

BLUE RIDGE RUNNING CLING  
SUNDAY AUGUST 17, 1975

9:30 left Naval Academy  
10:15 Picked up Tony Walthrop  
12:45 Arrived at the Mount and reserred and got rooms  
1:45 Coach Cantello took us to the snack bar in Emmit. for  
Lunch.

FREE TIME IN WHICH WE MEET NEW PEOPLE

#3#25 Ran 4.5 miles in about 27 minutes I tried to stay with tony  
I fo8nd that most of the people tried to stay way up at a fast  
speed and couldn't do it Weems, Chip and I finished 2, 3, 4,

5:00 Dinner ( I drank the frist part of the milk and it upset my  
stomack so I could not enjoy a full dinner)

6:00 When over to the Gym and work out on the Universal gym.  
I found myself very dise

7:00 We ran a hill five times. It was about a 45° I felt derable.

7:30 We came in late for the t-shirts so we have to wait until the  
the next shipment.  
Coach Z intro himself and gave the college rules and then tony  
I asked him to tell the group the question a stewardess asked  
him and he did. It was "How fast can you run with out stopping"

8:30 I ran the projector for two movies (W. C. Fields about golfand  
Jesse Owins goes back to Berlin) I enjoyed the parts about Hitler

9:45 Retire to dorms. type upthis and Comm. MB.

11:00 to bed .

BLUE RIDGE RUNNING CLINIC

MONDAY, AUGUST 18, 1975

- 7:20 Woke to the sound of a slamming doors. So I got the jump on everyone else for the bathroom.
- 8:00 Breakfast -- waffles
- 8:30 Back to the rooms to fool around
- 9:30- Inspection of the rooms we placed 3rd we'll do better next time.
- 10:05 Morning workout, five miles mostly flat one big hill at the end. we were aver. about 6 minute miles for the frist three then we very eratic, I slowed down the last mile and a half, because of general run down feeling. Time was 40 minutes Temp. 89°
- 11:00 Lecture by Tony see lecture I
- 12:00 Lunch 3 LARGE pieces of pizza and 4 jellos
- 12:30 Checked out the book store and walk down to the country store poor old guy who runs the store was very lonely.
- 2:30 Lecture by Tony see lecture II
- 3:00 When off with Coach Zeke to look at form. We had to stop twice for the sceinery going by ( Girls in bikies)
- 3: 45 Ran 3 miles with Coach Zeke the oppisite way we went Sundy Time was about 20-25 minutes, very hilly
- 5:05 Dinner walked right in with no waiting Salisbury Steak was a little dry. Coach Zeke sat with us. I also got tony's address to send him a copy of the clinic notes.
- Tony Waldrop  
123 Northampton Plaza  
600 Airport road  
Chapel Hill, North Carolina  
27514
- 6:15 Volleyball games our team won 5 games out of 6, the last one was the third time weplayed the team and we were a little tired
- 8: 15 Up to SUB for the snack bar and viteo of the Munich '72' games talk a little about the Arab terroist take over.
- 10:30 Back to the dorms, The counselors Al, Scott, and Craig were ajumpy and were goofing around.
- 12:30 I was attack by the Phantom.
- 2:30 finally fell asleep

BLUE RIDGE RUNNING CLINIC

MONDAY LECTURES

AUGUST 18, 1975

MORNING - Speaker Tony Waldrop -- sub 4-minute miler

I. Heat

A. Symptoms of heat exaltation

1. Chills
2. Skins clams up
3. Dizziness
4. Hot-cold chills

II. Liquids

A. Lesser amounts of sugar

B. Moderate amounts

C. Don't take salt tablets

D. Look for drinks with Potassium

Good to eat  
lots of fruits  
they contain all mins. needed

III. Rest and Injuries

- A. Lead legs if contune and get worst rest for a day or two
- B. Stay on grass helps to prevent injuries

Shin Spints

- A. Becareful of taping (may make matters worst)
- B. Rest
- C. Tape arch

AFTERNOON - Good Running Form

Relaxation - Moves will be come more effentio, then your  
times go down

Head - Straight line, Steady

Neck - Relaxed

Shoulders - Straight up, back and forth with arms

Arms -- Midway extended at waist

Hands- Not fisted, forefinger and thumb connected

Chest = just relaxed

BLUE RIDGE RUNNING CLINIC

TUESDAY LECTURES

AUGUST 19, 1975

MORNING -- Speakers Bill Mason -- Sprinter  
Al Cantello -- Head coach for Navy XC and Track

Coach Cantello on Interval workouts

In studies made on interval workouts, they found that too much training of any kind made the runner peak early in their career.

