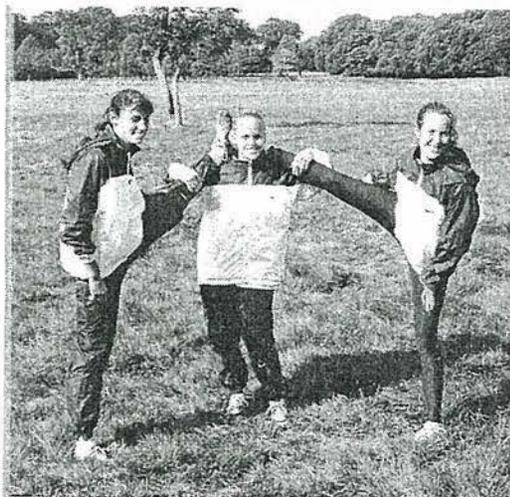


Results From the Racewalking World

10 Km, Concord, Mass., Nov. 9--1. Brian Savilonis 60:19 2. Bob Ullman 60:30 3. Tom Knatt 66:00 **1 Hour, Alexandria, Vir., Oct. 5--1.** Steve Pecinovsky 12,086 meters 2. Jim Carmines 12,086 3. Alan Price 10,841 4. Ron Shields 10,091 5. Sal Corrallo 9,842 6. Dick Jirousek 9,684
Women: 1. Marykirk Cunningham 10,720 **3 Km, Alexandria, Aug. 17--1.** William Jesse Leggett 14:09.8 2. Bruce Booth (49) 14:17 3. John Gersh (50) 17:40 **5 Km, Orlando, Fla., Oct. 25--1.** C.S. Monte Carlo 27:33 2. Burns Hovey 28:19 3. Steve Christlieb 28:55 4. Mario Feinstein 29:57 5. Bryce Courtney 30:17 **Women:** 1. Chris Alt 28:36 **Henry Laskau 5 Km, Coconut Grove, Fla., Oct. 25--1.** Allen Jacobson 28:07 2. Bob Cella 29:18 3. Juan Mora 29:25 (1st 45-49) 4. Phil Valentino 30:27 (1st 50-54) 5. Bob Fine 30:38 (1st 60-65) **Women:** 1. Linda Stein 30:03 2. Tammie Corley 30:57 **5 Km, Miami, Nov. 8--1.** Rod Vargas 24:40 2. Juan Yanes 25:06 3. Juan Mora 28:45 4. Jose Ballester 28:54 5. Phil Valentino 29:08 **Women:** 1. Tammie Corley 29:22 2. Linda Talbot 30:35 **10 Km, Miami, Nov. 15--1.** Rod Vargas 58:29 2. Bob Cella 59:17 3. Juan Mora 62:21 3. Phil Valentino 62:29 4. Bob Fine 62:42 5. Tom White (65-59) 63:15 6. Neal Donahue (60-64) 64:41 7. Gerry Gomes (65-59) 65:32 **Women:** 1. Roswitha Sidelko 58:48 2. Linda Stein 63:45 3. Judy Altman (50-54) 65:21 **5 Km, Miami, Nov. 15--1.** Rodolfo Puime 26:55 2. Jose Ballester (43) 29:45 **5 Km, Bowling Green, Ken., Oct. 4--1.** Simon Grace 24:40 2. Russell Hendrick (42) 27:26 3. Michael Huggins (40) 27:59 4. Gordon Pitz (59) 29:21 5. Ray Everson (62) 29:28 **Women:** 1. Elizabeth Main (46) 28:57 2. Sperry Rademaker (58) 29:36 3. Carrie Thompson 31:21 **5 Km, Albuquerque, N.M., Aug. 23--1.** Theron Kissinger 24:01.2 2. Mark Adams (58) 27:38 **Women:** 1. Claudia Leonard 27:57.1 2. Teresa Aragon 27:58 **15 Km, Los Angeles, Nov. 2--1.** Victoria Herazo 23:51 2. Richard Lenhart 26:46 3. Chris Dreher 27:04 4. Carl Acosta (63) 28:51 5. Daniel Thompson (43) 28:53 6. Jolene Steigerwalt (54) 30:22 7. John Kelly (68) 30:44 (25 finishers) **10 Km, Monterey, Cal., Oct. 25--1.** Kim Wilkinson 50:52 2. Roger Wellborn (46) 55:29 3. Therese Iknioian (40) 56:52 4. Ann Gerhardt (46) 58:55 5. Wuang Than (42) 58:56 6. Dick Petruzzi (64) 59:35 7. Ericka Ackeret (14) 60:10 8. Mary Baribeau (40) 60:34 9. Terri Brothers (41) 60:35 10. Art Klein (44) 60:41 (26 finishers) **1 Hour, Kentfield, Cal., Oct. 5--1.** Jim Stuekey 9991 meters 2. John Schulz 9908 3. Virginia Fong 9164 (17 finishers) **5 Mile, Portland, Ore., Sept. 2--1.** Ian Whatley 36:11 2. Rob Frank (45) 41:41 3. Mark Wiebold (48) 42:03 4. Doug Vermeer (43) 46:30 5. Tess Marino (51) 48:39 6. Susan Heiser 49:36 (18 finishers) **Marathon, same place--** 1. Mark Danford (44) 4:33:52 2. Ken Dixon 4:38:17 3. Ronald Babeock (40) 4:47:52 4. Linda Garvin (45) 5:00:53 5. Steven Smeiser (49) 5:02:51 6. Suzanne Garioan 5:03:32 (17 finishers) **New Zealand 50 Km Championship, Hamilton, Nov. 9--1.** Craig Barrett 3:52:42 2. Tony Sargisson 4:08:46 3. Gary Little 4:49:37 (world best for age 55-59) **Women's 20 Km, same place--1.** Jenni Jones-Billington 1:46:37 2. Christine Tuka 1:55:38 3. Diane Barrett 1:57:58

