HEIRING, PRICE WIN TWO TITLES EACH

'Tis the season for deciding National Athletics Congress race walking titles and Jim Heiring and Alan Price have both launched their seasons in admirable fashion at different ends of the race walking spectrum. Heiring walked away from the field in the National 20 in Kenosha, Wisconsin on May 3 to win in 1:30:47 on a gusty day. Three weeks later he took the National 10 on the Stagg Field track in Chicago in 45:07.6, with he only serious competition, Steve Padivinsky, being disqualified in the final yards.

In Arlington, Virginia on April 11, Price finished nearly an hour behind Israel's indefatigable Shaul Ladany, but won the title, for which Shaul is not eligible. Alan's time was 11:17:11. Four weeks later, Alan journeyed to Methuen, Mass. and won the 100 Mile title in 20:09:18.

Meanwhile, in sunny California, Vicki Jones won the National TAC Women's 20 Km on May 2 in 1:53:59. In the accompanying Men's Junior National Championship, Chris Smith edged Scott Irwin for the title in 1:53:00. Accounts and results of all these races follow. The detailed report on the 100 Km was supplied by Paul Robertson, even to the typing.

PRICE TAKES TAC 100K
LADANY SHOWS HIM HOW

Arlington, Va., April 11--Alan Price regained his TAC 100K crown here on a muggy spring day, but it was 45-year-old Shaul Ladany of Israel and young Chris Knotts of Ohio who were giving the pacing lessons. Ladany's clockwork pacing prevailed over Price's early speed, 10:24:14 to 11:17:11. A late surge by Sal Corallo brought him past Knotts, 11:41:54 to 12:09:03. For Corallo, now 50, it was an improvement on, as well as a return to, the Masters championship he won in 1979 on the same Yorktown High School track.

Paul Robertson, 41, and George Lattarulo, 33, followed in 13:09:57 and 13:54:55, respectively, both redeeming 1979 DNFs here. The finishes of Price, Corallo and Robertson returned the TAC team championship unopposed to the Potomac Valley Seniors who had won it 1979. (It was vacant in 1980.)

Starting under overcast skies at a humid 60 degrees, the battle for first finish was a two-man duel from the start. As he frequently does, Price took the early lead, going through five miles in 42:12, 2:30 up on the more patient Ladany. (Alan must have serious about this one! He showed up at the track twenty minutes ahead of starting time.)

Price continued to pour it on, ignoring such hazards as the softballs and occasional players that wandered onto the track from the two girls' league games that were going on in the infield. By the time he reached sixteen miles in 2:23:10 he had extended his margin to 3:57 and held it for three more. But in the twentieth mile he began to falter. While Alan slowed to 11-minute pace, Shaul picked up to the 9:40 range. He passed Alan at 22.3 miles and was never
Shaul showed he was human by thrashing io a few elevens in the high fifties, again was Laturollo, easily the most relaxed walker on the track, encouraging his still has a lot of walking to do to catch up to the rest of the world. Actually Shaul showed he was human by throwing in a few elevens in the high fifties.

Corrallo and Randy Himm dueled briefly for the lead, then the former yielded. But both walked at a minute per mile behind the leaders. Sal caught up at 23.5 miles, then Randy retired at 26.25 miles, citing sore legs. (Perhaps he was feeling the effects of a 1:4:50 half hour earlier.) Meanwhile Chris Knotts was content to walk in the middle of group after a distant rain showers (which finally stopped the softball games) were gone, (Perhaps he was feeling the effects of different defenses, and orily 20: 22 behind the fad; Long Price. Re had traversed the first 25 miles in 1:44:15, By the time he reached 50 miles in 9:06:44, he was 14:45 up on Corrallo at just under 23 miles, Then, at marathon point, he accelerated to 10:40 pace, burn had been successful slowly and evenly, saying he remembered that was how fellow Ohioan Jack Black doing.

80, with humidity to match. The softball hazard was replaced by an afternoon that never returned, but too late to cool down; the survivors adopted tactics of the day. In the middle of the race that saw two additions to the list of OS. Centurions. John Blackburn was the great veteran, Tony Medeiros, first in the over 60 category, with Robertson the second against the hypothermia brought on by dehydration. Methuen, Mass., 2nd in the 50K in 5:54:15, 3rd in the 50 miles. 10th K, first in the over 60 category. Better than the hypothermia brought on by dehydration was the presence of Knotts, it would have been 42.)

The host Potomac Valley Club also gave prizes for nonchampionship sanctioned distances of 15 miles, 50 kilometers and 45 miles. (The English distances were chosen to make life easier for the recorders.) Thus, a month shy of his 51st birthday, Carl Cronberg was able to record the completion of his first ultramarathon-50K in 5:33:29, half a lap ahead of Robertson who is nearly a decade younger, and in the middle of an open race. The feat was perhaps made more difficult by the fact that Carl is deaf and cannot hear his splits. He has to stop and check if he loses track of the distance, since few of us know sign language.

