Dow rises to top with outstanding performance

New Orleans, June 19--On a night when New Orleans' stifling heat and humidity seemed to bring everyone else to their knees, New Hampshire's Joanne Dow breezed to the National 10 K title with a personal best 47:06.50. In the process, she beat American record holder and heavy race favorite Michelle Rohl by 26 seconds and eight time winner Debbi Lawrence by nearly a minutes-and-a-half. No one else could break 50 minutes in the steamy conditions. (We have no report on the exact temperature and humidity, but one only needs to look at the times in this race and the men's 20 to know it was hot.)

The 34-year-old Dow had shown her strength in early May when she won the National 20 in American record time. But here, she faced Rohl, who just 2 weeks earlier became the first U.S. walker under 44 minutes, which she did with nearly 30 seconds to spare. Tonight, she was 4 minutes slower, and continued as a bridesmaid role in the National 10. Despite having the five fastest times on the all-time U.S. list and three number ones in the ORW National Rankings (1994, 1995, and 1996--she was out of action most of last year), Michelle has never won the national title. Lawrence has won the title six of the last eight years, but tonight she was nearly 2 minutes slower than the slowest of those winning times. And Teresa Vaill, who won in 1994 and 1995, couldn't even finish tonight. It seems Joanne was unfazed by weather or reputation in turning in her truly great performance.

Dow, from New Hampshire, burst onto the scene just 3 years ago when she finished seventh in the World Cup Trials and then did 47:43 in the DC Invitational. Injury cut short that season and found her able to finish only 10th in the 1996 Olympic Trials. However, she came back late that year to match her 1995 best at the Alonzi International. Last year she improved to 47:20 and also had two 47:23s, including a fourth at the Nationals. Now she has really arrived and should be capable of much better in the right conditions.

The men's 20 Km followed the 10 (starting at 8:40 pm), and the athletes seemed to be slowed even more than the women by the conditions. Here, it was Tim Scaman pulling the upset, ending Curt Clausen's 2 year run as 20 Km titlist. Tim won in 1:35:07.70, 34 seconds ahead of Clausen, who led Jonathan Matthews by 17 seconds. Gary Morgan, always tough in this race regardless of what form suggests coming in, was a clear fourth ahead of Al Heppner and Michael Rohl.

Scaman who had struggled in Europe last month, not finishing in Norway and managing only 1:35:26 in Spain, did have a season's best, was nearly 11 minutes off his personal best. And Clausen, who has held up well in testing conditions in the past, was only 12 minutes slower than in Spain a mouth earlier. Age and experience must have something to say when it's hot with Matthews just 2 weeks short of his 42nd birthday. Morgan in at 38, and 42-year-old Mark Green in the top seven. Results:

Other results


American record performance!

Women's 10 Km. U. of Wis.-Parkside, June 7--1. Michelle Rohl 43:30.4 (breaks American record) 2. Deb Iden 50:49.1 3. Katie Rutapaha 52:50 at 5 Km, Jessie Nethery 20:55 at 4 Km


From across the seas:


Perez dominates for third week in a row with astounding finish!

### Hit the starting line for these events

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<td>Sat. July 11</td>
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<td>Fri. July 31</td>
<td>National USATF Masters 5 Km, Orono, Maine (X)</td>
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<td>Sat. Aug. 1</td>
<td>5 Km, Ft. Collins, Col., 8 am (H)</td>
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<td>National USATF Masters Men's 20, Women's 10Km, Orono, Maine (X)</td>
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<td>Tue. Aug. 5</td>
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<td>Sun. Aug. 9</td>
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<td>Mon. Aug. 10</td>
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<td>Sun. Aug. 16</td>
<td>Doc Tripp 5 and 10 K, Broomfield, Cal., 8 am (H)</td>
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<td>Fri. Aug. 21</td>
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<td>Sat. Aug. 22</td>
<td>2 Mile, San Mateo, Cal. (R)</td>
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<td>Sun. Aug. 23</td>
<td>5 Km, Denver, 8 am (H)</td>
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<td></td>
<td>1 Hour, Kentfield, Cal. (P)</td>
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### Contacts:

- A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
- B--Elaine Ward, 1000 Sun Road, Edinboro, PA 16412
- C--Bev LaVeck, 6633 N.E. Windermere Road, Seattle, WA 98115
- D--Walking Club of Georgia, 4920 Roswell Rd., Box 118, Atlanta, GA 30342
- E--Sierra Race Walkers, P.O. Box 13023, Sacramento, CA 95813
- F--Park Racewalkers, 72 East 83rd St., Box 18, New York, NY 10028
- G--USA Track & Field, P.O. Box 120, Indianapolis, IN 46206-317-261-0500
- H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
- I--Dave Lawrence, 94 Harding Avenue, Kenmore, NY 14217 (716-875-6361)
- J--Mil Wood, 5302 Easton Drive, Springfield, VA 22151
- K--M.-Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387
- L--Steve Vaitones, USATF-NE, P.O. Box 6005, Brookline, MA 02146
- M--Frank Soby, 3907 Bishop, Detroit, MI 48224
- N--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94907
- O--Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445
- P--Tony Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086
- Q--Diane Graham-Ilneny, 442 W. Belden, Chicago, IL 60616
- R--Columbia, TC P.O. Box 1872, Columbia, MO 65205
- S--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143
- T--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197
- U--Rolland Ranson, U. of Maine, Memorial Gym, Orono, ME 04469 (207-581-1077)
- V--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
- W--Zack Green, 13660 Mortenview, Taylor, MI 48180
- X--Jim Wolfe, c/o Sallie Mae, 220 Lasley Ave., Wilkes-Barre, PA 18706 (717-821-6558)
- Y--Bobby Baker, 318 Twinhill Dr., Wilkes-Barre, PA 18706 (717-821-6558)

**From Heel To Toe**

Pedraza dies. This AP release from Mexico City, dated June 1: Jose Pedraza, a Mexican who thrilled his countryman at the 1968 Olympics with a late charge that won the silver medal in the 20 Km walk, died Monday of hepatitis. He was 61. Pedraza was in third place as he entered University Stadium near the end of the race, and the crowd roared as he passed one Soviet competitor and came just short of passing the other by the finish line. Frustrated by his failure to overtake the winner, Pedraza repeatedly hit himself in the head with his hands. An Army sergeant in the military and held the rank of captain at his death. (Not to be disrespectful to the dead, but as reported here at the time and mentioned again on several occasions, Pedraza was seen by all to be flying as he made his move, but did not catch the eye of...
the judges, perhaps thanks to the thousands of screaming Mexicans urging him on. A red card may have invited mayhem. Had he been DQ, our own Rudy Haltura would have won the bronze. On the other hand, Pedraza was a good athlete carried away by the occasion. He was the harbinger of the strong Mexican presence in walking that has followed. 

Robertson reaction. Comments on an article in last month's ORW from New Zealand's frequent contributor to these pages, Dudley Harris: "In your May 1998 issue, an article by John Robertson, Seattle Sportsmedicine MD and running coach, captured my attention—and so it should, with the credentials which I infer from his title—especially the opening sentence, which read: '...one of the problems with typical training programs that add 2 or 3 miles of running each week is that they never allow an athlete's fitness or adaptation to catch up...'.

If you're doing 25 miles/week in February, you bump it up to 30 for March. 'You can then race a distance that is roughly 1/3 of your weekly volume.' What Doctor Robertson appears to be saying is that the old 10 percent guideline never allows an athlete's fitness to match up, that he recommends a 20 percent jump once a month, and that you can race 1/3 of your weekly mileage. Without any credentials but some experience, I would think that the 1/3 racing/training mileage is about right, although the proportion declines as distance increases. Thus the old rule-of-thumb for distance events was 3/7 of your weekly mileage (e.g., 30 miles a week). If you want to run a reasonable marathon—although I have found with veterans/masters that they can complete a marathon satisfactorily on 45-50 miles a week, but the young 'guns' should train for more than 100 miles/week. However, the proportion reduces as you 'go ultra' into multi-day events, or you'd never make the start-line! Equally, if you want to do more than survive in a 3 mile race, you ought to compete for 90 days a week. Where I do find myself surprised is in reading that, when increasing the weekly mileage by 10 percent, an athlete's fitness never catches up. I must confess that it is not something I have ever noticed, either with my own fitness level nor with those adults who I help with their training. Are the genes different in the USA? Or the weight-height ratio? Or the normal dietary regime (if there is such a thing)? Perhaps Dr. Robertson's article has been abridged, and thereby lost something essential. Could he kindly develop his 'thesis' for us, please? (Ed. Unfortunately, I took this article from another source and have no contact with Dr. Robertson. Perhaps someone in the great Northwest, from whence this article arose, does and can pass these comments along to Dr. Robertson. )

