Jim Heiring has the 1982 season off to a fast start with a series of ultrafast races over the short distances indoors. On January 9 he won a 1 Mile in 5:55.2 in Milwaukee. A week later, he beat Todd Scully in the Olympic Invitational 1500 meter race with a World's indoor best of 5:27.1. Todd was pretty quick himself, only 5.5 seconds back. The next night, Jim was in Chicago, where he won a 2 Mile in about 12:40. (We really have no results on that one yet.) Then on Jan. 23, it was the USATF Indoor Championships in Kansas City where Jim covered 2 miles in 12:20.06. Jim's 1500 meter performance bettered the 5:28.7 of Finland's Reima Salonen in 1977.

Results of the first two races:

OTHER RESULTS
1. Hour, Lafayette, Col., Nov. 21-1. Floyd Godwin 7 mi 576 yd
2. Bob Carlson 6 mi 304 3. E.J. Rivet 5 mi 1784 4. Terry
Pomm 5 mi 1665 5. Len By Wos 5 mi 132 7 Mile Handicap, Los
Larry Pollock 7:02 4. Larry Walker 7:31 5. Hal McWilliams
7. Ralph Nunn 8:50 40 Ks, Oakland, Dec. 8-1. Bill Ranney
8:14:52 2. Denis Gustafson 8:09:30 3. Walt Jagiulis 4:24 8
Half-Marathon, same place-1. Beth Siden 7:51 2. Bob Robinson
4:29:17 3. Viki Jones 4:36:23. The 40 Kb above is actually
the 10 K above. Times at 40 were Ranim 3:10:27, Gustafson 3:15:38
and Jagiulis 4:19:58 50 K, Seattle, Jan. 2-1. Dan Pierce 4:56
2. Ed Glander and Bev LaVeck 5:51 (Grimm Reaper 1 Indoor 1 Mile
8:04:6 2. Bev LaVeck 8:30 3. S.A. Miller 9:08
OVERSEAS STUFF
50 K (track) Ferrara, Italy, Oct. 10-1. Graziano Morotti
7:58:15 2. Elio Formis, Italy, July 29-1. Maurizio Damilano
12:44:58 20 K, Piacenza, Italy, Sept. 13-1. Maurizio Damilano
Basilian Km Championship, Balkans, Nov. 22-1. Dan Pierce
50 Km, RX, Rome, Nov. 22-1. Dan Pierce 5:50:42
20 K, Kuala Lumpur, Oct. 20-1. V.
Subcompact 1:38:00 Singapore 20 Km Champ., Aug. 22-1.
Naradjan 1:44:02 Japan 20 Km, Tokyo, Oct. 25-1. Azzou Shiral
1:33:57 Women's 50 Km, Isla of Man, Sept. 20-1. Irene Corlett
10 Km, Lassing, Austria, Oct. 24-1. A. Wyszynska, Pol.
2:04:42 L. Rokitowska, Pol. 20 Km, Bucyrus, Sept. 27-1.
Women's 20 Km, Bucyrus, Sept. 27-1. A. Wyszynska, Pol. 20 Km,
Bucyrus, Sept. 27-1. A. Wyszynska, Pol. 20 Km, Bucyrus, Sept.
27-1. A. Wyszynska, Pol. 20 Km, Bucyrus, Sept. 27-1. A. Wyszynska, Pol. 20 Km,
Looking at the International schedule, the Fourth Annual Marcel Jobin International will be held at St. Louis de Terrebonne, Quebec on Sat. June 19. The distance this year is 30 Km, if it is anything like the first three editions, we can expect a super race. In 1979, Daniel Bautista won a 20 Km in 1:20:07. The 1980 20 Km went to Erling Andersen in 1:20:57. Both those races were on the track. In 1979, Raul Gonzalez won a 50 Km in 3:47:16, beating Jobin by just 31 seconds. For further information, contact Michel Parent, CP 244, Montreal-Nord, Quebec H1H 5L2, Canada.

An International event featuring ultra-distance races is to be held in Sint-Denijs-Westrem, Holland on May 22-23. Races are scheduled at 100 miles, 100 Km, 50 miles, 50 Km, 25 miles, and 15 Km. Anyone interested can get further information from Philip Hastings, 2 Green Lane, Chislehurst, Kent, England.

