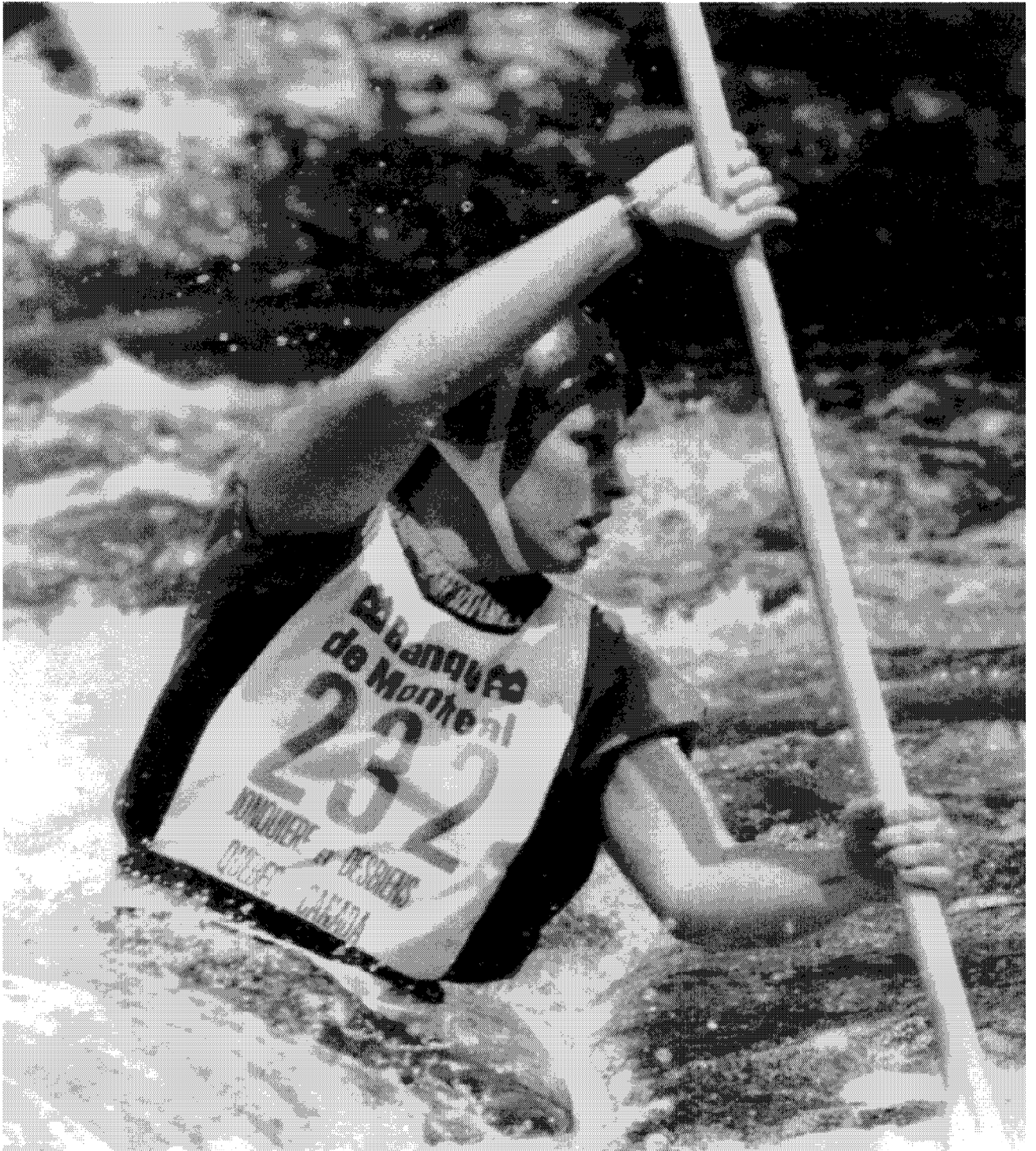


CATHY HEARN



Cathy Hearn during her winning run at Jonquiere.
(Leonard Isbister Photo)

CATHY HEARN

"What I needed was to be
treated like a C1."

