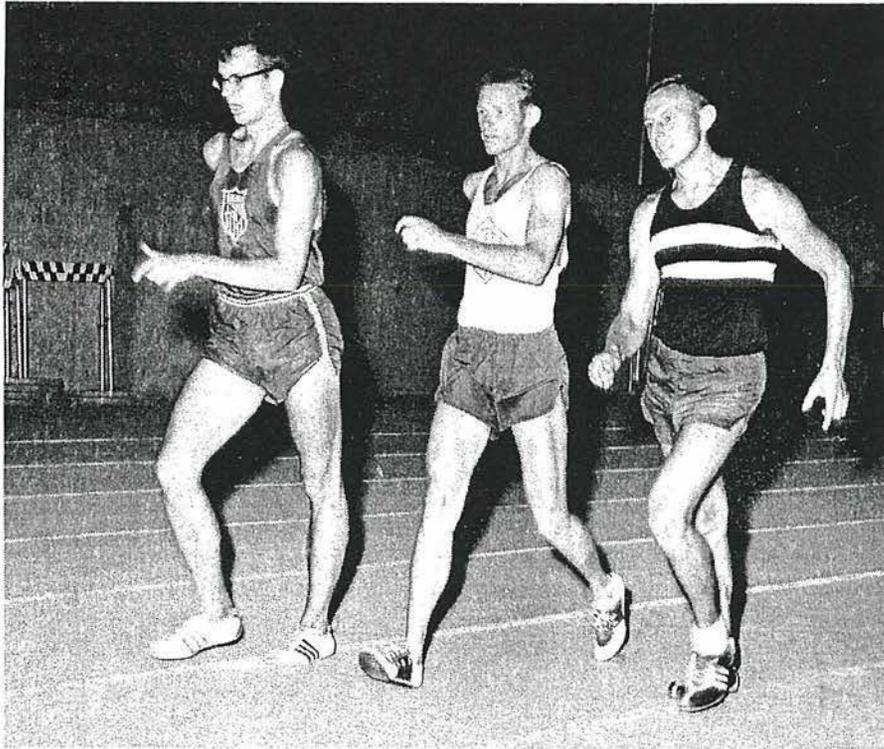


Report of Results

1 Mile, Cambridge, Mass., June 3--1. Steve Vaitones 7:36.5 2. John Jurewicz 8:21.5 3. Ken Mattsson 8:37.2 4. Justin Kuo 9:32.3 5. Jean Shepardson 10:04.7 6. Holly Wenninger 10:07.3
Mass. Senior Games, Springfield: 1500 June 12--1. Tom Knatt (55-59) 7:58 2. Bob Beaudet (65-59) 8:23 3. Raimo Ahti (60-64) 8:57 4. Dean Kavanaugh (60-64) 9:02 5. Jeanne Shepardson (606-4) 9:14
Bay State Games 3 Km, Shrewsbury, Mass., July 25--1. Brian Savilonis 14:24 2. Steve Vaitones 14:37.2 3. Ken Mattsson 16:41 4. Bill Harriman 17:02 5. John Jurewicz 17:52 6. Fred Anderson 18:31
Empire State Games, Brockport, N.Y., July 23-25: Boys 5 Km--1. Patrick Ryan 25:10 2. Lloyd Dodge 25:52 3. Lavington Miller 30:04 Girls 5 Km--1. Chrissy Fina 28:02 2. Anne Demas 19:01 3. Melanie Shurka 29:22 Womens 5 Km--1. Loretta Scheullein 26:44 2. Lauren Farkash 27:30 3. Benedict Buron 28:34 Men's 10 Km--1. Rob Cole 47:59 2. Greg Dawson 49:21 3. Robert Penafiel 52:16 Womens 10 Km--1. Samantha Cohen 55:12 2. Loretta Schullein 55:?? 3. Missy Hill 59:?? Men's 20 Km--1. Greg Dawson 1:42:09 2. Patrick Ryan 1:51:13 3. Dave Lawrence 1:51:23 (Guest--Cheryl Rellinger 1:42:23)
1600 meters, Alexandria, Vir., June 14--1. Steve Pecinovsky (43) 6:26.30 2. Alan Price (51) 7:59.90 3 Km, same place--1. Pecinovsky 13:08.70 2. William-Jesse Leggett 13:49.10 3. Price 15:31.30 4. James Overby III (14) 17:41 5. Victor Litwinski (54) 17:42 Women: 1. Lois Dicker (58) 18:12.30 2. Jill Iacckei (15) 18:14
1600 meters, Alexandria, June 28--1. Price 7:58.30 2. Litwinski 9:27.50 3 Km, same place--1. Price 14:55.20 2. Claude Letien (51) 18:01 Women: 1. Vanessa McLoughlin 15:53.80 2. Fran Carnevale (46) 17:36.40
1 Mile, Miami, July 12--1. Juan Mora (46) 7:59 2. Rod Vargas (48) 8:02 Women: 1. Tammie Corley 8:56 2. Roswitha Sidelko (44) 9:06 3. Linda Talbott 9:22
5 Km, Miami, Aug. 4--1. Rod Vargas (48) 26:00 2. Harvey Pitterman (61) 32:46 Women: 1. Pamela Richardson (45) 32:35
Bluegrass State Games 1500 meters, Lexington, Ky., July 25--1. Douglas Johnson 6:46.8
Girl's 1500, same place--1. Kelli Johnson (11) 9:34.4
1500 meters, Yellow Springs, Ohio, July 3--1. Dan Dalton (16) 6:13.1 2. Jill Zenner 6:14.3 3. Eric Smith (16) 7:16.5 4. Ed Fitch 7:43.6 5. Christina Moore (40) 8:17.7 6. Bill Whipp (53) 8:39.2 7. Tina Peters (10) 9:11.3 8. Gwen Underwood (11) 9:16 (15 finishers)
5 Km, Dearborn, Mich., July 19--1. Debbie Benton (40) 26:07 2. Debbie Topham (45) 30:02 3. Sherrie Watts (45) 30:18 4. Walda Tichy (57) 30:58 Men: 1. John Klos 22:36 2. John Elwarner (58) 26:08 3. Max Green (66) 26:15 . . . Julius Spielberg (95!) 57:14
5 Km, Columbia, Missouri, June 27--1. Ray Braudis (50-54) 30:41 2. Maurine Lia (65-50) 31:03
National Youth Road Championships, Houston, Aug. 16: Young Women 5 Km--1. Virginia Jones, Texas 28:19 Intermediate Boys 5 Km--1. Morgan Humphrey, Texas 31:09 Intermediate Girls 5 Km--1. Patricia Dees, Tex. 32:41 Youth Boys 5 Km--1. Brian Davis, Ohio 32:25 Youth Girls 5 Km--1. Amanda Ortega, New Mexico 31:28 Midget Boys 3 Km--1. Christopher Diaz, Texas 17:06 2. Adrian Jaime, Tex. 19:52 DQ--Dominic Byrd, Texas Midget Girls 3 Km--1. Katie Humphrey, Tex. 18:41 2. Kristena Herrera, Texas 18:43 3. Marcella James, Texas 21:04 4. Eliaabeth Dooley, Texas 21:54 Bantam Boys 3 Km--two DQs Bantam Girls 3 Km--1. Carla Redfearn, Tex. 21:27 2. Natasha Woods, Texas 24:13--The Gulf Association had taken this meet early in the year when there was no one else coming forward and there had been little publicity. So,

