Carmel, Cal., March 17--Carl Schueler edged away from Jim Heiring after the first 10 km and then hung on to win the National 35 km race walking title today. Schueler's swift 2:41:26 clocking was nearly 7 minutes under the Championship best established by Marco Evonik last year. Marco was not on hand to defend his title today. Heiring was only 20 seconds behind and gaining ground at the finish. Vincent O'Sullivan led three others under the three hour mark in this swift race. The master's title went to Jim Coots, who finished ninth overall.

Heiring took the early lead, covering the first 5 km in a blistering 21:51. Schueler was 6 seconds back at this point, with Gary Morgan on his heels. O'Sullivan and Pete Timmons were together in fourth, going through in 22:34. By the 10 km point, Schueler had come to even terms with Heiring, as both recorded 44:28. Everyone else had dropped well back, with O'Sullivan third in 45:15, followed by Timmons and Morgan.

Schueler started to pull gradually away, leading by 18 seconds as he passed 20 km in 1:29:55. He stretched that lead to 40 seconds by the 30 km mark, but then gave much of it away, as he slowed on the final 5. Meanwhile, O'Sullivan pulled quickly away from Timmons and led him by 2½ minutes at the 20 km mark. Timmons was able to come back, however, cutting the margin in half by 30 km, before fading again on the final 5.

Results:
11. Jamie Allen 3:17:57 (2nd 40-49)
Team Winner; East Side TC (Schueler, O'Sullivan, Timmons) 8:28:42
### FOR THOSE SEEKING THE TRILL OF VICTORY OR, MORE LIKELY, THE AGONY OF DEFEAT

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<th>Distance</th>
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<td>20 Km, Dearborn, Mich.</td>
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<td>Sun. Apr. 15</td>
<td>Ohio TAG 15 Km, Springfield (K)</td>
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<td>Women’s 10 Km and Men’s 20 Km Invitational, Walnut, Cal. (C)</td>
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<td>Sat. May 5</td>
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<td>3 Km, Columbus, Ohio (J)</td>
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<td>Southeast Masters 5 Km, Raleigh, N.C., 12 noon (Z)</td>
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<td>5 Km, Jesse Owens Classic, Columbus (V)</td>
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<td>5 and 10 Km, Dearborn, Mich., 10 a.m. (T)</td>
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<td>20 Km, Washington, DC, 8 a.m. (L)</td>
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**ABOVE:** Carl Schueler on his way to National 35 Km win in Carmel, Cal.  
**BELOW:** Dan O'Connor shows impeccable form on his way to a swift 41:19 for 10 Km. *SPORTFOTOS®* by John Allen.
O'CONNOR IN ANOTHER FAST 20

Long Beach, March 10—With a 1:26:13 already under his belt this year, Dan O'Connell went for another fast 20 km today and got it. His 1:25:56, in what amounted to a solo race, was a personal best. Dan went through 5 km splits of 20:54, 42:19, and 1:03:15, but, without competition, couldn't quite hold the pace on today's hill. Nearly 5 minutes behind, Vince O'Sullivan also got a personal best today, and the grand master, Larry Walker, entered into another stellar race in third. Results:

1. Dan O'Connell 1:25:56
4. Ed Beaudoin 1:30:44 2:30:10
5. Dale Sutton 1:31:07 (1st master—personal best)
6. Jim Goss 1:33:02 (not listed as a master, so either he had a birthday the following week, or there is a mistake in this race or the National 35)
7. Stewart Boden 1:33:17
8. Jim Stroud 1:34:14
9. Carl Acosta 1:35:10
10. Jerry Weit 1:35:35

11. Liza Karp 1:36:31 (1st woman)
12. John MacLachlan 2:02:32
13. John Kelly 2:07:10
14. Russell Head 2:09:35
15. Bob Nicola 2:10:46
16. Allen Halls 2:12:57
17. Nicky Bradbury 2:14:14
18. Larry Williams 2:15:43
19. Kaye Pleas 2:17:35
20. Terry Matthews 2:13:55
21. Hal McWilliams 2:18:05

Accompanying 5 km race:
1. Jay Byers 25:35
2. Ron Daniel 27:38
3. Ted Greiner 29:00
4. Sybil Perez (age 65) 29:24
5. Susette Garcia (age 65) 29:46.8