Speaking of ultras.... There will be a 100 km track race in Yellow Springs, Ohio on October 31, starting at 8 am and ending at midnight (16 hour limit). If you want more information, contact our Publisher Emeritus Jack Blackburn at 455 E. McCreegh Street, Springfield, Ohio 45503, Home phone 937-323-6037, business phone 937-223-4410. A bike exercise for walking. This note from Theodore Illie: As an average racewalker of 78, I vary my walking with bike riding. While riding, I think I have come up with a procedure that will be of an advantage to the racewalker. With the ball of my foot on the pedal ready to push down, I lead with my heel to the bottom and then roll over and push the rest of the way with the ball of my foot. In this way, I exercise the roll over motion characteristic and necessary in racewalking. Heel and toe walking. Veteran Irish-American racewalker John Kelly and racewalker and Olympic torchbearer (and your editor's high school classmate) Katie McIntyre tied the matrimo,ual knot in Santa Monica on May 30. Following a trip to County Kildare, Ireland for a blessing of vows they are at home at Katie's residence in Prescott, Arizona. John will probably be missed around Santa Monica. Send your congratulations to 1105 Wood Spar Circle, Prescott, AS 86303.

Two months ago, we reran an article from March 1974 by England's Colin Young about conquering the ultra-distance races. In closing, we noted that perhaps Colin would honor us with an update some time. The time is now. Colin is very prompt and acts on cue. Colin notes in a cover letter that since 1980, for a variety of reasons, he has walked only one of these races—a 1990 24 hour in which he "managed" 196 Km, i.e., a bit more than 120 miles. However, he continues his usual training regimen. He also refers to "as Jan '35 boys"—I had forgotten that we nearly share a birthday, I think he might have 2 days on me. So here is what he has to add 24 years later. I don't know if Colin will approve, but we'll entitle it:

A Half-Century of Pain and Joy

I am delighted to respond to the editor's request to do an update on the article "A Hard Day and Night and the Like" published in the March 1974 Ohio Racewalker and rerun in the April 1998 issue. The training remains unchanged. I still manage 60 to 75 minutes per day with 1 1/2 to 2 hours on Sundays. But the pace has not!! Now 63, I am sorry to report that the pace has slowed to 9.30 to 10 minutes per mile. The effort, if anything, is even harder, as the years pass, the "soupleste" of elasticity as the French would say is not there. I have little change of cadence these days and feel at full stretch very early in the short distance races, but am able to hold an 8.45 pace for longer distances.

Now in my 50th year of competition, my feelings on the long ones remain the same. However, with the scarcity of events in excess of 20 Km on most country's calendars these days, I guess I would have to put in the occasional 4 to 5 hour session if attempting the ultra's.

I feel strongly that why I have outlived virtually all my past rivals and friends around the world is my 'little and often' virtually daily training over the years. It has enabled me to keep enthused about the sport, whether training, racing, writing, or speaking. Times/distances at 200 Km/24 hours have changed little since my days. The improvement in the Paris-Colmar has come from better backup facilities, with each competitor having up to half a dozen vehicles and 25 to 30 attendants, as against a car and three helpers on my treks.

The Polish walkers, Klappa and Urbanowski, are outstanding and have graduated over their careers from classic Olympic distance performers to ultra-distance greats. But men from my era, such as Simon, Rinchard, and Quemener would have been pushing them very hard.

