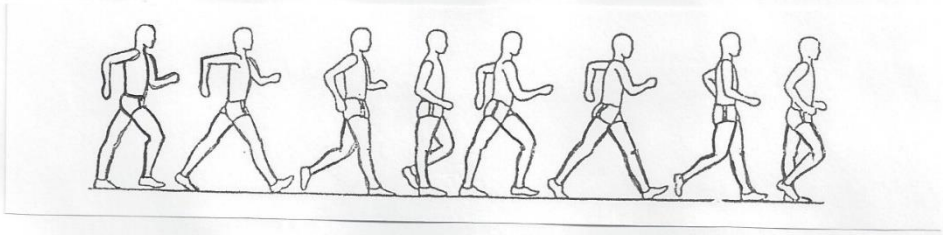
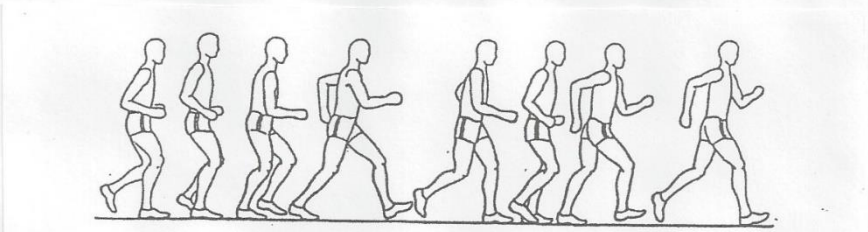
The following have been provided by Stafford Whalen, Ontario Racewalkers Association:

# RACE WALKING

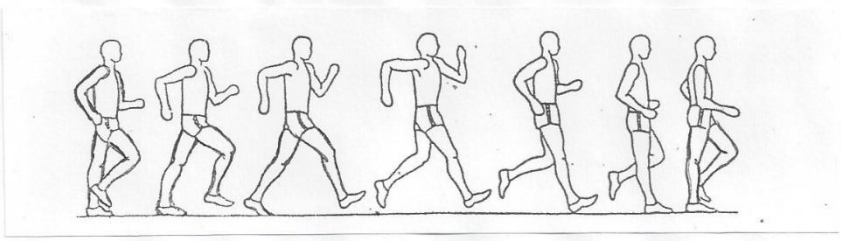
Good Race Walking Technique



Failure to Straighten Supporting Leg (Bent Knee)

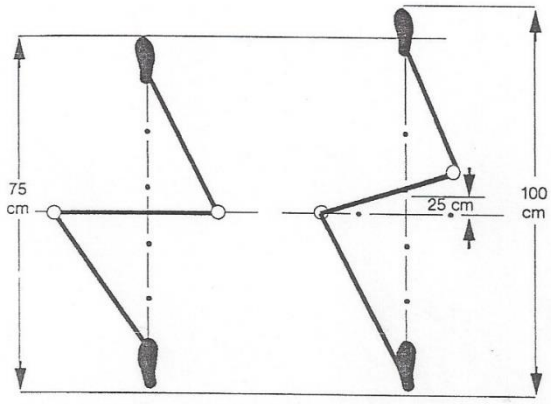


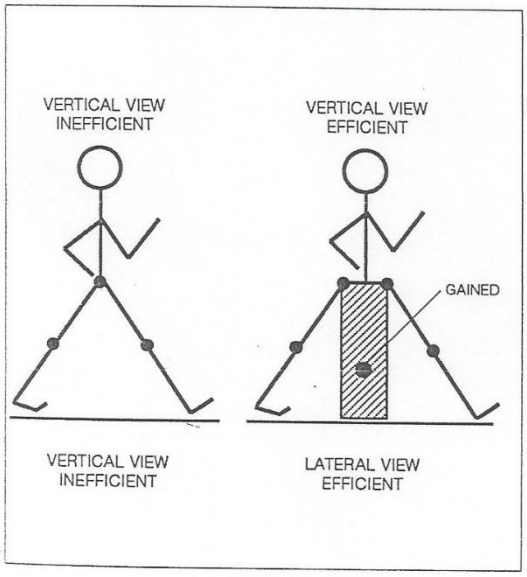
Loss of Contact (both feet off the ground at same time…running)



*3. The Hips*

In race walking the axis of the hips has an ample range of movement on the horizontal plane, so as to increase the length of the stride up to 25% longer than in ordinary walking.

