Hermann Breaks 4 to Win 50

Palo Alto, Cal., Feb. 16 (From Ron Daniel) — With his 26th birthday just 9 days away, Andrew Hermann, Portland, Oregon has lots to celebrate. On a near perfect day at the Palo Alto Baylands course, Hermann succeeded Allen James as the USATF National 50 Km Champion. James, who had three titles in a row, did not defend.

Hermann's sub 4 hour victory (he averaged 7:41 per mile) guarantees him an invitation to the IAAF Race Walking World Cup in Czechoslovakia in April, and the IAAF World Championship T&F Meet in Greece in August. He becomes the sixth U.S. walker to go under 4 hours for the 50, and only the second to do it in the National championships. (James had also done that three years in a row.) All the other to break 4 hours, except James, were in the race today—Marco Evonik, Carl Schueler, Andrzej Chylinski, and Herm Nelson—but were no match for Hermann's strong race today.

Joining Hermann on the World Cup team are Jonathan Matthews, Mark Green, 1996 Olympian Andrzej Chylinski, and four-time Olympian Marco Evonik. Two-time Olympian (1992 and 1996) Herm Nelson had suffered a groin strain 2 weeks ago and had to "stroll" through in 4:55:13 in order to keep alive any hopes of being selected for the World Championships, where he is the only U.S. walker other than Hermann to have bettered the 4 hour "A" standard within the qualifying time frame.

Although he had a large margin at the end, Hermann was joined by Warrick Yeager for the first 22.5 km. Fighting off the flu most of the week, Yeager had to withdraw at 32.5 km after a game effort. Hermann passed 25 Km in 2:00:10 with a 1:47 advantage on Matthews and then continued to walk a strong negative split to finish in 3:58:54. With an average 2.5 Km lap of 11:56.7, Andrew's slowest lap was his first, 12:23, and his fastest the next to last, 11:47. He bettered his personal record (4:05:43 last year) by nearly 7 minutes.

Much to his surprise, Matthews moved into second place to stay by 27.5 km (2:14:08) passing the faltering Yeager. Meanwhile, Chylinski, Evonik, and Green were within 6 seconds of each other in fourth through sixth places, with Green eventually moving into third as he recorded a PR at age 41 by 3 minutes. Actually, this was very much a Master's affair with Matthews now being 40, Yeager 42, and sixth place Carl Schueler 41. (Ed. The unfortunate aspect of the race was the mere 11 entrants, with only seven finishing. Thus, any depth in this event continues to tail off. Where are the young hopefuls? We are not likely to see much success in the future internationally if we must depend on those already past 40. However, for this year, we could have a reasonably strong World Cup team. Chylinski and Matthews, who have both been training through wintery conditions in Poland and Indiana, respectfully, certainly have the potential of much faster times by April. And Evonik has all that great experience.)

In a concurrent 30 Km race, National Women's Team member Kim Wilkinson won in the excellent time of 2:43:57.
Results on page 3
FEBRUARY 1997


Past Winners National 50 Km

1929 Mack Weiss (Newark AC) 4:52:45
1930 Henry Cieciem (Central Walkers, Toronto) 4:47:48
1931 Harry L. Clark (West End K of C, Boston) 5:26:42
1932 Philip Jachelski (Stonewall Dem. Club, Balt.) 5:27:05
1933 Philip Jachelski (Stonewall Dem. Club, Balt.) 5:11:30
1934 Henry Cieciem (Achilles Club, Toronto) 4:58:56
1935 Henry Cieciem (Achilles Club, Toronto) 4:57:29
1936 Ernie Crosbie (un. Detroit) 5:16:16
1937 Al Mangan (un. Lowell, Mass.) 5:00:33
1938 Leo Schepel (Polish Falcons, N.J.) 5:18:51
1939 Ernie Crosbie (Baltimore Cross-Country Club) 5:19:34
1940 William Mihale (Hamtramck Mich. Boys Club) 5:07:25
1941 John Deni (Boys Club, Pittsburgh) 5:19:43
1942 William Mihale (Thompson Products Co. AA) 5:06:45
1943 William Mihale (Thompson Products Co. AA) 5:15:45
1944 Walter Fleming (Ford Local Union, Detroit) 5:22:50
1946 George Wieland (Un., Detroit) 5:17:25
1947 John J. Abbate (Mitchell AA, Philadelphia) 5:12:52
1948 Ernie Crosbie (White Horse Social Club, Balt.) 5:04:30
1949 Adolph Weinacker (Michigan State College) 5:13:30
1950 John Deni (un. Pittsburgh) 5:41:32
1951 William Mihale (Thompson Products, Detroit) 5:25:39
1952 Leo Sjogren (Finnish-American, N.Y.) 4:46:52
1953 Leo Sjogren (Finnish-American, N.Y.) 4:59:57
1954 Leo Sjogren (Finnish-American, N.Y.) 4:43:45
1955 Leo Sjogren (Finnish-American, N.Y.) 4:30:57
1956 Adolph Weinacker (US Air Force) 4:38:58
1957 James Hewson (St. Francis Xavier AC, Buffalo) 5:06:39
1958 James Hewson (St. Francis Xavier AC, Buffalo) 4:43:30
1959 Elliott Denman (NY Pioneer Club) 5:07:47
1960 Ron Laird, NY Pioneer Club 4:40:09
1962 Ron Laird (un. N.Y.) 5:25:30
1963 Chris McCarthy, Univ. of Chicago TC 4:44:55
1964 Chris McCarthy (Univ. of Chicago TC) 4:45:31