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U.S. Teams at the Dublin Grand Prix of Racewalking (See results in October ORW). Top: (From left) Al Heppner, Will Van Axen, and Philip Dunn. Bottom: (From left) Jill Zenner, Danielle Kirk, and Margaret Ditchburn. (Steve Vaitones photos)

Ring out the Old, Ring in the New at Some of These Events

(Please send me your schedules 1998 if you want your races listed here)

- Sat. Dec. 6 5 Km, Columbia, Missouri, 8:30 am (T)
Jingle Bell Walk, Indianapolis (V)
- Sun. Dec. 7 5 Km, Kansas (Y)
5 Km, Miami, 7:30 am (Q)
- Sat. Dec. 13 4.4 Mile, Denver, 9 am (H)
- Sun. Dec. 14 5 Km, New York City, 9 am (F)
- Sun. Dec. 20 5 and 10 Km, Washington, D.C., 8:30 am (J)
5 Km, Atlanta (D)
1/2 Marathon and 5 Km, Miami, 6:30 am (Q)
- Sat. Dec. 13 2.8 Miles, Seattle, 9 am (C)
5 Km, Atlanta, 8:45 am (D)
- Sun. Dec. 14 20 Km, Palo Alto, Cal., 9 am (R)
- Sun. Dec. 20 5 and 10 Km, Washington, D.C., 8:30 am (J)
- Sun. Jan 11 Disney World Marathon and Half-Marathon, Orlando, Fla.(I)
Indoor 3 Km, Arlington, Vir., 8:30 am (J)
- Sun. Jan. 18 10 Mile Handicap and 5 Km, Pasadena, Cal., 8 am (B)
- Sun. Jan. 25 Indoor 3 Km, Arlington, Vir., 8:30 am(J)
- Sun. Feb. 8 **USATF National 50 Km, Palo Alto, Cal.**

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E--Sierra Race Walkers, P.O. Box 13203, Sacramento, CA 95813
F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
G--Justin Kuo, 39 Oakland Road, Brookline, MA 02146
H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
I--Walt Disney Travel Co., Attn: Marathon, PO Box 22094, Lake Buena Vista, FL 32830
J--Sal Corrallo, 3515 Slate Mills Road, Sperryville, VA 22740
M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387
N--Steve Vaitones, USATF-NE, P.O. Box 1905, Brookline, MA 02146
O--Frank Soby, 3907 Bishop, Detroit, MI 48224
P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 95813
Q--Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445
R--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086
S--Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614
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X--Dave Gwyn, 6502 Briar Bayou, Houston TX 77072
Y--Heartland Racewalkers, 3645 Somersct Drive, Prairie Village, KS 66208
Z--Ross Barranco, 3235 Musson Road, Howell, MI 48843

