

City of Athletes

by Theo Deutinger

Plans and maps are a paradoxical couple that needs each other to exist. The City of Athletes reports from the plan as a departure point and the map as its aim, and what happens when a hammer thrower appears on this stage.

Map versus plan

The act of map making seems to be fundamentally different from the act of planning. While mapping is the attempt to depict an interpretation of something that already exists, planning is the effort to imagine a potential future. Yet, neither maps nor plans represent reality. First of all, maps and plans are simplifications of reality; they deconstruct the world and reassemble selected components. Maps, one might think, still reassemble information closer to reality, but if one considers e.g. metro maps, this is far from true. Moreover maps not even have to depict real worlds as is proven by Thomas More, who was able to draw a map of his Utopia and Barbara Remington and Pauline Baynes, who illustrated Middle Earth, the central continent of the imagined world, in which *The Lord of the Rings* and *The Hobbit* are taking place. These maps are as fictional as urban master-plans.

The main difference between a map and a plan lies not even in the intention of the one who designs it but in the intention of the beholder. Basically, a map does not want to become anything but represents something that already exists; either the mapped objects are already realized, as in the case of city maps, or the mapped objects are not intended to be built at all, similar to utopias. The plan, on the contrary, always depicts an idea which somebody wants to become true. A plan does not even have to be plotted on paper, but can exist as a thought or in a pure verbal version and does not even have to be less powerful as such. Generally, a visualized version of a plan helps tremendously to promote and communicate the idea to a larger audience.

Just as a plan can be seen as a navigation tool that helps an idea to arrive in reality, a map can be seen as a navigation tool providing access to a location. Thus, map and plan / plan and map are not opposed but complementary to each other.

One plan for all

Despite the very different intentions¹ behind the making of maps and plans, once put on paper, the result of planning and mapping can look very much alike. So much alike that they easily get mistaken for each other, not only visually but even in terms of content.

While it is relatively harmless to use a plan as a map, like the Situationists did in their *dérive*, it can be fatal to use a map as a plan. The cruelest examples where maps have been misused as plans are the thoroughly crafted maps of the inhabitants' denomination in Amsterdam, based on surveys prior to the Second World War which were used by the Nazis as deportation plans to the concentration camps.² The thorough mapping of the Dutch population's belief in 1936 resulted some years later "in the highest death rate (73%) of Jews residing in any occupied western European country, far higher than the death rate among the Jewish population of Belgium (40%) and France (25%). The Dutch were so well organised

¹ According to wikipedia, planning is the "process of thinking about and organizing the actions needed to achieve a desired goal" while mapping is the "graphic representations of information using spatial relationships".

² 1936 the Hollerith-System (an IBM invention) was introduced in the Netherlands with which during the population census also the religious affiliation was charted. Requests to abandon the inclusion of the religious affiliation because of the threat of a war were not taken serious. http://de.wikipedia.org/wiki/Judenkartei#cite_note-23

that often times they exceeded their quotas for deportations.”³ This example shows how the usage of maps goes far beyond the intention of the mapmaker and how easily a map can be turned into a plan only by changing the text in the legend. As long as the legend (or key!) is passive and objective by mentioning city, road, school, etc., the illustration remains a map. However, right at the moment when the descriptions in the legend are changed into orders and suggestions, the map turns into a plan, the ‘city’ turns into a ‘target’, the ‘road’ turns into a ‘supply route’ and ‘schools’ turn into ‘shelters’.

It is comforting to say that reading maps as plans hardly ever leads to such horrific consequences as mentioned above. In fact it is in the nature of maps that they are continuously understood as plans, as it happens naturally to every tourist in the German speaking world since, translated into German, the city map is in fact a city plan (Stadtplan). What seems to be a minor linguistic discrepancy reveals two completely different attitudes towards describing and experiencing the city. The person with the city map in hand sees the map as an abstracted, scaled representation of the reality while the person with the city plan in hand sees it as a planning device, a strategic tool that enables figuring out the most efficient, most convenient, or most beautiful route from origin to destination.

All for one plan

Plans are mature ideas that have reached a certain status or level of organization; plans are platforms that depend on acceptance by the people involved and people affected. The larger the group of supporters and fan base of a plan, the larger the weight of the design and the greater the likelihood that the plan will be realized.

