Serianni Wins Two National Titles; Vaill Adds 38th

As it was last year, October was a busy month for National titles with three being contested—the One Hour on October 3, the 5 Km on October 10, and the 30 Km on October 31. The latter comes too late for inclusion in this issue. In the other two, 20-year-old Dan Serianni from Rochester N.Y. and representing World Class Racewalking walked off with both titles. In the One Hour he covered 12,920 meters to beat 45-year-old Dave McGovern, the mentor of World Class, by 312 meters with Dave Talcott also getting past 12 Km in third. A week later, Serianni beat McGovern again to win the 5 Km in 22:21. Ohio’s Mike Mansozi was third in that one.

In the One Hour, 47-year-old Teresa Vaill won her 38th National title over the past 26 years, finishing just 107 meters behind Serianni and well clear of Maria Michta, who was second. Loretta McGovern, third in that one, came back the next week to win the 5 Km in 25:08.

Here are the results to be followed next month with 30 Km results.

**USA TF National 1 Hour, Waltham, Mass., Oct. 3:**

**Women:**
- 1. Loretta McGovern, N.Y. 25:08
- 2. Susan Randall, Ohio 25:35
- 4. Jamie Brooks (40), Penn. 28:53
- 5. Marianne Martino (60), Colo. 29:22
- 6. Debbie Toplissi (57), Mich. 29:30
- 7. Vicki Pritchard (51), Ariz. 30:39
- 8. Katie Malinowski, Mich. 30:59
- 9. Rebecca Garson (46), Vir. 30:51
- 10. Joyce Prohaska (60), Ohio 31:49
- 11. Cathy Mayfield (59), Ind. 32:43
- 12. Jolene Steigerwald (66), Cal. 33:19
- 13. Paula Graham (47), Vir. 33:37
- 14. Yvonne Grudzina-Flasch, Fla. 34:08
- 15. Darlene Backlund (65), Ore. 34:16
- 16. Walda Tichy (70), Mich. 36:23
- 17. Katherine Fischer (52), N.C. 37:15
- 18. Susan Ojansen (53), Tenn. 37:20
- 19. Joyce Curtis (72), Tenn. 38:58
- 20. Ruth Keeton (80), Tenn. 40:17
- 21. Barbara Taylor (63), Tenn. 41:14
- 22. Wanda Williams (59), Tenn. 41:16
- 23. Barbara Henley (66), Ohio 41:38
- 24. Sandra Vance (46), Tenn. 46:06

**Men:**
- 1. Dan Serianni, N.Y. 22:21
- 2. Dave McGovern (45), N.Y. 22:46
- 3. Mike Mansozi, Ohio 23:15
- 4. Kyle Hively, Ohio 23:16
- 5. Jonathan Hallman (17), S.C. 25:05
- 6. Chris Schmid (63), Ohio 25:13
- 7. Ian Whately (51), S.C. 25:33
- 8. David Swartz (45), Mich. 25:40
- 9. Andrew Smith (61), N.C. 27:05
- 10. Rod Craig, Mich. 27:30
- 11. Leon Jasiowksi (66), Mich. 27:33
- 12. Bill Reed (58), Mich. 27:40
- 13. Damon Clements (53), Ind. 27:55
- 14. Max Walker (64), Ind. 28:22
- 15. Russell McMahen (56), Ohio 28:25
- 16. Larry Windes (52), Tenn. 29:09
- 17. Paul Tremblay (45), Ken. 29:09
- 18. John Fredericks, N.J. 30:33
- 19. William Liford (58), Ind. 30:45
- 20. Peter Armstrong (65), N.M. 31:47
- 21. Steven Shapiro (56), Vir. 32:00
- 22. Ron Salvio (62), N.J. 33:09
- 23. Robert Nichols (71), Mo. 33:16
- 24. Jim Norvill (66), Ga. 34:18
- 25. Alan Moore (65), Cal. 34:20
- 26. Steve Durrant (71), Vir. 35:28