Cathy Hearn was the first person in a decade to win three gold medals in a single World Championships. No one has ever won 4. In 1979, at Jonquiere, Cathy won the K1W slalom individual and team, as well as the K1W downriver team. She was thus the only person to win medals in both slalom and downriver, yet two years later she repeated the same feat, this time winning a silver medal in the K1W slalom individual and bronze medals in the K1W slalom team and the K1W downriver team. In addition to these highlights, she was third twice in the Europa Cup, in 1980 and 1982, and won a bronze medal in her very first World Championships at Spittal in 1977, as a member of the third place K1W slalom team.

Cathy Hearn was the first K1W to really emphasize raw speed in her runs, and thus bring to her class the same "go for it!" attitude of the American C boats, such as Jon Lugbill, David Hearn, Bob Robison, and Ron Lugbill, as well as Steve and Mike Garvis -- all World Champions -- with whom she grew up in whitewater.

In fact, the key to Cathy's development in whitewater is the fact that she had to learn to cope with training many years with a bunch of extremely aggressive men, who would not tolerate caution and indecisiveness on the part of whitewater paddlers. She even dared to do a lot of weight training to make her very strong -- something which most women would not do, and which some men could not understand, either.

In short, she showed that it was possible for a woman to train as hard as men, and not suffer physically or socially from it. In 1979, for example, Cathy Hearn had a larger volume of training than Richard Fox, who won a bronze medal in the men's individual K1.

Cathy Hearn was born on June 1, 1958, is 67 inches tall and weighs 145 pounds. Her paddle length is 204-5.

She got into paddling through her parents, who started paddling before they were married. Her father is a geologist and business took him out west, to north central Montana, almost every summer for 14 years. Cathy spent the summers out west "and this had a very big effect on me because it taught me to like camping and the outdoors life." She goes on to explain, "the first lengthy trip I remember was on the Missouri river, following Lewis and Clark's trail in canoes, with Davey (her brother) and me dangling our socks in the water."

Starting in 1962, Cathy's father started racing C2, first open boats and then decked boats, then C1. "I remember going to see him race at the Youghiogheny slalom (site of many U.S. National championships), when I was 9 years old." Her mother paddled kayak, and open boats with her husband, but never raced.

Cathy got her first kayak when she was 9 years old, and learned the basics in that. At the same time she participated in a children's paddling group using 3/4 size C1s. Then she got a 3/4 size K1, a Klepper which had been wrapped around a rock and then put back together again for her. She was to paddle C1 off and on for many years thereafter, borrowing brother David's boat. She claims that much of her technique was acquired from watching and copying C1s.

At ages 10 and 11, Cathy went practically every other weekend to a swimming pool with her father during the winter to either paddle or swim, and learn to roll. Her first race occurred at this time -- a flatwater slalom put on by her club, the Canoe Cruisers Association of greater Washington, D.C. "But what I consider my first real race was Petersburg (West Virginia), in 1970. That was the first time that I got to race instead of watching my father race."

The race was a parent/child one and Cathy raced with her father. It was strictly a low-key affair with her father letting it be known that it was o.k. to stop paddling in the race if she got tired. "But I never did that," Cathy recalls. Cathy and her father won by beating a father-son team. Cathy remembers the son exclaiming to his father, "I got beat by a man, but you got beat by a girl!"

At this time, Cathy was also doing a lot of gymnastics. "A lot of times my father would ask me to go paddling, but I'd do gymnastics instead." She did it for five years, two years competitively, during which she was probably in about a dozen competitions. Cathy competed primarily in two events, the beam and vaulting, although she also did tumbling and aerial work on the floor. These were considered to be the scariest events and most people preferred the uneven parallel bars. "But there was too much of a line for those and I liked doing the things I could do without a lot of waiting around." She concludes about gymnastics, "paddling was not my top priority at that time; gymnastics was, at least during the gymnastics season."

Jamie McEwan and the Olympics

"In 1972 we were on a dirt road in Montana, driving along in a big International Scout truck, listening to the radio. We heard this news flash say that Jamie McEwan of the Washington, D.C. area had just won a bronze medal in the slalom Olympics. I decided right then and there that's what I wanted to do, too."

That fall, May McEwan, Jamie's mother, started a training program for those seriously interested in slalom. "At this point, I was still involved in gymnastics, but I decided that I wanted to concentrate on slalom, so we started doing weekends with May at a swimming pool during the winter. We had to get up at 4:30 a.m. and go down there and paddle. We did pyramids on the gates, took our pulses -- everything. We were also supposed to go out on the river every afternoon with her, but it was too long a drive for our parents to haul us out there each day."