As soon as one has elevated an idea to a plan, one should immediately open a fan-page (e.g. Facebook) for it in order to find friends and supporters of the idea to help it into reality. A plan that remains unsupported has little chance of realization, since every plan needs at least *one* fan to become realized. Ok, sometimes only one powerful or rich friend is enough to realize a plan, but this is an (often undemocratic) exception. Especially in densely populated areas, the realization of plans affects large groups of people, and it is only natural that these people want to have their say as well. Excluding people from getting to know a plan happens mostly because one is afraid of being confronted with opposition, but are the chances not equal that these people will become supporters of the plan? Especially in the case of good plans, aggrieved parties suffer if they do not get a chance to become fans. Since they think, if this plan is so good and it is obvious that it is good, given that everybody who works on it seems to like it, why wasn't I given a chance to support this plan?⁴

City-plans (Stadtpläne) are a perfect example of good plans, which are so widespread and accessible, that they are in fact indispensable, as everybody knows of the plans' existence and of their content. Even if the city-plan is not really a plan, this confusion is interesting to note and very valuable for understanding how plans can be distributed. And, I conceive of plans as representations of future ideas and desires. This minor linguistic confusion could turn out to become a code of practice for the popularization of plans. The city-plan (city-map) taken seriously as a form of distribution for an urban design, introduces the total normality and ubiquity of plans and demonstrates, at the same time, how simple the popularization of plans can be.

³ 31. Anderson, M. and W. Seltzer, The Dark Side of Numbers: The Role of Population Data Systems in Human Right Abuses. Social Research, 2001 (Summer).

32. Kater, M.H., Order as a Premise for Destruction. Museum of Tolerance Online Multimedia Learning Center, 1997. 3(14).

33. The Netherlands, Shoah Resource Center, The International School for Holocaust Studies.

⁴ Facebook pages for / against the new main station in Stuttgart Städtebauprojekt Stuttgart 21 as at the beginning of the construction works in February 2010:

PRO Stuttgart 21, 175.416 likes, founded September 2010, www.facebook.com/fuer.s21, Feb, 15th 2013
NO Stuttgart 21, 90.813 likes, founded Oktober 2010, www.facebook.com/keinstuttgart21, Feb, 15th 2013

The City is the rule

Today, 75%⁵ of all Europeans are urban dwellers. For about 80 years the city, and with it the city map, is the rule in Europe and the countryside and its inhabitants are the exception. An ever-growing exception since the city still gains on inhabitants and urbanization is expanding. Based on the fundamental assumption that the city needs planning, while the rural organizes itself, increasing urbanization is accompanied by an increasing demand for urban planning as everything that gets urbanized needs to be organized (i.e. planned). Considering Europe's urbanization rate and the enormous geographical as well as cultural extent of the urban realm, city maps are becoming obsolete as orientation tools. Europe's urban areas cover almost half of the continent's surface and classical representations of the urban space must fail in illustrating it.

Additionally, city maps are not suitable for providing an overview of a city. Since the section shown by a city map shows nothing more than the core of the center, if one can talk about a single center at all, what we generally define as the center is the historic and touristic center, while alongside that a multitude of centers exist.

For example the city map of Graz, Austria's second largest city shows the departure terminal of the airport on its very southern edge (as the entire airfield did not fit anymore) while in the north-west the Arnold Schwarzenegger Museum just made it on the chart. In order to show the entire area influenced by Graz and vice versa, one would need to extend the city map substantially or instead use a regional map, since the limits of the city extend to the provincial borders and even cross the national borders far into Slovenia. The city went beyond its physical urban limits a long time ago, reached far out into the countryside and even into the sphere of larger neighboring cities. For this reason, paradoxically, regional maps are able to show the city's urban condition much better and more precisely than city maps, since regional maps are able to show the urban to its full extent.⁶

Point and Surface

The relationship between places and their surroundings is interdependent, since all specific places, which are conceived as points, have their own surroundings and maintain a clearly defined relationship. Thus, there are as many surroundings as there are places. These places are very clearly defined while the surroundings are diffuse and neither their extent, nor their location and shape, can be determined exactly.