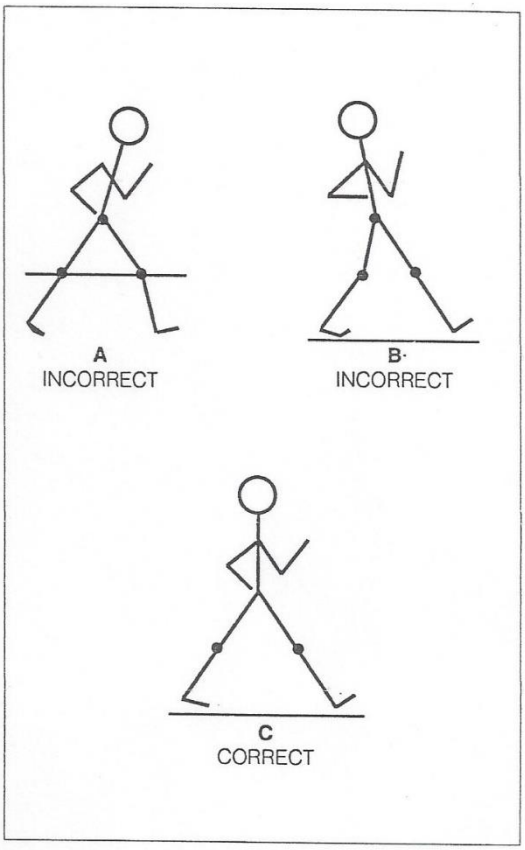



There is also an ample range of oscillating movement on the vertical axis in race walking which practically does not exist in the ordinary walking. This is in order to maintain the body in equilibrium, which is affected by stepping on a single straight line.

*4. The Trunk*

When observing the walker sideways, the trunk must be kept vertically straight, without any inclination forward or backward.




A. Incorrect Position. The trunk is bent forwards and, as a consequence provokes the knee of the forward leg to be flexed thus turning walking into running".

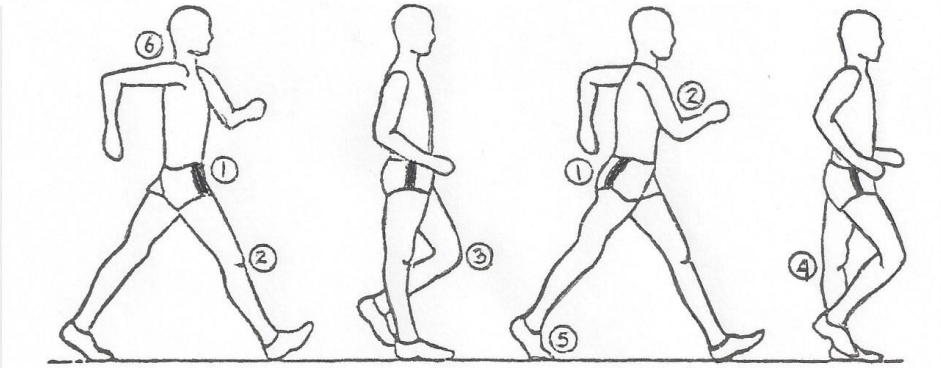
B. Incorrect Position. Trunk bent backwards. This does not affect the technical rules for walking, but decreases the impulse forwards, thus affecting the efficiency of the movement.

C. Good Position. The trunk is kept vertically straight. When observing the walker from the front or from behind one can see some small lateral oscillating movements of the trunk due to the tilting movements of the hip that have to be neutralized in order to maintain the proper equilibrium.

# RACE WALKING

## Race Walking Technique

Figure A Figure B Figure C Figure D




1) Hips move forward with heel striking ground and then hips move backward as foot than toes push ground back. Note how stipe on side of shorts moves from front to rear (figures A and C).
2) The hips also rotate up and down in an oval motion. As the hip moves forward it slowly drops with its lowest point being under the body (figure B and D). This is the hardest part to learn and therefore the last technical element to be worked on.
3) Arms bent at 90 degree angle. Hands swing back behind waist and forward to 20 to 30 centimeters in front of the middle of the chest.
4) Bend knees as leg is swung forward.
5) Knee straightens as heel contacts the ground (Figure A). Keep knee straight in support position (figure B and D).
6) Feet land on a straight line with toes pointed directly forward (Fig. A and C).
7) Keep neck and shoulders relaxed. Keep head up and eyes forward.