Cathy's involvement with May McEwan continued for the next couple of years. After racing during the spring and summer of 1973, she was in the pool again with May during the winter. During the summer of 1974, she worked at the McEwan's day camp. Jamie and Angus Morrison, another top C1 at that time, also taught at the camp, "and they had a pretty big influence on my paddling," Cathy recalls.

When asked about why she decided to concentrate on slalom at such an early age, Cathy had the following thoughts:

The idea of winning an Olympic medal started me out. Academics might have been another alternative for me, but I saw a lot of people who were getting good grades were doing it by cheating and I didn't want any part of that. Paddling was a challenge that I couldn't get from public school. Also, paddling was something that set me apart from other people. Another thing that might have attracted me was playing the violin. I used to play it and think I could have gotten pretty good at it. I felt I had to be very good at something. But I just couldn't spend all that time sitting around indoors.

Learning to Race

"A lot of people spent a lot of time working with me over the years," Cathy recalls now. "Jim Reber, Meyer Rubin, Jim Stuart, John Berry, Rosemary and Dick Bridge, Dan Sullivan and John Thompson, Jim Raleigh, Joe Lederle -- all of these people had a big influence on me. They taught me that to race you have to be really patient. You can't fight the wind or the current. You need to learn how to cooperate with it. I think because of this, I don't get bothered by conditions as much as a lot of people."

Other paddlers, girls like Carrie Ashton and Louise Holcombe, both World Champions in K1W slalom team in 1973, and Nancy Southworth, Bronze Medalist in C2M slalom team in 1969, all helped Cathy, as well.

"But mostly it was May McEwan. There weren't many women around as gutsy as May. She swam intervals every morning and had a real 'go for it!' attitude. A group of 4-8 of us trained with May on weekends

in a swimming pool in Washington. In these sessions we did clockwise and then counterclockwise courses; continuous paddling in gates for 20 minutes at a time, followed by a chase through gates. She taught me a great deal of racing technique."

In the middle of the summer of 1974, Cathy wrote her parents (who were in California), a letter saying that she wanted to take a reduced schedule at school so she could train very seriously for whitewater. "They wrote me back and said, "No way -- how do you propose to do that?" Then I wrote them another letter detailing exactly how I planned to do it."

Cathy got her driver's license that fall. "I went to the river every day. Often I went by myself or with one or two other paddlers." Since Cathy took independent gym and English classes in school, she was able to leave school early and train.

"This is when the 'Hearn training log' started," Cathy adds. Both she and her brother David keep detailed records of their training and have done so for many years. The log began as a way to prove to the gym teacher, Mrs. Stout, that she was actually doing some training when missing school and not just loafing. "Filling out those logs made me realize that it was all going to be up to me, that I was going to have to be the one to decide what I had to do and how well I did it."

At that time, when I trained, I just paddled on the river, not on gates, even though I knew back then that I wanted to be primarily a slalom paddler and not a downriver paddler. I'd often take my wildwater boat out and do loop intervals, timed or untimed on small rapids, or spend time playing in my slalom boat.

In the winter, Cathy was often in the David Taylor Model Basin, a three quarter mile long indoor pool that paddlers could use after Navy work hours. She did stamina workouts with Jack Brosius, who was a flatwater coach. "Once in a while, I would go down on the gates we had in the Model Basin when the good paddlers were gone, but not all that often." Cathy says now that Brosius' stamina workouts, consisting of sprints, intervals and distance training, were where she first learned to work hard, an asset she was later to transfer to work on slalom gates.

Weights

During the winter of 1974-75, Cathy started to lift weights. This was to produce both a benefit and a traumatic experience for her. She had some free weights at home but found a universal machine at a

local school, and she and a group of 4-5 slalom paddlers all went there together to lift.

Lifting was pretty traumatic for me because all the other people working out were male "jocks" -- members of the football team, that sort of thing. I never saw another girl in there the whole time I lifted. Those guys were pretty nasty with their comments and the harassment was so great I didn't even lift the next year. One friend, though, Andy Farrar, a soccer player, did give me positive reinforcement and support and this helped me get through it.