FROM HEEL TO TOE

Support your fellow walkers. For the past two years, we have been telling you about Marc Varsano's excellent hand-dipped chocolates. Well, it's time once again to place your holiday orders for these delectable delights made by one of our own. Varsano's chocolates are hand-dipped daily and include molded novelties and foil wrapped specialities. Varsano's also offer sugar-free/low-cal candies, nuts, and dried fruits. Gift boxes and gift baskets are available, as well as platters and tins, and are shipped everywhere. Sample prices--chocolates \$16.50 per pound, chocolate truffles \$18.50 per pound. For more info, write Varsano Chocolates, 179 W. 4th Street, New York, NY10014 or phone your order to 800-414-4718. . . And, when you are in the vicinity of Norwalk, Cal. and looking for an evening of luxury, contact Eagle Limousine and ask for fellow racewalker Ed Bouldin. They have just added a 10-passenger Lincoln to the fleet with color TV and VCR, CD player, fiberoptic lighting in the bar and ceiling, starlight lighting in ceiling and private divider, and a moon roof. . . Don and Debbi Lawrence offer an opportunity to raise funds for your club or to offer holiday gifts for racewalkers. They are offering a holiday special on their Fitness Walking audio cassette, which offers instructions for a complete walking program on one side and music selections for a walking workout on the other. The special is \$2.00 each for the cassette, plus postage, for orders of 25 or more. The cassettes are \$9.95 each for orders of 1 or 2, \$6.00 each for 3 to 11, and \$4.00 each for 12 to 24, all plus postage. They also offer a Walklog--a diary and guide for the exercise walker, which includes training tips, workouts, and charts, as well as eight photos to inspire and motivate users throughout the year. Walklogs are \$9.95 each, \$8.00 for 3 to 11, \$6.00 12 to 24, and \$6.00 for 25 or more, but with free shipping on the latter. . . In the Looking Back feature in this issue, you will see some of the exploits of Israeli Olympian Shaul Ladany, who also competed in this country for several years before returning to Israel. So, the following item from the *Jerusalem Post*, November 5 edition, is of interest. Long-time subscriber Dave Lakritz, also in Israel for several years, sent it, and noted that he tried to call Shaul, but received no answer, so he offers no more details: **Omer resident shoots suspected burglar.** Prof. Shaul Ladany shot and lightly wounded a suspected burglar yesterday morning at his Omer home. Ladany was in his second-floor office when he heard a loud noise in the yard and saw two strangers there. Taking his licensed rifle, he went outside and challenged them, whereupon they attacked him with a large stick. Ladany shot at them, wounding one in the leg, but both ran away. He then called the police. Shortly afterwards, a 17-year-old showed up at Beersheba's Soroka Hospital with a minor bullet wound in his leg. He said he had been shot by an Omer resident. Police said Ladany had acted in self-defense. . . Here is an interesting upcoming event, though we are not sure how many competitive walkers it will appeal to, even among those who go for the ultra-distances. The Ultrawalk 200 is scheduled for Fort Collins, Colorado from September 24-27, 1998. Here is the organizers description of the event: "A very strong international group will try to achieve something that has never been done before in the world in an organized event. The goal for this group is to prove that it is possible to walk together for 200 miles (322 kilometer) nonstop. To get the synergy-effect of a group, we will assist each other whenever we can. There will be no whining, no complaining, etc. Make sure that you are prepared as you have never been prepared before. We are expecting TV, press, and radio attention. Style: 200 miles walking together as a group (no relay event) in 68 hours (including short rests). (Ed. Which to negate the nonstop claim above.) Jogging is allowed as long as you stay with the group and there is no interference with the walkers. The speed will be determined by the leader of the group. A low-key, charity event. Great adventure for very strong (and fast) walkers and hikers." The event will be held on an approximate 14 mile out-and-back course. The same organizers are presenting a 100 Km Through the Night with the same general format on April 25-26, 1998. That distance is to be completed in 15 hours and 45 minutes. For more information on these events, contact Ulrich and Traudle

Kamm, P.O. Box 513, Longmont, Colorado 80502. Phone 303-682-2575. email: ulwalker@aol.com . . .

Ireland--My Kind of Land

by Al Heppner

(Al was on the U.S. team that competed in the Dublin Grand Prix of Racewalking in September--see results in last month's issue and pictures elsewhere in this issue. He sent us these impressions.)

The first thing I saw in Dublin was a sign for the All-Ireland Bowl (combination of rugby, basketball, and soccer) pitting Mayo against Kerri in the final.

"Sports! And it's kind of like football," I thought.

At that point, I realized I would fit in just fine here.

The restaurant in which the sign was hung also had a banner that read: "We support Mayo." To which I replied, "Bring out the Hellman's, I support Mayo too."

Training in Dublin was tough. I had problems with people driving on the wrong side of the road and I couldn't time my crossings very well. After almost getting runover 52 times, I wisely decided to let Philip Dunn lead me across the street. He refused to hold my hand though. When I wasn't with Philip, Margaret Ditchburn knew how to get across, but she had an advantage because her Dad is from England.

The hotel we stayed in (Kinlay House) was about six stars short of a five-star hotel, but, hey, the Ireland race director paid for it, so I didn't complain. . . a lot. One of the first meals we had was at the Bad Ass Cafe (whoa, am I allowed to write that?). I ordered lasagna, but it was more like Chey Boyardce Beefaroni without the tomato sauce. From that point on I ate only at Subway. Don't laugh, I filled up my sub club card so many times, I'll never have to pay for a sub again. (Ed. Please note these are Al's opinions, not ours. We will forward all nasty letters from the Irish to him.)

What's that? Oh, yeah, the race. Well, England was da bomb, blowing up the competition in both the men's and women's races. However, the U.S. finished a very respectable second in both. Philip (5th), Will Van Axen (9th), and myself(4th) fell to England by just five points in a large field of 38 walkers, while Jill Zenner's third place finish kept the women close. The course was fast and flat, but had sharp turnarounds that robbed walkers of their momentum.

After the race (and waiting 17 hours for the shuttle), we celebrated the end of our season at a dance club appropriately called "The End". However, I made sure I went home extra early, so I could recoup for the All-Ireland Bowl the next day.

Danielle Kirk and I got our fire engine, red Mayo polo shirts and, along with Will, headed to the Dublin College Sports Bar. I found out that Dublin College, despite its 17,000+ students, is a lot like the college I went to, the University of Wisconsin-Parkside. Everyone goes home on the weekend.

