

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER



VOLUME XI, NUMBER 1

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TEN QUICK YEARS

In March of 1965 a five-page, dittoed, barely legible, newsletter was mailed from Jack Blackburn's place at 3033 Fishinger Rd. in Columbus to some 15 or 20 unsuspecting people. This was Volume I, Number 1 of the Ohio Racewalker and the hope was that these enthusiastic readers would quickly return \$1.20 for another 12 issues. I'm not sure why we thought there would be another 12 issues. However, most of those selected readers did return some money, told their friends besides, and suddenly Jack Blackburn, Publisher and Jack Mortland, Editor were in business.

The subscription list slowly grew and as we developed news sources the format was expanded to 8 pages with the addition of national and even international news. However, heeding a warning of Bob Mimm not to get some national-type moniker since it was a sure way to go out of business, we retained the Ohio Racewalker title, and still do, as a glance upward will tell you.

When Jack Blackburn moved to Van Wert, Ohio in the fall of 1968 the operation necessarily became a one-man deal, and, because he took his ditto machine with him, we went to mimeograph reproduction. This continued until December 1971 when we put out the first printed issue, a near disaster. I used the same format you see now, but didn't plan my page size properly when typing and consequently had to reduce the copy to a microscopically small size to fit the page. That cost us a few subscribers, but we ran a capsule review of the December issue in January, for those who didn't have a reading glass, got the reduction problems straightened out, and moved forward. At the time Jack left the business (business?), circulation was just over 100. I think it was pushing 200 when we went to the printed format, and we are now around 260.

Hopefully the product has improved somewhat over the 10 years but as we look back on that first issue and read the original "Statement of Policy", we see that policy has changed little. It might be well to restate what we said then:

With the thought that too little is written about the sport of race walking, we bring you the first issue of the Ohio Race Walker! On these pages each month you will find complete news coverage of walking in this state (we had some in those days), plus any results we receive from elsewhere, together with features and commentary on race walking in general. In short, any information on the sport that we come across, and is of sufficient significance, will be passed on to you, the reader. (And one comes across so little on race walking, it is hard to imagine anything of too little significance.)

Steve Hayden
56 Verbena Ave.
Floral Park, NY 11001
7/75



"Our purpose is mainly to present information and news on the sport (and to keep our own names in print) and we are not planning any crusading-type journalism. However, when controversy arises in any way regarding our sport, we will not hesitate to take a strong editorial stand. At the same time, we will make our pages available for the opinions of others, though they may disagree with our own.

"Any news, comments, criticisms, or general features on walking from our readers will be more than welcome. (You can now add photos to that)... Address all correspondence regarding anything else you might have on your mind to.....(Needless to say, editorial preference will be given material that comes in envelopes also containing \$1.20.) (Now a cool 3 bucks; inflation, you know.)"

Hopefully, we will still be coming your way in another 10 years. If so, the above will probably still be applicable. (Make that \$6.00.) Now, on with the news of the month.