Cathy did upper body lifting almost exclusively, using heavy weights and 3 sets of 6-10 repetitions. Muscles worked included the pectorals, through bench presses, the latissimus through pull-downs, the triceps and the biceps through curls and reverse curls. "I got pretty strong," Cathy recalls. "There was a very noticeable difference in the amount of weight I could lift and I could really feel the benefit in paddling, too."

Spring of 1975

During the spring of 1975, Cathy continued to lift weights but also began to do gatework outdoors on the Potomac River. "At that time the Luginbills were trying to make the U.S. team for Skopje and I trained with them often. We had about 4 gates and we'd do very long workouts on very, very short courses. The workouts might last 2 to 2 1/2 hours, but a lot of it was just sitting around." Ralph Luginbill, Jon and Ron's father, would usually come out and time the runs and coach, or if he didn't, the boaters would time themselves. Cathy says that she paddled gates 4-5 times a week then, and played on the river 2 times a week. "The Cls terrorized me on the river playing," she remembers, "by making me do enders even though they knew I couldn't roll very well."

Besides the gate work and the river playing, Cathy was also bicycling 10 miles total to and from school every day.

As a result of the training described above, Cathy qualified for the U.S. team trials at the Youghiogheny River. "The trials were on the weekend and I went up there on Wednesday. I knew a little bit about peaking then, the basic idea of paddling a lot and building up and then resting. So I paddled twice a day before leaving and then took a rest towards the end."

She was in 6th place at the end of the first day. "May McEwan pointed out that I might make the team. But I didn't go to the trials prepared mentally for that possibility. I ended up in 11th place.

But then, after everyone not wanting to go to Yugoslavia, I wound up as the alternate. One of the coaches asked me where I was going to be so he could contact me if someone got hurt or something. That got my hopes up a bit, but I still had to go to school."

C-CATS

But instead of going to Skopje, Cathy went to a 1 1/2 week training camp at the Youghiogheny River with the Canoe Cruisers Association Training Squad (C-CATS), a group of younger racers. About 20 people made the trip. During that time the group did the following workouts:

- * Timed short courses.
- * Timed long courses.
- * Technique sessions.
- * River running.
- * Individual moves.
- * Playing in holes.
- * Foot running.

Later that summer Cathy and David went to the Madawaska Canoe Camp in Canada for 3 weeks. At that time the camp offered instruction in race techniques from top European paddlers. Cathy had as her instructors Gisela Grothaus, Olympic Silver Medalist in slalom and several times World Champion in downriver, and Bernie Heinemann, World Champion in C1 downriver.

Cathy had Grothaus as an instructor for 2 weeks and learned a tremendous amount. "Jack Brosius taught me to work hard but Gisela taught me that technique was really important and above all concentration was key."

There were gates set up on rapids near the camp. According to Cathy:

Gisela would make us run the courses clean and make all the gates. She would stand on the shore and coach. She was encouraging but she was also hard on us. She taught me not to just follow the men but to adapt what I saw them do. For example, she taught me to go a little higher on ferries and things like that.

Gisela also took Cathy out on a nearby lake in wildwater boats and showed her how to do the kind of interval training she did. "She put a lot of care into working with me," Cathy recalls. "She also did a lot of foot running and skiing in the winter which showed me that variety in training is good."

From Bernie Heinemann, Cathy learned something quite different. "Heinemann was a lazy character when we were at MKC. He taught us that you could be lazy as long as your energy was well directed, and still be really good."

Cathy also learned more C1 technique from Heinemann. Cathy explains the influence that C1s have had upon her:

I paddled with C1s all the time, so I naturally started watching them. Davey, Kent (Ford), Ron and Jon (Lugbill), had a lot of influence on me, more than the kayaks did. There weren't many kayaks around then who were serious. I learned the following things from the C1s:

- Being efficient on one side. I'd alternate between watching how lefties and righties did moves to see what my blades should do.
- Feathering. I learned to feather the blade through the water in various places. This was reinforced at Madawaska, but it had been frowned upon by other coaches I had.
- Taking two strokes on one side. I'd learned it from a person whose on-side it was, and I may have overdone it a bit!
- Fore and aft leans. I learned the importance of leaning way forward and way back to get extension on my strokes. I also learned the technique of putting my boat up on one edge and paddling it that way.

Cathy says that because she paddled C1 early in her career, "I felt pretty natural in one. I'd paddle easy gates and easy whitewater in a C1." In the spring of 1975 alone, Cathy raced C1 in 5 races.