The answer to the city plan-regional map riddle could be exactly in the relationship between the place and its surroundings, since cities, based on a medieval city founding tradition, are defined as places and the area around was defined as the surroundings of this one specific place. It was here, where the ideas of core and periphery were institutionalized and elevated to a spatial planning principle, which was so effective, that within three centuries all of Europe was pre-urbanized. Since the hour of its birth, as the first founding myth, the city has been looked upon as a point, which is embedded within a specific surrounding. This point was born into a surface or bubble that should nourish the little seed till it is fully-grown and beyond. Since this point was very small but very active and promising, a city plan directly followed its birth. And, for the passive surface that surrounded and nourished the point with resources, a map was composed in which all resources were charted. The medieval city founding mania was mostly driven by German speaking people, which might explain the origin of the city-plan / city-map confusion elaborated above, since in this relatively short time

⁵ United Nations Population Division 2001: [The level of urbanization in Europe is currently 74.6 per cent with an expected annual growth of 0.3 per cent per year between 2000 and 2015 \(UNCHS 2001a\).](http://www.unep.org/geo/geo3/english/420.htm)
<http://www.unep.org/geo/geo3/english/420.htm>, Feb, 15th 2013

⁶ The search engine Google, which offers a fluent transition between city **plan** and **map**, escapes this dilemma in the German edition of the website [google.de](http://www.google.de) **+you** is translated with **“+ich”**, search with **“suche”** and images with **“bilder”**, but with **maps** it sticks to **maps**.

span, between 1100 and 1400, approximately 80% of all central European cities were founded,⁷ for example the German capital Berlin.

Today the classic notion of the active city and the passive countryside no longer holds true. In many respects, especially in the case of tourism and recreation, the surface, i.e. the countryside, has a very high potential and a much better starting position than the city ever will have. Here, the roles are reversed and the countryside develops attraction points, while the cities in their totality turn into an *urban soup*, into a surface. Through this inversion places can transform into surfaces, while surfaces can be rediscovered as points; therefore places and surfaces alike need plans and maps: a city map and a spatial plan.

Hammer throw techniques for urban designers

The fast expansion and thinning out of the urban realm not only leads to an urbanization of the countryside but also to a ruralization of the cities. This phenomenon has a powerful yet not always negative influence on the places⁸. One virtue of places is that there are an infinite number of them and each of them is unique, while the surface always collapses at its borders, at its edges, since parts of these surfaces constantly overlap which inevitably results in constant fights about surfaces and territories. Mostly, these fights are about one and the same surface, which is used for different functions or seen and evaluated differently by various interest groups. The further the urban expands and the further the city dweller and urbanity moves into the countryside, the greater the importance of the places. One can describe the energy released in this process with radial forces. What happens here with the places in relation to their surroundings can be compared to lengthening the cable between athlete and hammer in hammer throwing: the centripetal forces potentially increase, and with it, the tension on the place itself. "These enormous forces must be compensated for by the athlete, with the help of his body mass (backwards inclined) and the friction with the ground. The crucial thing is that his arm muscles can withstand these forces."⁹

Hammer throwing as a spatial planning tool finds its origin in the Germanic laws, where the "throw with the hoof hammer or with a heavy stone was recognized as legal action for the adjudication of feudal tenure."¹⁰ Before the introduction of land ownership for meadows and fields, an applicant obtained the land tenure rights for the area that was within the distance of his own hammer throw. The Germanic right for farmland distribution distinguished between *Solskift* and *Hamarskift*. Whereas *Hamarskift* can basically be seen as the older method which refers to the commons, *Solskift*, the more recent farmland distribution method, divides the land into lots. One can see "the difference between *Hamarskift* and *Solskift* in the fact that according to *Hamarskift* the individual cultivated farm lands (of the bounds) were divided annually, in contrast to *Solskift* which, according to the *Reebnings* laws, assigned the land to the entitled shareholders as property."¹¹ Consequently, as hammer throwing was still the most important discipline in spatial planning and was carried out every year, the fitness of the tenant, here still considered an athlete, and the spatial expanse of the plot, were directly linked to each other: the greater the art of hammer throwing and the more powerful the athlete, the greater his spatial expansion.¹² If one did not continuously practice hammer

⁷ Stob, Heinz: *Forschungen zum Städtewesen in Europa: Formen und Schichten der mitteleuropäischen Städte*, Böhlau, Cologne 1970; page 21