Mayo was getting whipped 9 - 3 at halftime and I was extremely upset. They were playing just like the fat-free Helman's, awful. I kept looking for their mascot, a huge jar of Helman's with legs, but they never showed it on TV. Anyway, a spirited run sliced Kerri's lead to just one point at 11 - 10 late in the second half. Now we are talking full-fat, full-force Mayo. Unfortunately, they couldn't get over the hump and lost 14 - 11, but I was proud of my team and I think of them whenever I eat a turkey sandwich.

Danielle said the long flights and the 8-hour time adjustment was tough. I don't blame her. I didn't know when to get up and when to go to sleep and I only switched five hours. However, Danielle did enjoy measuring "how we faired against people our age in other countries."

The answer is pretty well.

Respect, or Lack Thereof

A week or two before the World Cup in China in 1995, I received a call from Larry Rawson, the ESPN commentator looking for some material to prime him on our sport. He was preparing to do the voiceover on a telecast of the competition. There was little time, so I sent him a few key articles, suggested some others to talk with if he could reach them, and dashed off a brief bit of anecdotal material that he might draw on. I just came across a copy of that material, so why not pass along my anecdotes to you. I wrote him as follows.

Racewalkers all have stories about the ridicule they are subjected to by the public, which doesn't quite understand the sport and its peculiar gait. My best story along those lines came from a training spin Ron Laird and I took around Central Park in New York before leaving for Europe with the U.S. National Track Team in 1965. There usually isn't much originality in the catcalls a walkers hears. But in this case, I had to applaud the creativity of a rather heavy set woman sitting on a park bench. As we passed by, she called after us, "Honey, with a swing like that I could make a whole lot of money off of you."

(An aside to what I sent to Mr. Rawson. Another incident just came to mind. Generally, I ignore the hecklers. But one time a few years back, as I was nearing the end of my training spin, the male half of a young couple made some comment about my having to go and they had a good laugh. A moment or so after I had finished and was cooling down, the couple strolled into the parking lot. I couldn't resist approaching them and politely asking, "Excuse me, could you tell me if there is a restroom nearby?" His expression let me know that I was one up.)

While well recognized by a jeering public, the racewalker is often ignored by fellow athletes and coaches, though that situation has been improving in recent years as walkers gain more respect. But, illustrative of the old attitudes, on that same 1965 trip, we were in Augsburg, W.G. and the entire team was taken by bus to a track for training. Ron and I, after finding out how long we would be there before the bus went back to the hotel, took to the streets for our training spin, letting the proper people know of our intent. When we got back to the track, before the supposed time of departure, no athletes or bus were in sight. We made it back to the hotel on our own about an hour later. Walking into the lobby, we expected to encounter some concern on the part of a coach, manager, or fellow athlete. But no one even noticed our entry, or seemed aware that we had been missing. It seemed apparent that no one had even known we weren't on the bus back. Chances are, we wouldn't have been missed if we hadn't shown up for the flight out a couple of days later.

Here is another anecdote on lack of recognition and respect. (Incidentally, I'm not crying about that lack, just acknowledging it. As in any sport, so far as I am concerned, the awards are in the competition and sense of personal accomplishment, not in recognition or material things.) Two years later, the AAU (then the governing body of track and field) consented to send a team to the Lugano Cup competition (now the World Cup) for the first time. (The event had been held three times previously--1961, 1963, and 1965--always with a berth open for the U.S. had there been a willingness to send us.) However, the athletes were responsible for their own expenses and uniforms were provided only to those that didn't have any sort of national uniform from a previous competition. The competition was held in Bad Saarow, GDR (or, East Germany, if you prefer), which made travel on our own a challenging experience. At least, the hosts knew we were coming. Ron Laird captured a bronze medal in the 20 Km and we finished sixth of the eight teams. (We being Tom Dooley, Larry Young, Goetz Klopfer, Jim Clinton, manager Bruce MacDonald, Ron, and me.) It was a respectable showing for a team that came together at the last moment. But, no one other than our immediate families and friends ever knew we were there. The next spring, a U.S. wrestling team competed in the GDR and its members were hailed by *Sports Illustrated* as the first U.S. athletes to compete on that side of the wall. I wrote a letter to

the editor to set the record straight on that point, and it was published, but, probably no one took notice of it. Those wrestlers probably still think they were first.

From time-time we get questions about shoes for the walker and we have run various articles in the past, and offered our own comments on occasion. Here prolific writer Dave McGovern (featured for the third issue in a row) offers his opinions. Following that, are a couple of Shoe of the Month features from *Walk Talk*, the newsletter of the Walking Club of Georgia.

What About Shoes?

by Dave McGovern--Dave's World Class

During the Q and A section of my clinics, someone will invariably ask, "What about shoes?" To which I'll have to respond, "I highly recommend them." For some reason, they'll always want me to elaborate, so here are some things to remember when looking for something to keep the glass and nails from cutting up your feet when you walk.

Walking shoes are the worst possible things to wear for walking. By "Walking Shoes" I mean the big, stiff ugly ol' white leather "Nursing Shoes" the pimply-faced kid in the mall is going to try to sell you when you tell him you're a racewalker. These things will cripple you when you try to racewalk in them. If you want to spend \$69.99 or more for black toenails, blood blisters, and shin splints, go ahead, but don't say I didn't warn you.