At Madawaska, Cathy learned things from Heinemann that reinforced those she had learned previously from the other C1s.

She also learned from both Gisela and Bernie that the top European racers were just normal people, not supermen. "This was very important because I thought the European women were really huge and strong. This is what we had heard. Heinemann and Grothaus made it all a little more real. They gave us a good look at what we had to shoot for."

Cathy goes on to explain further: "A lot of Americans could have been good internationally but they were psyched out by the Europeans and didn't really go after them. I pretty much grew up gunning for the Europeans."

Other things Cathy learned at Madawaska:

I learned to make myself work harder on technique. I had already been forced to work hard physically but I had never really been forced to work hard on technical things. I found this was even more fun because it was more varied. Also, Gisela was more encouraging than the other coaches I had worked with. It was obvious to me that Gisela Grothaus was fanatical about canoeing in a way I could relate to. I saw that it was important for her to have fun. There was never any emphasis at Madawaska on going to bed early or not partying and so on. This was unlike the flatwater people I had trained with. They didn't seem to make their work fun. Later on I saw that the Scandinavian flatwater paddlers had all sorts of fun ways to work on technique and other things.

During the 1975 season Cathy was in 15 slalom and downriver events. She won the junior National Championship in both slalom and downriver, and "this was a big breakthrough for me."

Fall/Winter of 1975-6

During the fall of 1975, Cathy was still on a half schedule at school. Her brother, Davey, started to train formally then, and the two of them "trained practically every day, often on 8-10 gates on the Potomac river." In the winter she went in the Model Basin and continued to do the stamina workouts with the flatwater racers.

Sometimes in the Model Basin, with coaching from Wick Walker and Tom McEwan, U.S. Team members, she did 2-gate English gates, starting on the minute.

Spring 1976

Cathy was back on the Potomac in February. "This was the first time with a big group. We had the Luggbills, the Garvises, Davey, Kent and others. It was more fun. We'd go out after school and stay until dark. We'd time each other on 8 gates we had set up."

The group also did a lot of river playing, perhaps 3 times a week, and watched the Lugbills' films of the Skopje World Championships and other races.

I thought that year it was important to race in as many races as possible. I felt I needed the experience. I wasn't super fast. So I went to 15 races that year and 5 pool slaloms.

After graduating from high school, Cathy went to the Nationals in California. "This was the first really big road trip for our group and we really cleaned up. We were out there for 6 weeks." Cathy was third in the senior slalom nationals in K1W and won the C1W. She was also fifth in K1W wildwater and second in C2M wildwater.

Besides a lot of racing in California, the group had gates on the Arkansas River: "We'd get there early in the morning and stay there all day. One of the things we did was race down the rapids with a mass start. The objective was simply to be the fastest, although the objective often seemed as though it were to tip over the other people. Once again I got 'terrorized'".

After the California trip, Cathy coached C-CATS for about a week at the Youghiogheny River.

The final event that season was the North America Cup, consisting of races at Madawaska and Jonquiere in Canada, and the Savage River in the United States. Cathy was fifth in K1W slalom. "I learned a lot at the North America Cup that year, basically about how to race. I learned about consistency. I saw Jon Lugbill have a super run -- but then make a mistake on one move and blow it. I watched Davey being really consistent, and winning. We realized that consistency was really important."

Training for Spittal

"My goal was to make the World Championship team. I decided not to do any more C2M and less C1W. Wildwater was just a diversion now and I wanted to make the team only in slalom."

Cathy took the entire year off from school in order to be able to train. She worked as a waitress to earn money. That fall she was in 4-5 races. She went to the Model Basin very early that year -- in September. "I guess we did that because that's where the gates were." But she also paddled outdoors, doing river runs and playing on the Potomac. Other work included running and weight lifting.

That winter and spring there were 2 lengthy training camps at the Nantahala Outdoor Center (NOC). In the first one, Cathy learned a lot of downriver technique, including forward stroke, where to place the strokes, and when and how to alter the stroke rate, much of it from Leslie Klein. "This was a really well-run camp, lots of video and good organization."

The second camp lasted 5 weeks. Cathy went to it at the end of February. "By this time I was getting to be able to make lists of things I needed to work on as well as things I was good at. I was starting to be able to set intermediate goals. So I trained really hard at NOC that spring -- perhaps too hard."