Several International races are lined up for U.S. walkers during 1982. A men's team (I am not sure how many) will be chosen from the Indoor Championships to compete in races in Milan, Italy on March 10 and in England on March 13. Distances of the races are not specified. Men's teams will be sent to a 30 Km in Italy on Ma:10 and to the annual 20 and 50 Km walks in Bergen, Norway on May 14 and 16, as well as a 50 Km in Prague on June 19 to the annual 20 and 50 Km walks in Bergen, Norway on May 14 and 16, as well as a 50 Km in Prague on June 19 to the annual 20 and 50 Km walks in Bergen, Norway on May 14 and 16, as well as a 50 Km in Prague on June 19.

The National Sports Festival, with both a 20 and 50 Km walk, is scheduled for Oct. 2 and 3 in Detroit. The slate includes Junior and Women's 5 Km, an Open 5 Km, and the Women's 20 and 50 Km walks in Prague on June 19 to the annual 20 and 50 Km walks in Bergen, Norway on May 14 and 16, as well as a 50 Km in Prague on June 19.

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OH WORLD AND US RANKINGS AND LISTS

Late arriving 1981 results have some effect on the Annual Rankings and Lists we published last month. (Plus, there were just a few omissions.) The Women's World Rankings and Lists are now practically worthless. Carol Tyson had a 4:13:35 on the track and should probably rank third, as well as being listed third. The race in Uzhgorod, USSR places seventeen girls on the list and the first three should go in the rankings.

The revamped rankings should read: Jansson, Cook, Liers, westfield, Tyson, Bateman, Derervinskaya, Cox, Teugsonova, Hilsen, and Talakayeva.

On the Women's 20 Km list add: Sue Cook, Australia 1:39:35; Rachel Thompson, Australia 1:50:04; Irene Corlet, GB 1:53:16; Doreen Young, Australia 1:55:21; Francis Tochey, Australia 1:55:12; Lucynia Rokitskna, Poland 1:57:27; Sheila Miller, Australia 1:57:44; and Marlene Stanway, Australia 2:00:32.


Also add 23:42 in the Valero race, which is better than her listed time of 23:50. Also change the best time of Rachel Thompson of Australia to 24:35 (listed as 24:46).

In the Men's World 20 Km list, a race in Stylsko, USSR in March has now been reported. This eliminates the first three (Starkenko, Markin, and Bantikov) from the list, along with the second through fifth (Girgulov, Golkov, and Kuznetsov). The 6th ranked Ernesto Canto from the list (his best was 1:23:08). Add Sweden's Bo Gustavsson to the list with a 1:25:53. At 1:22:40, it should be Ronald Weigel, not Roland Weigel. At 1:25:20, its Anthony Lopetaso and at least Aleksandr Retunskiy. Damilano's record in the rankings should include a 1:27:14 at Piacenza on Sept. 13.

The revamped rankings should read, Jansson, Cook, Liers, westfield, Tyson, Bateman, Derervinskaya, Cox, Teugsonova, Hilsen, and Talakayeva.

JANUARY 1982


This list comes from Chris Clegg. The items may be marginal as to whether they fall within the "race walking" guidelines we rather informally established for the bibliography. But perhaps we shouldn't be too stringent in that regard. . . . Harry Slitten reports in the Golden Gate Gate that the Walk a race walking shoe, designed by a new athletic shoe company, called Kangaroo, will be selling in the $30 to $35 range. Jerry Young is full time track and field promoter with the company and you can find out more about the shoe by writing him at 4317-A West Alpine St., Louis, MO 63121.

Following action at the recent Athletics Congress, the Race Walking Committee is now responsible for both men's and women's walking. Woman's walking is formerly a part of the women'sTrack and Field Committee. This was a somewhat controversial action, but hopefully it will be best for the women in the long run. The really important issue now is to get an Olympic walk for women. Not only is this the right thing to do, but if it can be accomplished U.S. Olympic Committee funds can then be made available to help promote women's walking in this country. These funds are now available only to the men. This is one item the U.S. Association of Women Race Walkers plans to pursue-getting women's race walking into the USOC development budget even though it is not yet an Olympic sport. Unfortunately, that organization has yet received practically no response from the top women competitors in the country. To find out more about the organization, what they are trying to do, and how you can help, write: Ron Daniel, 110 S. Michigan Ave., #14, Pasadena, CA 91106. . . . Henry Laskau sends the following thanks to those who have remembered him during his recent illness, "I would like to thank everyone who sent a card to me expressing their well wishes. It is wonderful to know and a good feeling that when you are in this predicament, one has so many friends who think of you. All I can say is that race walkers race is a bond which holds us together that is not to be found in any other sport." Henry reports he is quickly bouncing back to normal.