A racewalking shoe should have:

1. **Flexibility** both in the forefoot and medially. Frank Alongi used to say that you should be able to fold up a walking shoe and put it in your pocket like a wallet. Your shoe must be flexible enough to allow your feet to "roll" from heel to toe when you racewalk. If your shoe is too stiff to flex a bit from the middle of the shoe to the toe, and a bit from side to side, you're going to be a very "stumpy" racewalker and you'll probably end up with shin splints from your feet slapping down on the ground 200 times per minute instead of gracefully rolling along as you will in a more flexible pair of shoes.

2. **A low heel.** One of the many paradoxes of racewalking: The more cushioning you have in a shoe, the harder you'll hit the ground when you walk. Huh? It's like this: The foot acts like a lever, with the ankle as the fulcrum. The bigger the heel on the shoe, the more force you will have acting on this lever, forcing your foot to flatten out upon heel-strike. With a low heel, your feet will roll very easily along the ground; with a "fat" heel, you'll hit the ground like a couple of sledgehammers.

3. **A wide toe box.** Make sure there's plenty of "wiggle room" for your feet to spread out. Cramped toes will become black and blistered toes.

Racewalking shoes, or running racing flats are the answer. If buying running shoes, look for something designed for racing 5 Km to marathons, instead of sprint or cross country flats, which offer too little support. The shoes should be light-weight (6 1/2 to 9 oz), low profile and flexible, with a breathable upper. (Ed. I remember 1960 Olympic 50 Km champ Don Thompson (England) bemoaning the running shoes that were becoming popular with walkers in the mid '60s as causing all the problems some were seeing with contact. He said that no one could racewalk properly with shoes weighing less than 14 ounces.)

Where? Ninety percent of "Athletic Shoes" are bought by kids trying to look cool, so the vast majority of shoe stores don't sell anything for people who'll actually use them for athletic pursuits. Which is why racewalking shoes and running flats are so hard to find in the local shoe

store. You'll probably have to resort to mail order. Two of the best companies are Hoys and Eastbay, both of which have web sites accessible under the "products" section of my web site.

Buy 'em big. If in doubt, buy shoes 1/2 size large. Since you land on your heel, then roll forward when racewalking, your heel always stays pressed up against the back of the shoe--your foot won't slip as much as a runner's will, so you can get away with a shoe that's a bit large, but a shoe that's too small will give your blisters and black toenails.

Shoes of the Month

New Balance RC220BG

by Jim Norvill

A versatile racing shoe that offers stability for all distances up to and including the marathon. This shoe comes in sizes D4-12,13, and for a size 9 1/2 weighs 8.3 oz.

The New Balance 220 is a little firm, but has great foot action. It has a rounded outer heel for a smooth heel impact strike and controlled center gate. It offers a good forefoot flex and toe off, with a low profile structure. This is a shoe for men, so may run a little wide for women.

I needed a pair of training shoes, so I bought a pair of 220s and walked 13 miles the next day. They felt great! Being a bad pronator myself, I could not believe how well this rollbar works. If I didn't know better, I would say these shoes were designed with the racewalker in mind.

The toe off in this shoe is not quite the same as the Nike Air Streaks that I previously had been training in. So you can expect them to be a little stiffer since they are more substantial than the Nikes.

Wow! I just found another coupon for \$10 off at Sports Shoe in the Wingfoot magazine. I'm going out today and buy another pair of 220s.

Asics Gel Lytes

by Bonnie Stein

So far, the accolades are coming in strong for the new Asics Gel Lytes. According to the racewalkers who have tried them, they are proving a great training shoe, especially for walking distances. (You marathon walkers, this could be something for you to try.)

With gel in the forefoot, as well as the heel, the Gel Lytes offer extra cushioning for the toes and ball of the foot, not always found in low profile shoes. The shoe is quite flexible, with not too high of a profile. The toe box is wide enough for a medium width foot, but not as wide as some previous Asics shoes. For women who need a wider toe box, you may wish to try on a men's model.

As always, it is never recommended that you purchase a shoe by mail that you have not yet worn. However, if you have tried on the Gel Lytes and know that they fit, you can get them for a better price than the \$85.00 retail.

* * * * *

If you are a runner trying to convert to racewalking, know someone who is doing that, or are simply interested in the mechanics of the two disciplines, the following discussion should be of interest. This is taken from an article entitled "Comparing Walking and Running" that Bob Carlson published in the March 1994 issue of his *Front Range Race Walker News*. Bob is the author of two books on racewalking that we have reviewed earlier. You can contact him at 2261 Glencoe St., Denver, CO 80207.

How Is Walking Different?

The upper body plays a far greater role in walking than in running. Relaxed rolling of the hips is perhaps the biggest factor in efficient and fast walking. Racewalking is a smooth gliding motion. It teaches one to move with body in proper alignment and stresses flexibility of the shoulders, hips, feet, and many muscles. Walkers strive to keep the feet just skimming above the surface of the ground. Good walking technique is very energy efficient and therefore the best technique possible should be strived for. Quickness of stride is considered to be of more importance than stride length per se. Stride length tends to be an adjunct of speed. The technique calls into play more muscles than most any exercise that you can name, with the exception of cross country skiing.