Charter member of the U.S. Master's Hall of Fame, Bev LaVeck. This file photo, first published in September 1983, was taken during the 1983 National 50 Km in Monterey. Bev covered the distance in 5:27:28. SPORTSFOTO by John Allen.
Other Results


GO HEEL TOE AT THESE VENUES

Sat. March 8  3 Mile, Seattle, 9 am (C)
4 Mile, Miami, 7:30 am (Q)
Sun. March 9  Eastern Regional Indoor Masters 3 Km, New York City (F)
15 Km, Palo Alto, Cal. (R)
5 Km, Cooper City, Fla., 7:30 am (Q)
Sun. March 15  5 Km, Georgia (D)
5 Km, Miami, 7:30 am (Q)
5 Km, Fort Bragg, Cal., 8:30 am (P)
Sun. March 16  5 an 10 Km, Miami, 8 am (Q)
7 Km, Denver, 9:30 am (H)
5 Km and 20 Km, Huntington Beach, Cal., 8 am (B)
5 Km, Kentfield, Cal., 8 am (P)
Sat. March 22  USATF National Masters Indoor 3 Km, Brookline, Mass. (G)
5 Km, Miami, 7:30 am (Q)
15 Km, Columbia, Missouri, 8:30 am (I)
3 and 10 Km, Albuquerque (W)
Sun. Mar. 23  National Invitation and World Cup Trials: 10 Km Women, 20 Km Men
(plus open and junior events), Washington, DC. (J)
4 Mile, Denver, 8:30 am (H)
Fri. March 28  3 Km, Cedarville, Ohio, 12 noon (M)
Sat. March 29  Ohio 5 Km Championship, Cedarville (M)
5 Km, Atlanta (D)
Sat. April 5  Senior Games 5 Km, San Francisco (R)
5 Km, Denver, 9 am (H)
Sun. April 6  5 and 10 Km, Miami, 8 am (Q)
5 Km, Parkland, Kan. (I)
5 Km, Denver, 8:30 am (H)
Masters 5 Km, Palo Alto, Cal. (R)
Sat. April 12  3 Mile, Seattle, 9 am (C)
15 Km, Kansas City area (I)
Sun April 13  Mt. SAC Relays 10 Km and 5 Km, Walnut, Cal., 7:30 am (B)


GO HEEL TO TOE AT THESE VENUES

Sat. April 13  4 Mile, Denver, 8:30 am (H)
Sun. April 20  1500 meters and 3 Km, Albuquerque (W)
5 Km, Littleton, Col., 8:30 am (H)
5 Km, Denver, 8:30 am (H)
5 Km, Auburn, Cal. (E)
Mon. April 21  5 Mile, Missoula, Mont. (P)
Sun. April 27  4 Mile, Denver (H)
Western Regional 5 Km, Las Vegas (B)
10 Km, Sun Mateo, Cal. (R)
Wed. May 1  5 Km, Miami, 6:45 pm (Q)
Sun. May 4  1500 meters, Kentfield, Cal. (P)
1500 meters, 5 Km, Engle Rock, Cal. (B)
Sat. May 10  5 Km, Miami, 7:30 am (Q)
Sun. May 11  Jack Mortland and North Zone Championships 5, 10, and 20 Km Walks, Yellow Springs, Ohio (M)
Fri. May 16  5 Km, Miami, 7 pm (Q)