OTHER RESULTS

3. Patrick Moroney, Union College 1:23:32
4. Ray Knowles, Shore AC 1:24:35
5. James Mann, Union College 1:24:39

women's 1 Mile—1. Maryanne Torrellas, ABRAXAS TC 58:37

7. Patricia Reilly, Adelphi and Donna Goldstein, Yonkers

7. Jerry Shipp 1:46:05
8. Bob Miller 1:46:30
9. Ray Funkhouser 1:47:14
10. Debbie Spina

4. Robert Violette 6:35:2
5. Christian Eller 6:35:3
6. Kelly Darragh 6:36:0
7. Marta Stohl 6:36:1
8. Carol Brown 6:36:2
9. Chris Anderson 6:36:3
10. Lori Trippi 6:36:4

3. Troy Engle 6:18:0
4. TRAN KANGAROO 6:18:4
5. Patrick Moroney 6:18:6
6. Ray Knowles 6:19:0
7. James Mann 6:19:0
8. Chris Anderson 6:19:4
9. John Yomans 6:20:1
10. Ray Funkhouser 6:20:4

1 Mile, New York City, Dec. 10—1. Ray Funkhouser 48:53.6 2. Paul Robertson 49:05.4
5. Ray Funkhouser 49:22.1
7. Troy Engle 49:27.2
8. TRAN KANGAROO 49:28.7
9. Patrick Moroney 49:30.6
10. Ray Funkhouser 49:32.5

3. Troy Engle 6:18:0
4. TRAN KANGAROO 6:18:4
5. Patrick Moroney 6:18:6
6. Ray Knowles 6:19:0
7. James Mann 6:19:0
8. Chris Anderson 6:19:4
9. John Yomans 6:20:1
10. Ray Funkhouser 6:20:4

1 Mile, New York City, Dec. 10—1. Ray Funkhouser 48:53.6 2. Paul Robertson 49:05.4
5. Ray Funkhouser 49:22.1
7. Troy Engle 49:27.2
8. TRAN KANGAROO 49:28.7
9. Patrick Moroney 49:30.6
10. Ray Funkhouser 49:32.5
Women's 10K (Track), Brighton, Eng., Feb. 5-1. Virginia Birch 49:15.5 2. Helen Ranshaw 52:21

TRAINING AND INJURY
Dr. Howard Falmarchuk

Worn shoes, pronation, and bow legs may cause injury. But nothing causes more injury than errors in training. By errors in training, I mean poor judgement in attempting too much mileage without adequate rest, or excessively running workouts with no recovery days. Race walking on the whole is a relatively injury free activity, but walkers are not immune to the pitfalls of overuse injury encountered by runners.

For beginning race walkers, injury comes as a result of "too much, too soon, too fast." Novice walkers will attempt to increase mileage at a terrific rate, jumping from 1 to 2 miles a day to 8 miles a day over a short period of time in an attempt to become raceworthy. The body cannot adjust to such a rapid change and ultimately injury will result. Start slow, increase mileage easily over time. Add a mile more per week over 3 to 4 months.

Seasoned, elite race walkers are also prone to training errors. Race walking competition at national and international levels is very demanding and involves weeks of high mileage -- 90 to 120 miles per week. All walkers are different. Some can handle heavy mileage weeks, while others break down with an injury after a short time. Speed and interval work without a sufficient distance base will also lead to injury since the body tissue is not strong enough to handle the repeated all-out stresses. With indoor seasons, race walking competition is year round. There is no "off season" anymore and most elite walkers feel compelled to compete for fear of losing their competitiveness.

The answers to the above problems are obvious. One must know when to impose periods of rest and to reduce mileage when signs of fatigue, anxiety, tiredness, colds, and poor sleeping habits appear. High mileage may not be for everyone. An individual may be better off doing less mileage and staying healthy and free of injury.

