HEIRING-PEEL EASY WINNERS IN CAN-AM WALKS

Niagara Falls, Nov. 8—Despite very poor conditions, Jim Heiring added yet another fast time to his 1982 account with a 1:29:50 win in the Can-Am 20 Km walk held here today. Canada's Ann Peel was an equally impressive in the Women's 10 Km, covering the course in 49:50.

With the temperature only 37 degrees, the wind blowing at about 30 mph, the residue of an 8-inch snowfall the night before still on the roads, and ice in spots, Heiring still moved out quickly with a 21:49 for the first 5 Km. Only Canada's Francois LaPointe was challenging him a second behind. Tim Lewis was third in 22:14 and the rest of the field was better than 2 minutes back.

By 10 Km, Heiring was on his own in 44:20, with LaPointe 28 seconds behind. Lewis passed 10 km in 45:16, but started to close on the Canadian soon thereafter and was a solid third as he passed 15 in 1:08:25, behind Jim's 1:07:06. From there, Lewis, in his second superb late season race, moved easily away from LaPointe for a solid second in 1:31:43. Neil McGinnis was able to lose Don Lawrence the second half of the race to take fourth, bettering the 1:40 mark by 5 seconds. The Colorado team of Heiring, Lewis, McGinnis, and Lawrence were easy winners in the team race.

In the 10 Km, Peel was virtually unchallenged as Canadians swept the first five places. What promised to be a very interesting between Peel, Susan Liears-Westerveld, and Teresa Vail was wiped out when the latter two got stuck at the NY airport because the Buffalo airport was closed.


OTHER RESULTS:

It's racing you want? Winter's around, but chances abound:
Sat. Dec. 11--5 KM, Springfield, Ohio, 8 a.m. (T)
10 KM, New York City, 10 a.m. (T)
3 KM (Indoors), Cambridge, Mass. (K)
Sun. Dec. 12--Hawaii Marathon (F)
5 KM, Honolulu, 9 a.m. (E)
5 KM, Honolulu, Tenn. (X)
50 KM, Houston (Y)
Sat. Dec. 18--10 Miles, Columbia, Mo., 9 a.m. (D)
30 KM, New York City, 9 a.m. (T)
50 KM, Houston (X)
Sun. Dec. 19--Bill Reilly-Todd Scully Day Men's 10 Mile, New York City, 9 a.m. (T)
5 and 10 KM, Washington, DC, 9 a.m. (L)
Sun. Dec. 19--Bill Reilly-Todd Scully Day Women's 10 Mile, New York City, 9 a.m. (T)
10 KM, Venice, Cal., 9 a.m. (E)
10 KM, Fairfax, Cal., 9 a.m. (E)
Sun. Dec. 26--5 KM, Asbury Park, NJ (boardwalk), 10 a.m. (E)
10 KM, Asbury Park, NJ (boardwalk), 10 a.m. (E)
10 KM, Asbury Park, NJ (boardwalk), 10 a.m. (E)
Sun. Feb. 6--1 Mile, Boston (Indoor) (K)
Sun. Feb. 20--50 KM, 50 Miles, 100 Miles, Kingwood, Texas (K)
Sun. Feb. 26--50 KM, 50 Miles, 100 Miles, Kingwood, Texas (K)

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Paul Gonzales, the world's top 50 km walker, has been a welcome guest at the U.S. Olympic Training Center. He poses with some of the U.S. contingent. Bottom: National Coach Ron Laird and Don Lawrence. Top: Mike Morris, Gonzales, Leonard Jansen, and Sam Shick.
November 1982

**The Walker**

All mentioned above, a new magazine is in the wings. All we know about it at this time is that Jerry Young and Don Lawrence are involved, that they expect to be ready with their first issue in the near future, and that they have prepared a promotional piece that tells us:

> Besides the feature article of the month and the special articles, we will have a series of on-going discussions. These will include:

- **The American Trail Review;** a survey of the hiking trails throughout the United States. We will cover where to go, what to expect, and how to get there; covering a different state in each issue.
- **A complete list of all the Volksmarches in the United States, and a list of all competitive walks.**
- **A list of where to go for rehabilitative walking, and tips on how to walk for a healthier tomorrow.**
- **The competitive walker will have a personal interview with some of the top walkers in the U.S. tips on how to train, or coverage of the month's most important race.**