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$10.00 per year (\$12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. No FAX number or E mail address at this time. Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so later material will probably get in.

unfortunately, only 16 athletes showed up, 12 from the local association. However, the races were well conducted and the evening before saw a kids-only talk with internationalist Dana Yarbrough, a judging clinic by master judge and Secretary of the National Racewalking Committee Ginger Mulanax, and a training and technique clinic by past Racewalking Youth Coordinator Bob Ryan. And, the buzzards that usually circle Bear Creek during a race were absent. **5 KM, Denver, June 27 (unjudged)**--1. Brad Bearsheart 27:51 2. Daryl Meyers (55) 28:30 **5 Km, Lakewood,**



Rogues Gallery. Three Olympians of yore on some indoor track in 1964. From left: Ron Laird (1960 50 Km, 1964, 1968, and 1976 20 Km), Mick Brodie (1964 50 Km), and Rudy Haluza (1960 and 1968 20 Km)

Col., July 11--1. Mike Blanchard 25:59 2. Alay Yap (55) 26:29 3. Sally Richards (45) 28:17 4. Marianne Martino (48) 29:59 5. Margaret Hennessey (45) 30:11 **5 Km, Denver, July 23--1.** Mike Blanchard 26:26 2. Peggy Müller (44) 28:17 **5 Km, Ft. Collins, Col., Aug. 1--1.** Alan Yap 26:13 2. Lonnie Schreiner (55) 27:33 3. Steve Santana (47) 29:14 4. Les Olson (48) 29:31 5. Margaret Hennessey 29:35 6. Mary Gilbert (49) 31:02 **5 Km, Evergreen, Col., Aug. 2 (unjudged)**--1. Sally Richards 25:45 2. Daryl Meyers 27:18 3. Lorie Rupoli (47) 28:53 4. Alfred Petrick (71) 30:23 **5 Km, Lowry, Col., Aug. 9--1.** Mike Blanchard 26:26 2. Peggy Müller 28:08 **Masters 5 Km, Seattle, July 24--1.** Colin Peters (36) 24:03.8 2. Steve DiBernardo (45) 25:24 3. Stan Chraminski (50) 26:02 4. Rob Frank (45) 26:23 5. Bob Novak (49) 26:43 6. Gwen Robertson (42) 28:11 7. Doug Ver Meer (44) 28:27 8. Bev LaVeck (62) 30:24 9. Ruth Eberle (66) 30:35 10. Jocelyn Slaughter (39) 30:39 (17 finishers) **1500 meters, Burnaby, B.C., June 30--1.** Merima Kostecki 6:56.3 2. Gerald Dragomir 6:59.6 3. Brone Bruce 7:44 **Jr. Womens 5 Km, British Columbia, June 30--1.** Karen Foan 23:04.6 **English Commonwealth Games Trials, East Molesey, July 18: Women's 10 Km--1.** Lisa Kehler 46:25 (The 1990 Commonwealth bronze medalist has returned to top form with a 45:19 and 21:51 for 5 Km early this summer) 2. Vicky Lupton 47:41 3. Kim Brazenll 48:55 4. Catherine Charnock 49:20 **Men's 20 Km--1.** Andi Drake 1:28:44 2. Chris Maddocks 1:29:40 3. Darrell Stone 1:31:46 4. Steve Hollier 1:32:20 **English Commonwealth Games 50 Km Trial, Stockport, June 27--1.** Mark Easton 4:05:17 2. Chris Cheeseman 4:10:54 3. Steve Hollier 4:14:37 **3 Km, Belfast, Ire., June 27--1.** Pierce O'Callaghan 12:01.00 2. Jamie Costin 12:08.14 **Irish 10 Km, Championships, Santry, July 25--1.** Pierce O'Callaghan 42:46 2. Michael Casey 43:18 3. Robert Heffernan 43:32 4. Jamie Costin 43:51 **Women's 3 Km, same place--1.** Gillian O'Sullivan 21:58 **20 Km, Lisbon, Portugal, July 17--1.** Alejandro Lopez, Mex. 1:25:18 2. Julio Martinez, Guat. 1:26:25 3. Hector Moreno, Col. 1:27:21 4. Fernando Vasquez, Spain 1:27:42 **Womens 10 Km, same place--1.** Eva Perez, Spain 47:15 2. Geovanna Irueta, Bolivia 47:21 3. Rosario Sanchez, Mex. 47:36 4. Teresa Linares, Spain 48:08 **20 Km, Melbourne, Australia, July 19--1.** Brad Malcolm 1:27:42 2. Dominic McGrath 1:28:19 3. Marcus Dwyer 1:29:08 **Women's 10 Km, same place--1.** Wendy Muldoon 45:22 2. Simone Woleceic 46:04 3. Sharon Schnyder 49:49 **Finnish National 20 Km, Oulu, Aug. 6: Men's 20 Km--1.** Antero Lindman 1:26:16 **Women's 10 Km--Maria Liepina (Guest), Lithuania 46:49 1.** Luti Sillanpaa 49:05 **World Junior 10 Km Championship, Amnecy, France, July 31--1.** Roman Raskasov, Russia 41:55.95 2. Liu Junfeng, China 42:01.11 3. Mario Flores, Mexico 42:04.55

Transport yourself to these sites for good racing action

- Sun. Sept. 5 5.2 Mile, Interlaken, N.J. (A)
Potomac Valley 15 Km, Washington, D.C. (J)
- Mon. Sept. 7 Pacific Sun 10 Km, Calif. (P)
5 Km, Denver (H)
- Sat. Sept. 12 **USATF Masters 5 Km Road, Kingsport, Tenn. (BB)**
4 Miles, Atlanta (D)
5 Km, Chicago (S)
4 Miles, Larkspur, Cal. (P)
5 Km, Nassau Bay, Tex. (Y)
- Sun. Sept. 13 **USATF National 40 Km, Ft. Monmouth, NJ (A)**
1 Hour, Warren, Mich. (O)
10 Km, Oakland, Cal. (R)
- Sat. Sept. 19 5 Km, Morganfield, Ken., 8:30 am (CC)
- Sun. Sept. 20 5 Km, Denver, 8:40 am (H)