Unbelievably, the Ohio Racewalker launches its 20th year of continuous publication with this issue. Starting as a 4-page rage, reproduced on a ditto machine, and sent to 1002 subscribers, its founders--Jack Blackburn and Jack Nortland--have now grown to the magnificent, no-account journal you hold in your hands. It's a small world, with our subscribers scattered throughout the world. Obviously, it goes to readers dedicated to the sport--willing to put up with unedited copy, hurriedly composed at the typewriter by a poor typist. While we have not quite matched another publication that started about the same time--Runners World--we feel that we have fulfilled our mission--to bring those who are interested all we can find on the sport of race walking and do it at the lowest possible price. We never hoped to build a publishing empire, and we have never been more successful in avoiding that. We never figured to go this long, so, who knows, maybe there will be another 20 years. It all depends on the health and whims of your editor--who is also your publisher, circulation manager, business manager, typist, and--most of all, you. One reason the publication keeps going is that I have never quite figured out how I would stop--if I wanted to. (Aha! There's a glaring error above. Who caught it, as I just did? How can there be another 20 years, when there have only been 19 to date? We are just starting 20. Just think; if I were to edit this before it went out, we couldn't play little games like this, or constantly stick asides in parentheses.)
Canada's Christine Osei-Uggy had a 2:01:18 for 20 km, which should appear on the women's list. Jan Sakoguchi, 1163 Avoce Avenue, Pasadena, CA 91105 is designing a shirt or poster using the term for race walking in as many different languages as he can gather. So far, his list shows: French-Maroc or marche route; Spanish-marcha atlética or caminata; German-wegente or sporthilfe; Norwegian-kjøring; Danish-køring; Turkish:–kuriy or yürüyüş; Italian-marcha; Polish-krościanka; Hungarian-vasenyugyilas; Greek-aktína; Danish-skoven; Dutch-neemde-lijke or stappen; Romanian-vadman; Hungarian-linh zom; Portuguese-marcha; Czech-avady; v chut; Bulgarian-korab; Danish-kroshdan; Finnish-tie kaverely; Hungarian-versenygyilas; Russian-krosh; Italian-krosh; German-kroshdanne; Irish-ras siadj or ras shill. He also shows Russian, Arabic, Korean, and Japanese, but I don't seem to have the right keys here. Anyway, he would welcome any additions, corrections, or suggestions as to which of two or three choices is best. Commenting on shoes, Al Christiansen, in Florida, received two 50 km races in one day, including one the year before and another last March. That's amazing to me—those shoes had a very narrow heel and little cushioning. I own some when I started walking, but I couldn't go more than about 5 miles walking without my heels blistering.

LOOKING BACK

5 Years Ago (From the March 1979 ORA)—The AAU Indoor meet was held in Philadelphia, and local hero Dave Romasemy slipped by Ron Fairly on the final half lap to win in 6:21.9. Iain's final time was 6:24.4. Italy's Aldo Panich, 1964 Olympic gold medalist, was third in 6:26.8. The next three spots went to Ron Kulik, Don Thoburgh, and John Hall. Ron Kipchoge won the IOC 199-mile race in 5:55.3, while Dan Good did well under 7. Also, Ron won a mile in Albany over Ron Damill and Kulik in 6:32.9. In fact, Kipchoge set a new 10 km in 45:40. Performance.

10 Years Ago (From the March 1979 ORA)—The IOC 1 Mile title went to Ellen Minkin in 3:41:1, probably making her the first woman to win a title in a major intercollegiate championship for men (primarily). Bill Hasin actually finished about 15 yards behind her, but was just a little ahead of her, and was 2:04. Rod Ostrich shocked the field with a 2:04.4. Floyd went away from John Knifton just after 20 miles and won by over 4 minutes. Bill Ranney, Carl Swift, Jerry Brown, and Bryan Snelson took the next four spots. Godwin and Brown led the Colorado St. to the team title. Todd Scully put up a good performance in the US-USA dual in Moscow, finishing third, but only 20 seconds back, with a 2:04.4. Colin Young presented some interesting views on training for ultra-long races, of which he has finished quite a few (100 km and up). 5 Years Ago (From the March 1979 ORA)—The US-USA Indoor Mile 3 Mile walk went to Yevgeniy Yesyukov in 1:30:13. Todd Scully was second in 1:30:42. Jim Heiring finished in 2:05:16. The Soviets put just one man in the race, but he really put up a good performance. Niles Dyke won the Pacific AAU 20 Mile in 2:35:13, with Bill Ranney 25 seconds behind. Dyke also set an American record for 5 km in 21:41.6. The Nationals, 199 Mile walk, went to Ron Kulik in 2:05:13, with Bill Ranney 25 seconds behind. The Soviets put just one man in the race. Niles Dyke won the Pacific AAU 20 Mile in 2:35:13, with Bill Ranney 25 seconds behind. The Soviets put just one man in the race.

CHAPTER XVII.

THE MILE WALK.

This event is one that requires the athlete to give a great amount of study to the mode of progression, and also necessitates a good control of the movement of the hip joint. The law governing this event compels the competitor to have the heel of one foot and the toe of the other on the ground at the same time. The knee joint is held as nearly rigid as possible while walking, the chief movement being made from the hip, assisted by the upper extremities, which are slightly flexed at the elbow. The right upper extremity is carried forward and slightly obliquely across the chest as the left foot is put out in front of the walker; then the left upper extremity is carried forward and obliquely across the chest as the right foot is advanced in front of the left. The peculiar rotary movement of the hips which all walkers use can best be learned by going to some athletic contest where walkers meet, and observing their mode of walking.