**Health articles from exercise specialists, chiropractors, shoe designers, or geri-antologists to answer any of the questions that you might have.**

In six bimonthly issues, the world of walking will come to you. Whether you are hiking the trails in Nevada, recuperating from surgery in Kansas City, or racing in the Olympics Sports Festival, you can read about it in **THE WALKER.** And not only will you hear the sports side, but also the walkers side. Because we are walkers just like you.

with Paul Gonzales in Mexico. Don Lawrence, still at the center, is now working for a new publication that will be coming out soon, **THE WALKER.** As you read above, Jerry Young has taken us to task, and rightfully so, for suggesting that his wife's 3:19:14 in the National 7:57:29. I really have no idea how I reached such a conclusion, but Jerry was probably too easy on me since I was the one who compared him to a retarded chimp in reporting a race several years ago in which he reportedly lost a couple of minutes in a shoe. Anyhow, I apologize to Jerry, who still beats his wife... The first 1963 European Athletics Calendar are now ready from the European Sports Department, The Athletics Congress/USA, P.O. Box 120, Indianapolis, IN 46206. The calendar, published by the IAAF and the European Athletic Association, lists the major meets by month, showing the date, site, event of type, and sanctioning body for each. The cost is $5.00. A book worth investing in is Gordon Wallace's *The Valiant Heart.* Gordon recounts events leading to his bypass surgery at age 50, and his subsequent progress to World Championships in New Zealand at age 70. The book is well written, inspirational, and entertaining. You can obtain a signed copy by sending $14.70 to Lightner Press, 102 Stree, Prescott, Arizona 86340. The Gulf Association wants to give advance notice that it is bidding for the 1983 National 100 Km. Championship race, with February 20 as the suggested date. They hosted the race last year... A few years ago, Wayne Nicol produced raising walking-shirts in three different designs, all quite nice (one used the GW walking figure). I don't know how many of you get them at that time, but you may have another chance. Plans to bring them out again, linked with expressions of more than 'Less Talk, More Walk' In Racing In Injury Free, etc. It's even walker than have one. J. Ralph

Peterson 5:25 1. Jane Frong 50:00 50 Miles, Fort. Wainwright, Sept. 24-2-Bev LeBlanc 10:06:56 5 K, Seattle, Nov. 14-

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THE WALKER will cover the world of walking from perspectives never before presented. Walkers talking about walking, specialists talking about walking, and coaches talking about walking. We will take you to the highlands on the trail, the heart of the race, and in the labs to learn more about the sport of walking. Because not only do we write about it, but we also live the sport.

All of this can be yours. Six issues a year of THE WALKER delivered to your house for $20.00.

Write: THE WALKER, 4349A Walker Lane, St. Louis, MO 63121 for further details.

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KEATING SUPERB IN 100 MILE WIN

Chula Vista, Cal., Nov. 20 — Bob Keating made a long trip from New Hampshire to take a long walk—100 miles—but he made it all worthwhile as he won the National 100 M. title in 9:19:51. Runner-up to three-time champion, Alan Price last year, the 35-year-old Keating was able to move well clear of Price over the second half of today's race for a very impressive and well-deserved win. Price had to overcome a strong challenge from John Kelly over the last 15 miles to hang onto second, with both of them well under 20 hours.

Price had his usual blitk start, but Dale Sutton and Paul Hendricks were not far back in the early going. Keating and Kelly were hitting their time, but walking a solid pace. By 50 miles, Price, Hendricks, and Keating were all on the same lap, but Hendricks called it a day 2 miles later and Keating started to move away for the win. At 85 miles, Kelly passed Price but Alan was able to come back and take second by over 6 minutes. It was the first 100-miler for the 35-year-old Kelly in many years and a very impressive performance.