Cathy portrays this period as "the first year I learned about overtraining. I always felt like the underdog then, so I kept training hard. But then I'd become exhausted or get sick. I learned that there had to be a better balance between work and rest and that more was not necessarily better. As the spring went on, that became more and more obvious. One time we did a 50-mile paddle in flatwater boats, way more than we had ever done before. Even before we did it we were burned out. I saw others get injured because of that paddle."

Cathy also did some weight lifting at NOC. "The atmosphere was good, and we even had a stereo going where we lifted. It was relaxing for me. I still had a vision of the European women being really big and strong. Also I was intrigued by seeing how strong I could get, not necessarily for paddling."

Spittal

Cathy had no idea of how she would do at the World Championships in 1977, although she felt she had prepared reasonably well. "I wasn't scared of the water at all, and when it rained, I got really psyched because I figured the bigger the water the better we'd do."

During open practice before the race, Cathy broke her paddle. She tried to get to the bottom of the course with only one blade. "But I got that blade broken off in a rock and pretty soon all I had left was the shaft." She flipped, tried to hands roll, and finally some British paddlers helped her to get up.

But I was still in the current. I had so much water in the boat that I did a back ender when I hit an eddy. Finally, I swam and some Germans pulled me out. I was scared that I was going to lose my boat, but they helped me get it to shore.

Instead of being discouraged by this occurrence, it actually built her confidence. "I'd been bitten off, but I hadn't been traumatized."

Race Runs

Now, looking back on it, Cathy says that she was not prepared for the "hoopla" surrounding the World Championships. "Television, foreigners yelling at me for things I did wrong -- all that unnerved me." In one example that particularly bothered her, Cathy was trying to look at the course from the same place as Maria Cwierniewicz, the 1975 World Champion from Poland, but angry officials kept chasing her off. Finally, Maria told them to stop it and let Cathy alone.

Although the course was probably the hardest I'd been on, it was not totally out of my league. On my counting run I had 90 penalties, 50 of which came on the last gate, which they said I missed, but I didn't. I was tenth. Without the 50, I would have been 5th or 6th.

In evaluating her finish at Spittal, Cathy reckons "My weakness was my lack of racing experience. I felt I had the water handling ability of the other women, but all the fuss about the Worlds was something I just wasn't used to."

Team Race

"The team race was traumatic for me." She felt that a great deal of pressure was being put on her to get a gold medal. "The message I was getting was that I had to paddle better than I had ever done in my whole life, whereas I'd come into the Worlds just trying to do my best." On the first run, Cathy had 10-20 penalties but the other American women had 40s. On the second run, Cathy had a 50 and the team wound up third.

"Getting that medal was a big thrill for me and I felt there was the potential for a lot more because I didn't feel that we'd really done a great job. But in many ways, this was the best medal I've ever

won, maybe because it was the first one -- and also because they gave us flowers."

Cathy came away from the Spittal World Championships with three things to work on for the next time: consistency; race experience; and mental preparation. "I came away from Spittal feeling really good; I felt I had real potential."

Relationship with Coach Endicott

I first started working with Cathy Hearn (and other Washington, D.C. paddlers), during the winter of 1976-77. Since I had been a canoeist, my objective for the first years was primarily to do well in the canoe classes. In this I was successful because in 1977 we got fourth places in C1 and C2 at Spittal. But I knew I had to learn about K1 and K1W before I could be much help to them and consequently, I did not spend as much time with the kayak classes then. "I started out being pretty skeptical of Bill," Cathy remembers.

Here was yet another guy who was going to try to tell us what to do all the time. But then I began to think that he was the first really objective person we had because he didn't force us to do stupid things we didn't want to do.

As Cathy tells it now, my coaching of her was done in an indirect way:

He'd make comments to the C1s and I would listen to them. What he said to them filtered down to me. In retrospect that was good, because he was the first one who did not try to separate the classes.

And finally, echoing an earlier theme, "WHAT I NEEDED WAS TO BE TREATED LIKE A C1."

Preparing for 1978

In the fall of 1977, Cathy enrolled at Hampshire College in Massachusetts. There she met Anne Turner, a flatwater paddler. "Anne Turner has been a big influence on me", Cathy summarizes:

I'd heard a lot about how strong she was and what a great paddler she had become at a young age. But I didn't expect her to be nice to me. She was great and we got to be good friends. I did a lot of flat-water paddling with her that fall. I didn't have many female friends at school, but she was a very close one.