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T--Columbia, TC P.O. Box 1872, Columbia, MO 65205
V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143
W--New Mexico Racers, P.O. Box 6301, Albuquerque, NM 87197
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Y--Jim Beam, 4658 Fuhrer Street, Salem, OR 97305
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FROM HEEL TO TOE

Correction from a couple of months ago: When I published the technique tips from Jim Coots, I showed him as from San Diego. He lives in Redondo Beach and coaches the Easy Striders, an LA-based club. The following note from Robert Reedy in Los Alamitos, N.M., brings us news of 1972 Israeli Olympian, Shaul Ladany, who won several 75 and 100 Km National titles when he was living in New York and had good success in ultra-distance races in England and on the European continent. "Below is a copy of the note that I got from Shaul Ladany 2 months ago. (Ed. The note refers to an autobiography, The Walk to Olympics, which has just been published in Hebrew.) His book should be interesting, and I hope that he translates it or gets it translated from Hebrew into English. I suspect that many of us are in it, especially those in the New York City area. Shaul and I often rode to races in John Kelly's VW Beetle, and I'm curious what Shaul said about those rides. He also probably goes into great detail about his very close encounter with death at the Munich Olympic Games, as Shaul was among those who barely escaped their room from the terrorists. Shaul and I keep in touch every year around New Years. He seems to be doing very well, often spending parts of a year in various countries. The first line in his note refers to the 100-Mile Trail Endurance Runs that I've done (Leadville and Western States), which I walk more than 1 run. Racewalking is a great low gear for going up many mountain trails." (Ed. Bob gives no details on the publisher of Shaul's book, but, if you read Hebrew and are interested, you might write Shaul, who still subscribes to the ORW, at P.O. Box 112, Omer 84995, Israel to see how you can get a copy. I guess I should get one so I can add it to my collection of things I can't read-­write Shaul, who still subscribes to the ORW, at P.O. Box 112, Omer 84995, Israel to see how you can get a copy. I guess I should get one so I can add it to my collection of things I can't read.

Raul Gonzales's autobiography in Spanish (my one year of high school 45 years ago doesn't help much), La Marche Sporlive, Canadian Daniel Levesque's apparently excellent book on techniques and training in French, and the 1974 through 1977 editions of Marche, a Belgian annual on the sport. The latter at least have a lot of statistical stuff and race results that are quite comprehensible. In his note to Bob, Shaul reports: "Last July I walked in Denmark a 300 km walk (in 7 days) and in the Netherlands the 4-Day march, and in August, I won (at age 60), the Israeli 50 Km Championship in a rather slow 5:45." Congratulations to Seattle's Bev LaVeck, one of our charter members to the U.S. Master's Track and Field Hall of Fame. Now 60, Bev is one of seven charter members.

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Bob Carlson, he reports that reliable sources (and I have seen this elsewhere) tell us that LaGrange, Georgia, where serious racewalkers took root for their Olympic year buildup, is returning to its pre-Olympic existence. But, Bob says, this small community has set a standard of excellence for others to follow. It's support of our racewalkers from 1993 through 1996 clearly shows what is possible when a community puts its resources behind a group of athletes. By the spring of 1996, resident racewalkers totaled ten: Allen James, Rob Cole, Andrew Hermann, Herman Nelson, Mike and Michelle Rohl, Dave McGovern, Tim Seyer, Lyn Brubaker, and Coach Bohdan Bulakowsky. Allen James, the first athlete to move to LaGrange, is strongly considering moving his growing family to Seattle to enter his family business, Super Jock and Bill, as one of the top three running stores in the country by Runner's World. Rob Cole has returned to the staff of Governor Peteau in New York and was recently elected Treasurer of the National Racewalking Committee.

