

## ARCO-lepsy

Active folks...

ARCO-Lepsy (or, The Rest Ain't So Easy!)

They say that you can't train hard if you don't rest hard. But if living life like the athletes at San Diego's ARCO Olympic Training Center is what it takes to be a champion, I don't have what it takes.

I pride myself on being able to have fun just about anywhere, but I think I've met my match. I've only been here 24 hours but I just caught myself reading the same Enron article from Tuesday's Wall Street Journal for the 3rd time. And that was the highlight of my day.

Don't get me wrong. The Training Center is a beautiful place: Nice new dorms, a great track and other top-notch training facilities built on a lake surrounded by mountains in the Sonoran Desert. Or is that the Snoring Desert? It may as well be. Even the coyotes sound bored.

No wonder Herm "Mr. Bear" Nelson, 2-time Olympian and champion napper, felt so at home while hibernating here. It's the perfect place to get "up at the crack of noon" to settle into the days pre-workout activities. Like sitting on the couch in your underwear watching Sports Center, for example.

I keep telling myself that rest is good for me. Afterall, I am supposed to be walking a 50K in the morning. Unfortunately I've never been very good at sitting still for longer than a few minutes at a time; to me "rest" is a four-letter word.

I have to give a lot of credit to the racewalkers training here at ARCO. I'm pretty sure I could keep my focus training in this environment for a couple of weeks at a time. Maybe even a month. If I get bored I can go walk some more, or amble over to the weight room, or head over to the Sports Medicine Center for a rub down or an ice bath. But then what? How long can you sit around waiting for that next workout or meal?

It's like college without the college. But at least if you get desperately bored at school, well heck, you can always pick up a book and study. Here I've been studying the ceiling tiles. (294 in the living room, 225 in the bedroom...)

By the time the race rolls around I'll have a solid 36 hours of rest under my belt. It's enough to make a guy want to go out and get a job. (well, almost...)Or even to walk a 50K. But maybe that's the point....

So please help me and the ARCO athletes. Forget the checks, send Game Boys, crossword puzzles and knitting needles....

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Dave McGovern

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