contraction. e.g. Studies on 'sliding boards' show the quadriceps to be the main muscles used and the number of slides per minute to range from 30 to 50. This shows little help for training racewalkers since they need to develop the antagonistic muscles (Hamstrings, gluteal group and lower back) at a step rate in the 180 to 220 per minute range.

• Intensity. Two athletes exercising at the same percentage of their maximum Oxygen uptake capacity are doing comparable amounts of work, even if one is engaged in walking while the other is running. To 'convert' training loads between sports, use time and effort rather than speed and distance. For example: Runners seeking to raise their Lactate threshold will carry out tempo runs. These involve running slightly below 10 Km race pace for about 3 1/2 miles. Studies show them to be running at 87% - 92% of maximum heart rate for about 20 minutes duration. A racewalker can achieve the same Lactate threshold training effect by walking for 20 minutes at about 90% of maximum heart rate. This is NOT the same as walking 3 1/2 miles at just below 10 Km race pace.

• Economy. If no time or percentage heart rate/Oxygen uptake data is provided in an article, you can approximate the RW training equivalent using the G.F. This is a ratio factor relating the economy of walking and running. Providing the distance covered is greater than 1 mile, running is 1.35 to 1.4 times more efficient than walking for most individuals. For example: 1. If a runner covers 70 miles in a week, a walker would expend the same energy in walking about 50 miles per week. 2. A running training session might be described as: 10 mins warm-up, 2 X 2 miles at 5 mile race pace with 2 mins rest between and 10 mins warm-down. The equivalent session for a racewalker would be: 10 mins warm-up, 2 X 2,400 Metres at 5 Kilometre race pace with 2 mins rest between and 10 mins warm-down.

The G Factor is based on a statistical analysis of running and walking performances and assumes reasonable proficiency of RW technique. Cycling and swimming GFs have not yet been calculated.

Although converting or extrapolating from studies on other endurance sports is not totally accurate, it can provide a great many useful insights on the training of racewalkers.

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Above: Following the Mortland Invitational 20 Km from left to right, Ron Laird, Chad Eder (2nd), Jack Mortland, Bill McCray (3rd), and Gary Morga, the winner.