**USA TF National 5 Km, Kingsport, Tenn., Oct. 10:**

**Men:**
- 1. Dan Serianni, N.Y. 12,920
- 2. Dave McGovern (45), N.Y. 12,608
- 3. Dave
British Commonwealth Games 20 Km

New Delhi, India, October 9. Australia's Jared Tallent won the 20 Km race at the British Commonwealth Games and was then on hand to greet his wife Claire as she crossed the line second in the women's race. The women, walking the same course, had started 10 minutes after the men. Jared Tallent improved on his bronze medal finish at the last Commonwealth Games in Melbourne in 2006. He got away from his teammate, Luke Adams after Adams stumbled and lost his rhythm. Tallent finished in 2:12:18, 13 seconds ahead of Adams. India's Harninder Singh pleased the home crowd with a third place finish in 2:13:28, well clear of Kenyan David Rotich. Canada's Inaki Gomez and Evan Dunfee had impressive races in fifth and sixth.

It was a three-man race through the first 14 Km where the two Aussies made a break. They had passed 10 Km in 41:13 in an evenly paced race. It was at about 18 Km when Adams stumbled, after seeming to take control of the race, and Tallent streaked away. Adams has now won all three consecutive Commonwealth Games.

England's Jo Jackson won the women's race in 1:34:22 ending Australia's 20-year domination of the event. Claire Tallent was a distant second, but well clear of Kenya's Grace Njue. The 25-year-old Jackson, seventh four years ago, made her break early in the race and was never challenged. Like Tallent, Jackson walked nearly even splits, reaching 10 Km in 47:07.

The results:


Other Results


Here Are Races In Different Places

Sat. Nov. 13 Virginia USA 1 Hour, Virginia Beach (W)
Sun. Nov. 14 National USAF Masters 20 Km, Coconut Creek, Fla. (B)
Sun. Nov. 14 Conn. 10 Km, Clinton (I)
Sat. Nov. 2 5 and 10 Km, Washington, D.C., 8:30 am (N)
Sat. Nov. 13 5 Km, Aurora, Col., 9 am (H)
Sun. Nov. 14 5 Km, New Orleans (H)
Sun. Nov. 20 5 Km, Boulder, Col., 9 am (H)
Sun. Nov. 21 1 Hour, Cal Tech track, Los Angeles, 6:45 am (U)
Sat. Dec. 11 5 Mile and 10 Mile Handicap, Coney Island, Brooklyn, N.Y. 99 am
Sun. Dec. 12 1 Hour, Los Angeles, Cal Tech track, 6:45 am (U)
Mon. Nov. 26 5 Km, Denver, 9 am (H)

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From Heel To Toe

Werner Hardmo. Swedish racewalker Werner Hardmo died on September 11 at age Hardmo...
Fueled by an unlikely mix of pizza and flat Coke, Jared Tallent became an equally unlikely Olympic star yesterday, walking into history as the first Australian man in more than a century to collect two athletics medals at a single Games.

Tallent, 23, from county Victoria, who lost a finger in a potato mincer as a boy, added the silver medal for the 50-Km walk to the bronze in the 20 Km event. He will go for the gold next week when he marries his Olympic walking teammate Claire Woods in , of all places, the Adelaide suburb of Walkerville.

The slightly built student teacher was being hailed the “king of the track and field team” yesterday after the stirring second place. After walking straight into Woods’ arms for a celebratory embrace, Tallent revealed he loaded up with pizza on the eve of the race, and drank Coke throughout the finals stages...for the caffeine and sugar rush.

“It (pizza) is my favorite food, it had been tempting me for the whole two weeks,” Tallent said.

But after being physically ill as he crossed the line in the 20 Km race Tallent was worried the pizza might come back to haunt him yesterday. “Everyone was telling me ‘Keep it down today’, so I was thinking about that,” he said. “I wasn’t sure. I was bit worried that I might get to 20 Km and go ‘Oh geez’. Lucky it didn’t happen.”