LOOKING BACK

20 Years Ago (From the Walking News and the American Race Walker of Jan. 1962)--Ron Zinn won the Chicago Holiday 10 Mile in a quick 1:21:02--quick considering the 18 F temperature and snow drifts. Actually, he didn't win it, but turned in a time of 1:21:02 by 1 second over Almas Valsattia. . . . Valsattia had winning times of 1:29:39 and 1:34:34 during the month.

Italy's Adolfo Paimoli set a world record on 30K for 80 K on the Olympic Stadium track in Rome in October. . . . Bruce MacDonald was featured as Pedestrian of the Month.
The Canadian team that competed in the inaugural Cup in Valencia. From left: Juniors Guillaume Leblanc (10th at 20) and François Lapointe (only competitor to complete both races), Coach Pierre Lecuiller, Marcel Jobin, and Mike Stones.

TOP: Bonnie Dillon, ranked third in the U.S. at 5 km and 2nd at 10 km by the ORW. (John Allen photo)

BOTTOM: Oldtimers out there will remember the Army’s Wayne Nicoll. Now running a sport’s shop in Augusta, Ga., he is seen here (901) during a half-marathon. Accompanying him is a promising newcomer to the master’s ranks, 47-year-old Charles Blackburn.

TOP: The Canadian team that competed in the Lugano Cup in Valencia. From left: Juniors Guillaume Leblanc (10th at 20) and François Lapointe (only competitor to complete both races), Coach Pierre Lecuiller, Marcel Jobin, and Mike Stones.

BOTTOM: Raúl Gonzalez, No. 1 in the world, and Jobin during their stirring 35 km race in Montreal last June.
10 Years Ago (From the Jan. 1972 ORW) — There was some fast early season mile ing that year, too. In Philadelphia, Ron Daniel turned in the third fastest indoor mile to that time with a 6:12.8, as Ron Kulik, Todd Scully, and Dave Romany tied 6:12.7, 6:12.8, and 6:12.8, respectively. Ten days earlier, Kulik had the best of it New York with a 6:12.8 to Daniel’s 6:12.9. Across the country, Tom Dooley did 6:30.5 to beat Estaban Valle’s 6:31.2 and Larry Walker beat Don DeNoon 6:14.1 to 6:14.6. Bill Ramsey was a close third in both races. The championship season got underway only a week into the new year with San Rafael high school student Jerry Lansing winning the National Junior 15k in 3:18:21. On the local scene, your editor celebrated his 37th birthday with a 48:36 for 6 miles 276 yards, but failed by 66 seconds to make up a 14:4 minute handicap on Doc Blackburn in a two-man race. Three hours later, he added 9 more miles to the original total, some such. Steve Tyner won the NAIA 2 Mile in 14:56 with Dale Fess 36 seconds back and Mike DeWitt another 19 seconds behind.

In Colorado, Jerry Brown was in fine shape with a 13:55 for 2 miles and Bill Weigle walked a Marathon in a rapid 3:33:59.

Ron Laird was off in England and walking well. In November, he finished second to Paul Nihill with a 50:50 forty miles. Two weeks later he was 2 seconds slower but firmed in another 7 mile. Then in January, he too celebrated Mortland’s birthday with a 1:33:35 for 20 km on the track in Scotland.

5 Years Ago (From the Jan. 1977 ORW) — In final 1976 National races, Larry Walker won the Senior 1 Hour; covering 7 miles 1:37:31 yards in Westwood, Cal. and Rudy Halusza won the Master’s 15 km in 1:13:21. Halusza was third in the 1 Hour, just 14 yards back of Ed Bouldin’s 2:10:30 yds. Wayne Glenk also bettered 7 miles. Susan Liers turned in two fast 7 km, 22:46 and 22:57.3. Jim Heiring was showing a turn of speed in those days, too, with a 6:25:6 for 1 Mile in Kenosha (Chris Hansen had 6:32.4) and a 13:36 2 Mile. But Larry Walker was even faster with a 6:16:8 in Los Angeles.

Race Walking may be winning new converts with no particular intent to compete in the sport, as suggested in the following article from California Track and Running News, November 1981.

Are We Running Too Much?

By STEVE SUBOTNICK, D.P.M., M.S.

I just returned from a seminar in San Diego that was held by Loma Linda Medical School. At the seminar, I had the opportunity of being with Joe Henderson, who is now the editor of Running Magazine and past editor of Runner’s World Magazine; Joe Noll, M.D., author of Women’s Running; and Mike Pollock, Ph.D., exercise physiologist, who used to work with Ken Cooper at the Cooper Clinic in Dallas.