The Differences in Muscle Use Between Walking and Running

Anyone who watches runners and racewalkers moving along can readily suspect that there are significant differences in how muscles are used in doing the two activities. The main difference between them is in the degree that the muscles are used. In racewalking, there is a better balance between the muscles used. Running is mainly a pushing/falling activity, which is mainly due to the fact that the leg lands pretty much under the center of gravity with each stride. This leaves the body in a continuously unstable situation. This instability, along with the magnitude of forces that are needed to counter it, are what makes running such an injury-prone sport. The human knee was simply not designed to withstand the sort of eccentric loading that you find in running. This is accentuated by running on concrete in shoes made out of unstable "marshmallow stuff" in the soles. Running is, in fact, a very "one-sided" sort of activity in that it uses the muscles in the back of the leg to a much greater degree than the front. It takes a fairly athletically inclined person to withstand the ballistic forces of a lot of running.

In racewalking, the muscles of the leg get a better balance of activity. This is due to the fact that they must not only provide drive to the body, but they must do so starting from a position of heel strike that is a little in front of the body, and progresses to the classic straight leg through the rest of the stride. (Ed. Note that this was written before the rules were rewritten to mandate a straight at the moment of heel contact.) This provides a stiff lever from start to finish. It also makes racewalking more energy intensive for distance moved since the body cannot rely much on the stretch reflex of the tendons and muscle groups (e.g., Achilles and gastrocnemius) for propulsion as in running. This is one of the things that makes walking so injury free--less use of ballistic stretching of muscle groups to get energy back in to the system. Therefore, racewalking is a combination of a little pulling from the point of heel contact until the foot is directly under the center of gravity--and pushing/falling from that point to the rear where the toes leave the ground. The factors just mentioned make walking a better overall body workout than running.

Specifically, the basic differences in muscle activity used in racewalking and running are as follows:

1. In running, the arms are used for balance and timing only. In walking, there is greater use of many of the upper body muscles. These are used to propel the arms from front to back (not side to side) to counteract the hip motion and stay in balance. Some contend that the arms are used as a propulsive mechanism, but I disagree because I don't believe the forces can transmit very effectively down through the body from the arms to the legs. Actually, pushing the arms forward creates a backward counter push on the upper body. All effort should be concentrated on the arm's back swing. Therefore, the arms counterbalance leg motions and aid in their efficiency, but do not add much force to them.

2. The muscles of the back and hips are moved more vigorously in racewalking. This is to help the legs propel the body forward. It also allows for an effectively greater leg length as it causes them to act as if the apex or the triangle created by the legs and the ground is significantly higher. That is, the hip rotating action increases stride length by moving to the front and back with each stride depending on the amount of such rotation. This gives the racewalker a characteristic hip motion that allows the smooth action without any bobbing up and down. The straight legged stride forces the thigh bone up into the hip socket, and absorbs the up and down movement of the body that would occur otherwise. The hips are used to a lesser extent in running (except sprinting) although one of the most noticeable differences between an elite runner and the average jogger is that elite runners use their hips more, and thus get more propulsion and stride length in a more fluid manner.

3. The leg muscles, of course, are the primary propulsive muscles in both running and walking. The three major differences in the way that various muscles are used are:

a. Whereas in running, the foot is brought forward until it is placed under the center of gravity, in racewalking, the foot continues on to in front of the body. This means that the muscles in the hip and also the quadriceps must work more to straighten the leg through a greater distance. This also causes more use of the vastus medialis--the innermost quadriceps muscle, which is instrumental in the final 15 degrees of the straightening of the knee. But, if the knee is 100 percent relaxed, it seems to fall into a straight position automatically as the heel pulls backward immediately after heel strike.

b. The anterior fibialis (shin muscle) is used much more in walking than in running. It holds the toe up at heel strike so that the shoe and foot create a "rocker" for the athlete to roll over. Since a runner doesn't put the foot down in front of the body and lands more or less flat footed, there is no need for the development of this muscle. Ergo, the neophyte walker tends to feel this underused muscle as a bit of soreness in the shin area until it gets conditioned from continued use.

c. The gastrocnemius group (back of lower leg muscles) acts more forcefully in a walker than in a runner. The racewalker must generate practically all ground reaction forces of propulsion from the contraction of this muscle, whereas, the runner can use the muscle-tendon stretch reflex to bound forward into each stride. The ankle muscles and toes must also be strengthened to a greater degree for a walker's propulsive force to have maximum power.

It is obvious when you watch a walker and runner going along that there is a great deal more muscle activity happening in the racewalker from the neck down through the toes. This is mainly due to the fact that it does take more effort to stay on the ground at all times at racing speed than to lift off with each step. This is the reason for the no-lifting rule, called loss of contact, in racewalking. The bent knee rule was instituted in walking because a bent leg gives a powerful "runners push off" utilizing normal running muscles instead of walking muscles, and it makes both running and walking look weird if the competitor keeps one foot on the ground at all times.