Tallent went about his medal-winning walk with methodic precision. “We had a bit of a plan,” Woods said. “For his 20 Km it was all about him that day, so I did whatever he wanted. Then yesterday was about me. He had to carry my bag and do all the things I wanted him to do. Today it was back to him, we have shared the workload. He came here to Beijing thinking maybe he had a chance at a medal, to come home with two and be the king of the track and field team is a whole other level.”

When he arrived at the stadium to get ready for yesterday’s race, Tallent decided to go for broke and see if he survived the distance. “I was on the warm-up track and just looking at the flame and I thought, ‘This is what it is all for, all those years of hard work come down to this,’’ he said. “So I decided just to give it a crack, go with the leaders and see what happens.”

He was prepared for the hot, steamy conditions having trained once a week in the heat tent at the Australian Institute of Sport, where he has been coached by Brent Vallance for the past four years. “It paid off today. I am ecstatic,” Tallent said.

And he counts himself particularly lucky because next Saturday he is marrying Woods, the woman he calls his “gold medal.”

Tallent thinks he will be recovered enough to walk slowly down the aisle but he is a little concerned, after slogging it out for 70Km this week. “I hope I won’t be light-footed.”

“I am more worried if I can do my wedding dance,” Tallent said.

Tallent lost his right index finger when he put it in a gifting machine on the family’s potato farm at Newlyn near Ballarat when he was two. His father Peter and mother Kathy, who watched their son walk for 50Km in sapping humidity yesterday, say it was one of the worst days of their life: “I remember it vividly, it was terrible. There was only one little whole and he found it,” Peter said.

Yesterday was different. “The whole family was ecstatic. It was the best day ever,” Peter said, as Jared’s two younger sisters and one of his three brothers stood by wearing T-shirts with the slogan, “Tallents have got talent.”

Well, this one has, but he is modest about it. He was on an Australian team bus last Saturday when one of his female teammates, a marathon runner, asked how he had fared in that day’s 20 Km walk. “Yeah, did Ok”, replied Tallent, failing to mention he had won bronze.

After yesterday, Tallent will no longer be able to keep his achievements quiet, becoming the first Australian male track and field athlete in 102 years to collect two medals in his career, let alone one Games. And he did it contesting a 20 Km race followed only six days later by a 50 Km one—the equivalent of walking from Melbourne to Geelong.

It took him five hours of torture to do what no man had done since Nigel Barker won bronze in 100 meters and 400 meters at the unofficial 1906 Athens Olympics. Raelene Boyle won two sprint silver medals at the 1972 Olympics in Munich.

When it comes to walking, Australia has had a line of success including 2004 Olympic bronze medalist Nathan Deakes, but by the numbers Tallent is one in a century.

It took Tallent several days to recover form the 20 Km race, where he had graphically vomited on the track before and after he crossed the finish line. He was a frequent visitor to the recovery center set up in Beijing by the Australian Olympic Committee, plunging into ice baths and stretching his muscles back into a usable state, and it was only on Thursday he stopped feeling sore and flat.

Jared Crosses the finish line and then embraces his wife-to-be.

Another article, by one Wayne Smith, published the same day was headlined “He’s a hero in any walk of life.” It comes to the defense of racewalkers, who apparently suffer some of the same ridicule in Australia that crops up here.

There’s John Cleese and the Ministry of Silly Walks and then there’s Jared Talent. Let’s not confuse the two, shall we. One’s deliberately trying to walk silly and the other one’s
a comedian. Sorry, couldn't help myself.

But seriously, anyone scoffing at Tallent and what he does must have switched off the television and gone straight back to work the second he crossed the finish line at the end of the 50 Km walk yesterday. Had they risked the boss's wrath and lingered a little longer, they would have seen Finn Jaripo Kinnunen in so much distress from sheer exhaustion he was frothing at the mouth.

Like fellow Scandinavian Erik Tysse, he had most difficulty adjusting to the 28 C temperatures, but like all the other walkers who collapsed onto the track at the finish, he was showing the punishing effects of pushing himself mercilessly for nearly four hours.