RACE RESULTS

10 Mile, Westbury, N.Y., March 2—1. Gary Westerfield 1:27:10 2. Ion Barbu 1:34:06 3. Mark Mendell 1:39:33 4. John Ludwinski 1:39:33 5. Ed Granowitz 2:02:33 10.4 Mile Walk, Princeton, N.J., March 9—1. Paul Stewart, U.S. Merchant Marine Academy 7:10.6 2. John Leonard, State U. of N.Y. at Plattsburgh 7:35.5 3. William Hamlin, Brown U. 7:35.9 4. Tom Ambury, USMA 7:47.6 5. Thomas Zakarian, Princeton U. 8:07.8 6. Rich Pleffner, Manhattan Col 7. William Jetner, CCNY 8. Mary Hart, CCNY 8:31.9. Mark Mendell, Queens College 8:35 DQ—Mike Dulke, USMA AMA 2 Mile, Pittsburgh, Feb. 15—1. Geoff Rhodes 16:49 2. Gary Rywaters 17:49 3. Ron Froats 18:07 4. Jim Johnson 18:55 Women's 1 Mile, same place—1. Beth Harwick 8:26 2. Amy Novak 8:31 3. Judy Fisher 9:49 4. Lori Loppelt 9:52 AMA 10 Mile, Pittsburgh, Feb. 16—Boys 9 and under 880: 1. Jay Elahi 5:05.5 Boys 10-11 1 Mile: 1. Leroy Camp 11:05 Boys 12-13 1 Mile: 1. Mike Bencheck 8:18.9 2. Ralph Phillis 9:38.1 Boys 14-15 1 Mile: 1. Russ Froats 8:02.9 2. Ron Froats 8:18.4 Girls 9 and under 1 Mile: 1. Lynn Huber 10:24.1 Girls 10-11 1 Mile: 1. Jane Leone 11:24.3 Girls 12-13 1 Mile: 1. Athena Monios 8:55.5 2. Judy Seik 10:07 3. Rhonda Hartman 10:37 Girls 14-15 1 Mile: 1. Chris Hartman 11:03.8 Boys 16-17 1 Mile: 1. Jeff Rhodes 7:56.2 2. Roger Froats 8:2.8 3. John Zuemie 9:19 Girls 16-17 1 Mile: 1. Beth Harwick 8:26.8 2. Amy Novak 8:30.4 NAIA 2 Mile, Greensboro, N.C., Feb. 15—1. Jim Heiring, Wisconsin-Parkside 14:14.6 2. Jim Bentley, Eastern New Mexico 2 Mile, Kenosha, Wis., March 1—1. Mike DeWitt 15:20.8 2. Bill Hamilton 15:21.7 3. Jeff Marzeno 17:36.6 4. Mark Kitzer 19:59.2 (First ever walk, including workouts, for the last two.) 5 Km, Kenosha, Wis., March 16—1. Jim Heiring 22:51.0 2. Mike DeWitt 23:51.9 3. Larry Larson 25:49.8 Women's 5 Km, San Jose, Cal., March 16—1. Ester Marques 25:08.8 2. Susan Brodock 25:29.8 3. Diana Dummick 27:42.9 Girls 14-15 5 Km, same place—1. Chris Sakelarios 26:07.8 2. Linda Brodock 26:16.3 3. Sheila Thompson 27:45.4 Girls 9 and under 1500 meter, same place—1. Kim Salinas 9:01.2 (American Record) 2. Libby Bangert 9:06.8 3. Michelle Olson 9:25.1 Girls 10-11 3 Km, same place—1. Victoria Cook 16:24.1 (American Record) 2. Lynn Holmbeck 16:41.6 3. Christian Ramirez 17:10.6 Girls 12-13 3 Km, same place—1. Rebecca Villavazo 15:45.6 (American Record) 2. Joyce Brodock 16:03.1 3. Jessica Naskow 16:13.2 3 Km, Edmonton, Alberta, Jan. 18—1. Tom Manske 13:30.8 2. K. Smith 15:19.2 3 Km, Saskatoon, Jan. 25—1. Tom Manske 13:29.4 2. K. Smith 15:19.2 3 Km, Edmonton, Feb. 1—1. Tom Manske 13:29.0 (He is really in a groove) 2. K. Smith 14:49.8 Canadian National Indoor 3 Km,

Edmonton, March 8—1. Ron Laird, USA 12:35.4 (Canadian Open Indoor Record) 2. Tom Manske 13:19.2 3. Roman Olszewski 13:26.6 4. Marcel Jobin 13:31.6 5. Pierre Lablanc 13:50.6 6. Kevin Smith 14:33.2 Ontario Indoor 3 Km, Toronto, Feb. 22—1. Roman Olszewski 13:19 2. Karl Merschens 13:30 3. Alex Oakley 13:41.6 4. Glenn Sweasy 14:09.2 5. Ray Floriani, Shore AC 14:57 DQ—Frank Johnson, Geoff Banner, Tom O'Shaughnessy Ontario Jr. Indoor 3 Km, Toronto, March 8—1. Neville Conway 13:31.4 2. Brian Burke 15:17.8 3. Tom O'Shaughnessy 19:35.6 30 Km, Aylmer, Ont. March 16—1. Karl Merschens 2:30:21 2. Alex Oakley 2:30:37 (A fair performance for a guy of about 47 odd years) 3. Roman Olszewski 2:32:32 4. Pat Farrelly 2:40:03 5. Max Gould 2:50:33 Women's 1500 meter, Montreal, Feb. 22—1. Jacynthe Theberge 8:01.9 2. Terry Lalonde 8:03.8 3. Jeanne Sasseville 8:30.9 3 Km, Montreal, Feb. 22—1. Pierre Lablanc 13:50.8 2. Hermann Beaulieu 14:48.4 3. Claude Filteau 15:06.6 4. Denis Leblanc 15:29.6 3 Km, Edmonton, Dec. 14—1. Tom Manske 13:14.8 2. Kevin Smith 15:54.6

Overseas:

East German National Indoor 10 Km, Feb. 22—1. Karl-Heinz Stadtmüller 41:37 (World best ever bettering Frenkel's 42:13.2 of 1972) 2. Lutz Kipkowski 41:56.4 3. Hans-Georg Reimann 42:11.4 4. Peter Frenkel 42:23 15 Km, Canaloro, Italy, March 2—1. Vittorio Visini 1:07:22.6 2. Mirko Scussel 1:09:11.4 3. Vittorio Canini 1:09:58.4 4. Carlo Lisi 1:10:30.2 5. Alessandro Pezzatini (age 16) 1:12:53.2 5 Km (Indoor?), Sweden, 7 '75 1. Reima Salonen, Fin. 21:54 2. Owe Hemmingsson 22:10 3. Goran Aneheim 22:58 4. Stig Proberg 23:01 5. Tomas Glans 23:21 Women's 3 Km, same place—1. Margareta Simu 15:07 2. Britt Holmquist 15:11 Women's Jr. 3 Km, same place—1. Monica Karlsson 15:29 2. Ann Jansson 15:35 5 Km, Sweden, Jan. 10—1. Daniel Björkgrén 22:51 Jr. 5, same place—1. Bengt Simonson 22:51 10 Mile, London, Feb. 8—1. Amos Seddon 73:23 2. Shaun Lightman 73:50 3. Paul Nihill 73:55 4. Bob Dobson 75:27 5. Carl Lawton 75:42 6. J. Nye 75:45 7. Alan Buchanan 75:52 10 Mile, Redditch, Eng., Jan. 25—1. Brian Adams 74:00 2. Shaun Lightman 75:00 3. Alan Smallwood 75:20 Women's 5 Km, England—1. Pamela Branson 26:04 2. Christine Coleman 26:19 Women's Jr. 2500 meter—1. Maureen DeGiovanni 12:48 2. Joanne Wickham 12:48

RACING SCHEDULE

Fri. Apr 11—1 Mile, Keokuk, Iowa (U)
Sun. Apr 13—Ontario Sr. 50 Km, Etobicoke (O)
Iowa 20 Km and Women's 3 Km, Cedar Rapids, 11 a.m. (P)
WCA 20 Km and Development 5 Km, Kings Point, NY, 10 a.m. (R)
Sat. Apr 19—1 Hour, Kenosha, Wis., 4 p.m. (Q)
Sun. Apr 20—NAAU SENIOR AND B 75 KM, WEST LONG BRANCH, N.J. (H)
Sat. Apr 26—20 Km and Jr. 10 Km, Ottawa, Ont. (O)
5 Km, Des Moines, Ia., 9 a.m. (P)
3 Mile, Kenosha, Wis. (Q)
Sun. Apr 27—WCA 10 Km and Development 5 Km, Westbury, N.Y., 10 a.m. (R)
Sat. May 3—6 Mile, Kenosha, Wis., 11 a.m. (Q)
Sun. May 4—NAAU JUNIOR 15 KM, PORTLAND, OREGON (J)
10 Mile, Seaside Heights, N.J. (H)
Sun. May 11—NAAU SENIOR 20 KM, SAN FRANCISCO (D)
Fri. May 16—1 Mile, West Allis, Wis. (Q)
Sun. May 18—Bert Life 5 Mile, Toronto (O)
5 Mile, Des Moines, Ia., 10 a.m. (P)
WCA 30 Km and Development 5 Km, Westbury, N.Y., 9 a.m. (R)
Sat. May 24—NAAU SENIOR 15 KM, CHICAGO, ILLINOIS (C)

Sun. May 25—Mexico-Canada 20 Km and Jr. 10 Km, Montreal
 15 Km, Cedar Rapids, Ia., 7 p.m. (P)
 Zinn Memorial 10 Km, Chicago (C)
 9 Mile Hdec, Lakewood, N.J. (H)
 Mon. May 26—5 Km, East Hartford, Conn. (B)
 Sun. June 1—Canadian 50 Km, Hamilton, Ont. (O)
 Region 1 AAU 20 Km, Belmont, N.Y. (S)
 Sat. June 7—Iowa 5 Km and Women's 1 Mile, Arkeny, 10 a.m. (P)
 Met. AAU 2 Mile (S)
 Conn. AAU 5 Km, Greenwich (B)

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 C—Mike Riban, 4508 N. Oakley, Chicago, IL 60625
 D—Frank Hagerty, 2973 W. Swain Rd., #37, Stockton, CA 95207
 H—Elliott Derman, 28 N. Locust, W. Long Branch, N.J. 07764
 O—Doug Walker, 29 Alhambra Ave., Toronto, Ontario, Canada
 P—Dave Eldahl, Box 209, Richland, IA 52585
 Q—Larry Larson, 909 Ostergaard Ave. Racine, WI 53406
 R—Gary Westerfield, 36 Norman Drive, Centereach, NY 11720
 S—Steve Hayden, 56 Verbena Ave., Floral Park, NY 11001
 U—Jim Breitenbacher, 1311 Concert, Keokuk, IA 52632
 Late edition to schedule: Various age group 1 and 2 Miles, boys and girls;
 Women's 5 Km, Mens and Vets 10 Km, Los Angeles, April 19, 9:30 a.m. on.
 Entries from Municipal Sports Office, 200 N. Main St., Los Angeles, CA
 90012.