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Bulakowsky and Nelson planned to stay in LaGrange to train for the 50 Km Trials in Palo Alto, and then move to the Olympic Training Center in San Diego. Tim Seyer, Andrew Hermann, and Philip Dunn are moving there as well. Mike and Michelle Rohl are moving to San Diego as Mike has a new opportunity with P.R. Bar, a sponsor of Michelle and Mike. The Rohl's are expecting their third child and Michelle plans to take off with Sara Stru1dley, Susan Arnetta, and Fran Bustos only one or two hours away, San Diego may become the next "capital" of racewalking for national team caliber athletes. Andrzej Chylinski, a member of the Olympic 50 Km team, has a job as a sports writer for a newspaper in Poland. He may return to the U.S. to compete in the 50 Km Trials. Last month, we mentioned Bev LaVeck and Jonathan Matthews as winners of the Outstanding Masters Racewalking Awards at the USA Track and Field convention. There were also winners in each of the five-year-age groups, as follows: 50-59: Female--Karen Pajar, Male--Mike Blanchard; 40-44: Female--Phyllis Hansen and Sally Richards, Male--Warrick Yager and Jonathan Matthews; 45-49: Female--Jeanne Smith, Male--Stan Chamin, 50-54: Female--Jolene Steigerwald, Male--Jim Carnine; 55-59: Female--Elton Richardson, Male--John Elwanner, 60-64: Female--Bev LaVeck, Male--Max Lein; 65-69: Female--Ruth Iberle, Male--Jack Sturz, 70-74: Female--Joan Rowland, Male--Will Flick; 75-79: Female--Jane Dunn, Male--Tim Dye; 80-84: Female--none, Male--Bill Tallmadge; 85-89: Female--Dorothy Roberts, Male--none.

LOOKING BACK

30 Years Ago (From the February 1967 ORW)--Jack Blackburn won the first ever walking race in Ohio State's French Fieldhouse, a hallowed hall he had once been booted out of even though he was an ex(OSU runner. His 6:43.6 for the mile left him well clear of Jack Mortland's 6:56.4, with
Chuck Newell third in 7:40... In Chicago, Bob Gray beat Phil McDonald three times in a row in 1 and 2 mile races... Ron Daniel had a 6:29.5 in New York... Rudy Halszka was named the recipient of the Capt. Ronald Zinn Award for 1966 as the outstanding U.S. walker.

25 Years Ago (From the February 1972 ORW)--Dave Romansky won the National Indoor 1 Mile title for the third time in four years, slicing 0.6 off his own Championship record with 6:13.4. Ron Laird challenged all the way, but his 6:14.6 fell just short. Not far back were Larry Walker (6:17.5), Todd Scully (6:20.4), and Ron Kutik (6:22.6)...

12:24.82 with Ray Sharpe a distant second in 12:57.49. Todd Scully and Dan O'Connor were right behind Ray. Brodock got away from Susan Liars over the final 440 to win in 7:07.14. Jeannie Bocci (7:39.05) edged Vicki Jones for third...

13 Years Ago (From the February 1982 ORW)--National Indoor titles went to Jim Heiring in 2 Mile and Sue Brodock in the 1 Mile. Heiring won in 12:24.82 with Ray Sharpe a distant second in 12:57.49. Todd Scully and Dan O'Connor were right behind Ray. Brodock got away from Susan Liars over the final 440 to win in 7:07.14. Jeannie Bocci (7:39.05) edged Vicki Jones for third...

10 Years Ago (From the February 1987 ORW)--In the National Indoor 15 Km in Wellington, Florida, Tim Lewis won the men's title in 1:04:35 and Debby Lawrence topped the women in 1:13:40...

5 Years Ago (From the February 1992 ORW)--In indoor races, Michelle Rohl covered 3 Km in 13:05:81 to win in Johnson City, Tenn. and Debbi Lawrence had a 6:18.03 mile in Fairfax, Virginia and a 6:21.09 in Richfield, Ohio. In the Fairfax race, Rohl was just .04 behind Debbi...

37:59.9, just ahead of Italy's Giuliana Salce.

Progress At the Elite Level in International Walking

A couple of months ago, I ran a table showing the depth of performance in the U.S. for the three International events (women's 10 Km, Men's 20 and 50) through the years. I was surprised that no one ever commented on that table. Nonetheless, here is the same type of presentation based on World lists since 1972 (1978 for Women). Note the continued improvement, such that the original categories have been completely meaningless when considering the top 50 performers each year. (However, there were a couple of years--1979 and 1980—that seem to be an anomaly on the men's side.) The numbers in each column show how many competitors, worldwide, bettered the time at the top of the column. Where there is a time in parentheses, rather than a simple number, it indicates the time of the 50th place on the list. For example, on the women's 10 Km list, no one bettered 47 minutes until 1980, yet by 1987, 50th place was under that time, and by 1993, there were more than 50 under 45 minutes. If you go back and compare the rate of progress to the U.S. chart in December, you can see a much steeper level of improvement at the international level.