- Sat. Sept. 26 10 Km, Houston (Y)
 3 Miles, Marietta, Georgia (D)
 Sun. Sept. 27 5 Km, Denver, 8 am (H)
 Eastern Regional 10 Km, Atlantic City (A)
 Ohio 15 Km, Middletown (M)
 10 Km, Dearborn, Mich. (Z)
 Sat. Oct. 3 1 Mile, Frederick, Maryland (J)
 2 Miles, Lake Bryan, Tex. (Y)
 5 Km, Los Angeles, 7:30 am (B)
 Sun. Oct. 4 Sacramento 1/2 Marathon (E)
USATF National 1 and 2 Hour, Worcester, Mass. (G)
 1/2 Marathon, Long Branch, N.J. (A)
 Sat. Oct. 10 1 Hour, Plantation, Florida (Q)
 North Region 5 Km, Indianapolis (V)
 Sun. Oct. 11 New Mexico 5 and 10 Km Championships, Albuquerque (W)
 Coney Island 10 Mile, Brooklyn (A)
 Sat. Oct. 17 15 Km, Peachtree City, Georgia (D)
 Metropolitan 30 Km, New York City, 8 am (F)
 10 KM, Monterey, Cal.(E)
 Sat. Oct. 24 5 Km, Atlanta (D)
 Bob Fine North American Masters Championship, Coconut Creek, Florida (Q)
 5 Km, Illinois (S)
 Sun. Oct. 25 5 Mile, Freehold, N.J. (A)
 5 Km, Houston, Tex. (Y)
 1 Hour, Kentfield, Cal. (P)
 Sat. Oct. 31 North Region 100 Km Championship, Yellow Springs, Ohio (M)
 Sat. Nov. 7 South Region 1 Hour, Myrtle Beach, S.C. (X)
 Sun. Nov. 8 East Region 10 Km, Ocean City, N.J., 10 am (A)
 1 Hour, Kentfield, Cal. (P)
 Sat. Nov. 14 Florida State 20 Km, Cooper City (Q)

Contacts:

- A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
 C--Bev LaVeck, 6633 N.E. Windernere Road, Seattle, WA 98115
 D--Walking Club of Georgia, 4920 Roswell Rd., Box 118, Atlanta, GA 30342
 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, 30 Oakland Road, Brookline, MA 02146; 617-566-7600
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
 I--Dave Lawrence, 94 Harding Avenue, Kenmore, NY 14217 (716-875-6361)
 J--Mil Wood, 5302 Easton Drive, Springfield, VA 22151
 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-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066
 R--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086
 S--Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614
 T--Columbia, TC P.O. Box 1872, Columbia, MO 65205

- V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143
 W--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197
 X--John W. Snaden, 926 Sherwood, Drive, Florence, SC 29501 (843-665-4396)
 Y--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
 Z--Max Green, 13660 Mortenview, Taylor, MI 48180
 BB--Bobby Baker, 318 Twinhill Drive, Kingsport, TN 37660 (423-349-6406)
 CC--Douglas Johnson, Trover Clinic, P.O. Box 148, Morganfield, KY 42437 (502-289-2323)

From Heel To Toe

Cool shoes. '72 Olympic 20 Km walker Tom Dooley reports he has "come across something that may interest your readers. I have two pairs of walking shoes that I had custom made for me 10 years ago. They were made from track spikes and are very lightweight. They could probably be used for indoors or outdoors up to 10 Km. Because I wear orthotics, I can't fit into them. They are size 8 and I want \$25.00 each." Interested? Write Tom Dooley at 2817 San Simeon Way, San Carlos, CA 94070. The question is, how many racewalkers other than Tom and I have feet that small? . . . **We goofed.** The race we reported last month from Eugene, Oregon was actually 1 Mile, not 1500 meters as we showed. Apologies to the contestants. We made them look slow. . . **Allen comments.** Mike Allen, who we have mentioned before from time to time, was, like your editor, on the 1964 Olympic team, only as a road cyclist, not a racewalker. Also a marathoner, he later took up racewalking for a few years and met with some success at 50 Km. He says: "Thanks for including your training schedule in the June issue. How in heck did you hold to a 180 yard stroll interval recovery?? (Ed. Actually about 120 yards.) My most "hellish" workout was 10 x 1 km in 4:55 with a **400 meter** slow stroll. Note: in running, it was 20 x 400 in 70 sec. with a 200 meter interval. Usually, I could not hold the interval past 10 reps. I'd increase the interval to 300 meters, even 400 meters. Once I had to jog 800 to do the last three in 70. In my opinion, you could have 'locked on' to a quality 50 Km with only slight change in your schedule." (Ed. I don't know how I did it, but consider that the fastest I was going on the 440 intervals was not much under 7 minute mile pace and many people routinely go at that speed for 20 Km with no recovery these days. Everything has its particular perspective. But, I remember that the recovery "stroll" (as I pointed out that was generally at 11 minute or faster pace, which is now about my average speed for most workouts) often seemed more taxing than the intervals. One workout I remember in particular (included on the schedule I printed) was 6 x 1 mile in 7:15, 7:14, 7:14, 7:13, 7:12, and 7:13). That was on a very hot and humid afternoon and I felt completely stifled by the conditions on the recovery strolls, but strangely refreshed and quite relaxed each time I sprinted back into action. As to 50 Km, I never seemed to be able to go hard for much over 3 hours--I simply ran out of gas and was never able to get the right formula for keeping up my energy levels over the long haul. I started four 50s, but only two of those with a serious intent. The other two were just intended to be long workouts. One of those was the 1960 Olympic trial, when I dropped out just after the half-way turnaround. I wasn't even fully fit for a 20 at that time. The second shows on the schedule I printed--the day after the National 10 Km in Chicago, when I eased through 12 miles at about 9:20 pace. The first serious attempt came in the spring of that year at the Ohio Championship, when I led Chris McCarthy, then the kingpin of the event, by about 5 minutes at 24 miles. The race was on a 2 mile loop on a very windy March day with the first 3/4 mile of the loop going into that wind. I had averaged about 8:30 per mile over the second 10 miles, but was down to about a 9:30 pace by 24. With my usual energy depletion, I saw little sense in fighting that wind again and decided I had experienced a very strengthening 20 Km workout. McCarthy finished in about 4:42. In 1966, not training as hard as I had in '64, I, along with Jack Blackburn, decided to make a big push for the National 50 in Chicago in the fall, starting this effort only about 8 weeks before the race. The