 FROM HSEL TO TOE

In the Richmond race with the USSR, Ron Daniel stayed with Golubnichy for about 1½ miles and then the Soviet ace apparently had it all to himself as he cruised to his fantastic time. Laird felt he should have caught Soldatenko but was satisfied with a personal best by 21 seconds. Daniel deserves some sort of special for sheer guts. It seems that in the AAU race, 3 nights before, he got a real good shot in the ribs and walked the Richmond race with separated cartilage between two ribs. I personally have got hard shots to the ribs on 3 or 4 occasions playing basketball. I never had these checked to see if it was more than a bruise but I know that there is no way you can breathe at all deeply without really tearing yourself up. On each of these occasions I just forgot about training, even very lightly, for 5 or 6 days. There was just no way to do it without excruciating pain. How Ron managed a flat-out 3 mile, which obviously requires a lot of real deep breathing, is beyond me, but I certainly admire the effort. Not only did he walk it, but stayed ahead of his pace during the National 2 Mile for 1½ miles, hitting that mark in 10:12 compared to 10:17 in New York. The first mile was 6:38 and Golubnichy held right on that to hit 2 in 13:16 before increasing his horrid pace over the last mile. Soldatenko was just under 13:30 at 2, Laird at 13:34, and Daniel, now really hurting, back at 13:52.. Laird was honored at this meet by being selected as team captain and got to carry the flag at the opening ceremonies....I have still received no definite word what races will be used to select what International teams for this summer. Maybe by next month we will have the complete story. For now we know that the National 20 Km in May 11 and that it may or may not be a selection race....Regarding the lap mixup at our OSU Invitational 3 Mile both Dale Arnold and Gary Bywaters have tried to take the monkey

off my back by writing that walkers should be able to keep track of their own laps, which I agree with in one way. You should always have a good count so you can be ready to argue with inept officials who have lost count. But, the officials should not be inept and should be sufficient in number to keep accurate count of each competitor's laps in races where there is going to be considerable lapping. This is where I fell down. Anyway, Gary reports that he finished in 27:07 and Dale says he was 29:37 with Bob Smith 7 to 10 seconds ahead of him and Clair Duckham about 1 minute behind. Kevin Butler apparently was about a minute back of Gary when he stopped with 2 or 3 laps to go. Beth Harwick and Athena Monios were given 28:42 and 28:43 according to Gary, but felt they had a lap to go. However, Dale says he lapped them, so it may have been 2 laps....Bywaters also reports that he was actually asked for his autograph by a middle-aged couple in the stands following the race, which shows what great enthusiasts our Columbus fans are....The February/March issue of Diversion, a sort-of what-to-do-in-your-spare-time magazine for physicians, carried an excellent article on Dr. Chris Amoroso, the Colorado Track Club's Masters ace. Since taking up running, and then race-walking, about 7 years ago Chris has trimmed from 195 to 160 lbs. But more important he reports, "My sights are entirely different. Physically I'm not frightened by much, and mentally I'll take on all sorts of things. Being in shape changes your perspective. I can't do it because I can do anything.".....Have recently received two publications of great interest, both thanks to Raymond Eluteau in Quebec. The first is Marche 1974 which is published by Hector Mahau in Belgium. The book provides a very comprehensive review of the 1973 season. Although in French, it is largely results and thus comprehensible even if you don't read the language, as I don't. It includes an excellent resume of that year's Lugano Cup races, including the preliminary rounds; very extensive coverage of the Paris to Strasbourg and an article on the winner, Robert Rinchard; a resume of National Championship races throughout the world; a lengthy, and fascinating section on "Les epreuves de grand fond" a review of all the ultra-distance races in Europe of which there are a surprising number; a review of International races at more common distances during the year (Les classiques Internationales); a review of all past Lugano Cup races; a rundown of national records; and brief sketches of several top International races—among other things. 210 pages in all. It is available for 90 francs from Hector Mahau, 74 Avenue Reine Astrid, B-5000 Namur, Belgium. Earlier editions are also available. I have not yet ordered any of these, but they look worthwhile. Marche 1973 has 176 pages at 80 francs and includes many biographies of principal walkers. Marche 1972, 172 pages at 75 francs, has a complete Olympic history; and Marche 1970, 160 pages at 65 francs, has a complete history of the Paris-Strasbourg race. (I am relying on my ability to read French, which, as stated, I don't read, to bring you these capsules.) The first edition was in 1968....The second book, also in French, is done by Raymond Eluteau and titled La Marche Athletique. I just received this and have had little time to look at it. However, it includes a brief history of walking, a lengthy statistical section covering Quebec, Canada, and the World, and a variety of other items related to the sport. A limited supply is available from Raymond Eluteau, 750 Wallberg, Dolbeau, Quebec G0W 3A0, Canada at \$3.00 (Canadian) per copy....Kevin Butler, Columbus' 15-year-old National Junior Olympic Champ, is making a name for himself in another field. He recently appeared in a rock musical at Johnson Park Junior High School, which he had written, entitled the "Gisard of Odd", a take off, of course on