I am delighted to say my wife still happily puts up with my 9 sessions per week schedule. In a belated answer to the editor's bed activity query, following distance races she was always amazed that I had renewed energy after often reaching the finish apparently exhausted!!!

Finally, I can only wholeheartedly agree with the editor's view regarding my 50 Km performances. Many of my rivals and friends feel that I should have been a 'regular' in the 4:20 to 4:25 range. However, I always seem to be at best at odd distances, such as 4 or 6 hour events, or 40 Km stages of multi-stage races. Believe me, it is with deep regret that I did not achieve faster clockings at the distance I so wanted to excel in. With hindsight, it is even amazing to me that I could go through halfway in a 100 Km race either on road or track at virtually the same pace as my standard 50 Km.

Now, due to poor eyesight, I would have to race an ultra on a track. Maybe, early in the next century as I pass 65, a sponsor could persuade me to give it one more serious shot!!!

My hat is off to Colin and how well he does at our advanced age, and to the likes of Bob Minn, Max Green, Jack Bray, and Dave Romansky, whose feats at advanced ages continue to astonish me, and cause me to wonder why I can't do that. Like Colin, I have continued to train at a similar level in relation to time and distance. My racewalking only goes back 40 years, but competition in track goes back 53 years. My training, however, is now reduced to the 10 to 11 1/2 minute range, and I can't approach a single mile in 8:45. (By contrast, my first ever mile walk—not competitive—came with no walking training, but with good fitness for running and saw me clocking 8:00.5 on the now "soon-to-be-late" Jesse Owens track in Ohio Stadium. Expanding the sealing capacity for football eliminates a hallowed track. The recent state high school meet ended it all. But, that's not at all what we were talking about here. So back to my demise.) I guess the
'soulless' has completely deserted me. But, I have been training more consistently than ever, and have increased my mileage to 35 miles a week around town. I continue to be an important, enjoyable, and stress-relieving part of my life.

It's interesting now to look back on what I was doing those many years ago, which was not at all like Colin's training. I was primarily running for distances up to 20 Km. I had always trained a lot of interval work in training for running, but for some reason had never applied it to my walking. I was meeting with some success, having been third in the National 1 Mile (6:42) in February and 10th in the Olympic Trials at 20 Km (about 1:42 on a short course) without any intervals in my training and without any real workout schedule. Just walk a few miles at the pace that suited my on the day. (Some of the running I did in training, however, was of an interval nature, however.) So when Matt started discussing his interval training, I said, "Of course. Why haven't I been doing that?"

Initially, I went almost exclusively to interval training, mostly quarter mile intervals, but with very little rest between. It paid immediate dividends. I was soon breaking all my personal records from 4 miles up in the course of interval workouts, doing 8 minute miles up to 10 miles. I might do 12 x 440 at around 1:45 pace, or better, or more than 30 at around 1:50, with a recovery of about 120 yards at a very brisk stroll (probably under 11 minute pace.) So, I would maintain a sub-8-minute pace, even with the slowing down. By October, I was able to finish sixth in the National 25, with only members of that summer's Olympic team ahead of me. In the spring, I moved up to second (to Ron Laird) in the 25 and then got second in the 20 (to Ron Zurn) to qualify for an European Trials with the U.S. National track team. That fall, I set an American record at 20 with a paltry 1:40:37. (Many others had walked faster, but not on the track, where records must be set.)

With that background I offer some training leading up to the 1961 National 20, when I was still formulating a training scheme and doing quite a bit of running--a week before this log began I had done a 2000 meter steeplechase at the Ohio Relays in 10:20, and then the record effort that fall. We follow that with a look at my training leading up to the 1964 Olympic Trials, where I finished third. By that time, I was still doing a lot of interval work, but with longer res (880, mile, and even 2 miles) and still the short, quick-paced recovery. I had also added quite a bit of what 50 Km specialist Chris McCarthy called "laminations". A long walk on Sunday followed by an all-out effort at 4 to 6 miles on Monday. I was amazed at how quickly I could go in some of these day-after efforts, sometimes beating my personal bests. I never went in for a lot of distance in my training, but put an emphasis on intensity, and personally, would still advocate training along these lines today. Anyway, for what it might be worth many years later, here is a log of some of my training in those long ago days (most of the training was on a 9.34 laps-to-the-mile track at Dr. John Blackburn's home:

Sun. Apr. 30-25 Km race, Chicago-1st in 2:06:57 (but the supposed mile lap was later found to be short). After 8:07 first "mile" did sub-8s through 13, then slowed to about 9:30s.)