...
Price, walking without sleep after driving all night from Washington, started even faster than usual—and he noted this fact in the affable manner with which he was able to maintain his usual pattern in the era of 26 minutes ahead.

Keating had an early lead on Blackburn, but by 50 miles, Jack, walking a faster pace than his usual pattern in these races, was 26 minutes ahead. However, Bob came close to holding his pace over the second half and was able to pull well clear by the finish. The results, with 10 and 50 mile splits:


Heating captures heavy trial

Keneha, Wis., May 9—Local walking track in the race in capturing the National Athletic Congress 20 km Race Walking championship. The strong challenge expected from such athletes as Dan O'Connor, Marco Evonlik, Todd Scully, and Ray Sharp never materialized, and the former U-W Parkside athlete was on his own after the first 10 km. O'Connor easily outdistanced Evonlik for second and the old man, Scully, captured fourth. These four comprise the U.S.糖尿病 Cup team at 20 km at the moment. But with at least the first three of them strong contenders at 50 km as well, that capture could charge.

Heating set a quick, but not blistering, pace going through the first 5 km in 22:10 with O'Connor on his heels and Evonlik 3 seconds in their wake. O'Connor hung on through 10 km, which he passed in 44:40, with Evonlik recording 45:02. Scully was next, and Pete Taitano, Steve Fedinovsky, and Sharp were locked in a tight battle for fifth.

Although gradually slowing the rest of the way, Heating had no trouble losing O'Connor, who in turn moved well clear of Evonlik. Everyone seemed to slow appreciably in the latter stages, and perhaps the wind, which was gusting up to 15 mph had its affect. The temperature was 65 under sunny skies.

Scully was well clear of the others in fourth. Taitano moved by Fedinovsky and Sharp in the final 5 km to take fifth and will be the first one to profit should any of the other four qualify and choose to compete at 50 km. Fedinovsky, now playing in the Air Force, outdistanced Sharp for sixth. Ray, whose performance was well below his recent level, just edged veteran Mike DeWitt, recently named men's cross country at U-W Parkside, for seventh.

Heating, competing unattached in this race, will be joining the Athletic team in U-W Parkside Athletic Track during the out-of-school season. Results of the race, with available 5 km splits:


Heating also rules 10 km title race

Chicago, May 23—Walking track on the Stadium Tartan track, Jim Heating easily won the National Athletic Congress 10 km walk today. As the number of title races, Jim was in control of the race throughout. Only Steve Fedinovsky hung with him through a 6:45 first mile. Fedinovsky was 10 seconds back at the 5 km mark, and the field already strung out. With the NACA title race the same day and many athletes concentrating on 50 km training, the field was small and lacking in quality.

Heating moved through 2 miles in 13:49 and had lost even Fedinovsky, who had 14:00. Fedinovsky was too quick after the 5 km, and the field was out of reach for the day.

Although his pace dropped sharply, Heating stayed well clear of Fedinovsky, who lead 3 meters in the last 20 seconds and 5 miles. Steve started to close ground at that point and was only 10 seconds down at 6 miles. However, when he tried to shake up in the final 100 yards, he was not able to catch Heating, but earned him a 2nd as well.

Fox continues to impress and walked a strong second to take second. Likewise Mike DeWitt, who bettered his personal best by 65 seconds, and closed ground on the younger over the second half. Jay Byers was much improved over his disappointing 20 km performance, although he let DeWitt outpace him in the second half of the race. The results:

Westlake Village, Cal., May 2 — Both Vicki Jones and Chris Smith opened their seasons early in the first 10 Kms at 10:41 and 16:57, respectively. Jones went through the first 10 Kms in 15:31 to open up bigger than 2 minutes on Lori Mayday and Paula Kash in the women's race. Smith's late race challenge carried past her last time, but still fell below the 4-minute mark of Vicki's 15:31. In the Junior Men's race, Smith had a 50:21 at 10 and 68 seconds on Scott Irwin. That lead grew to 1:12 at 15 Kms before Irwin made a strong move in the final stages to re-take the lead in the last part of the race.


OTHER RESULTS:


The text appears to be a list of names and times, likely related to a running event. It seems to be a record of participants and their performance times. However, without more context or a clearer understanding of the format, it's challenging to provide a coherent summary or analysis.
the Marcel Jobin International 50 km in Montreal on June 20.