Variables in Interval Work

1. Distance
2. Rest period or the interval
3. Number of reps.
4. Speed

For cross country once a week is all that need for the interval workouts

ICA's

1. Mass.
2. Providence
3. NAVY
4. Penn.
5. Villanova

Afternoon -- Speakers Tom Douple -- Runner from LSU  
Rick Erdmann -- Coach of Hagerstown C.C.

Parts of coaching

1. Looking for new methods of training
2. Confidence in the program
3. Letters sent out to runners during the summer
4. Find out what kind of shape the runners are in after the summer
5. Individual Workouts
6. Make progress with distance of

BLUE RIDGE RUNNING CLINIC

TUESDAY, AUGUST 19, 1975

- 7:30 Wake up
- 8:00 Breakfast eggs
- 8:30 Back to room to type up notes
- 9:15 Room inspection, I found out about two meets that Mt. St. Mary is running in at Annapolis; Friday Oct. 3 Navy, Quantico and M.S.M. and SATURDAY, Nov. 29 National AAU Champs. Runners - Frank Shorter and Tony Waldrop.
- 10:00 Lecture on the trunk with Bill Mason a sprinter from our high school who holds the school record in the 100yd.
- 10:30 Ran two quaters trying to time Isaid that I would run 75-70 and ran 79-67 then out found for a light 2 miles gently rolling.
- 12:00 lunch fish sandwich
- 12:45 Bookstore
- 1:00 Back to the room to rest up and type up notes
- 2:00 Lecture by Rick Erdmann and Tom Douple see notes
- 3:00 Workout five Grottos very hard, the last was half walk and half jog.
- 4:30 Start wash
- 5:00 Dinner over dry fried chicken
- 6:00 Talk about college and schorlarships. I desided to go to AACC for two years and then transfer up to MT.St. Mary. Keep up with MSM on what I take at AaCC.
- 8:00 Waited for Coach Cantello to come with movies
- 9:00 Finally shows up are the flims  
The Barber -- W. C. Fields  
Movie on the motovation of a cripple  
A French film on track and field
- 11:00 To Bed

BLUE RIDGE RUNNING CLINIC

TUESDAY LECTURES

AUGUST 19, 1975

MORNING -- Speakers Bill Mason -- Sprinter  
Al Cantello -- Head coach for Navy XC and Track

Coach Cantello on Interval workouts

In studies made on interval workouts, they found that too much training of any kind made the runner peak early in their career.

Variables in Interval Work

1. Distance
2. Rest period or the interval
3. Number of reps.
4. Speed

For cross country once a week is all that need for the interval workouts

ICA's

1. Mass.
2. Providence
3. NAVY
4. Penn.
5. Villanova

Afternoon -- Speakers Tom Douple -- Runner from LSU  
Rick Erdmann -- Coach of Hagerstown C.C.

Parts of coaching

1. Looking for new methods of training
2. Confidence in the program
3. Letters sent out to runners during the summer
4. Find out what kind of shape the runners are in after the summer
5. Individual Workouts
6. Make progress with distance or milage (increase it)
7. Cut back on distance
8. Quality workouts, intervals
9. The key is the Individuals hard work

THE MAIN PART OF THIS LECTURE IS ON THE SHEET TITLED:

"Cues to Better Endurance Running"

AUGUST 20, 1975

Afternoon

Speaker -- Clark Santee, former member of the Oregon's Track team

Topic -- Oregon Training Program by Bill Bowerman  
1972 Olympic Games Coach

Cont. next page

BLUE RIDGE RUNNING CLINIC

Cont.