As far as the road cyclists, who were riding for six grueling hours, no other athletes at the Beijing games worked for so long with no respite as the walkers.

Of course, they all cheated. Every time the television cameras switched to slo-mo, there it was, some competitor "cheating" by having both feet in the air. The only trouble is that the walk judges don't use slo-mo and never have. They rely on the naked eye but that still was good enough for them to disqualify five competitors who literally overstepped the mark.

What walkers do brings a lot of ridicule down on their heads least from fellow track and field competitors who should know better. For the armchair critics, it's just too hilarious for words.

A great sport, right up there with thumb wrestling" sneered one contributor to a website after the race.

But then, thankfully, there was this, from K of AGT: "To all of you who say that racewalking is not a sport, you obviously never tried it...I have been involved in athletics for years and avoided racewalking due to the shin-splattering pain, strained quadriceps, and ankle/heel injuries that accompanied it. It is a heck of a lot more work than your standard jog, believe me. Jarred is a true athlete and true olympic hero. Good work mate."

And so say all of us. No whiners. No judges. And I'll say no more.

The End Of DQ'S

Last month, we repeated an item from the British publication Race Walking Record that reported on an IAAF initiative considering the elimination of disqualifications in favor of a time penalty following three red cards. Well, it apparently is not imminent at all and probably will never be seriously considered. But it did create some interesting discussion.

First, we received the following note from Bob Bowman, a member and former chair of the IAAF Racewalking Committee: "The time penalty proposal you printed in the September issue was never discussed at the May meeting of the IAAF RW Committee. It was not on the agenda. After the meeting, an IAAF staff member who serves as secretary to the Committee gave a copy of it to one of us a copy of his proposal. The two of us that looked at it quickly dismissed it or obvious reasons. The staff member himself does not take it seriously. Some years ago an IAAF RW Working Group also dismissed this idea as not a viable solution to anything. There are no plans to go forward with this. It does not appear in the minutes of the meeting or in my report to USATF."

That seems pretty clear. However, Gary Westerfield sent me a copy of an item from the minutes of the meeting, specifically item 9.5 "Pit Lane" Rule, which describes the proposal we published last month. This item in the minutes concludes: "In fact it emerged that this approach was already tried in some countries in the past, at national level competitions, although the actual management of the stop and go, at least in the format it was being conceived at the time, proved to be difficult to handle. The Committee Members were nevertheless handed a copy of the 'new' proposal, which they were asked to discuss and circulate with the racewalking committee and to gather feedback in view of the next meeting."

So the proposal did get into the minutes, though apparently never discussed in the meeting. Nor did it come up again at the fall meeting of the committee. Thus, it would seem to be a dead issue—if something that apparently was never really alive can be dead. We apologize for misinforming our readers. But some of the discussion that resulted provides interesting commentary on the status of our sport.

From Alvia Gaskill: "In 1990, I proposed graduated time penalties to replace the DQ, which you published as did the then National Racewalking Newsletter. The more red cards, the longer the time penalty, thus ensuring that someone wouldn't just start running. I forget the exact increments, but it went something like 30 seconds for the first DQ, a minute for #2, and longer times for others. There was no wiping out the penalties and starting over as proposed. The athlete would have to walk some kind of penalty course so they could stay loose."

One problem with the time penalty approach that differs from that in the other sports mentioned is that there would be a time delay in imposing the penalty. Over 20 or 50 Km, however, this should still be possible with out skewing the outcome.

As to improving the legitimacy of walking to the public and to the sports media, forget it. They already have their minds made up and nothing will change it. The percentage of athletes DQ'd in races is also very low, so the proposal exaggerated the significance. This only becomes an issue when it's the "winner" and that problem has already been taken care of.

From Michael: "There is nothing wrong with DQ'ing athletes. Ask the field eventers who get three fouls. Many in RW world are completely isolated from track and field (by choice) and have little experience on the way all the other events in the Lori are operated. Sprinters only get one mistake with the false start rule. The number of jumpers and throwers who get a 'no mark' in their events internationally is about the same percentage as the walkers who get DQ'd at this level. No reason to change any of that, it works just fine. Also, many of these calls are just as subjective as calls in walking.