ANN SATYER'S LANDS END TO JOHN O'GROAT'S RECORD

(From the Race Walking Record, May 1981)

Ann Sayer last year set a new record of 13 days, 17 hours, 42 minutes for the 840-mile route from Land's End to John o'Groats. Ann walked all the way (no running) and beat the previous record for the route of 16 days 21 hours 55 minutes, set by South African runner Mavis Hutchinson earlier in the year, by 3 days 4 hours 13 minutes.

Ann set off from Land's End at 6 a.m. on Saturday, Sept. 20, 1980, and arrived at John o'Groats at 11:42 p.m. on Friday, Oct. 3. She walked for about 13-15 hours a day, covering an average of just under 60 miles. On her last day she set off at 4 a.m. and covered 76 miles in 19 hours 42 minutes. Ann was supported throughout by a team numbering about five at any time, made up almost entirely of the Long Distance Walkers Association.

Biography

Ann, aged 47, is a geologist with British Petroleum, and she lives in Southwood, London. She belongs to the Long Distance Walkers Association and Essex Ladies A.C. and has a number of walking achievements to her credit:

April 1977: Peninwell Way in 6½ days; walking all the way.
October 1977: Bristol: first woman to become a Centurion—time 20:37.
May 1979: Rouen, France: set world best distance for the women's 24-hour walk—101:66 miles.
September 1979: British Three Peaks: 420 miles; set overall record (Still women's record) of 7 days 0 hours 31 minutes.
May 1980: unofficially improved 24-hour distance; official result was 116:53 miles in 23:34, but Ann continued to cover 118:5 miles in 24 hours.
June 1980: Saint-Oedenrode, Netherlands: walked 100 miles in 19:12; the first woman to break 20 hours for the distance.

Ann hated sport at school, but took up walking after she had won the 50-mile Longmynd Hike in Shrof.

LOOKING BACK

15 Years Ago (From the May 1966 ORW)—As usual, Ron Laird was in the headlines winning the National 35 km in 2:51:44.6. Better than 15 minutes behind, Goetz Klopfer edged Bob Bowman and Larry Young for second. Ron Daniel and Karl Hershenschmidt dead-heated in a fast 20 km in Ontario in 1:32:46. Larry Walker won in a fast 1:31:54 for 2 miles, with Fast-improving Larry Young just 7 seconds back and Laird a distant third. Apparently there was nothing happening in Ohio as the issue was completely void of local features.

10 Years Ago (From the May 1971 ORW)—Tom Dooley edged teammate Goetz Klopfer in the National 20 km in Chicago. Tom had 1:31:54, Goetz 1:32:18, and Young 1:33:34 in third. Aging Ron Daniel and Karl Herschenschmidt dead-heated in a fast 20 km in Ontario in 1:32:46. Larry Walker won in a fast 1:31:54 for 2 miles, with Fast-improving Larry Young just 7 seconds back and Laird a distant third. Apparently there was nothing happening in Ohio as the issue was completely void of local features.

OUR MONTHLY REPORT ON FORTHCOMING OPPORTUNITIES FOR COMPETITIVE EXPERIENCES

Wed. June 10—Northeast TAG 5 km, Chestnut Hill, Mass. (9 p.m. (Y)
Sat. June 13—British Columbia 3 km Championship (W)
Sun. June 14—5 km, St. Louis, 8 a.m. (L)

10 km Women, 20 km Men, New York City (U) 9 a.m.
Master's Men 3 km, Women 1000, New Haven 6:30 and 24:45
10 Mile, Wellington, Conn. 7 p.m. (K)
Mon. June 15—5 km, Long Branch, N.J., 6:30 p.m. (Q) and at New York through August

BRI. June 19—NATIONAL TAG MEN'S 5 & 10 km, SACRAMENTO, CAL. 9 p.m.
Sat. June 20—NATIONAL TAG MEN'S 5 & SACRAMENTO, CAL. 9 a.m.
5 km, Great Cranberry Island, Maine (Y)
10 km, New York City, 11 a.m. (U)

10 Mile, New York City, 11 a.m. (U)
Marathon, Boulder, Col., 8 a.m. (K)
10 Mile, Sunnydale, Conn. 7 p.m. (C)
Metropolitan 20 km, Greensville, L.I., 7 a.m. (O)
Wed. July 1—5 km, Sunbury, Ontario (A)
From the Des Moines Register and Tribune (Courtesy of Bob Mis via Jim Breitenbuecher)

High heels: symbol of uselessness

Over the Coffee

By DONALD KAUL

Last week some foot doctors came out with the results of a big study they'd made. High heels are bad for women's feet, they said.

How's that for a flash from the frontiers of knowledge? I wonder how long it took them to figure it out.

You know, I never understood why certain militant feminists of the '60s and '70s supposedly staged bra burnings to symbolize their liberation from the tyranny of men. They should have burned their high heels.

