

SECTION III : CASE STUDIES

GENERAL REMARKS

This section contains 11 case studies of the World's best slalomists. I have simply told their stories in a more or less chronological order here, including all details that I thought might conceivably be important. However, I don't pretend to have captured everything, and even now in reading the studies, I can think of additional questions I would like to have asked. Furthermore, I have not yet had the time to sit down and compare the stories, trying to extract general principles from them. That, I'm afraid, will take a very long time and will certainly involve further research. Nevertheless, I felt these stories were a beginning, and that they would inspire the rest of the athletes in the sport, giving them models to emulate.

One thing that certainly leaps out of these studies is that there are many ways to reach the top. All readers, regardless of their circumstances, will probably find things here that will help their training and racing. But, of course, readers should look to what is appropriate to them and what is not.

Some of the themes the reader might wish to ponder as he reads these stories are the following:

- * To what degree is a very early involvement in slalom necessary for success at the highest levels? How important is unusually strong parental support?
- * Why is it that the top women in the sport don't train with other women, but by themselves or with men?
- * What are the ways of finding variety in training? Most of the top boaters have a great deal of variety but it seems that the variety can come in doing out-of-the-boat work or just different kinds of in-the-boat work.
- * How do the best boaters prepare so that they can produce their best performance on race day? This theme crops up over and over again, and one way certainly seems to be to plan the race day out ahead of time in meticulous detail.
- * Is it possible to come to some general conclusions about the mental aspects of this sport? Should all paddlers seek the same depth of thought about their training as Richard Fox did? Or would that be appropriate only to a certain type of individual?

We begin the study of our top paddlers with a summary table of vital statistics and then go through their stories one by one.

Name	Birthdate	Height		Weight		Paddle length	
		inches	meters	kilograms	pounds	inches	centimeters
K1							
Fauster	10/25/56	68	1.72	70	154.4	81.1	206
Fox	6/5/60	69	1.75	70.8	156	81.1-5	206-7
Hilgert	10/25/60	73.5	1.87	74.8	165	82.7	210
Kerr	5/31/54	68	1.73	68.4	150.5	81.9	208
Prigent	5/16/54	69	1.75	70	154.4	81.5	207
Renault	8/8/56	70.4	1.79	72	158.7	81.5	207
Sattler	10/4/51	66.5	1.69	69	152	81.2-9	206-8
E. Wolffhardt	9/30/58	73	1.85	76	168	81.5	207
K1W							
Deppe	12/9/53	71	1.80	61.7	136	79.9	203
Harrison	9/17/55	71	1.80	65.8	145	81.5	207
C. Hearn	6/1/58	67	1.70	65.8	145	80.3-7	204-5
Roupioz	11/20/55	65.7	1.67	61	134.5	80.3	204
Sharman	8/8/57	70	1.78	59.9	132	81.9	208
C1							
D. Hearn	4/17/59	70	1.78	72.6	160	59	149.9
J. Lugbill	5/27/61	69	1.75	79.4	175	59	149.9
R. Lugbill	5/11/59	68	1.73	72.6	160	58	147.3
Robison	11/11/61	74	1.88	78.0	172	59	149.9
C2							
S. Garvis	10/27/59	66	1.73	70.3	155	56.5	143.5
M. Garvis	10/27/59	72.5	1.84	83.9	185	56.5	143.5
Grabow	11/29/58	66	1.67	65.3	144	56.5	143.5
Huey	2/1/56	73	1.85	72.6	160	57	145
C2M							
Hayman	10/27/57	65.5	1.66	54.4	120	52	132
F. Haller	5/28/59	70	1.78	74.8	165	57	145

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