From Jim McGrath:

1. Why must there be change for the sake of change?
2. Who says that stopping DQ's or changing rules would make the world love racewalking?
3. If you eliminate judging by using machines don't you eliminate grass roots people who now require nothing but sneakers but would be required to have special sneakers and an electronic device?
4. If you change the rules so a DQ is not possible and there is instead a time penalty, what makes you think the judges would be better and more consistent in their decisions?
5. Now the athlete must remember straight knee and lifting rules. Simplicity is good and the rule changes would complicate things. The judges would have to figure these things out during the race. High school judges would have to study these rules for years before they could function.
6. If masters can't keep their knee straight they should practice more. If they don't want to practice, they should quit. When I can't keep my knee straight I will quit.
7. Simplicity is good.
8. Bravely is good.

Please file this and reproduce it when these questions come up again in the future."

From Elliott Denman:

"1. It would be a big step toward the demise of racewalking as a legitimate, fully accepted competitive event within the framework of the great, global Olympic sport of track and field,
er. athletics.
2. It would incite all the nattering nabobs of negativity that we have had to deal with all these years to even greater efforts in giving us the boot from the Olympics, World Championships, and everything else. Let’s not give those people any comic relief.
3. We must work within the system we have. Either a race walker is progressing legally with the rules as written or he/she is not. Sure let’s get the best possible judges and make even greater efforts to train new and willing and able judges, but, as they say, let’s not throw the baby out with the bath water, or something like that.
4. The penalty box may be fine for ice hockey, Or biathlon. It would be an absolute worst-case horror for racewalking.

Hang in there everybody.”

From Jonathan Mathews:

“I should preface my comments on this issue with a couple of words about my personal context. I tend to have a grounded stride. There are pictures of me from the U.S. National 50 Km this past February (where I finished 13 seconds out of first place) showing double contact. I’ve never been DQ’d and only a few times in my many years of walking have I even received cautions, let alone warnings. So I regard the judges as my friends. If I thought much about it, it would be frustrating for me that many of my competitors gets more air than I do, but I don’t worry about it. Ed. Maybe there is not much to worry about. Bob Bowman, with some mechanical knowledge I don’t have, has often proposed that “air time” is lost time; i.e., solid contact is the fastest way to go. But, if that is true, why do we even bother judging contact? But, I digress.)

Considering the relatively loose standard for contact currently being observed by most IAAF judges, athletes singled out by the judges for loss of contact are usually even more off the ground than the somewhat lightly-norm. If this is the case, I am not typically saddened when an athlete who receives three independently originated lifting calls gets tossed from a race. When I read that the IAAF committee is considering that perhaps the walker should not be tossed from the race, but should instead receive a penalty of 30 seconds, my first reaction is that the two penalties are nowhere nearly commensurate. In roughly hour-and-a-half to 4-hour races a penalty of 30 seconds seems pretty minor for an independently triple-corroborated judgment that an athlete is in violation of one of two fundamental rules of the sport.

Mr. Gaskell’s idea of a graduated system of time penalties seems more just, except that it gives a single judge, at a particular point in a race, the power to stop an athlete for 30 seconds to multiple minutes. Of course, single judges make calls that dramatically affect outcomes in many sports. (Jonathan goes on to describe an altered version of the supposed IAAF proposal, but since that never was, and probably never will be, an actual proposal, we will let his idea pass. He concludes: Thank you for the interesting provocation....

News on Shoes

by Dave McGovern (U.S. international walker, National Champion, Coach, and Clinician)
(From an online item first published in the Southern California Walkers Bulletin.)

I know a little—very little—about golf. But I do know something about racewalking

It seems to me that picking the right pair of shoes for racewalking is a lot like picking the right gold club. Some situations call for a 3-wood, others a 9-iron, and still others a sand wedge or putter or in the case of racewalking shoes, sometimes you need a spikeless track or cross-country shoe, other times a road-racing flat, or a pronation-control trainer/racer.