In fourth place, Seattle's 46-year-old Bob LaVack became the second U.S. woman to establish a new U.S. women's record with 21:42:14. Her outstanding performance was good enough to beat another new Centurion and former Olympian, Tom Dooley. The former 20-km ace (1968 and 1972 Olympics) and sometimes 20 km walker had not competed at all for a year and a half. Who would have expected him to show up at a 100 miler? But there he was, nursing himself through the long cold night and then finishing strongly in 22:50:31.

Sixth place went to Dale Sutton, who hung on after his fast start to beat the 24-hour limit. The final finisher became the third U.S. woman Centurion and the youngest regardless of gender. Lisa Hendricks 19, a walker for just 4 months, and had never gone more than 20 miles before. She finished in 23:50:46, apparently none the worse for wear.

Tom Dooley reports how impressed he was by the night-long duel among Keating, Price, and Kelly as he struggled just to keep moving. He was also impressed by the form shown by all walkers, coming in with some preconceived notion that it was just a test of creepers and joggers and finding that nothing could be further from the truth. Equally impressed was Don Choi, holder of the record for the 6-day run. He held on for 93 miles in 24 hours and was telling people afterward that he was going 100 miles in more difficult than running for 6 days. The results:

4. Evie Laveck, Seattle, Wash. 21:42:14
5. Tom Dooley, Santa Clara, Cal. 22:30:13

Among others, Katy O'Classen did 98 3/4 miles, Choi 93, and Quack Hunter 92.
were I so foolish as to try something like a 100 miler (which I trust the Lord will let me be). I also recall Bel McGinnis mentioning in a letter reporting an address change how real this verse has become to him while racewalking. Anyway, take it with you the next time you go for a long one.

The way it was
or
The Trials of We Amateurs
or
A Racewalking Odyssey
(First published in the January 1970 OW under no title whatsoever.)

Back in 1961, someone decided they would like to introduce race walking to the Drake Relays. I was added to the one-mile Invitational was added to the program and Jack Blackburn and I were fortunate to be invited. We used to have some rather hairy weekends of travel, but this invitation led to probably the all-time hairiest.

The invitation included expense money, but to try Jack and I, amateurs in the core, were raffles such things would be an understatement indeed. This is the only time we were ever offered travel expenses and they actually asked us what we needed. Yes, what would Ron Laird have done with that one? But as far as we were concerned, the only way to get to a walking race was to get in the car and drive all night, or all day as the case may be. Like New York for the Indoor Nationals: Leave about 7 p.m. Friday, hit New York all-morning, get a little sleep in the hotel room of someone you know, race that night, and then start back because you can’t afford a room of your own. Or, to the Drake Relays: Drive all day every day to the race and room you can find at 10 or 11 that night, race on Sunday, and then back on the road through half the night because you have to be at work at 8 Monday morning. Well, that’s the way we did back in “the good old days”.

So when we received the invitation from Drake, we made our plans along those lines. After all Des Moines is about the same distance as New York (600 miles), although in the opposite direction. However, knowing there was a 10 km race in Chicago on the day after the Drake race, we figured we would “take advantage” of the Drake people and get enough money to make that race as well. So, we figured the cost for driving the 600 miles to Des Moines, home via Chicago, which may be 700 miles, Saturday night lodging, and meals for 2 days. About $75 for the two of us should do it. (Remember, gas was around 30¢ a gallon in those days and we could get a decent room for around $1.50.) The fact that there were planes flying in the air never crossed our feeble minds. We got our $75 with no questions asked and on getting to Chicago found that the other two contestants, Rimas Vacaitis and Matt Rutyna, had gotten $150 to come the 600 or so miles from Chicago, via the airways. We have the memories, however.

Our schedule was just a bit tighter than going to New York. Although the distance was the same, the race was in the afternoon, not evening, about 5 or 7 hours earlier. So, both being very conscientious about our jobs and wanting to keep them, we left at 7 or 8 p.m. Friday after work and supper. Taking turns driving, we both managed 1 or 2 hours sleep in the backseat during the drive out. Our only problem was a fuel gauge that registered empty at about 3 in the morning somewhere in western Illinois. A contribution to the “policeman’s benefit fund” or something (more likely this particular constable’s own pocket) opened a gas pump for us and on we went.
The text contains a list of participants in a 50 km race along with their times. The text also includes notes about participants who did not finish (DNF) and their times.