"The Wizard of Oz"....Bill Walker, reportedly in serious training for the longer races, like 75 and 100 Km, is doing okay at running this winter, too. On a recent weekend he took third in an age 30-39 1000 yard run in 2:33 and came back the next day with a second place in the 2 Mile at 10:07.....Bob Henderson has been taking advantage of a training camp in Mexico City along with the Mexican walkers, Bernd Kannenberg, Hans Schubert, and Leo Frey of West Germany, and Jan Ornoch of Poland. They had a 10 Km race on March 23 with the Mexicans, better acclimated to altitude, scoring a sweep. Times were: Daniel Batista 45:06.2, Pedro Aroche 45:37.2, Angel Flores 46:13.8, Raul Gonzalez 47:31.4, Enrique Vera 47:39.2, Kannenberg 47:50, Henderson 49:00, Schubert and Frey no times. Ornoch did not compete, which Bob says was smart. The air is dirty, besides the altitude. But the training is good, if one ignores the effects of Montezuma's revenge, apparently. Local papers apparently made a big flash of the easy Mexican triumph over Kannenberg.

LOOKING BACK

10 Years Ago (From the very first Ohio RaceWalker, March 1965)--The news was all from Columbus, since we hadn't yet developed any correspondents.. Featured was the first New Year's Eve 6 Mile Handicap, won by Doc Blackburn with an actual 54:32. He finished a minute ahead of Jack Blackburn's 50:33 with Mortland third in 51:03...In Columbus' first Indoor race, Mortland beat Blackburn by .1 second in 14:49 on Feb. 7 but a month later, outdoors this time, Blackburn turned the tables 14:21 to 14:24, after a pedestrian 7:19 first mile. It was reported that Blackburn received one caution from the chief judge, who happened to be Mortland. Between these two races, Mortland managed an 80:48 for 10 miles, 7 minutes ahead of the speedy, but ill-conditioned, Blackburn.

5 Years Ago (From the March 1970 ORW)--Two American records were broken during March with Larry Walker turning in a 13:20.2 for 2 Miles on March 14 in LA and Dave Romansky circling the C.W. Post track the next day for a 20 Km record of 1:30:11.8. Steve Hayden was a real surprise in this race with a 1:32:06, just 26 seconds off of Ron Laird's earlier record. John Knifton was third in 1:35:53. Dave covered 8 mi 325 yds in an hour on his way and after several miles in the 7:20-7:29 range closed with a rush going 7:11, 7:13, 7:15, and 7:04 over the last four....Greg Diebold edged Clarence Buschert by one second to win the IC4A title in a quick 6:41...Floyd Godwin, after walking the AAU mile in New York on Friday, losing in an American record 3 mile to Ron Laird in Columbus on Saturday (these races were mentioned in last month's Looking Back), beat Laird by 6 minutes in Denver on Sunday with a 1:08:55.4 for 15 Km...Two weeks, Ron was back in Denver to win a 2 Mile in 13:58.6 to Floyd's 14:01 (at altitude but was soundly trounced again the next day at 6 miles as Floyd did 43:16... Tom Dooley turned in a fast 28:27 for 4 miles, beating Bill Renney by nearly a minute....I see that in that issue, we also repeated our original statement of policy and also commented on its constancy. I guess you can look forward to this every 5 years

The Ohio RaceWalker is published monthly in Columbus, Ohio. Editor, Publisher, Owner, Manager, and President of said publication is John E. (Jack) Mortland. Subscription is still holding shakily at \$3.00, (if postage rates go up again this summer, as rumored, we probably will too.) Address all correspondence, subscription or editorial, to 3184 Summit St., Columbus, Ohio 43202. Please note that we have honored the start of our 11th year with a new ribbon in the typewriter so that you can read this for a change, which just could cost me some subscribers, now that they really see the tripe they have been getting.