⁸ I am writing here very consciously about places in plural

⁹ Schlichting, H. Joachim : *Einfache Themen zur Physik des Sports*, S. 9. http://www.uni-muenster.de/imperia/md/content/fachbereich_physik/didaktik_physik/publikationen/einfache_themen_sport.pdf

¹⁰ <http://austria-forum.org/af/Wissenssammlungen/Briefmarken/1967/Hammerwerfen>

¹¹ Meitzen, August: *Siedlung und Agrarwesen der Westgermanen und Ostgermanen, der Kelten, Römer, Finnen und Slawen*, W. Hertz, Berlin 1895; S. 536, 537

¹² Stone's throw and hammer throw, but also an arrow shot are further examples for historic linear measures. Bavarian fishermen and millers from watermills hereby tossed and darted to delineate their temporary fishing grounds and realm for their work. A specific hunting law only allowed hunters to track an insured animal as far as one could throw a hatchet.

History of measures and weights: http://de.wikipedia.org/wiki/Geschichte_von_Ma%C3%9Fen_und_Gewichten

¹³ Christian Gottlieb Riccius: *Zuverlässiger Entwurf von der in Teutschland üblichen Jagdgerechtigkeit*, 1772

¹⁴ Jacob Grimm: *Deutsche Rechts Alterthümer*, Dieterichsche Buchhandlung, Göttingen 1828

throwing and got tired or lazy, then it might easily happen that one would have less area to cultivate, thus less to eat and less revenues from the soil. The *Hamarskift*, as the Germanic hammer throwing spatial planning law, creates a dynamic link between place and surface, which depends solely on the vitality of the inhabitants of the place. As a result of this law, the place, though it was a point, was suddenly granted coverage; today we would call it a catchment area.

The head of the modern hammer is a sphere

The world champions of the contemporary hammer throwing discipline of spatial planning usually do not work for city planning councils but serve multinational organizations, for example the "Center West" in Graz, whose centrifugal forces reach far beyond national borders. Since in this spatial planning discipline, no rules have been agreed upon for throwing techniques, shape and weight of the hammer, in a free style action everything is set in motion to continuously increase the coverage.¹³ A shopping mall like the "Center West" in Graz is happy for every little cable extension, cheers about every tiny increase in the centripetal forces, since greater forces translate immediately into more mass and preferably more physical mass in the form of retail space and buildings. For places like shopping centers, tourist areas and city centers, which can directly profit from the expansion of the urban field, the increase in centripetal forces is welcomed, since these places pull rather than get pulled. These places are the athletes themselves and not the oscillated mass.

For example, we can look at downtown Graz as hammer thrower which is generally referred to as a *historic center*. Usually, the definition *historic center* promises a substantial increase of the market value. With the additional distinction *UNESCO world heritage*, the tensile forces of the center increase tremendously without any physical alteration. With no plan and no strategic ideas about the future, the city and foremost its center gained an incredible increase in attraction by simply adding two labels to the city name Graz. However, *historic center* and *UNESCO world heritage* could turn out to be nothing more than cheap anabolics in the long run, since there is a threat of inflation, because with every city that is granted the status *historic center* and *UNESCO world heritage* the value of the others with the same label decreases.

Nevertheless, without any effort, Graz achieved an extraordinary starting position, a market value of genius as city branding professionals would call it. The increased tensile forces, generated by the *historic center* and the *UNESCO world heritage* labels, consequently have to be staged carefully without stretching it too far: a little bit of contemporary architecture, not too much but not too little, just enough to show progress and movement to keep the pace up, but without too much acceleration which might leave too many (tourists) behind. For a rather small city, Graz is managing this balancing act very well.

In the field of sportive hammer throwing the person who has achieved the highest perfection in this art is Juij Sedykh, who's throwing movement was called *The Dance*¹⁴. After 27 years, he still holds the world record with 68.4 m. Is it possible for cities to develop an art that would come, in urbanistic terms, close to *The Dance* but would be based on real achievements, not selling ones from the past?