If you are reading this, you have probably already discovered that shoes actually designed and marketed for racewalkers are pretty hard to come by. The situation is so bad that a while back I looked into producing a new racewalking shoe to fill the void left when New Balance stopped selling their MRW series (the MRW100, 110, and 111 racewalk shoes.) Long story, but the punch-line is that it takes a production run (and subsequent sale) of approximately 5000 pairs of shoes and about $75,000 in up-front costs to get the job done. Too rich for my blood given the fact that there is not guarantee that anybody would buy the things.

The problem—if you call it a problem—is that there are too many great shoes for racewalkers already out there! It’s true. There are dozens of great shoes on the market that are perfect for racewalking—they just happen to be mistakenly labeled as running “racing flats” instead of racewalking shoes.

Runners’ racing flats are exactly what racewalkers need: Lightweight, flexible, low-profile shoes—preferably in outlandish color patterns found nowhere in nature—that allow us to roll quickly from heel to toe, all the while looking like the oddballs of the track and field world that we are. And despite the impression given by the sales people in the big box sporting goods, we don’t need all the cushioning that injury-prone runners are so often burdened with.

Most racewalkers can wear racing flats for every occasion. But the flats you wear for track intervals or for a one-mile race might not be the same ones you would wear for a long, slow distance (LSD) workout or marathon race. Luckily, racing flats come in a wide variety of materials, degrees of flexibility, presence or absence of pronation control, etc. Looking in my own (very full) shoe closet, I have shoes for every conceivable scenario. They’re all racers, but they range from a lightweight, super lightweight racer like the 4.7 ounce Nike Mayfly for 1-mile and 3000 meter indoor track races; to a much more supportive Adidas Adizero Mana or Asics DS Racer, which have a moderate amount of pronation control, for marathons or 50 Km races on asphalt; to something in between for a track 10 or 20 Km.

A long distance: Racewalking IS pronation! Pronation simply means that your foot rolls inward as you roll forward from heel to toe. You don’t want to completely prevent pronation; it’s a natural part of the walking and racewalking motion. So unless you pronate severely, you probably don’t need a lot anti-pronation technology in the midsole of your racewalking shoes.

To find out what kind of racing flat you’ll need, your best bet is to head to a running and walking specialty store. Be forewarned: When the sales person hears “walk” he or she may try to steer you to the clunky running trainers. Be firm. Let the employee know you’re looking for a racing flat, not a training shoe. You may need to guide them a bit, with a little education from you, the sales people will be able to steer you towards the right shoes for your feet and training and racing needs.

In general, look for lighter, more flexible shoes for short races and speed work, and more supportive road flats or marathon racers for distance work or long races. racing flats are designed for runners who will usually only wear them for racing and speed work. Most racing flats last about 300 miles, but there are some materials that will wear out much more quickly. Look for an outsole made of “Duralon” or some other wear-resistant rubber.

To get an idea of what shoes “make the cut”, head to the “Shoe Reviews” section of the World Class Racewalking web site at www.racewalking.org/shoereviews.htm. It wouldn’t hurt to print off a copy to take to the store with you.

If you know what you’re looking for and have already been sized at a running and walking specialty store, you may be able to find better prices online. There are links to a
Acute and Subacute Injuries Resulting From Participation in Racewalking

by Dr. John Blackburn

(Author note: The late Dr. John Blackburn was the original racewalker in the Ohio Track Club, later joined by his son Jack, then your editor, and then many others. A highly respected family physician, John was well-versed in the physiology of human performance. In the early '70s he wrote a series of articles for the ORW related to medical aspects of participation in racewalking. He called the series Medical Notes on Racewalking. This is one of those articles.)

Apart from blisters and calluses, caused in the main by ill-fitting footwear, myositis is the most common racewalking injury. Myositis, with or without actual rupture and gross bleeding, often referred to as a "muscle pull", occurs more often in training for, and during the shorter, faster races of 20 Km and under. It occurs less often in longer races, and when it does is many times initiated by muscle cramping due to salt loss.