It is very easy to learn these two simple rules and to become a legal walker in races. All it takes is to get some instruction from someone with experience in racewalking and then practice,

practice, and then practice some more until you are able to walk correctly without thinking about it.

LOOKING BACK

30 Years Ago (From the November 1967 ORW)--Ron Laird swept to victory in the National 30 Km Championship in Columbia, Missouri, clocking 2:29:06. Our own Jack Blackburn was some 22 minutes back and won the name Big Red Duck from Bill Clark because the cold weather had him walking in his bright red Ohio TC sweats. Howie Jacobsen beat Ron Kulik for third. . . Shaul Ladany won a 50 Km race in Long Branch, N.J., his 4:35:02 leaving Dave Romansky, walking his first 50, 7 minutes in arrears. . . Promising Steve Hayden, an Olympian 5 years later, turned in 1:16:28 for 10 miles in New York. . . In the Canadian 50 Km, Karl Merschenz beat Ladany by 9 1/2 minutes with a 4:33:03. . . And on the track in Walnut, Cal., Laird casually strolled to a 1:31:40 American record 20 Km, with Larry Walker second in 1:37:10.

25 Years Ago (From the November 1972 ORW)-- Bill Weigle walked off with the National 50 Km title in San Francisco, covering the distance in 4:22:00. He continued a pattern of very consistent times, having done 4:20:09 in the Olympic Trials and 4:22:52 in the Olympics themselves. Bob Kitchen was well back in second with 4:35:43 and Bill Ranney came third. . . The U.S. sent a team to the Airolo-Chiasso road relay in Switzerland (an event I haven't heard about in a long time--do they still contest it?). Bob Kitchen, Todd Scully, Bob Bowman, Bill Ranney, and Larry Young came second behind Italy. . . A few days later, Shaul Ladany won the Lugano 100 Km, also in Switzerland, in 9:38:57. A great result for Shaul, considering he had gone through the trauma of the Arab attack on the Israeli Olympic dorm just a few months before. . . Sweden won the women's International 5 Km, as Margareta Simu came first in 24:54.

20 Years Ago (From the November 1977 ORW)--Not much exciting to report that month, although we did run an interesting profile on, lifted from *Athletics Weekly*, Great Britain's all-time 20 Km great Ken Matthews. . . Jack Blackburn beat Chris Knotts in a 3 miler on the Ohio scene. . . In England, Derek Harrison had 17:43:00 for 100 miles, as 56 finished the race under the 24 hour limit.

15 Years Ago (From the November 1982 ORW)--In the Can-Am walks in Niagara Falls, Jim Heiring beat Tim Lewis at 20 Km, 1:29:50 to 1:31:43, with Canada's Francois Lapointe a distant third. Ann Peel was an easy winner at 10 Km in 49:50, leading a Canadian sweep of the first five places. Her best competition, Susan Liers and Teresa Vaill, were stuck at the airport in New York City. . . Peel also won the Canadian championship in 48:04. Guillaume Leblanc won the 20 Km in 1:28:36 and Lapointe took the 50 with a brilliant 3:51:38. . . In Italy, Olympic 20 Km champion Maurizio Damilano turned in a very fast time at an unusual distance--5 miles. He had 31:24. . . Bob Keating won the national 100 mile in 19:19:31, beating three-time champion Alan Price, who had 19:35:44. John Kelly was also well under 20 hours, and 46-year-old Bev LaVeck established a U.S. women's record in fourth with her 21:42:14.

10 Years Ago (From the November 1987 ORW)--A three-race international series was wrapped up with races in Mezzidone, France and San Giovanni, Italy. In France, Sweden's Bo Gustavsson won the 15 Km in 62:15, ahead of Roman Mrazek, Czech, and Querebin Moreno, Columbia. Australia's Kerry Saxby took the women's 10 in 21:58 with Sweden's Ann Jansson 48 seconds back. Finland's Reima Salonen won aat 30 Km in San Giovanni with a 2:13:39, better than a minute ahead of Italy's Raffaello Ducceschi and Giovanni Pierecelli. Moreno was fourth. Saxby was a winner here, too, taking the 10 km in 46:35, ahead of Jansson's 47:17 and Sue Cook's 48:25. Moreno was the men's series winner with 55 points, one ahead of Mrazek and 5 ahead of

Ducceschi. Saxby swept the women's series with 18 points to 15 for Janssen and 10 for Mexico's Luz-Marie Colin. . . Alan Price won the Columbia, Missouri 100 miler for the ninth time in 20:53:42. Chuck Hunter was the only other finisher, doing 22:42:04. Hunter went the distance for the eighth time, and the first since 1979, having been laid up with the loss of a kidney and gimpy knees. In England, John Cannell won a 100 miler in 17:55:10, with five others under 20 hours and 38 under 24.