Of all the dumb things expected of traditional women by our society — and that covers a lot of ground — walking around in high heels just about tops the list.

They are not merely symbols of the inferior status of women, they are instruments of inferiority. If one views life as a contest in which one kind of participant is required to compete wearing 3-inch heels while another kind is allowed flat-heeled shoes with laces, then it is a contest in which the outcome is assured.

There is hardly anything one can do better in high heels than low, except perhaps be attractive to men. Yes, I admit it. We've been conditioned to think of women in high heels as more attractive than women in flats.

Sure, I'll turn my head to get a second look at a woman with a nice pair of legs in sling-heel pumps, but I turn my head at a lot of things, only some of them dumb. Ankles slumped by an optical illusion are not a big number on the list of an attractive woman's assets.

The real reason women are encouraged to wear high heels is that it reinforces the image of them as brainless ornaments, people who have to be taken care of because they're not smart enough to fend for themselves. And, walking down the street in high heels, they certainly don't look smart enough to take care of themselves.

Wherever high heels have appeared throughout the centuries, whether worn by men (yes!) or women, they always have served as symbols of uselessness. While they have been justified on grounds of beauty, their real function was to demonstrate that the wearer, by reason of class or wealth or sex, didn't have to work.

How can you work in high heels?

The modern woman, unfortunately, has inherited the worst of both worlds. Not only does she wear high heels; she works.

I wouldn't bring any of this up, except that people have started laughing at the way I walk.

Have I told you about my funny walk? Well, about two months ago I gave up running. I liked it but it turned my back to stone and the cartilage in my knees to sandpaper. I couldn't do it. In its stead I took up walking. Not just any walking, mind you, but speed walking, the kind you see them do at the Olympic Games.

It's a great way to walk. You can go fast, and it's easy on the knees and back. There's just this one drawback: It looks funny. I mean, you're waggling your funny back and forth and carrying your arms up kind of high and the stride is just short of mincing. People laugh.
Peter Finney
SPORTS EDITOR

Three of the 24 Canadians 11 years ago today Marcel Jobin smoked Camels, he could walk a mile for one. In five minutes, 34 seconds.

Monsieur Jobin calls it walking. To most folks, any mile under six minutes is running, or galloping, or jogging while panting heavily.

"In Sunday's Perrier Mardi Gras marathon, while more than 2,000 will be running at different speeds across the Causeway, Marcel Jobin will be walking and finishing ahead of 86 percent of the survivors.

Based on past performances, the 39-year-old Quebecer, will walk the 26.2 miles in approximately three hours, seven minutes, passing all, but the elite runners as he heads west from Mandeville to Fat City.

Jobin is one of a hero back home to be the subject of a book, one whose French title translates to "The Crazy Man in Pajamas.

From the New Orleans Times-Picayune, Sunday, Feb. 1, 1981

"If you can't sleep," said Charles Dickens, "try walking." Doctors will tell you, many of today's joggers, because of physical makeup, would be better off walking.

Of the factors that affect your chances of getting coronary heart disease — heredity, stress, diet, fat abnormalities, hypertension, heart beat abnormalities, diabetes, obesity, smoking, age and lack of physical activity — walking can improve all but two: age and heredity.

Marcel Jobin walks, and walks competitively, for the sheer enjoyment of it. Thrashed in with today's traffic jam of joggers, the walker can seem out of place.

It was like that for the late Supreme Court Justice, William O. Douglas, a walker of the purest dedication. He once led a 180-mile walk, the entire length of the Chesapeake and Ohio Canal from Cumberland, Md. to Washington, D.C. He did it in answer to an editorial in the Washington Post suggesting construction of a scenic parkway along the historic route.

From the Chicago Tribune, Tuesday, March 24, 1981

Walking can be a good alternative to running

DEAR DR. JOHNSON: I read somewhere that fast walking — the so-called British Walk — can be as valuable as running in terms of cardio-vascular fitness. Is this true?

Ian T., Portland, Ore.

The same Justice Douglas, having been caught once in a sudden downpour with his walking companions, and trying to buy a hot cup of coffee, was thrown out of the eating establishment as a tramp.

Since then, he walked the streets and wrote: "If you can't sleep," said Charles Dickens. "Try walking." Doctors will tell you, many of today's joggers, because of physical makeup, would be better off walking.

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The answer depends on how much exertion is required for very fast walking (also called race-walking) compared to running or jogging. In other words, "It all depends." It's possible to exert oneself enough — as measured by your pulse rate — in race-walking to match what can be achieved in jogging or running.

Also, the stress on one's joints is considerably less in race-walking. On the other hand, race-walking involves its own set of muscle and joint problems so it's not totally safe either.

Nonetheless, fast walking is a viable alternative for those who can't run or jog, or who just prefer walking.