The most common muscles involved are the extensors of the thigh, the quadriceps group. Next the hamstrings and especially the biceps femoris. Thirdly, the extensors of the foot, the tibialis anterior and the extensor digitorum longus. Lastly the calf muscles, both superficial and deep.

Myositis, with no evidence of hematoma, will heal well enough to return to training in four to six days. With hematoma formation a minimum of seven to twelve days is required.

Tendinosis is in the order of frequency of injuries, and occurs in training for, and in races of longer distances (over one hour and up to five hours), and involves most commonly the structures of the ankle. The hip or knee is seldom involved in this type of injury. In declining order of frequency, those tendons involved are the tibialis anterior, peronaeus longus, and brevis and the tendonous sheath.

It is the author's belief that these injuries are based on failure of the tendon sheaths as antifrictional devices because of the long hours of training and competition. Good racewalkers often exceed 200 training miles per month, involving 25 to 30 hours at speeds of six to eight miles per hour.

The tenosynovitis may exhibit as a mere tenderness along the course of the tendon with minimal swelling, and the athlete complaining of aching on motion. Or frank swelling, acute tenderness, overlying erythema and increased local heat may be present, with the athlete complaining that he or she cannot walk because of the pain.

A third stage of tenosynovitis involves tendon sheath rupture with diffusion of fluid into surrounding tissues. This last condition arises usually because the athlete neglected the injury or would not follow the treatment directions.

As mentioned, treatment for all stages of this injury revolves around rest to the part, adequate splitting and time—two to six weeks. Most athletes regard this time element as a small tragedy, so it interrupts their training schedule and causes their absence in the next competition. They tend to cut treatment short and conditions of chronicity inevitably ensue. Therefore, it is highly important to impress these people with the necessity of following treatment orders. Use of steroids is still an individual matter but does not, in the author's experience, shorten the period of disability. (Ed. Of course, this was in a period before extensive use of steroids for performance enhancement.)

Acute and Subacute Injuries Resulting From Participation in Racewalking

Myofibrositis, or muscle scarring, occurring in the area of acute myositis is the result of repeated small tears with microscopie bleeding.

Chronic tendinitis, or tendinitis, follows the acute and subacute forms and is thought to involve some fraying of the tendon, since it is so resistant to treatment. Tendon sheath rupture is invariably a chronic affair, unless repaired surgically, for in healing spontaneously, thickening and tenderness of the involved portion results and persists for years.

Chronic bursitis is very often calcific in nature and will continue until treated surgically. Synovitis has been known to progress to a traumatic arthritis in a few instances, but is thought to be rare in racewalking.

Chronic neuritis occurs infrequently and is due to involvement of a small nerve branch caught up in myofibrotic scar.

The ORW is infamous for its typos and many encourage me to use the spelling checker more judiciously, which I should. But don't rely too heavily on that device to free you from mistakes. To wit:

**An Ode to the Spelling Checker**

I have a spelling checker. It came with my PC
It plans ice marks four my review mist takes aye can knot see.
Eye ran this poem threw it. Your sure reel glad two mo.
Its vary polished in it's weight. My checker tolled me sew.
A checker is a bless ring. It freeze yew looks of rhyme.
It helps my right awl stila two read, and aids me when aye rimo.
Each frays come posd up on my screen eye trussed too bee a joul.
The checker pour o'er every word to cheque sum spelling rule.
Be fore a veiling checkers hour spelling mite decline.
And if were lacks or have a laps, we wood be maid to wine.
But now bee cause my spelling is checked with such grate flare.
There are know faults with in my cite, of non eye am a wear.
Now spelling does knot phase me, it does knot bring a tier.
My pay purrs awl due glad den with vpped words fare as hear.
But now bee cause my spelling is checked with such grate flare.
There are know faults with in my cite, of non eye am a wear.
And wee mussed daw the best wee can, sew flaw are knot alon.
Sow ewe can see why aye dew prays such soft ware four peas seas.
And why I brake in two averse by righting want too pleas.