¹³ The equation of centripetal force is: $F_z = mv^2 / r$

¹⁴ Koerner, Brendan I.: To be fair, Soviet athletes were far from clean during the Cold War, and Sedykh [deutsch: Sedykh, Anm.] may well have dabbled in steroids -- something he has long denied. But even if he did, chemicals can explain only a small part of his magnificence; compared with the discus and shot put, the hammer rewards technical skill far more than it does brute strength. "The bottom line is that the hammer throw is a math equation," says Jud Logan, a four-time U.S. Olympian. No athlete has ever mastered that equation better than Sedykh, who refers to his elegant throwing motion simply as 'the dance'.
<http://sports.espn.go.com/oly/news/story?id=6656627>, June 16th 2011.

This form of urban design does not require planning in the form of streets and buildings but is much more a strategic act which is not even recognized as such or publicly announced as such, but accrues from a gut feeling. For this kind of planning, a city map is sufficient. However, a plan would be helpful. Right now the reduction in the pace (Schwung) of centripetal force is sensed by inhabitants and politicians alike, which leads to the realization of ideas with the reasoning “we have to do something” to regain the speed. Projects that function as *urban lighthouses* are not meant to structure the urban space or urban fabric, but have to be seen as acts intended to keep up the drive in the city and the belief in a dynamic and active place.¹⁵ From the outside at least. From within, these *urban lighthouses* are not always comprehensible since they are not obedient to a spatial plan and logic but to the logic of centripetal force acceleration or maintenance.

All locations within a city have the potential to generate positive tensile forces. Interestingly enough it is not the physical condition of the space but instead the will and the openness and mindset of the inhabitants and the owner of real estate, which determines what forces can be unleashed at a specific spot. Of course, a *historic center* and a *UNESCO world heritage site* cannot simply be produced; they need time to develop naturally, whereas, theoretically, a shopping mall can pop-up at any urban arterial road with a connection to the highway. Places without highway connections and outside the *historic center* do not have an obvious advantage of location. Nevertheless, the question is whether it is necessary that every area within the city develop high tensile forces comparable to that of a *historic center* or a *UNESCO world heritage site*. There are many areas in the city where people simply want to live, and residential areas often want to stay what they are. However, the most successful of these residential areas have developed equally high tensile forces, though not for visitors or shoppers, but for residents of the city. These areas gain their drive from the exclusivity, the quietness, the cleanness, typical of high-end residential quarters. But, what happens with neighborhoods like Lend or Gries, which exist in the maelstrom of the enormous centripetal forces, generated by a *historic center* or a *UNESCO world heritage site*, but as residential quarters are not exclusive or quiet enough?

City of Athletes

In hammer throwing, the most perfect angle is 44°, measured from the horizon. An aberration of two degrees, equal to 5 percent, reduces the throwing range by about 60 centimeters.¹⁶ To accomplish the perfect tensile force, and therefore the maximum distance, the throw needs precision. First of all, to achieve this level of precision one needs a lot of training and an excellent coach. The *historic center* and the *UNESCO world heritage* are in good shape not due to training, but for historic reasons which less favored areas like Lend will never be able to compete with. These neighborhoods start humbly and need to improve their fitness step by step. Urban planners and urban planning departments can assist as experienced coaches and help places like Lend in their desire to become athletes. The strength of this ambition can only be derived from the places themselves, from the people that live there, since due to a lack of any spatial advantage, the people are a location's major asset. To be an urban planner means to be a coach. Drawing plans is and always has been essential for maintaining an overview but also serves as battle plans showing the target area, the goal of urban intervention. However, in addition to these plans new kinds of plans need to be developed; these new plans are personalized training schedules developed by urban planners / urban coaches together with the people on site. The aim of these schedules is to create athletes, hammer throwers, who aspire to establish a specific tensile force within a certain period of time. The guidance from and planning by a coach is of the utmost necessity for estimating a logical time frame and the required force that can be generated, as well as

¹⁵ Google: „is a dynamic city“, 130.000 hits (z.B. Hamburg, Ennigerloh, Schlieren, Čakovec, Graz), www.google.com, Feb, 15th 2013

¹⁶ Bartonietz, Klaus / Sakr, Marwa: „Stabil stehen, schnell drehen! Teil 2“. In: *Leichtathletiktraining*, Philippika Sportverlag, Heft 7/2011, Münster 2011, S. 11

for the aim and the aiming direction. The aim and the line of attack, as well as how the established tensile forces can be connected to the location, need to be discussed in detail with the athletes.¹⁷ If it is the ambition of the people at a place first and foremost to reach and attract the people of the neighborhood, then it is the trainer's task to develop a training schedule that takes into account all forces necessary to achieve this goal.