The consensus of this entire group was that yes, indeed, we are running too much. What do I mean by running too much? Dr. Pollock showed some statistics that indicated the injury rate is greatly increased if one runs more than five days a week. Likewise, his statistics showed that the improvement in VO2 (the body’s ability to maximally utilize oxygen) is really not increased much at all if you run seven days a week. Likewise, the difference in the training ef-

flect of the muscles of the legs and, and, the heart is not significant when comparing five days a week of running to seven days a week. What is significant, however, is a significant increase in injuries when one compares five days a week to seven days a week.

More good news. Even more than before. All of the participants in the seminar agreed that walking is important. Race walkers have almost the same physiological profiles as marathons. The only difference is a slightly lower VO2 max. Yet race walkers contact the surface at about one times body weight whereas runners have three times body weight on level surfaces, thus three times body weight going uphill, and four times body weight going downhill. Likewise, because during race walking the knees are always straight or extended, there are very few injuries associated with race walking in

fact, since I have been race walking, the only thing I notice is that my knees and ankles get stretched out during my runs when I alternate race walking with running. I do notice some stiffness about my hips and, likewise, my abdominal muscles are a bit tired from race walking. What we all agree upon is what Tom Osler (World class ultra distance man) has been saying for quite some time. Take walking breaks.

How do you take walking breaks? What I’ve adopted is taking five to ten minutes before each workout and, likewise, cooling down with a walk a race walk of five minutes after each workout. If I’m going on a very long, say a two and one-half to three-hour workout, I will race walk every half hour for ten minutes. Osler suggests race walking five minutes for every twenty minutes of running in ultramarathon distances. If I’m really tired, every fifteen to twenty minutes in a normal workout, say an hour to an hour and one-half run, I will take a walking break. My walking breaks are usually race walking and I find that by keeping my knees straight and landing on my heel, I stretch out my hamstrings and calf muscles. When I start running again after my walking break, I notice that my pace is a good thirty to forty-five seconds per mile faster simply because I’m stretched out. Dr. Pollock assured me that his research shows that there will be no loss of any benefit effect by taking walking breaks and that the injury decrease is well worth any time lost even in a Marathon.

Joe Henderson suggests that we should walk for five minutes at every water break in a marathon.

Joe Henderson showed me an article that was written by Jeff Galloway who, in his Olympic marathoner. This article appeared in Running Magazine, which is available from P.O. Box 10950, 1536 Oak Street, Eugene, Oregon 97401. If you write Joe at this address, he’ll send you a copy of the
Along the same lines, here is what one of the pioneers of women's race walking, Jeanne Bocci, has to say about her preparation and the importance of her performance:

**Bocci First Michigan Woman To Complete An Ultramarathon**

by Frank Soby

"The ultramarathon has always intrigued me. I viewed it as a significant challenge. I believed I could complete one if I just set my mind to it...the training would follow once I made up my mind that I wanted to do it."

So spoke Jeanne Bocci after her conquest of the 50 mile ultramarathon held in Chicago last month. This writer had the easier task of the two—assess the accomplishment and attempt to determine why people run ultramarathons.

**Ultramarathons are rare in this day of marathons. While thousands compete or participate in a single marathon, an ultramarathon may attract only a hundred hardy souls.**

**The distances range from 60K's to a hundred miles. In addition, training, diet, strength and a ubiquitous pit crevall play important roles in the success of the run.**

It appears as though ultramarathoners, when compared to other long distance runners are single-minded, goal-oriented, and very confident of their running prowess. On the average, they are taller, heavier and older than their counterparts. All have completed numerous marathons and have moved up to the "ultra" because of its attraction as an elite challenge.

Bocci's performance at the AM/AA sponsored 50 Mile/100 Kilometer National Championship for the Road Runners Club of America appears to fit this model to some degree. Although Jeanne's weight is at an all time low for the past 10 years.

She has competed in numerous races—as a runner and as a racewalking team. Bocci was one of the first women to qualify for the Boston Marathon.

Seeing racewalking as another of life's challenges, Bocci induced veteran walker and U.S. Olympian, Goetz Klepper, to instruct her in the fundamentals of walking. Her next goal was to make the National Racewalking team and compete in Europe. This she did in 1977. Jeanne Bocci is the current world record holder at the 30 and 35K distances in women's racewalking.

In preparation for the 50 mile, Bocci increased her mileage and blended swimming into her training program. Her mileage during the last 4 training weeks averaged 110 miles. These included several 5 hour runs and an excursion through upper Michigan. She feels the long runs and the mental preparation that she promoted during these runs were the two key factors that enabled her to complete the Ultra. These "confidence builders" were essential to her goal of an 8 hour run.