Tue. May 2-2 mile walk-15:32
Wed. May 3-2 mile run-11:23
Thu. May 4-8 x 440 (1:42 average with 130yd recovery--this recovery will be a constant for 440s)
Fri. May 5-8 x 440 (1:50 ave.), 2 x 2 laps (app. 376 yds)--1:29 and 1:26
Sat. May 6-12 x 440 (1:49.5 ave.), covered 4 miles in 31:24
Sun. May 7-12 x 440 (1:46 ave.), covered 4 miles in 30:26
Tue. May 9-2 x 880 run (2:49 and 2:37), jog 180 between
Wed. May 10-6 x 440 (1:41.5 ave.), covered 2 miles in 14:52
Sun. Oct. 15--15 miles--2:18:15 (40:45 for last 5)

Tue. Oct. 17--5 miles--39:58

Wed. Oct. 18--9 x 440 (1:48 ave.), finished 3 miles in 23:21

Fri. Oct. 20--880 run--2:40, 8 x 220 m with 110 jog between (times not recorded)

Sat. Oct. 21--11 miles--1:32:58

Mon. Oct. 23--1 Mile--7:23, stroll about 130 yds, 3 x 440 (1:48.5 ave.), stroll 130, 3 Miles--22:30

Tue. Oct. 24--10 Km--47:55


Sat. Oct. 28--20 Km race on track--1st in 1:40:36.5, U.S. record (8:12, 8:18, 8:10, 7:54, 7:58, 8:05, 7:52, 7:59, 7:55, 8:00, 8:24, 8:20)

(Total for the year, I had 261 workouts or races totaling 959 miles walking and 243 running or less than 25 miles a week)

Skip to 1964 (Did 161 miles in January and 162 in February)

Sun. March 22--Ohio AAU 50 Km, passed 20 miles in 2:54:33 and 24 in 3:31:53 and then dropped out with 5 minute lead on Chris McCarthy


Tue. March 24--6 miles 54:44

Thu. March 26--8 x 3/4 mile (3.50 ave., stroll 110 between) then finished 7 miles in 57:27

Fri. March 27--10 miles--1:18:56 (March totaled 228 miles walking, 4 running)

Skip to:

Sun. Apr. 5--26 miles--4:11:10 (17:33 last 2)

Mon. Apr. 6--6 miles--46:14

Tue. Apr. 7--1 1/2 miles--11:34, 1 1/4--9:33, 1 mile--7:29, 3/4--5:34, 880--3:38, 1/4--1:47, 220--51, stroll about 180 between. finished 6 miles in 47:34

Wed. Apr. 8--2 mile run--11:24

Thu. Apr. 9--3 x 2 miles (15:19, 15:13, 14:50), passed 10 Km in 48:22

Fri. Apr. 10--10 Miles--63:25

Sun. Apr. 12--20 miles--2:55:08 (1:30:35 at 10--last 2 in 8:04 and 7:52)

Mon. Apr. 13--10 Km--47:18 (7:39, 15:08, 22:39, 30:20, 38:00, 45:40) personal best. (Interesting to note that while this seemed really tough to me at the time the day after a hard 20 miler, had I continued for more 10s at the same pace I would have still fallen short of today's American record for 50. So, human performance continues to improve.)