major change in our training was a Sunday "long one," starting the first Sunday by going up the road from his place for 1 hour and 15 minutes and coming back. Each Sunday, we added 15 minutes to the outward leg (30 minutes to the whole) and reached a 5 hour workout two weeks before the race. We weren't on a measured course, but figured that one at about 29 miles, and I was still feeling pretty strong at the end. The week before the race, I did 20 miles on a 2 mile loop with a challenging hill in under 3 hours, accelerating the final lap. So, my plan to win the National 50 in under 4:40 was a leisurely first 10 miles in about 1:30, a strong second 10, which would carry me into the lead at 20 miles in 2:55 or better, and then just staying ahead. It went well. I hit about 1:30 at 10 in about 10th place and had no trouble accelerating to about 8:30 miles and quickly picking people off. And I hit 20 miles in about 2:54. But, I wasn't in the lead. Canada's Alex Oakley and the relative newcomer, but fast-improving, Larry Young were carrying each other along and looking strong, 4 to 5 minutes ahead of me. And my tank was quickly running dry again. So once again, I stopped at 24 miles, my goals out the window. So, I think my training was good enough for what was then a good 50 Km of under 4:40, but my ability to store enough energy to get me through was not. It wasn't a matter of hurting--of overcoming pain--but simply not having the energy to maintain any competitive pace. The 10 minute or better pace I could easily carry for 5 hours was not nearly as demanding as an 8:30 pace. Had I approached it more seriously and delved into all aspects of the situation, I might have found a solution, but I had enough success at 20 to carry my ego. And speaking of perspective, those six 1 mile reps at a 7:14 average, which I looked on as one of my better workouts ever, were at about the same pace we expect to see by the winners of world class 50 km races these days. Back to Mike's comments, if you remember who Mike is after that long digression.) Regarding ability to compete in 10 to 50 Km events within a short time frame, Kannenberg sure did it. Forgot who told me that Kannenberg would tempo stroll up to 65 km. . . sometimes adding (including) several 1/2 to 1 km sprints enroute. Thus, he "trained" for both 10 and 50 km within one workout. P.S. I'm a firm believer in fartlek workouts as a means of including faster than race pace stuff with **hard tempo** with slow pace. Adds up to a long workout with some quality. I'm talking about the Fred Wilt type (Swedish), not just a series of short, semi-sprints thrown in to a slow jog. Useful in any distance sport (example, cross-country skiing). A walker can get elements of speed/endurance beneficial to 10 to 50 km events. For example: stroll 5 km (few 200 meter pickups); hard tempo 5 Km; stroll 3 Km; fartlek 5-10-15 km depending on next race; stroll 3 km; tempo 3 km; stroll 3 km." Surprisingly, to me anyway, no one else has offered comment on my training log. . . **I'm still here.** Well, I didn't say I was giving up this enterprise tomorrow, just indicating that the thought is lurking and letting you know that the ORW is not eternal. But, I wouldn't leave loyal readers high and dry without ample warning, nor without searching for someone willing to carry on in a similar manner. In the meantime, my July mailing was up five from June. And, I appreciate the many words of encouragement. Mindy Beinert in Florida says: "You are meeting a need! Please don't stop publishing, even after the next Olympics. We need your great publication!" Robert Van Uden, Mississippi: "For whatever use, it truly would not be the same without the ORW. I am certainly no threat for any national rankings, but have grown to love the sport and have converted a number of individuals over the years. The ORW has been a great source of information, ideas, debates. I would miss it sorely." Jane Sweet, Minnesota: "Yes, I do feel that you provide a service and am constantly amazed at the amount of work that you must have to publish your newsletter on such a timely basis." The longest note, full of encouragement, logic, and attempts to shame me into reconsideration of any rash moves, came from one of the leading contributors to these pages, Dudley Harris in New Zealand, a good friend, I feel, though we have never met other than by mail: "No, no, no! You can't stop editing the *Ohio Racewalker*! I was told by a top-ranked US racewalker that it was the most comprehensive journal (Ed. The first time we have ever been honored with that august title) in the USA and so, from nearly seven years of faithful--and grateful--readership, I'm willing to believe her. It has certainly widened my perspective and improved my

understanding of the sport. I can sympathize with you in the problems of keeping things financially afloat--like many others, I'm subsidizing my own monthly newsletters (sometimes nationally and always provincially). (Ed. Actually, finances are not a question. I continue to cover costs with subscriptions.) But, heck, there's no sign of a queue forming to make a take-over, and I suspect my readers like (maybe depend) on what I provide. . . even though they're very reluctant to tell me so! Anyway, the sport needs us, even if it doesn't always think it deserves us! Like you, Jack, I'm not of a mind to 'surf the net'. It might allow me to show others that I'm ahead of them with the latest results, but so what? Anyway, I'm too busy: writing my own newsletters, contributing to several others, training for the ultras (which, at 72, mop up the hours), and coaching those who want to get towards ultras themselves. Then there's reading books, writing to friends, and recognizing the wonderful support I have from my wife--she's not "into" sport, but helps me in other important ways. (Ed. I must note that I am equally blessed, in this case with a wife and life-long companion who is into sport--a health and physical education major, avid tennis player, and night manager of an indoor tennis club, not to mention world-class mother and grandmother.) So what would I stop doing in order to make time to gaze at the small screen even more that I do now? Nothing, that's what. . . but if I had more time, I'd spend it thinking about what I know already, rather than cramming in more indigestible information. Perhaps your attitude is similar in some ways? One thing I'm sure of is that many more people respect you for what you do than you are aware of. Should you, you wonder, stop editing the ORW and change to a digest? Well, what would the 'digest' contain? We can guess what the Internet will provide: whatever hot topics, and whatever sounds exciting and attention-grabbing. It will do promptly--but not necessarily with 'balance' or consistency. Your journal provides a focal point, listing forthcoming events, plus the results of races all over the USA, whether big or small, with lively reports of the more important ones. Then there are the 'backgrounders', essential reading for those who want to know more about their sport--plus a forum for opinions. All of which it does regularly and consistently. But, as they say in the commercials, "there's more". ORW has the benefit of the Editor's invaluable memory and years of experience, to put a perspective and balance on what we read. Does that shine through on the Internet, or is everyone there shouting (metaphorically speaking) to gain attention? Jack, I'm sorry, you can't give up!" (Ed. I appreciate the kudos, but I feel that Dudley probably puts me to shame with all that he does in his bailiwick. And, I guess I can't start pleading old age, since he has 9 years on me.) Not all roses, however. Bill Tallmadge returned his renewal notice with just the note: "When you get interested in racewalking age 10 - 100, let me know." I'm not sure exactly how to interpret that, but I guess it expressed dissatisfaction. Anyway, he didn't renew after many years as a subscriber. . . **Stamps.** Did Dave Doherty in Stevens Point, Wis. know that I was a former stamp collector in my youth when he sent his renewal. The envelope was covered with three old three cent stamps (one celebrating the centennial of engineering in 1952), two five cent air mails of ancient vintage, and one 10 cent air mail honoring the Postal Union in 1949. I can only wonder where he came up with such a motley collection to add up to 32 cents. As to my stamp collecting, it was in my youth. Michael McDowell was an English lad my age who came to live with his grandmother in Galion, Ohio during World War II. Mike got me interested in stamp collecting and I got a book and began sending away to all the little ads in comic books. But, I think clever Michael, who was much more into the the hobby than I, conned me out of whatever 'good' stamps I might have procured. When Mike returned to England after the war, my stamp book was put aside, though I still have it with all those 'valuable' stamps. I was 10 when I gave up the hobby. Anyway, thanks Dave for the interesting envelope. . . **An observation.** From the back of an envelope in which Elliott Danman sent some race information: "Rather than absence of 'elite' walkers 'diminishing' national championships, it is absence of national championship achievement that diminishes an 'elite' walker's career record". . . **Dearborn race.** Max Green notes that the 10 Km race in Dearborn on September 27 (see race schedule) is not a replacement for the Alongi Races, which became history after last year's edition,