Bocci's strategy during the run was to combine running with racewalking. The objective of this strategy was to relieve the fatigued quadracep muscle group and the resultant cramping that predictably occurs during a long run. During the racewalking phase, the lactic acid buildup in the muscle groups could be eliminated while Bocci continued at a 5 minute walk pace.

The course was a 10 mile loop along the shore of Lake Michigan. The race drew 298 entrants, including 23 women.

Barney Klecker, 2:16 marathon, had returned to defend his 50 mile record of 4:51:25. Alex Ratelle, Frank Bozanich, Park Barney and Masters' Champion Roger Rouiller with a 5:25 posting, were there to challenge Klecker.

The women's field included: Lorna Richey, winner of last year's 50 mile (7:05) and 100 kilometer (9:07); Sue Ellen Trapp, 35 year old dentist, with 15 marathons and 7 ultramarathons to her credit (a 50 mile PR of 6:12 and a 24 hour run of 123 miles); and Kathy Schubert 39, last year's women's second place finisher in 7:50.

Bocci's strategy produced a "comfortable" 8 minute pace. Her pit crew maintained her confidence throughout the run. Her marathon time split of 3:32 suggested that she could maintain the 8 minute pace. Passing Richey at mid point, motivated her to consider a faster finishing time. There was never any doubt that she would finish; the only question was when. At the 47 mile mark, she realized the extent of her achievement. Her finishing time of 7:58:13 broke last year's course record. Sue Ellen Trapp was the only woman to finish in front of Bocci.

Jeanne Bocci's achievement makes her the first Michigan woman to complete a 50 mile ultramarathon. The only unanswered question seems to be what her next challenge will be.
An interesting reprint from the January 1972 Ohio Racewalker.

**The Ohio Race Walker's Play**

By Jack Blackburn

Most of us work out by ourselves and are fortunate if we can find a workout companion once a week. In our lonely journey to nowhere and back, or round and round, we each have a bag of psychological tricks to play on ourselves so that we can keep going for a good workout. My workouts over the past years have been nothing more than time trials. (Better read your editor's article on training, Blackburn. Or maybe he had better read yours since you are beating him rather consistently.) I have very limited time to workout, so I must get the most work in the shortest time. I usually pretend that I am either in a National Championship at that distance, or as in the last few miles of a 50 kilometer international field. I pick a time that I will be satisfied with and must beat it in order to whip my imaginary competitors. Mattheus, Pashen, and Laird have lost many a close race with old Jack Blackburn on the back yard track. Portland pretends he is in the 1952 Olympic Trials at 50 kilo and either makes the team in third or wins. (Ed. Actually, this is my habit when I am not training too well—get in a 51:30 10 km and build your spirit with the knowledge that at least you made the 1952 Olympic team. The embarrassing thing here is that there are probably jerks around today coming through 1:37:03, 20 km on bad days and figuring that at least they made the 1964 Olympic team. Young whippersnappers should have more respect for their elders.)

The first trick, of course, is to get to the workout site. I think to myself, "Well, I have to be sociable and visit my folks, so as long as I'm there—next, I talk myself into dressing for the workout. This is many times the toughest task of all. "Well—there isn't anything important coming up so I will just work up a sweat or just because I change my clothes is no sign I must workout. I could work on my cars instead." Then when I get on the trick I tell myself I will be satisfied with just holding 8 minute average for 4 miles. Knowing full well I won't be satisfied. I go through the first 4 miles in 7:30 and think to myself, "Well, now I can slack off to an 8:10 average and coast in." (Brilliant mathematician, that Blackburn! I pace the two mile in 12:15 and think that now I am enough ahead of pace that I can work on form for the last two miles. The mile comes in 27:05, so I might just as well try for that 6 minute average for 6 miles. After all, I can slow down to over 8:35. Four miles in 31:05, "what kind of a useless bastard am I that was only 7:57. Did I look at the clock wrong? How many laps was that? My right calf hurt—so pull damn it, your so good anyway." (Ed. Blackburn, if this rotten language continues, I'm going to quit typing this. Ruins the image, you know.) Five miles in 38:15. "Got to get to six in 46:15 or I'm nothing but a backyard ribpick. Buzzy chest pain. Maybe it's the heart. Men my age have dropped over! Pick it up—drive, drive!" Six miles in 46:36. "Gee, that's not bad. That would have won the 1959 10 kilo and it seemed so easy. All I needed was an 8:20 average to break 60 minutes for 10 miles. So why did I stop. Thin was encouraged I would have been if I had just loaded through those last four miles. What a Hummer head," (Ed. The unbelievable thing about the foregoing is that it is actually no true. That's the way the jerk trains all the time. But not very frequently. And he beats me. I might get sick.)