Sat. Apr. 14--National 10 Km, Chicago--2nd in 48:22 (temperature at 90 f)

Sun. Apr. 15--14 miles at about 9:20 pace (started 50 Km race in Chicago with no intent to finish)

Mon. Apr. 16--4 x 1/2 miles (1:03, 10:57, 10:51, 10:44, stroll about 400 yds, 1 mile--7:02

Wed. Apr. 17--4 miles--54:42 (7:21 last mile)

Fri. Apr. 19--1 mile--7:13, 2 nules--15:03, 2 miles--14:45, 1 mile--7:08, stroll about 180 between

Sat. Apr. 20--880--3:48, 8 x 220 (ave. 53), 880--3:47, 2 miles--16:45

Sun. Apr. 21--20 miles--3:07:20 (7:50 last mile)

Mon. Apr. 22--20 miles--3:07:20 and 23:05, stroll about 180 between

Tue. Apr. 23--1 1/2 miles--11:18, 1 1/4--9:22, 1 mile--7:24, 3/4--5:29, 1/2--3:36, 1/4--1:43

Thu. Apr. 25--1 1/2 miles--54:32 (last 2 miles in 7:22 and 7:05)

Fri. Apr. 26--1 mile run (5:49, 5:39, 5:33--stroll about 125 yds between)

Sat. Apr. 27--8 Miles--57:00 (7:11 last mile)

Sun. Apr. 28--10 miles at about 9:20 pace (started 50 Km race in Chicago with no intent to finish)

Mon. Apr. 29--1 1/2 miles--6:50, 2 miles--14:48, 1 mile--7:10, stroll about 400 yds, 1 mile--7:02

Wed. Apr. 30--10 miles--54:42 (7:21 last mile)

Sat. May 1--10 miles--1:42:18 (15:15 for last 2)

Sun. May 2--Ohio AAU 10 Km--1st in 47:04 (86 f)

Mon. May 3--2 x 1/2 miles (19:11 and 19:07)

Tue. May 4--3 miles--21:31 (7:06, 7:10, 7:15), 1 mile in about 16 min, 2 miles--14:18

Wed. May 5--4 miles--32:19

Thu. May 6--3 x 1/2 miles (7:15, 7:14, 7:13, 7:12, 7:13) stroll about 130 yds between

Fri. May 7--10 x 220 run (38 second ave.), stroll 100 between

Sat. May 8--15 Km--1:18:38

Sun. May 9--10 miles--1:20:08 (actually 10 laps of 1 mile 35 yard course)

Mon. May 10--1 1/2 miles--10:29 (6:55), stroll about 880 yards, 4 miles--30:47

Tue. May 11--3 miles--54:15 (153 miles in June)

Wed. May 12--3 miles--25:10, stroll 180, 3 Miles--24:18

Thu. May 13--2 miles--8:57, 1 mile--8:18, 4 miles--30:09 (7:43, 7:44, 7:30, 7:12)

Sun. May 14--National 20 Km (Olympic Trial), Pittsburgh--3rd in 1:37:05

Following this, I did 140 miles in July, 141 in August (very hot months), and 220 in September leading up to Olympic 20 Km on Oct. 15 in Tokyo where a 1:36:35 brought me 17th place. Did not only 90 miles in both November and December, but finished year with 1952 miles, far more than I had ever done before and exceeded only in 1983, when for some strange reason I did 2004 at age 48.

That's probably more than anyone wanted to know about how someone was training 30 years ago, but there it is. There may be no pattern evident leading up to Olympic 20 Km in Tokyo exactly I:36:35, but there is some kind of progression from 1981 to 2004.
still don't, but did see a need for a lot of intensity when I was out there. Thus, even the long workouts were at fairly high speed and the intervals were pushing hard with very little recovery and even that still moving briskly. It was interesting typing all of this from the old logs and how vividly I can remember some of the workouts those many years ago.

I recall the six times I ran on June 25, 1964 was in very hot, humid conditions. I felt terrible on each brief recovery, but for some reason refreshed when I started to move fast again and was amazed that I continued to hold the 7:15 pace. Now, I know people go for 50 km nonstop all that no sense risking a real injury going strong with a 7:48 on the last mile and felt I could have held that pace for another three, which would have brought me close to a 2 hour 25 km. But, their were more important goals and no sense risking a real injury to the right muscle. It let me know for sure that I was capable of staying near anyone in this country for 20 km. And, probably the slight injury was a blessing in disguise because it forced me to cut back a bit in the five weeks leading up to the Trials, when I was in danger of pushing too hard.