Jerry Zar Dean of the Graduate, Northwestern Illinois University

LOOKING BACK
45 Years Ago (From the Oct. 1965 ORW)—An easy winner of the National 15 Km in Atlantic City was Ron Laird, with the editor of the fledgling Ohio Racewalker edging Ron Daniel for second. The World Record for 50 Km fell to Christoph Holme. Walking on a track in Dresden, E.G., he finished in 4:10:52. In separate 1 Hour races, Henri Delarue of France went 8 miles 636 yards and Dieter Dinter of East Germany covered 8 miles 186 yards. And the East Germans started a string of four straight wins in the World Cup as Lindner (20 Km) and Holme (50 Km) took individual titles. It was many years before women would become part of the Cup.

30 Years Ago (From the Oct. 1970 ORW)—East Germany won its third World Cup title. Hans-Gregor Reimann was too strong for Vladimir Golubnichiy in the final 5 Km and won the 10 in 1:26:55. With five walkers still in the race, Reimann spread them out by simply maintaining the fast pace he had held from the start and watching the rest falter. Christoph Holme also walked an even pace in the 50 and left Veniamin Soldatenko better than 5 minutes back with his 4:04:35. Larry Walker won his first national title, covering 7 miles 1161 yards in an hour at Walnut, Cal. Ron Laird was well over a lap in arrears and Bill Ramsey beat John Kelly for third. Laird came back a week later to beat Ramsey by 3 minutes in the National 30 Km in Atlantic City with a 3:37:28. They were followed by Ray Sommers and Gerry Bocc.

On Long Island, Steve Hayden turned in a 1:36:32 20 Km on the track. Larry O'Neill walked his third 100 miles in Columbus, Missouri in 20:42:42. For the first time, there was a second finisher, Canada’s John Argo. Ted Allswoop won the Australian 50 Km in 4:21:05 at age 43.

35 Years Ago (From the Oct. 1975 ORW)—The GDR (East Germany) led the World Cup by seven points after the first day’s 20 Km, but came unglimed in the 50 and lost to the Soviet Union. Karl-Heinz-Stadtmiller won the 20 in 1:26:12 from Bernd Kamenberg of West Germany. Yevgeniy Lyusin won the 50 for the Soviets in 4:03:42 with West Germany’s Gerhard Weidner in second. The East Germans lost one man on a DQ about half way through the race and had another hit the wall at about 35 Km, seemingly handing the race to the Soviets, who had three competitors in the top five at that point. But, suddenly, Yevgeniy Soldatenko was pulled by the juries at 40 Km and the GDR was in back in it, only to have Ralf Krummer pulled at 45 Km. West Germany was a close third in the team race. The U.S. had a bad time of it with two DQ’s in the 20 and finished last of the nine nations. In an accompanying women’s 5 Km (not an official World Cup event yet), Sweden’s Margareta Simo won in 23:41, nearly a minute ahead of Svisl Gustavsson. Brit Holmquist completed a Swedish sweep. Sue Brodeck was fifth in 25:12 and the U.S. team finished sixth of eight. Mexicans Daniel Bautista and Domingo Colin took 1-2 in the Pan American Games 20 Km with Larry Young third in 1:37:33. Chuck Hunter won the Columbus 100 miles in 20:26:09, 55 minutes ahead of Rob Spier. Augie Hirt won the National 100 Km, held at the same venue, in 11:16:19.

In England, Dave Boxhall won a 100 miles in 17:56:06, as nine competitors finished under 20 hours. The National 30 Km went to Larry Young in 2:25:56, 13 minutes ahead of Paul Ide.

50 Years Ago (From the Oct. 1980 ORW)—Ray Sharp walked 100 Km in 10:59 in Longmont, Colorado to win the national title over Alon Price. Alan had a 11:15. That was two weeks after Price had won his third straight 100 K. Bob Chapin pulled clear of Len Busen in the final 10 mile to take second in 20:22:07. Norway’s Erling

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