



All Weather News
November 2015
<http://www.allweatherwalkers.org/>
Deadline for Dec news: Nov 24



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From: "Nancy Wittenberg" newittenberg@gmail.com, our RD

1. no comments this month

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From: "Bonnie Tucker" pnwwalker@comcast.net

1. In case any clubs are wanting to schedule an event around free days in state parks, here are the dates for 2015.

Free days for 2015:

» November 11 – (Wednesday) Veterans Day

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From: Ed Hainline
OTSVA Recognition Chairperson
edhainline@comcast.net
cell - 360-921-1909

Attached you will find the 2016 Walk Oregon Walk Contest Information Sheet and Walk Logs. (contact Joe Titone if you want copies of these)

This contest for 2016 is different from last year. Walkers will earn a "chit" for a drawing at the OTSVA State Meeting on April 16th for every "10 Walks" they complete. The chit will be placed into the drawing by the Recognition Chairperson or the President of OTSVA and notation of how many for each walker will be kept.

Please look at the attached information sheet, if you or any of your club members have any questions, please contact me.

There are 2 (two) Walk Log Sheets, one is numbered (1-40) with each 10 walks noted and a chit will be awarded.

The other sheet is unnumbered for those walkers who will do more than 40 walks in the contest time period of 3 months.

Please make sufficient copies of the contest information sheet and log sheets for your club members.

Please have Your Club walk box monitor's place at least one copy of the contest information sheet and the log in each of the locations they monitor.

The more ways this contest information gets out - the more walkers will be aware of it.

There will be copies available at upcoming traditional walking events.

ALL Participants will need to send via email or snail mail their individual logs accomplishment sheet or sheets to me - NLT (No Later than April 15th, 2016)
Email address to be sent to is - edhainline@comcast.net Snail Mail address is - Ed Hainline, 11410 SE 90th Ave # 1511, Happy Valley, OR 97086-4604

Thank You for ALL of Your Assistance with getting this contest information out to all of us walkers.

Happy Trails to ALL!!

Ed

 [2016 OTSVA Contest Information Bullets 25 Oct 15.doc](#)

 [2016 Walk Contest Log Blank 25 Oct 15.doc](#)

 [2016 Walk Contest Log 25 Oct 15.doc](#)

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President's Corner: Joe Titone

1. Welcome back Tom – great job!

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Next Meeting: Nov 10 - ALL ARE WELCOME! Details and map are now at
<http://www.allweatherwalkers.org/static.htm>

Sections that rarely change are also at this link: list of officers/valued associates, and Weekend Walking description.

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Club Events/Weekend/Wednesday Walk Calendar:

Group Walks: Wednesday Walks – 0930 am

<http://home.comcast.net/~titone7604/Wed/wed.htm>

Weekend Walking - <http://home.comcast.net/~titone7604/weekend/weekend.htm> -
this program is unactive

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Nov Birthdays: Lang, Nira M. 11/11 Jolyn Plough 11/20 Goodlett, Bonnie 11/26 Hickey, David 11/30	Achievements: please contact the editor with event and distance milestones none reported
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Welcome to new members – none reported

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Jan Breneman's Corner: Leap Year at Frenchman's Bar

Our next walk is on Saturday, February 27, along the flat and paved path from Frenchman's Bar to Vancouver Lake. We last did this as a sanctioned walk in 2002, then turned it into a popular YRE until 2009, and are considering resurrecting it again in 2017. When bringing it back as a sanctioned walk, a leap year theme seemed just the ticket!

I've volunteered to chair this event and am looking for different ways to feature leap year ideas. Were you born on February 29? If so, maybe you can get free AVA credit... If you have any clever ideas, let me know. You can find fun facts about February 29, 2016, at this link: <http://www.chiff.com/a/leap-year.htm> Jan Breneman, 360/835-9686, breneman@pacifier.com

ALL YOU EVER NEEDED TO KNOW ABOUT THE WALK

Walking has been acknowledged as an Olympic sport since 1956, when the 20km and 50km races were added to its agenda.

The Rules

There are two rules that distinguish racewalking from running or regular walking.

- Straight Leg Rule: From the time the leading foot hits the ground until it passes under the center of the body, the knee must not be bent. If a judge sees a bent knee, the walker is flashed a paddle showing a bent line, and the walker risks disqualification.

- Contact Rule: During the period of each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. Any loss of contact must be visible to the naked eye and seen by a judge. A judge shows the walker a paddle with a wavy line on it and the walker risks disqualification. In running, the runner bends his/her knees with the advancing leg and also has a 'flight phase' in each stride where both feet are off the ground at the same time.

The two rules of racewalking ensure that the walker is walking, not running.

Due to the inflexibility of the rules, it is common for walkers to get disqualified – the only leniency is that a walker is given two warnings (for having broken one of the rules) and on the third is given the 'boot'. In the Sydney 2000 Olympics, the first three racers in the women's 20km Racewalk were disqualified. Why? All three of these contenders had become momentarily airborne and one by one they were being found out. The third cheat to be revealed was disqualified within 200 meters of her medal.

Reprinted from Walker's Pocket Companion, Malcolm Tait, Pavilion Books, London UK, 2007, Page 93.

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