but they do hope to attract a field of 30 to 40 walkers. Contact Max per the address on the schedule for more details. . **Pan Am Cup.** The 1998 Pan Am Cup, which brings together walkers from all of the Americas, is now scheduled for Miami on October 3 and 4. Competition will also include the U.S.-Canada dual meet on Saturday. Mexico may also bring a team to this competition, so it could be the beginning of a Pan Am Junior competition. The Pan Am competition will inaugurate international competition for women in this hemisphere at the new 20 km distance. Members of the U.S. team for the men's 20 Km race, selected at the Nationals in New Orleans, are Tim Seaman, Curt Clausen, Jonathan Matthews, Gary Morgan, and Al Heppner. The women's team is being determined in a trials race in Wisconsin on August 30 (history by the time you get this). Three slots on the men's 50 Km team are being chosen from a 30 Km trials race at the same time. Marco Evoniuk and Mark Green are already on the team based on their performances at the National 50 earlier this year. The Wisconsin meet also included "Proof of Fitness Races" for junior men (10 Km) and women (5 Km) to finalize teams for the Miami event. . **Good programs.** A testimony from Doug Johnson in Morganfield, Kentucky: "We live in a community of 3500 residents in Western Kentucky. We started the Kentucky Racers Racewalk Club last year with five youth and two adults. Our members have a total of two National AAU titles, one USATF title, three National AAU runners-up, three USATF Senior Men National medals, and ten state championship medals within the past year. I'm not trying to brag, but rather to emphasize what tremendous opportunities exist for you racewalkers in the AAU or USATF programs." **More on shoes.** Jane Sweet (see above) also reports on her choice of shoes: "Although I am far from being championship material, I do enjoy cheerleading. I have found the best shoes for me to be cheerleading shoes. They are lightweight and flexible, with some cushioning." And I didn't even know there were special cheerleading shoes. I don't think there when my wife had the cheerleaders at Willard and Whetstone high schools in the early '60s. But I should have suspected it since there are now specialized shoes for every activity available. Do you suppose Bill and Monica were wearing special shoes for whatever it was they were doing? And while discussing 'more on shoes', we lift the following article, rating different shoes, from the Walking Club of Georgia's *Walk Talk*.

Running Shoes That Walk Well

by Bonnie Stein

There are two types of running shoes that racewalkers typically wear. One would be racing flats--the lightweight, slipper shoes that come in the best colors and go with all your cool racing outfits. Wear those shoes often if you like injuries, if you weigh less than 100 pounds, or if you must match your running shorts with your shoes.

It's better to reserve these shoes for short races and track workouts. Racing flats also wear out faster than a tan in January after having spent a week in Hawaii. So save them for special occasions like if you make the next Olympic team.

Most of us should look for our racewalking shoes in the lightweight trainer category. These shoes have more support than racing flats, but many are quite flexible and lightweight, relatively speaking. They offer adequate cushioning in the forefoot so that your toes and balls of your feet won't be hurting during your longer walks. Lightweight trainers are for your regular training walks, and races longer than 10 km, and all long walks. If a shoe is listed as a men's size only, women can often find a proper fit by sizing down one size to a size and a half. However, if a woman has narrow feet, the men's shoes will probably be too wide.

Keep in mind that there are other shoes to choose from that are not included here. Also, new shoes are being designed even as you're reading this. Although I indicated the ounces of the racing shoes, don't pick solely by weight. Remember, the lighter the shoe, the less support, and the more chance you could have of incurring an injury. If you decide to invest in a racing shoe, it

should be your second pair, after you have a good lightweight trainer for your everyday racewalking. And certainly after you have an adequate supply of matching outfits. (Ed. Being of the old cheap skate school, I have always used the same pair of shoes for all training and racing until they wear out, and I use to glue strips of inner tubes to the soles to prolong the life. As to matching outfits (I know Bonnie's comments are tongue in cheek), any old shorts and t-shirt will do, and when weather demands, I would still be in the old gray, cotton sweatsuits if my wife didn't buy me fancy warmups occasionally.)

adidas Ozweego 2. Lightweight trainer category, men's and women's. Cushioning--Adiprene in forefoot, forefoot grooves for flexibility. \$70 retail.

adidas D'Fiant. Slightly heavier than lightweight trainers, but will work for racewalk training when a more stable shoe is needed, still keeping more flexibility and cushion in the forefoot than most running shoes; men's and women's. Cushioning--Adiprene in forefoot and heel. \$75 retail.

Asics Gel-Lyte. Lightweight, men's and women's. Cushioning--P.Gel in the forefoot and Hex Gel in the heel. Good forefoot flexibility, very comfortable shoe. Only negative is just fair durability of outsole. Size up at least 1/2 size. \$85 retail.

Asics Gel DS Trainer. Lightweight trainer, men's and women's. Cushioning--P.Gel in forefoot and Alpha Gel in heel. Reflective striping for nighttime visibility, moderate pronation control for those who need more stability. Outsole is more durable than Gel-Lyte, but flexibility is slightly compromised. \$100 retail.

Brooks Cheetah II. Lightweight trainer/racer category, men's and women's. Cushioning--Hydroflow in forefoot. Does double duty as good trainer and racing shoe. \$75 retail.

Brooks Talon. A stability shoe that is relatively lightweight and flexible considering the support it provides. A good compromise shoe for larger racewalkers who want a stability shoe with a fairly level platform. Men's and women's. Cushioning--Hydroflow in forefoot and heel. \$85 retail.

New Balance 826. Lightweight trainer category, men's and women's. Cushioning--Abzorb in forefoot and heel. Blown rubber forefoot outsole adds cushioning and flexibility. Reflective trim for nighttime visibility. Lots of width sizing. Good amount of mesh for breathability. \$84 retail.

adidas Converter. Racer category in men's sizes. 7 oz. Blown rubber forefoot provides cushioning. Very flexible. \$65 retail.

adidas Shimanto. Racer category in men's sizes. 10 oz. Some midfoot support. Good for racing longer distances. Blown rubber forefoot for cushioning. Flex grooves for extra flexibility. \$70 retail.