The following article on 50 Km training appeared in Chris McCarthy's Race Walker in June 1963. At that time Chris had already established himself as the country's leading 50 man and he affirmed this in 1964 when he did a 4:35 in Tokyo. Although not fast by our present standards this performance was a breakthrough in this country and had Chris chosen to continue for a couple more years there is little doubt he would have improved further. We should also note that, although not blessed with any speed, he also walked close to 1:40 for 20 in 1963 and could probably have improved that the following year.

Training for the 50 Km Walk--Preparatory Phase by Chris McCarthy

I had no sooner finished this year's 50km walk when other athletes began to ask me how I trained for that race. (Come to think of it, Ron Daniel was asking with 3 miles to go!) Since then I've had letters, typical of which is one from San Diego's John MacLachlan which says in part: "It was a pleasure meeting you, Ron (Laird) and Alex (Oakley) and being able to talk with you and to get some of your thoughts about training, etc. Actually, Chris, I haven't seen or heard anyone doing or recommending as much long distance strolling as you did building up for this race and I think that all the fellows interested in the longer events would certainly like to know your schedule of training for the "50." How About it?"

Truth is, I'll be glad to tell anybody that will listen all I know about the 50km walk--especially since it won't take me very long. Since most training programs are based on a theory, I suppose I should start with my basic theory. I believe, and experience has taught me, that a marathon runner does not begin until after 17 or 18 miles & that a 50km walk does not begin until after 22 or so miles. Success in these distance events goes to the guy who can close strong over the last third. Whatever else happens you've got to finish--unlike certain types of auto races there are no "lap prizes" for leading at checking points.

Accordingly, I think that the most important training a distance man (runner or walker) does is that part of his training in which he is covering the last one third of his distance.

Long distance training alone, however, will no longer get a guy in shape to win in important competition. All events on the Olympic program have been "solved." By this I only mean that there are no slow races left. To win the marathon you need to average 5.15 miles; to win the 50km (against Pamich at his best) you'd need 8.15's.--or better!

Modern training then, as I see it, consists of this: excursions into that area of supreme fatigue encountered in the closing miles of a long distance race alternated with periods of hard pace work geared to enable the athlete to travel fast enough to keep up with the others--& when successful, ahead of them!

Some training programs stress the long distance aspect (I once heard it said that Bikila ran 50 miles per day for 3 consecutive days. Whether or not this is true, it would represent an extreme example of straight out fatigue resistance training.) On the other side is the type of training that Igloi was giving to LARC marathoner Ned Sargent prior to last year's Western Hemisphere Marathon--a fantastic amount of short sprints.

Strange to say, these two different aspects of training tend to come together--if you're lucky. Some guys (e.g. USA marathoner Gordon McKenzie) train almost wholly on slow, long stuff & still run pretty damn fast 6 & 10 milers. Others, (Pete McArdle) train on gut busting intervals and get off some great races at 30 & 42km.

I say though, "if you're lucky."

For I believe that the reason why there are so few good distance men in the world (runners & walkers) is not only because of the hard work involved--but also because so many of them get injured and have to fall by the wayside. In fact, I think that this is such an important consideration that I greatly favor too little training over too much. The cure for too little training is simple and obvious--but when your achilles tendon goes, or when you come up with calcium deposits in your bones & other such distance man's maladies--what cure is there for these? And then there is that other thing, worst of all, for which there is no name, cure or explanation but which goes by the rubric "burned out." The Chinese proverb "make haste slowly" must have been coined with distance training in mind.

So far we've noted this: you can become a good distance man by doing one hell of a lot of short intervals and you can also become a fast distance man by doing one hell of a lot of long distance. Some guys respond to one kind of training; others to the other kind of training. You should find out as soon as possible what you respond to. Generally, I think a good clue is this: if you are naturally fast (e.g. can run a 440 in the low 50's) but find it difficult to go long distances, then your training should emphasize distance work. And conversely if you are slow but able to go all day, then you should work on speed. In short, do whatever is more painful!