<table>
<thead>
<tr>
<th>Year</th>
<th>Women's 10 Km</th>
<th>Men's 20 Km</th>
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<tbody>
<tr>
<td>1996</td>
<td>45:00 (44:29)</td>
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<tr>
<td>1994</td>
<td>48 (46:05)</td>
<td>25 (1:22:13)</td>
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<tr>
<td>1991</td>
<td>46:54 (46:06)</td>
<td>48 (1:22:01)</td>
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<tr>
<td>1986</td>
<td>47:37 (47:37)</td>
<td>48 (1:24:16)</td>
</tr>
<tr>
<td>1984</td>
<td>49:10 (48:38)</td>
<td>49 (1:24:39)</td>
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<td>1983</td>
<td>49:40 (47:37)</td>
<td>50 (1:24:39)</td>
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<tr>
<td>1982</td>
<td>50:09 (47:37)</td>
<td>51 (1:24:39)</td>
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<td>1979</td>
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<td>54 (1:24:39)</td>
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<td>1976</td>
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<td>58 (1:24:39)</td>
</tr>
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<td>1974</td>
<td>54:59 (47:37)</td>
<td>59 (1:24:39)</td>
</tr>
<tr>
<td>1973</td>
<td>55:49 (47:37)</td>
<td>60 (1:24:39)</td>
</tr>
</tbody>
</table>
Here's All You Need To Know

(The following material is excerpted from the book Walking For Road and Track, by George Cummings (the world's greatest and fastest walker, holder of world records from 1 to 420 miles), published in London in the 1920s. Cummings, a professional walker, claimed the following world records at that time:

1 Mile - 6:22
London to Edinburgh, 420 miles - 82:05
London to York, 100 miles - 37 hours
1 Hour - 8 miles 345 yards (at age 51)
London to Burton, 135 miles - 23:50
London to Leeds, 202 1/4 miles - 39:30
2 Hours - 14 1/2 miles (at age 56)

This passage is taken from Chapter 4, "Speed and Tactics." Absorb all of this and you will no doubt become a champion. Note: I have retained Mr. Cummings non-inclusive language. We know today that ladies also walk.

Having gone so far in his practice work as to have mastered the rules governing the adoption of an upright carriage, a suitable and easy arm and body swing, a straight-forward leg action, and correct nasal breathing, the young walker is ready to practice speed walking.

The student should cultivate as soon as ever possible the art of walking fast if he is ambitious to become a really good walker on the road or track, but he must ever be careful only to work up speeds without bringing upon himself undue strain. There will be little danger of strain if the walker follows the instructions which I have endeavored to give in clear and simple language,
As practice proceeds, there should occur improvements of style and stamina, which may assist the walker in "beating the clock". Of such things, he should make a careful note, and it will not be very long before he has developed the actual sense or "feel" of what is his very best walking pace.

So finely can this sense of pace be cultivated that it can become second nature to the experienced walker. For instance, if for some reason or other there should occur a change in speed, a rise or fall from the normal standard, the walker will need no mechanical time-piece to apprise him of the fact. Immediately such a change takes place, he should have a distinct "awareness" of it. Such a subconscious feeling arises from his knowledge of pace.

Walking to Time

When the walker has firmly convinced himself of what is his best time for the mile he can then attempt longer distances at a similar speed. If his action is smooth and correct and his stamina good, then he will experience little difficulty in maintaining that same speed for quite a number of miles. I am quite aware that pace must change somewhat according to distance, but to make any attempt to work out for recommendation a table of speed in ratio to distance to be traversed would be foolish. Such speed or pace must be worked out by the walker himself according to his capabilities. Knowledge of those capabilities will only accrue to him from experience. Timing himself over two, three, four and five miles, he will very quickly have proof of his best times over each of the several distances, and his knowledge of pace will thereby be further cultivated.

For instance, if I have to tackle a 5 mile walk, I know instinctively what my pace should be at the commencement in order that I can maintain it throughout. If I am out for a very much longer stretch, my pace is naturally somewhat slower, but I want to emphasize the fact that having set my pace for a long walk, I seldom vary a fraction from it. We are dealing with road walking against the clock, and not with race walking which is in many respects different.

Some idea of the clock-like precision which governs my action can be gathered from the fact that I have often walked a quarter of a mile exactly to a given time without consulting the watch. I can do likewise over almost any distance.