Asics Gel-DS Racer. Racer category in men's sizes. 8.4 oz. Hex Gel in the heel. One of the few racers with pronation control, although very mild. \$80 retail.

Asics Gel Magic. Racer category in men's sizes. 7 oz. Hex Gel in heel. Cushioned forefoot, mild pronation control in heel.

Asics Gel-XL-R8. Racer category in men's sizes. 8.5 oz. T-Gel in heel. Fairly durable rubber outsole, very flexible. \$65 retail.

Mizuno Phantom. Racer category in men's sizes. 8.8 oz. Blown rubber forefoot cushioning, very flexible. \$65 retail.

New Balance RC 220. Racer category in men's sizes. 8.3 oz. Absorb in rearfoot, graphite in midfoot provides some support. \$60 retail.

New Balance 825. Racer category in men's sizes. Widths available to 2E. Absorb cushioning in forefoot, flex grooves for extra flexibility. Reflective straps for nighttime visibility. \$55-85.

New Balance RC 110. Racer category in men's sizes. 7.7 oz. C-CAP midsole for lightweight cushioning. Lots of mesh for breathability. Slightly firmer density on the medial side for a bit more stability than most racing shoes.

Brooks Chariot. Coach Martin Rudow's favorite oldie goldie shoe (first available in 1981) for big guys who need stability, but don't want to compromise other racewalking essentials like flexibility and low heel profile. Men's sizes to 15. \$50-65.

An Investigation Into Age-Related Decline in Performance Among Veteran Racewalkers

Masters Thesis by Al Clowser

Synopsis of results

Last January, I asked walkers to participate in my investigation of age-related performance decline in veteran racewalkers as my masters degree thesis. My criteria for participation specified a minimum age of 55 and at least 5 years of racewalking experience. Of the 219 questionnaires mailed out, 100 were completed and returned, an excellent response rate of 45.7 percent. Of the documents returned, 70 met the above criteria. The ages of the respondents varied from 55 to 85. Racewalking experience ranged from 5 to 51 years. The skill levels varied from relatively novice walkers with limited competitive experience to elite walkers competing at the international level. There were 52 males and 18 females in the sample. The average age was 66. The 5 Km distance was selected as the baseline for evaluating performance against age, training intensity, training mileage, current and past bodyweight, and best and most recent 5 km times. Other data obtained in the questionnaire, but not statistically analyzed, included incidence of chronic disease, level of strength and flexibility training, and attitudes toward competition. I used the SPSS statistical software for analysis of data.

Of the factors analyzed, only age and the level of training mileage proved statistically significant as predictors of 5 km performance. This means that the other factors may influence performance somewhat, but are not statistically significant.

Increase flexibility training was reported by 45 percent of the walkers. This is a surprising, but important finding for those studying the aging process. While failure to maintain or increase flexibility by veteran athletes may translate only to a decline in performance, corresponding loss among the aging sedentary can be catastrophic. Flexibility is a major component in balance, gait, and posture, all of which relate to mobility and maintenance of independence.

The small number of walkers doing strength training was surprising, since a number of leading racewalking coaches suggest that strength training, especially upper body training, is an important element in racewalking performance.

Veteran racewalkers appear to have fewer incidences of chronic disease. Only 24.3 percent of the participating walkers reported onset of chronic disease. Gerontologists estimate that 45 percent of the general aging population are so affected.

Increasing age has not greatly diminished the subjects' desire to continue competing, with 72 percent reporting that their attitude toward competing in racewalking events had increased or remained the same as when they started racewalking. This indicates a high level of self-efficacy and determination, as well as good physical and mental health.

(Al notes that the response was terrific and that he received some nice letters from walkers all over the country. He hopes to meet some of you in the future and convey his thanks personally.)

1998 World Lists

(Through July, per Finland's Juhani Jalava)

Women's 10 Km

42:01 Olga Panfyorova, Russia
42:25 Nadezda Ryashkina, Russia
42:31 V. Natsharkina, Russia
42:46 Tamara Kovalenko, Russia
42:52 Kerry Saxby-Junna, Australia
42:57 Norica Cimpean, Romania
43:01 J. Arshintseva, Russia
43:06 Olga Kardopoltseva, Belarus
43:08 Maria Urbanik-Rosza, Hungary
43:12 Claudia Iovan, Romania

Men's 20 Km

1:18:47 V. Andrejev, Russia
1:18:48 M. Hmelnitski, Belarus
1:19:19 Jefferson Perez, Ecuador
1:19:36 Robert Korzeniowski, Poland
1:19:41 Daniel Garcia, Mexico
1:19:42 Julio Martinez, Guatemala
1:19:44 A. Fadejevs, Latvia
1:19:45 Joel Sanchez, Mexico
1:19:46 Bernardo Segura, Mexico and
Ilya Markov, Russia

1998 U.S. Lists

(As of July 1, compiled by Steve Vaitones)

Women's 10 Km

43:30.4 Michelle Rohl
46:41 Debbi Lawrence
46:52 Susan Armenta
47:06.5 Joanne Dow
47:47.4 Danielle Kirk
48:04 Teresa Vaill
49:06 Molly Lavacek
49:11 Jill Zenner
50:04.5 Victoria Herazo
50:33 Deb Iden

Men's 20 Km

1:23:58 Curt Clausen
1:26:52 Andrew Hermann
1:30:33 Philip Dunn
1:33:20 Mark Green

Women's 20 Km

1:31:03 Susan Feitor, Portugal
1:31:46 Kartyzna Radtke, Poland
1:32:25 V. Tsybulsakya, Belarus
1:33:01 A. Liepina, Larvia
1:33:26 Maria Urbanik-Rosza, Hungary
1:33:34 Rosario Sanchez, Mexico
1:33:46 S. Compagnoni, Italy
1:34:11 M. Vasco, Spain
1:34:42 Elisabetta Perrone, Italy
1:34:46 Joanne Dow, US

Men's 50 Km

3:41:14 A. Plotnikov, Russia
3:42:57 Tomas Lipiec, Poland
3:43:15 Miguel Rodriguez, Mexico
3:43:17 Jesus Garcia, Spain
3:43:18 A. Fadejevs, Latvia
3:44:17 Giovanni Perricelli, Italy
3:45:15 S. Korepanov, Kazakhstan
3:45:29 N. Matyuhin, Russia
3:45:55 S. Perez, Spain
3:46:25. Thierry Toutain, France

Women's 20 Km

1:34:46 Joanne Dow
1:36:28 Teresa Vaill
1:41:16 Victoria Herazo
1:43:07 Jill Zenner
1:46:45 Cheryl Rellinger
1:47:33 Margaret Ditchburn
1:48:45 Susan Armenta
1:56:46 Dorit Attias
1:57:24 Marykirk Cunningham
1:58:41 Margaret Govea