Turning from generalities (which are nonetheless, very important considerations) let's set up a program. My suggestion is to set out on a

middle course--at least until you know which it is that you must stress, speed or distance. I'd suggest that you work on both, speed & distance. But, in accordance with what was said above, about the risk of injury, I would stress the importance of a preparatory period. Chances are most American distance walkers could not now do the workouts I do (60-70 miles per week) nor could I do the workouts of Pamich, Lavrov, Thompson, Llunggren, etc.. But if a guy starts slowly and prudently, he might well pass me and (hopefully) Pamich, Lavrov, Thompson, Llunggren et al, and go on to the top. The guys with the best backgrounds at this time have, theoretically at least, the best chance of developing before the 1964 Trials. But, quite frankly, I don't really expect much out of any American distance walker in 1964. I'd like though, to see some new faces on that team--for 1968 can be a different story and now (1962) is none to soon to start.

So much for the "pep talk". Now on with the show.

Let's assume that you've been walking a year or so. That you are capable of 90-95 mins for 10 miles & that you are still at an age where you can expect to get better--not merely older. With this kind of a background I'd suggest the following SUNDAY: Make this your distance day. (if for reasons of occupation, religion etc., you can't adhere to the days listed here, change the schedule to fit your needs.) You might as well get a taste of the bitter fruit early in the game. With the background that I assume you have you should be able to last out three hours of in-form-hiking. By in-form-hiking I mean arms up, knees locked, hips pivoting, etc. --

slow motion race walking. Choose a course that is interesting, preferably out & back and starting at home (to hell with neighbors). Don't worry about how far you go, but for purposes of logging your miles you can probably figure something like 14-16 miles. If you go faster you're race walking, not strolling; if slower you're goofing off. On successive weeks during the preparatory period your time should come down for the same course with out any apparent increase in effort.

MONDAY: Here you have to be very cautious. I believe that most distance men hurt themselves by trying to work too soon after a long distance effort. Almost everybody pays lip service to rest; but only the sensible incorporate it into their training. Eventually Monday will become one of your key days of training (for example, D.J. Thompson will go 31 miles on Sunday in 5.10 & then follow it up with a hard 5 or 7 miler on Monday. Only the very best walkers can do this. --Whitlock in his book refers to this system as "laminations" the putting of "layers" of work on top of each other without a great deal of rest. It is, of course, pure "brinksmanship"--pushing a guy to the brink of injury and should only be done when a guy is ready for it and when you know pretty damn well how much the guy can stand.) At first I would suggest you take Monday completely off and then, as you adjust to the Sunday hike, start coming back with a fast mile (7.30-7.45) on Monday; later maybe a two miler (15.45 or so) and then, (the stage I am now in,) a 3 miler as close to 24.00 as possible. (---Of course, my Sunday workouts are not now 3 hrs., but six.) Anyway, I like Whitlock's principle for I think it's a "cheap

workout", i.e. a good simulation of the 3d part of a long distance race--without going thru the tedious first two thirds.

TUES & THURS: For me these are similar days. During the preparatory period (the first couple or three months, depending on how you come along) I'd suggest intervals on the track. As a starter I'd go on one hour of 440/220 rest. Almost everybody I know walks 440's faster than I do--even 14 year old Dan Calef. But I'll be damned if I can see any sense in a 50km man going faster than 1.55. I think it is better to do more of them, then less faster. Unless you are training for 20km; that is a different story (and not relevant here.) I might add, too, that my idea of slower and more is currently in vogue with the coaches of leading runners--e.g. Tom O'Hara, Bruce Kidd, etc. The stroll during the 220, by the way, is at about the pace of your Sunday stroll & like your Sunday stroll, it must be in-form. Other suggested Tu & Th workouts are one hr. of 800's, one hr. of 1km, 1hr of 660's or towards the end of the preparatory period, one hr. of miles. In each case the pace will be about the same (7.40 to 7.50/mile for the shorter stuff & 8.00 for the longer ones, with the rest period at the same pace & in proportion, e.g. 440 for an 880, 330 for a 660, etc.) Eventually, as you get good & strong Tu & Th become 2 hr days (on intervals) or else 25km days of straight road work depending on how you can take it.

WEDNESDAY: For me Wednesday has been like Monday, except I go a little further. So far I've had my hands full trying to get off a

40.00 five miler. I'd like to go 7 miles in 56.00 or so, but never have. Anyway, I'd suggest you work on your sustained 8.00/mile pace on this day. Do a 16.00 2 miler or a 24.00 three miler, 32.00 four miler, etc., building up as you go. (Paul Nihill gets off 8.00 15 milers during the week;--a good show if you can do it.) This pace work, by the way, (Mon-Wed-Sat) I consider to be very important. It is here that you build "stamina" --pushing strength--as opposed to "endurance" (Fri & Sunday) which is lasting-out or surviving strength. (See notes at end of article).