5 Years Ago (From the November 1992 ORW)--In an unusual race, Don Bredle won an outdoor-indoor 2 Miler in Cleveland, finishing in 17:08. The race started outdoors in the snow and finished with the final half-mile on an indoor track. Veteran Olympian Ron Laird was third in 17:40. . . Jonathan Matthews had a 44:46 for 10 Km in Seaside, Cal. . . The Paris-to-Colmar 518.5 km race went to Poland's Zbigniew Klapa in 62 hours 38 minutes. Another race we don't hear about anymore. The women's Chaloms-to-Colmar 333.5 Km was won by France's Edith Couhe in 47:38. . . In the World Junior Championships in September, Ecuador's Jefferson Perez won in 40:42.66 over Poland's Jacek Muller (40:50.82). Perez went on to win the 1996 Olympic and 1997 World Cup 20 Km races. Hongmiao Gao of China won the women's 5 Km in 21:20.3, leaving Australia's Jane Saville 38 seconds back.

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Hey! Racewalking survived this diatribe, so what do we have to fear today. This from the book *Rowing and Track Athletics*, Samuel Crowther, Arthur Rohl, MacMillan, Co., London/New York, 1905.

CHAPTER XII

COMPETITIVE WALKING

EXCEPT as contested by the all-round athletes at their annual individual championships, walking no longer occupies a serious place in the consideration of track athletes. The one-mile walk was dropped from the Mott Haven programme after the games of 1898, and the one-mile, three-mile, and seven-mile walk, which were contested at the national amateur championships at various times, are now no longer seen. The half-mile walk, at which the all-round athletes still compete, is retained because there could be no just standard of comparison between present and past individual all-round champions if the programme of events should be changed.

Æsthetically or athletically little good can be said of walking as a competitive sport. Natural as walking is, and graceful and beneficial as it may be made, there is nothing either pleasing or normally helpful in walking as it is done on the track. The contorted wabbling of the heel-and-toe walker is the acme of athletic awkwardness, and although long-distance competitive walking requires an enormous amount of endurance and skill, the proficiency which it brings about cannot be used in any normal, natural way. If you learn to run fast and well, the strength and skill and confidence that you acquire to-day you can use to-morrow in beating out an approaching rain storm or overhauling a trolley car; but if you are going to take a tramp across country you will never do it in heel-and-toe form, and if you want to go faster than four miles an hour, you will either trot or take some other means of travelling. Aside from their æsthetic and athletic disadvantages, the long-distance walks were also undesirable because of the tendency they had to encourage petty deception on the part of contestants. To maintain a fair gait in heel-and-toe walking the contestant must see to it that one foot is on the ground before the other leaves it, and that the knee is bent only on the leg that is being put forward. After the stride is made and the foot is on the ground, the knee must be kept perfectly straight and unbent until the foot is lifted from the ground. Obviously this unnatural position is hard to maintain, and it is trebly so when the stress of contest is driving the contestant to quicken his pace and run. It takes not only complete honesty, but an unusual self-control, on the part of the athlete, not to walk unfairly—not, now and then, to “skip” for a stride or two. The mental strain of the

thing is so intense, that even with the best of intentions a contestant is pretty likely to "break" now and then in spite of himself. The position of a judge called upon to watch a large field of contestants, some of whom may be so unscrupulous as not to mind running for a few steps if they can do so when the judge's back is turned, is about as difficult as that of the traditional baseball umpire of the comic paragraph. Some one is pretty sure to be treated unfairly; not every one can possibly be satisfied. For all of which reasons, and others doubtless, walking as a track contest has been dropped from athletic programmes and has lost its place in popular regard.

So slow, so ugly, and so stupid a sport could not, obviously, appeal very strongly to the average undergraduate, and while walking was being done in this country the performers on college tracks were, for the most part, inferior to those made under club auspices. Among these club athletes Frank P. Murray, who walked during the early eighties, was one of the most notable. Murray still holds a dozen or so records for various distances from one-third of a mile up to three miles. The half mile he did in 3 minutes $2\frac{2}{5}$ seconds; the mile in 6 minutes $29\frac{3}{5}$ seconds; the two miles in 13 minutes $48\frac{3}{5}$ seconds; and the three miles in 21 minutes $9\frac{1}{5}$ seconds. These records were all made in 1883 and 1884. Burckhardt of the New York Athletic Club, Parry of the Williamsburg Athletic Club, Lange of the Manhattan, G. D. Baird, and C. L. Nicoll were among the other well-known walkers of those days. At the intercollegiates the three-mile walk was contested in 1876 and won by T. R. Noble of Princeton, in the slow time of 28 minutes $21\frac{1}{2}$ seconds. It was never contested again. The two-mile walk was contested

in 1877, 1878, and 1879, and then dropped. The mile walk remained on the Mott Haven programme until after the games of 1898. It was not done in under seven minutes until 1892, when F. A. Borchering of Princeton won it in 6 minutes $52\frac{4}{5}$ seconds. This record held until broken by W. B. Fetterman, Jr., of Pennsylvania, whose time of 6 minutes $42\frac{2}{5}$ seconds, somewhat more than a dozen seconds behind the world's amateur record, stands as the intercollegiate record.



Dublin Grand Prix of Racewalking. The youngest participant, 8-year-old Andrew Graham of the Belgrave Harriers, walked the Novice 1 Km in 5:44 in classic style. (Steve Vaitones photo)