Men's 50 Km

3:57:24 Curt Clausen
4:05:35 Tim Seaman
4:08:00 Andrew Hermann
4:18:01 Al Heppner

1:33:23 Jonathan Matthews
 1:35:08 Tim Seamna
 1:35:47 Theron Kissinger
 1:37:00 Mike Rohl
 1:37:20 Gary Morgan
 1:37:29 Steve Pecinovsky

4:20:13 Marco Evoniuk
 4:24:52 Mark Green
 4:40:32 Yariv Pomeranz
 5:06:01 Doug Johnson

Junior Men's 10 Km

46:23.54 Chris Brooks
 46:34.97 Glenn Osten Anderson
 48:56.51 Scott Crafton
 49:02.94 Brian Colby
 49:45.5 Matt DeWitt
 51:09.52 Danny Dalton
 51:59.52 Robert Finn
 52:51.16 Patrick Ryan
 53:04.53 Eric Pasco
 53:22 Eric Tonkyn

Junior Women's 5 Km

23:59 Emma Carter
 24:30.16 Lisa Kutzing
 26:12.15 Katie Rulapaugh
 26:31.77 Allison Zabrenski
 26:40.78 Dana Girncaspro
 26:43.71 Brooke Szody
 27:13.17 Elizabeth Paxton
 27:50.82 Robyn Stevens
 27:51.01 Shernette Dunn

LOOKING BACK

30 Years Ago (From the August 1968 ORW)--Larry Young was hot at the Olympic Training Camp in Lake Tahoe's altitude. He turned in a 1:16:53 for 10 miles, 1:34:42 for 20 Km, and 2:27:46 for 30 Km. Don DeNoon gave him a close race in the 20 and also did 21:50.5 for 5 Km, beating Tom Dooley by 1.5 seconds. . .The National 40 Km, firmly implanted in Long Branch, New Jersey, went to Dave Romansky in 3:30:34, with Goetz Klopfer less than 3 minutes back. The New York AC won the team title with Ron Daniel, Ron Kulik, and John Knifton finishing 3,4, and 6.

25 Years Ago (From the August 1973 ORW)--The feature story was on the possibility of walking being removed from the Olympics. As it turned out, we did lose the 50 Km in Montreal in 1976, but it was back again for Moscow in 1980 (sans any U.S. athletes, thanks to Jimmy Carter's boycott). A lot of hard work by a lot of people over several years prevented something worse happening. . .Randy Mimm and Mitch Patton were walkers on the first U.S. Junior Track and Field team to tour in Europe. They had 10 Km races in West Germany, Poland, and the USSR, both turning in their best times in the final meet--49:47 for Patton and 49:52 for Mimm. . .In Long Branch, John Knifton overcame Ron Laird to win the National 40 Km in a course record 3:29:45. Ron had 3:31:14. Gary Westerfield and Todd Scully were way back in third and fourth. . .Shaun Ladany won both the 20 and 50 in the Maccabiah Games in 1:35:54 and 4:3:31.

20 Years Ago (From the August 1978 ORW)--Still in Long Branch for the 40 Km national, Dan O'Connor prevailed in 3:31:25. Carl Schueler was 8 1/2 minutes back, beating Ron Daniel and Bob Kitchen. . .England's Olly Flynn won the Empire Games 30 Km in Edmonton in 2:22:04. Australians Willi Sawall and Tim Erickson came next. Canadian Marcel Jobin had a bad day, and after setting the early pace, faded to ninth. . .Jim Heiring, having previously concentrated on shorter races, moved up to 30 Km with some success, winning the National title in 2:30:50. Augie Hirt was way back in second, ahead of John Knifton. . .Otto Bartsch and Anatolily Solomin won Soviet titles at 50 and 20 Km, respectively, in times of 3:56:36 and 1:23:30--at that time the second fastest road 20 ever. . .Dave Cotton won the British 50 in 4:14:25, with a U.S. contingent of Dan O'Connor, Augie Hirt, Bob Kitchen, and John Knifton finishing 12th, 13th, 16th, and 24th.

15 Years Ago (From the August 1983 ORW)--In the first ever World Championship Track and Field Meet in Helsinki, Mexico's Ernesto Canto won the 20 Km walk in 1:20:49. He got away from Czechoslovakia's Josef Pribilinec in the last 2 kilometers to win by 10 seconds. The Soviet Union's Yevgeniy Yesyukov beat Spain's Jose Marin for the third medal. Canadian Guillaume Leblanc was eighth. Jim Heiring was the first U.S. walker with 1:25:49 in 19th. . .Five days later, the GDR's Ronald Weigel won the 50 in 3:43:08, as Marin came back to capture the silver in this one (3:46:42). Sergei Junk of the Soviet Union was the third medalist in 3:49:03. Marco Evoniuk, who also walked the 20 but dropped out in 13th place when he was told he had another loop to complete near the end (he did not), was the first U.S. finisher with a brilliant 3:56:57 in eighth. . .Teresa Vaill won the 5 Km at an International Racewalking Festival on Long Island in 25:10.7. Susan Liers-Westerfield won the 10 Km in 52:09. . .Finally, we repeat one of our many attempts at racewalking limericks through the years: Before going out for a stroll, Heed this advice rather droll, Put some grease where its needed, Let this not go unheeded, Lest your skin pay a terrible toll.

5 Years Ago (From the August 1993 ORW)--The World Championships were held in Stuttgart, and the Spanish men dominated with two golds and a bronze. In the 20, Valentin Massana left the field well in his wake as he won in 1:22:31. Italy's Giovanni DeBenedictis was 35 seconds back at the finish, 12 seconds clear of Spain's Daniel Plaza. Jaime Barroso completed a near Spanish sweep in fourth. Allen James, the only U.S. entrant, finished 17th in 1:26:53. In a closer race, Jesus Garcia won the 50 in 3:41:41 with Finland's Valentin Kononen (3:42:02) and Russia's Valeriy Spitsin (3:42:50) getting the silver and bronze. Canada's Tim Berrett, 19th in the 20, finished seventh in 3:50:23. For the U.S., Jonathan Matthews had 4:02:52 in 19th and Herman Nelson 4:21:08 in 31st. Finland's Sari Essayah won the Women's 10 in 42:58, 10 seconds clear of Ileana Salvador, Italy. Spain's Encarnacion Granados captured the bronze in 43:21. Teresa Vaill was 22nd in 46:58, Debby Lawrence 37th in 48:53, and Sara Standley 43rd in 51:01. . .Gary Morgan won the National 25 Km in 2:02:31, 5 minutes ahead of Philip Dunn. . .Winners at the U.S. Olympic Festival were Deb Van Orden (47:20), Jonathan Matthews (1:32:52), and Andrzej Chylinski (4:19:48).