**LOOKING BACK**

**35 Years Ago** (From Chris McCarthy's June 1963 Race Walker)—Chris himself won the National 50 km in Detroit with a 4:44:55, nearly 10 minutes ahead of Ron Laird. Jack Blackburn was a distant third. Heat slowed the competitors as the temperature soared to 87 F during the race. ... In 35 years ago (From Chris McCarthy's June 1963 Race Walker)—Chris himself won the National 50 km in Detroit with a 4:44:55, nearly 10 minutes ahead of Ron Laird. Jack Blackburn was a distant third. Heat slowed the competitors as the temperature soared to 87 F during the race. ... In 35 years ago (From Chris McCarthy's June 1963 Race Walker)—Chris himself won the National 50 km in Detroit with a 4:44:55, nearly 10 minutes ahead of Ron Laird. Jack Blackburn was a distant third. Heat slowed the competitors as the temperature soared to 87 F during the race. ... In 35 years ago (From Chris McCarthy's June 1963 Race Walker)—Chris himself won the National 50 km in Detroit with a 4:44:55, nearly 10 minutes ahead of Ron Laird. Jack Blackburn was a distant third. Heat slowed the competitors as the temperature soared to 87 F during the race.

**25 Years Ago** (From the June 1983 ORW)—At the National Outdoor Championships, Jim Heiring and Susan Liers-Westerfield both won their third straight title. Susan controlled the 10 km race all the way to win in 50:58. Debbie Lawrence was 42 seconds back, with Sam Miller third in 52:20. Surprising newcomer Maryanne Torrellas was just 2 seconds behind Miller at the finish. Heiring was also in full control at 20 km (both races were on the track), as he won in 1:26:55. Marco Evoniuk trailed by 50 seconds and Dan O'Connor took third in 1:29:38. Tim Lewis started the final 400 meters 11 seconds back of Todd Scully, but stormed through that final lap to overhaul the veteran (1:30:18 to 1:30:23) for the final spot on the U.S. World Cup team... The annual races in Naumburg, GDR went to Soviet Nikolai Polozov (1:22:37) and Ronald Weigel (3:41:31) of the host country. ... Raul Gonzalez walked two 50 km races in just 3 weeks—3:51:50 in Mexico and 3:57:1 in Czechoslovakia. ... Susan Liers-Westerfield also won the National 5 km on Long Island in 24:41.6.

**10 Years Ago** (From the June 1988 ORW)—In Tampa, Florida, Maryanne Torrellas defended her National 10 km title, winning in 48:25.3. Teresa Vaill pushed her all the way and was just 7 seconds back at the finish. Wendy Sharp (50:50.3) and Victoria Herazo followed. In the men's 20 km, Tim Lewis was never challenged and his 1:29:34 left him 2:40 ahead of second place Ray Sharp. As this year, times were slowed considerably by the sweltering weather. Andy Kaeluter beat Marco Evoniuk for third and Curt Clausen took fifth. Ray Sharp won the National 5 km in 20:56.50 with Doug Fournier 7 seconds back in second. Australia's Terry Saxby won a women's 20 km race in 1:27:25. ... England's Derek Harrison broke the world mark for 24 hours, going 219.5 km.

**5 Years Ago** (From the June 1993 ORW)—Debbie Lawrence and Allen James were winners at the National Outdoor T&F Championships in Eugene, Oregon. Teresa Vaill led Lawrence for all but the last 800 meters of the women's 10 km, but couldn't match Debbie's pace at the finish. Lawrence's strong finish brought her a 45:55 win, 9 seconds ahead of Vaill. Sara Standley was more than 2 minutes further back in third, but well clear of Debora Van Orden and Lyn Brubaker. The first 9 broke 50 minutes. James had control of the race throughout the men's 20 km. He went through 5 km in 21:12 and 10 in 43:06 with a 78 second lead on Jonathan Matthews. He slowed considerably the second half, but still stretched the lead slightly to win in 1:29:09. Matthews was second in 1:30:45 with Doug Fournier (1:31:25) and Herm Nelson (1:31:42) following. The first 10 broke 1:35:9.