WEDNESDAY AFTERNOON

	<u>AM</u>	<u>PM</u>
Monday	Easy run (4-6)	Hard Intervals (440's)
Tuesday	Easy run (4-6)	Sprint Intervals (220's)
Wednesday	Brisk run (5-7)	
Thursday	Easy long (8-10)	Sprints then lift
Friday	Easy run (4-6)	
Saturday	RACE	
Sunday	EASY FARTLEK	

ALL INTERVALS ARE DONE IN SETS OF FOUR (4-440's, 4-220's, 4-660's)

DO'S AND DON'TS

1. Not gutts display but a display of achievement from training.
2. Hard training and racing don't mix.
3. Time trial should not be taken everyday.
4. Warming up is very important. (two miles before workouts and races)
5. No calisthenics.
6. No leg weights, do it natural put in the milage.
7. Pace work.
8. Never train on the track.
9. Do not train when ill.
10. A track clock for timing to speed up workouts, no need to wait on the coach.

THURSDAY MORNING

Circuit Training Speaker -- Coach Al Cantello

In the case of an injuries you can stay in shape by swimming, cycling, and lift weights.

Circuit training not only help your muscular system but it strenghtens your circuitory system.

Circuit training is different for each kind of runner; the sprinter and weight men to lift then rest to make white blood cells, the distance runner lift the move on and lift again with out any rest.

Do five intervals with one rep. of the following (850, 660, 440, 330, 220) between each interval do one of the following exercises or similar ones. (static push up, Elevated legs, Push ups then stand up, straight leg sit-ups, and Knee bends with hands on head.

THURSDAY AUGUST 21, 1975

Afternoon Speaker -- Dr. Gabe Mirkmi

Prevention & Cure of Athletic Injuries

Causes of Injuries

1. Over use sindrom
2. Lack of flexibility
3. Muscle imbalance
4. Abnormal foot postion

- 1) OVER USE SINDROM -- A hard workout injuries you. You must rest to heal them up. Hard work out recovery time is 48hours.
- 2) LACK OF FEXIBILITY -- Calfs and hand strings, Always strech before a race or workout and never after.
- 3) MUSCLE IMBALENCE -- Shin slints is caused by the over pulling of the calfs over the shins muscles. Cure rest 5 days and then jog light.
- 4) ABNORMAL FOOT POSTION -- Flat feet are the cheif cause of ankle, knee, hip, and back trouble. Cure wear arch supports.

Never go to a physian about a injuries (within reason) as the result of running problems. Usally nature will heal it for you.

Make a arch supports out of INSULITE from any sporting good store. The main parts of the shoe is Saddle, Collar, Achilles holder

Minerals and Vitamins

- Don't take salt tablets. Slack off on the use of salt during the winter
- No need for Vit. A, B, C, D, E, and IRON if you eat a well balanced diet.
- Eat plenty of fruits for Vit. C and Potassium.
- 500 mg. of Vit. C will help you live with your cold.
- No need for unnessary pills , protein, iron, liver.
- fasting has no evidence of helping.
- No more than 1 or 2 eggs a week.
- Eat fat, eggs, cheese, shellfish, butter, and chicken.
- Too much whole milk is not good for you drink skim milk.



WOULD YOU PLEASE RATE THE FOLLOWING CLINIC ACTIVITIES ON A SCALE OF:

- (A) Outstanding
- (B) Very good
- (C) Good
- (D) Fair
- (E) No value

CIRCLE ONE

- |  |           |
|--|-----------|
| 1. Food  | A B C D E |
| 2. Running areas                                     | A B C D E |
| 3. Counselors  | A B C D E |
| 4. Dorm facilities                                   | A B C D E |
| 5. Interval lecture & Workout                        | A B C D E |
| 6. Movies  | A B C D E |
| 7. Fartlek lecture & workout                         | A B C D E |
| 8. Medical facilities                                | A B C D E |
| 9. Talent night                                      | A B C D E |
| 10. Doctor Mirkin's lecture                          | A B C D E |
| 11. Trip to the lake                                 | A B C D E |
| 12. Circuit training lecture & workout               | A B C D E |
| 13. Oregon program lecture                           | A B C D E |
| 14. Tony Waldrop                                     | A B C D E |
| 15. European cross country                           | A B C D E |
| 16. Final race                                       | A B C D E |
| 17. Snack bar  | A B C D E |
| 18. Coach Erdmans lecture                            | A B C D E |
| 19. Other athletic facilities (gym,volleyball, ect.) | A B C D E |
| 20. Panel by Al Salazar & Chas Our                   | A B C D E |
| 21. The Head Coaches ( Cantello, Zeke)               | A B C D E |
| 22. Peanut (beans)                                   | A B C D E |