Rewards of the racewalking workout

by Barbara Huebner, *Boston Globe*

(The following article appeared in the June 22 *Globe Health/Science* section and was reprinted in the *New England Walkers Newsletter*. NEW's Ken Mattsson reports that a the original *Globe* story generated about 50 phone calls to him from people wanting to know more about the sport.)

The next time you're tempted to smirk at the waddling hips and exaggerated elbows of your neighborhood racewalker, consider this: He's burning more calories than a runner going the same pace, and is less likely to get hurt doing it. It's a rare instance where inefficiency is a plus.

"It's certainly counterintuitive to most people when I tell them I'm going to teach then an inefficient activity that is the best workout they could ever imagine," acknowledges Mark Fenton, editor-at-large of *Walking* magazine who studied biomechanics at Massachusetts Institute of Technology.

According to a recent survey by the Sporting Goods Manufacturers Association, 33.2 million Americans walk recreationally or informally for exercise, while 32.3 million run or jog. Yet, although untold thousands use at least some racewalking techniques in their fitness walking, only about 5000 people actually compete in racewalking events.

If all those runners want to spend less time on the disabled list while staying in shape, they might want to rethink their strategy.

"Very commonly with my runners I see with injuries, I tell them to racewalk," says Dr. Gary N. Guten, an orthopedic surgeon and director of the Sports Medicine and Orthopedic Center in Milwaukee. "You get the most rewards with the least risks."

So why don't more people do it? In part, says Guten--also the author of *Play Healthy, Stay Healthy*, because it takes time to learn the technique, in which one foot must be in contact with the ground at all times, the knee of the back leg must be straightened with each step, and the arms swing like a short pendulum at a 90-degree angle. There's also the sociability factor: Because so many more people run than racewalk, you can always find plenty of companions.

Jay T. Kearney, senior sports physiologist for the U.S. Olympic Committee in Colorado Springs, has another thought, "Because it looks goofy." But let's get back to the rewards.

In a study at the University of Colorado in Boulder, 82 people were randomly assigned to 28-week programs of step aerobics, running or racewalking. Each exercised for 40 minutes, 4 days a week, at 80 percent of their maximum heart rate. After 28 weeks, although each group showed similar improvements in cardiovascular fitness, 16.7 percent of the runners had dropped out because of injury, while no racewalkers had to quit. Overall, runners missed an average of 11 days because of injury, while racewalkers missed 1 1/2 days. Other studies have echoed that finding.

Moreover, says William Byrnes, an associate professor in the Department of Kinesiology and author of the study, "People seem to get injured in running, then go to racewalking and don't experience injury. That's mostly because of the lessened impact. "You don't leave the ground ever," says Fenton, who has coached the US national racewalking team. "The runner leaves the ground with every step."

In racewalking, because at least one foot is always on the ground, the force of impact is only about 1 1/2 times the person's body weight, and as technique improves, that becomes even less. In running, the impact is three times body weight, if not more. In other words, a 140-pound racewalker hits the ground with no more than 210 pounds of force on each step, while a 140-pound runner slams it with 423 pounds. With the higher impact come more acute injuries, especially to the knee.

Although appearances would hint otherwise, racewalkers don't seem to sustain many hip injuries, despite the emphatic rolling motion. "There's more movement, but it's not jarring," says Kearney. "The hip is designed to do the motions."

If the lower risk of injury isn't persuasive, perhaps the higher burn rate of calories will be. At a certain point--called the crossover speed, at just above 5 miles per hour--it takes more energy to walk than to run. Picture yourself dashing to catch a bus, picking up the pace more and more until you break into a jog because you feel as if you can't walk any faster. If at that point you instead continued to walk, it would take so much more effort than running that you actually burn more calories at the same speed.

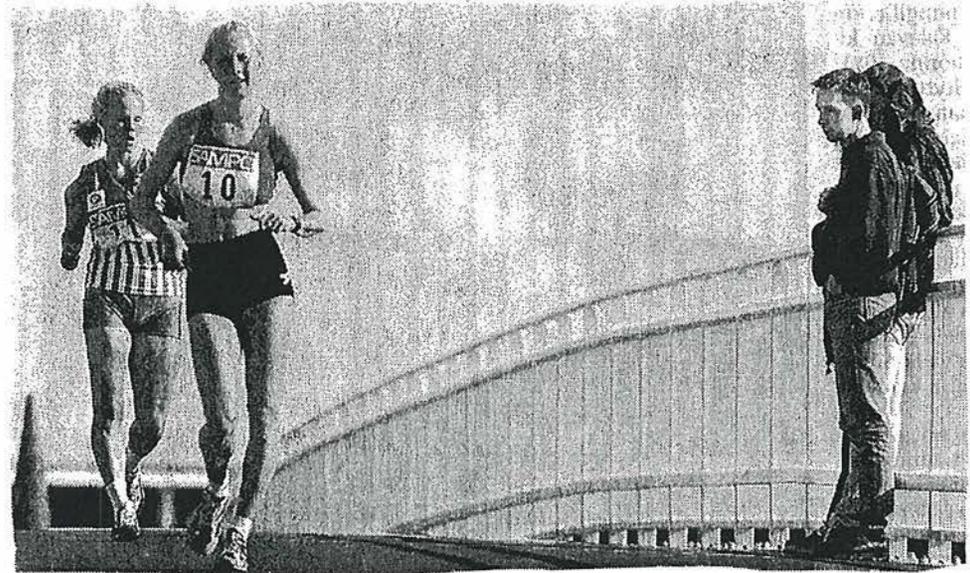
According to a 1979 study at Columbia University, at 5 mph, a 12-minute-per-mile pace, a runner burns 480 calories an hour, while a racewalker expends 530 calories. As both the runner and racewalker pick up speed, the gap widens: for instance, at 7 mph, the tally becomes 690 to 960--a difference of 270 calories per hour.

"You're getting a lot of movement of your limbs relative to the distance you're moving across the ground," says Kearney of racewalking. "There's a lot of ancillary muscle contraction to use those limbs." Then, too, because racewalkers are taking shorter strides--remember, they don't have the flight phase enjoyed by a runner--they need more steps to cover every mile, and that means even more contractions.

And, as they increase speed, they don't increase stride length, as runners do, but instead boost stride frequency. More steps, more muscle contractions, higher oxygen consumption, more calories burned.

So will runners--especially the slower ones, who aren't going any faster than a good racewalker--be inclined to switch? Theresa Taylor-Dusharm, an exercise physiologist for Advocate Health Care in Chicago, doubts it.

"With less chance of injury it's definitely the way to go," she says. "But you know those diehard runners won't give it up."



Interested spectator. A lone backpacker watches the athletes go by during the Finnish Women's 10 Km on August 6. Eventual winner Outi Sillanpaa leads Elena Risto, who finished third.