To train for the mile walk begin as follows: spend the first three weeks in acquiring the proper way of walking, never straining yourself or allowing yourself to work too hard. Walk a couple of miles a day at about a nine-minute or nine-minute-and-a-half gait per mile. The second three weeks walk a mile and a half a little faster, but well within the limit of your powers. The third three weeks spend the first week in walking a fairly fast half-mile, and after sufficient time has elapsed walk from one to two hundred yards at about one-half speed. If you feel like it repeat the distance. The second week of the third three walk five-eighths of a mile and increase your speed slightly; also practice walking two hundred and twenty yards at a little more than half speed for that distance, and repeat if desirable. The last week of the third period of three weeks walk three-
quarters of a mile at about three-quarters speed, and sprint-walk a hundred yards once or twice at about seven-eighths speed. The last three weeks spend the first week in walking seven-eighths of a mile at about seven-eighths of your speed, and practice sprint-walking one hundred and twenty-five yards once or twice. The second week of the last three should be spent in walking eight-ninths of a mile at nearly top speed, but never fast enough to cause great fatigue or exhaustion. Also add to this a couple of sprint-walks of one hundred and fifty yards. The last week walk nine-tenths of a mile as fast as you can without exhausting yourself, and take a couple of sprint-walks of two hundred yards. If you feel strong enough afterward, walk fifty yards once or twice, as fast as you can. Always pay especial attention to walking fairly, so that you may not be disqualified.

**TRAINING ROSTER TO WALK A MILE IN SIX MINUTES AND THIRTY SECONDS.**

Devote the first three weeks to walking a mile and a half or two miles at about a seven minute and thirty seconds gait for each mile or fraction thereof. Begin the second three weeks by walking at a seven minute and fifteen seconds gait for the mile, but instead of walking two miles, walk only a mile and a quarter or a mile and a half. The third three weeks devote to walking fast half miles, walking the distance in three minutes and five seconds. The fourth three weeks, devote the first week to walking three-quarters of a mile, walking this distance in four minutes and forty-five seconds; the second week of this period increase the distance to fifteen-sixteenths of a mile at a trifle slower pace, and take sprint-walks as before. The last week of training increase the distance fifty yards and sprint-walk a couple of times the first day; the second day add fifty yards more and sprint-walk as before: the third day walk a full mile, but do not sprint-walk; the fourth day walk a fast quarter mile or a fast half mile, and rest the fifth day, competing on the sixth day. I have assumed that an athlete has devoted three or four years to walking when I quote the foregoing "rosters" for walking a mile in seven minutes or less. No athlete will be able to make such remarkable time, varying from seven minutes to six minutes and thirty seconds, for the mile walk, unless he has been training from three to four years at stated periods. Very few men ever learn to walk a mile under seven minutes, and but one amateur in America has ever walked the distance in less than six minutes and thirty seconds. Mr. Frank P. Murray walked the mile in six minutes twenty-nine and two-fifths seconds, and Mr. William Perkins of England walked it in six minutes and twenty-three seconds, but these records are phenomenal, and are rarely attained even after years of the most faithful training. The athlete who can walk a mile in six minutes and forty seconds will win nine contests out of every ten he enters, provided the event is a "scratch race."
Gee, here's another page. So, by way of comparison, here is what Dr. Fairies says you must do to obtain an 8 minute mile.

**SCHEDULE FOR WALKING A MILE IN EIGHT MINUTES.**

To walk a mile in eight minutes, spend the first three weeks in getting used to the mode of progression, by walking a couple of miles a day at an ordinary pace, say ten or twelve minutes. The second three weeks spend in endeavoring to learn to walk the first half mile in three minutes and forty-five or fifty seconds. If you wish, walk one or two hundred yards at a very good pace, without exerting yourself to too great an extent. After having accomplished this, begin the third three weeks of your training by walking three-quarters of a mile, and spend the three weeks in teaching yourself to walk three-quarters in about five minutes and forty-five or fifty seconds; add to this, after you have had sufficient rest, two or three sprint-walks of about one hundred yards. The last three weeks increase the distance to seven-eighths of a mile during the first week, continue to walk short distances varying from one to three hundred yards, and repeat them if you feel that there is a necessity for it. During the second week of the last period of three weeks increase the distance to nine-tenths of a mile and walk three hundred yards once at nine-tenths of your speed. The latter part of this week you may make a trial if you wish to know how fast you can walk. During the last week increase your speed to nearly its maximum and take several sprint-walks of one, two, or three hundred yards. It will be sufficient for most athletes if they walk one of the latter two distances once, especially if they walk as fast as they are able.

**OTHER WINNERS IN NATIONAL 35.** Jim Coots captured the Master's title (in 3:10:55) and Diane Mendoza was the first woman to finish. That's Jim at the top. SOURSPOTS © by John Allen.