



Non-racewalkers have a mean I.Q. of 100. I.Q. (and racewalking performance) rise sharply with increased weekly mileage due to enhanced oxygen flow to the brain, and the so-called "zoning-out" effect. This increase peaks between 70 - 80 miles per week—in the optimal 20K training zone. I.Q. then plummets as mileage increases. At peak 50K-training mileage levels, athletes lose the ability to function beyond a primal level, reduced to the most rudimentary of functions: walking, eating, drinking and sleeping. Knuckle-dragging and working in fast-food restaurants become common at levels beyond 100 miles per week.

**DMcG**

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