In zooming out, areas are reduced to points, and neighborhoods like Lend merge together with Graz. For outsiders, because viewed from afar, the city is falsely interpreted as a locality. While for the city dweller, the one that inhabits the city and cares for the city, the so-called city-expert, the city is an agglomeration of a multitude of localities. The more one knows the city, the more refined the descriptions and the knowledge of the ambitions and abilities of the localities become, and the greater the number of localities as well. Someone who does not know the city at all, since he has never been in this city or only for a very short time, envisions the city as one single locality. The farther one moves notionally or spatially away from an area, the smaller and more point-like this area becomes until the area itself turns into a coordinate point. Since the relationship between place and surrounding, between center and periphery is scaleless, one similarly can zoom out until the earth itself turns into a locality. With regard to energy, the locality earth has the great advantage, in comparison to the localities created by humans, that its driving force is autonomous so it does not have to rely on constant exercise and fitness to remain steadily in motion. Like the hammer of the hammer thrower, the earth is an inertial eccentric mass. One can imagine how fierce the resistance must have been to Copernicus' heliocentric model, which exposed the heroic athlete, Earth (as it often was depicted in paintings and statues), suddenly as a dumb, helpless projectile looping around the sun. The entire prayer program and the precise following of the wheel of the year, which dictated the Christian training schedule, proved to be useless. God as the coach of all coaches seemed to no longer to have control over the environment, nor over the athletes he apparently designed.

Since then, we have retreated to the surface of the planet, to the areas which we can influence. Since the definition of the maximum expanse of a locality does not seem to be graspable (perhaps it is a galaxy), we can take the earth as the largest definition for now. As one moves farther away, the expanse of a locality becomes larger, too. On the other hand, we find a clear definition of the smallest locality related to human nature. Localities / places emerge beyond the mere interests of the individual. The place in its social meaning wants to be understood here as a society that, beyond the economic, stands for interests that have local consequences. It is an gathering of people unable to escape from the place, because either they do not want to or cannot, because they were raised there and therefore have strong emotional bonds to the place. These groups are groups of *wanters* that define themselves often by the fact that they do *not* want something. A neighborhood is very often nothing more than a large group of passive people, to whom things happen most of the time. Yet, if, for example, a planned highway were to be built right through this neighborhood, the community, which had once been passive, would suddenly organize itself and stand up against it. Imminent danger from outside makes people find each other and leads to the creation of a place and a community, proving that place-creation-processes are very often created by stress. Practicing sports is a voluntary stress program which should make one stronger but also more resilient.

¹⁷ Wagner, Yvonne: **Denn um erfolgreich zu sein, brauchen Hammerwerfer vor allem Bodenhaftung. Nur wer in den Schwungphasen möglichst lange mit beiden Füßen am Boden bleibt, schwingt den Hammer mit hoher Geschwindigkeit in die Ferne. Das wiederum verspricht große Weiten.** http://www.olympiastuetzpunkt-frankfurt.de/artikel/wissenschaftliche_unterstuetzung_traegt_reiche_fruechte.pdf, 12. 09. 2009

Places that appear only by zooming out are in fact place-agglomerations, entities that have created a new entity through blurriness and cohesion. The city expert identifies the city as an agglomeration of localities, which is in fact an agglomeration of ambitions and forces, originating from the athletes on the site. These ambitions would need to be continuously defined and the abilities would need to be continuously measured, whereas the city plan functions as a training schedule and the city map as a reference surface. The training schedules for the individual localities can be harmonized in such a way that the city, as an agglomeration of localities, starts to oscillate as a whole. It is important that the strength of a city is always traced back to its origins and energies at the localities.

The city coach is a city expert and therefore recognizes the city as an agglomeration of localities and can explain in detail the *physical condition / fitness* of each athlete. The intention of the urban planner and urban designer as a coach is to keep not only the individual localities in good shape but also to keep an eye on the fitness of the entire city-agglomeration, which puts him in the position to compare and evaluate the fitness of each individual athlete.

