

CHAPTER VII

MARATHON RUNNING

WE are now coming to the longer races, for instance, the Marathon, which has come into vogue since the revival some dozen years back of the Olympic games. There are other distances, however, which need, if not quite as much staying power, at least very nearly as much as the 26 miles and 380 yards that the Marathon consists of.

It must have been quite an eye-opener to Englishmen, in the first instance, to strike a Canadian like Sherring, from the little town of Hamilton, who could beat the world, although Caffrey had previously shown at Boston of what Canadians were capable. His performance, however, was local compared to that of Sherring, which attracted attention all the world over, although the time made was nothing so wonderful and has been beaten several times since. Sherring ran his race on the road, not on a prepared track like that in Madison Square Garden, New York, or in the arena at Montreal. His race, too, was 200 yards short of that at London, and in the revival at New York. Hayes and Dorando, who had such hard luck in the race in London; Yves, Longboat and others have all beaten Sherring's time at the full distance of 26 miles, 380 yards by six minutes, equal to at least a mile.

In training for a long journey the principal item is walking. Get out for a sixteen-mile walk three or four times a week, and walk at a good, steady four and a-half-miles an hour pace. On the other days go eight miles only at about five miles an hour, saving one day for a sixteen-mile steady road run.

Keep this up for a month or six weeks, and then go harder for the last month. Lengthen your run to twenty