FRIDAY: Frankly, at the point I am now at I don't know what to do on Friday. I've even thought of taking the day off. During the preparatory period it is not a problem, however. I used to go out & do 90 mins of strolling on Friday evenings. If you try it, go at whatever pace feels comfortable--say 10.00 to 11.00 per mile.

SATURDAY: If you have a race on Saturday then two problems are solved, viz, what to do on Friday (rest) and what to do on Saturday (race!) If not, then go back to 'batting your head against the pace wall--a fast five miler 40.00 or better; 10km under 50 mins; 7 miles in 56.00 etc.. In fact, now that I think of it, this will probably be your first "lamination." Plan on a hard time-trial (three to five miles) on Saturday, followed up by your distance workout on Sunday--with Monday off until you can stand it. This is the Thompson plan but reversed (and much easier--for you recover more quickly from a speed workout than you do from a long distance workout.)

Having covered 7 days we have filled out your week. Adding it all up

I come to something like 48 miles. That's probably a little steep at first, but I've tried to make it clear that you have to use your God-given noodle about how hard to push yourself. As stated before, too little (that is, taking a day off, or cutting down) is preferable to doing too much. You can always make up the lost workout but when you see the legions of guys who fall by the way from overwork you realize that distance work (running & walking) is comparable to the roughest contact sports.

Having covered the preparatory period I might add that nothing changes much after this. You will do more work (Sunday's become 6 hr hikes, 5.10 50km's, 4.00 40km's, 3-3.05 20 milers etc. these become backed up with 40 min 5 milers; Tu & Thu become 2½ hr days etc.--but the direction of change is towards more quantity.) Also, the process becomes (ideally) more personal--you work on that part of your training where you are weakest.

The plan suggested here is not novel and it incorporates nothing new. Indeed, I doubt that at this late date any really new training plan will come up. With the hundreds of hundreds of thousands of miles that have been logged by countless thousands of athletes the basic principles are pretty well known. It's not superior knowledge that makes one guy stand above the other, it's just that dull, stupid, inglorious ability to stick it out until successful that eventually wins--which is, alas, the story of life, and the reason why they say:

"The race is not always to the swiftest."

Having re-read what I've written about the 50Km I'm not sure that I've put across the essential points that I wanted to put across. First, let me say that the advice given here is for the "scrub"--the guy who is not too talented and who, if he ever gets good, will be entirely self-made. (Being a scrub myself I'm familiar with scrub's problems.)

What I've presented here amounts to one more version of the "two strength- two distance theory." I feel that it's not too much to say that the 10km run & the marathon are two different sports; that the 20km Walk & the 50Km Walk are also two different sports. Occasionally you get a prodigy who can bridge the gap between them; a guy who can rip off a marathon as though it were a 10km run without ever having run the distance before in either a race or in practice --presumably it could happen in the 50Km too.

I quite agree with Whitlock when he says that for most of us (scrubs) the 50Km is a long time trial and not a race like the 20Km where, if you let a guy get a few yards on you, you are in danger of losing him altogether.

What makes the 50Km (& marathon) hard for us scrubs is that somewhere in the last 3d of the race something akin to rigor mortis sets in. Accordingly, the scrub has to train to combat this fatigue. There might be other ways to combat this fatigue than that which I suggest; if there are I'd love to hear about them. But as far as I know the most efficient way, if not indeed the only way to overcome this fatigue is to just simply get

your butt out on the road and drag it around for six hours or so. (Or, if you are a runner, 3-3½ hrs, or so.)

This is why I recommend more strolling than, apparently, others recommend. (If in fact I do--actually I think any distance man will tell you pretty much the same thing.)

The essential point that I wish to stress is that you really aren't getting any good out of a workout that stops just when you're getting tired, stiff, thirsty, sick, etc. I'm inclined to believe that the walker or runner who quits when the going gets really tough will never get good--unless there is an alternative way to train; for he will never master the distance.

Fortunately, there is a "break-through." Your first really long workout will be a killer-diller; the 2nd one a killer; the third one merely a diller & so on. In my own case, I went out on a Sunday & walked 3 hours, taking 2.56 to get back. In the last couple of miles I had to walk in the street because it was too much effort to get up & down the curbs on the sidewalk! One month later, the fourth time I covered the same course, I was able to get up to the turning point in 2.57 and back in 2.38.05--nearly 20 mins. faster returning as I was now learning to push the 2nd half.

But again, as mentioned earlier, I advise caution on building up for this. Whereas I feel that 6 hr. strolls & 10.00-10.30 50Kms are essential in practice I also urge all fellow scrubs to go easy at first. Also, watch those "laminations" --the final "layer" might be six feet of dirt long before your time.