



The Rambler April - 06

Hello everyone,

The 90th Four Day Marches only 12 weeks to go. **Registration is closed**, the total number of registrations is **48.854**. Everyone who registered is allowed to walk the 90th Four Days"Marches. We have **82** English and **17** Dutch from the BDWF plus **3** Police at this moment. **Confirmation cards** will be sent to Herman for all.

28 @ 50km: George Beecham, Ted Blair, Amanda Bryer, George Buxton, Steve Cherry, Jeff Hurley, Howard Johnson, Nigel Jones, David Mason, Kevin Poultney, Marcus Steward, Ron Williams, John Wriglesworth, Paul Wade, Joy Foster, Peter James, James Roberts. Martyn Charity *Last Walked* 2003, Tim Wyer 2004, Mike Strong 2004, Mike Dean 2002, James Pirrie 1998, Vincent Charles 1989,

Newcomers: Brian Green, Stuart Williams, Tony Charles, Joseph Charles, and Laura Green

50 @ 40km: Mick Abbott, Richard Courtney, Steve Davies, Angela Douglas, Roy Hayward, Dave Holyday, Bob Gutteridge, Nigel Goodman, Francesca Mabbott, Katerina Mabbott, John Nicholson, Karen Pearce, Ken Redman, Ron Richardson, Jan Roberts, Chris Rolls, Michael Slater, Jim Usher, Ann Williams, Paul Williams, Tom Wakelam, John Kavanagh, Alison Shaw, Thomas Stevenette, Dan Moseley, Paul Grosvenor, Josh' Veitch-Michaelis, Elaine Whittaker. John Howell, Katie Elliman 2004, Almuth Prowse 2003, Philip Simkin 2003, Ian Slipper 2004, Rhianwen Slipper 2004, Paul Grant 2004, Roger Trent 2003, Peter Gardner

Newcomers: Charles Shaw, Sheila Abbott, David Mugford, Caroline Ennals, Dafydd Jones, Liam Henry, Jacqui Wakelam, Christopher Yeoward, Chloe Duttton, Adam Merrison, Peter Richmond, Hollie Rickets, Juliet Luft, Tom Ashdown.

4 @ 30km: Bob (Harvey) Mason, George Newby, Bob Oxley, Jeanne Carter 2000

T Shirts. I have some size requests from new members; so don't forget. All you returnees, if you haven't walked or worked in BDWF colours before. I need sizes **ASAP** to give the supplier a chance. **Telephone 01793 876301 or Email. racemass@lineone.net**

Gossip from the North, well known T shirt entrepreneur Roy Hayward is spilling the beans on that good looking Carl Phipps, so my wife says. Carl's girlfriend, Sarah, has a new job in Birmingham and will be moving in soon. To counteract this Carl has booked a few walks he can't get out of. ONE to the men. All the best for the future, Carl and Sarah.

Carl, Roy, George Newby, Steve Davies and Paul Williams will be helping us fly the flag at Cosford. No doubt John Wriglesworth, Ann Williams, Ron (Muffins) Williams will be there along with M & M.

Roy will also be gracing the 26 miles Dudley Borough Trail on 30th April.

Without Don and Gill you may ask "What about our shuttle bus" ? Thanks to some sterling work by Herman, we present you with.....



BARNES COACHES

our new travel company.

Do they know what they are in for, Herman has explained about 100 mad walkers wanting transport at silly times in the early hours of the day. Then doing it again and again. Also required is a driver with a sense of humour and a ‘stepping box’; the step into the coach gets a bit high after 25 or 30 miles.

Birthday honours for April: 5th Dave Holyday, 13th Liam Henry, 16th Howard Johnson, 17th Laura Green, 18th Rhianwen Slipper, 23rd Bob Mason, 26th Stephen Davies,

Good Luck

To Howard Johnson running the London marathon on Sunday 23rd April

What Constitutes a Good Walking Technique? Continued:

You may have to sacrifice stride length a bit at first to achieve a high turnover rate – don’t worry about it. Efficient walking is a lot like “spinning” in a high gear on a bicycle – with a shorter stride it’s much easier to achieve a high stride frequency because there’s less resistance. In the end, you’ll wind up moving forward faster and with less effort.

Added speed isn’t the only benefit of limiting your stride in front of your body; those long, slow strides aren’t just inefficient, they also increase your “air” time. So shortening your stride in length in front isn’t just faster, it’s more efficient.

Research has shown that in world-class racewalkers heel strike occurs at a point no more than thirty to forty centimetres in front of the centre of gravity. Chinese woman – some of the fastest walkers (debatable) in the world – achieve heel strike distances of about 10 centimeters. The incredible turnover rates they generate enable them to cover 10 km in less than forty-two minutes. (The jury is still out on this as straight leg running). Get those heels down quickly.

It all sounds great, but how do you learn to take those quick efficient steps? The whole body is involved.

USE your Feet: The feet are the only parts of the body that are ever in contact with the ground while walking. An obvious point perhaps, but one that is often overlooked. The feet are a very active part of the walking motion. But as mentioned before, remember to keep them out of your way.

The foot should roll like a wheel or a rocking chair rocker, from heel to toe as the body pivots over the leading leg. If the muscles of the foot and lower leg are weak, the force of the ground acting on the back of the shoe will cause the foot to “flatten out.” If the foot flattens out prematurely, the foot will be “in the way” hindering forward motion and causing a very inefficient, percussive, stumpy stride.

Overstriding will tend to cause an even more pronounced “flattening” since the heel strikes the ground at a sharper angle. Big inflexible shoes will also exacerbate “flattening,” barring a smooth rolling motion.



Fascinating isn't it, and you thought walking was easy. More to follow next month.

Bob Guttering. Events Co-ordinator. BDWF