Looking from a bird's eye perspective onto the city of athletes, one will discover a continuous revolution¹⁸ and circling, a super-imposed oscillation of hammers with the greatest variety of ranges and speeds. A good coach is able to tune and synchronize this general dancing through a training schedule that is planned in such a way that the city functions and is recognized as a single entity. The first step in the training schedule should be to achieve a general fitness of all inhabitants. One of the most important issues in the schedule is the consistency of the training, which demands discipline and stamina from the athletes and is the only key to fitness. In the long run, one should be very careful about setting too high targets or even aiming for records, since this could easily lead to long term or even irreversible damage. Records can and should only be understood as what they are: all-time highs. After a general fitness has been achieved, the athletes can be trained in specific techniques.

The Great Leap

Experiencing and learning techniques of hammer throwing as a field of urban planning is based primarily on constant training. The one who starts with this discipline cannot and is not allowed to stop. Although one knows that this *project*, the project of the city, will never be finished and one will never really reach the end, one will still need to exercise, to continue. The little trick is to focus on subordinate targets, which, when reached, are celebrated in such a way that the athletes receive feedback as if they have achieved something great and miraculous. This eternal fitness training consists of relaxation and low strain, of chilled exercises, which do not aim for faster, higher, stronger, but for a general satisfaction and comfort at the localities¹⁹. The training does not result in spatiality but in conditions which can change according to the training schedule.

The attained general fitness, as well as the conditions of space, need to be challenged once in a while, since general satisfaction and comfort is a rather vague and unstable phenomenon. In fact, the challenge should not originate from a duty but from a desire and curiosity about one's strength. As a result of continuous training, the athletes will naturally get

¹⁸ At this point it is appropriate to remark that *revolution* etymologically derives from *to revolve*, which implies that the power always derives from the one that revolves, not the one that is being rotated..

¹⁹ A certain relaxed attitude is an asset in the discipline of hammer throwing. „In *Interviews* (ERL, 2011) Betty Heidler [world record holder in hammer throwing, annotation] spoke about the enhanced ability to relax as the basis for her long throws she is currently capable of. This would provide a high level of agility and extra *long arms* during the motion. Hence, the radius of the trajectory of the hammer can be extended by a few centimeters, which then again helps to achieve higher speed at the start.“ Bartonietz, Klaus / Sakr, Marwa: „Stabil stehen, schnell drehen! Teil 2“. In: *Leichtathletiktraining*, Philippka Sportverlag, volume 7/2011, Münster 2011, p.. 5-13

the urge to test their abilities and strengths on others to receive a reward. A big leap²⁰ asks for a long-term, large-scale training schedule, which is based on exercises with all athletes of the involved agglomerations of localities. Small scale, urban developments can be achieved and sustained with the standard urban training schedule, while extraordinary urban or architectural achievements are endeavors that require an extraordinary training schedule.

P.S.

Hammer throwing without referees is planning without a map

Plan and map complement each other. The plan originates from the place as an idea and imagines the space as conceivable and designable, while the map originates from the surface which is waiting for something to happen. The plan is active and lives in the future; the map is passive and lives in the now.

Both are abstractions from reality. The hammer thrower (active) remains on the locality and creates a plan to influence his surroundings with his abilities and skills, while the surroundings (passive) wait to be affected. The plan as intention and idea, and the map as surface to measure and interpret, are here presented in their purest form.

The reason why today cartography is gaining in importance could be ascribed to the fact that there is an oversupply of (expert-) athletes who exercise and compete continuously, while there is a lack of people that measure and evaluate, a lack of referees and trainers.

Though in this article athletes, hammer throwers and other persons are mentioned in masculine form, women and men are meant alike. For the sake of a natural reading flow, no distinction was made between the sexes.

²⁰ It is important to remark that the **throw** cannot be part of a competition, as there are no competitors in that sense, and every competition can only be a friendly match, although contended energetically. Basically, the so-called competitor is a comrade-in-arms, as he acts in the same discipline and trains for the same goal. A comprehensive, common vibe is not only set within individual cities, but finally starts to set all localities all over the world in motion, as there is not only an infinite number of localities that practice hammer throwing in one city, there are, globally seen, a vast number of cities (agglomerations of localities) that persistently exercise und practice.