In January, Cathy, Carol Fisher, Anne Turner, Angus Morrison and others led a Hampshire College trip to the Rio Grande in Texas and paddled there. During the winter, Cathy paddled in the swimming pool at school. "This winter was really important because I paddled in the pool with Angus. He matured the C1 influence on me. I could relate to the C1s a lot better than I could to the K1s." In the pool, they did: continuous paddles; pyramids; and very short courses. "Anne would time us and coach some. I used to punch up in the air on my forward stroke and she kept reminding me not to do that."

In the spring, Cathy trained hard outdoors with Angus Morrison, Eric Evans, the top U.S. K1 at that time, and others. Jay Evans, U.S. team coach from 1969 through 1972, came out and timed them. They did a variety of course lengths, but mainly 60 to 80 seconds and "a lot of speed work."

1978 Nationals

The Nationals was an important milestone in Cathy's development because she lost it and resolved to do better in the future. "Eric told me I was going to win the Nationals, but I guess that made me too confident. I wound up third," she explains.

I knew I had choked. I was sick and tired of this all or nothing thing. I felt I was turning into a head case. I decided to get really serious about winning the North America Cup. I also decided that winning alone wouldn't be good enough. I had to win by going for it.

North America Cup

Someone told me that Linda Harrison was going to win the North America Cup, and that made me even more determined to win. My big thing that year was to be "unbeatable," but I didn't dare tell anyone that except Angus. I won all 3 races decisively.

But Cathy was also a bit disappointed because she felt that she was only really a fast paddler, not a clean one. "I was often sloppy; I often screwed up and had a major flaw in a race."

Summarizing her experience with the North America Cup that year, Cathy adds:

These were good races, on hard water. We always had good whitewater gates wherever we were, too. It was a great summer. The win at the North America Cup was sort of "being unbeatable," so I had achieved my goal.

And perhaps even more importantly:

I suppose my goal of being unbeatable was irrational -- like most of my motivations -- but it worked. Also I saw that I might win because the other women would make worse mistakes than I would. This gave me some perspective on what I thought was good compared to what really was good. I think 1978 was a turning point for me because it was the first time I could set a goal, visualize it enough and then know that it would probably be reached.

Pre-World Championships

Cathy Hearn placed fourth in the Jonquiere Pre-World Championships. In actuality, this was a good finish because she had to race with an injured shoulder, injured in the big hole halfway down the course. The injury, however, was to plague her all that fall.

The Pre-Worlds were important because I did pretty well even with a bad shoulder. This gave me a lot of self-confidence. I learned that I had a little leeway for doing o.k.

That fall, Cathy returned to school. She trained with her brother who was now at the University of Massachusetts. But she had bad shoulder problems and spent a good deal of the fall trying to get over them. "I read a lot and figured out some things about it, with the help of Dr. Tony Melchionda" (who was also the U.S. Team physician in 1981 and 1982 and, sadly, died following an operation for cancer before he could accompany the U.S. team in 1983). The problem turned out to be with the rotator cuff and the solution was ultrasound treatment and careful exercise. "That's when I learned about what to do for tendonitis: total rest is not necessarily the best solution."

That January she went to the Rio Grande again and then came to Washington, D.C. where she stayed the rest of the year, taking a semester off from school.

During the spring, Cathy taught gymnastics 3 times a week up through the team selection trials. She found that gymnastics was good for many reasons:

One thing it did was force me to lift my own weight and another was make me flexible. Also, it built up my shoulder in a way I wouldn't have otherwise. Teaching is a good way to learn about yourself. You are constantly thinking about sports. But I think teaching a sport that is different from the

one you are doing yourself is good because you can try out theories from paddling, especially about mental preparation. For example, I had the kids imitate what I did. This made me concentrate better (besides making me stronger). Working with kids is really important. They're really direct. They were interested in what I was doing but were not constantly prying.

Training for the Jonquiere Worlds

One has to be struck by the huge volume of training Cathy Hearn did in preparation for the 1979 World Championships. A chart of the year 1978-79 appears below. One must be impressed by the large amount of time in the gates, 38% of her total training. A total of 18% was timed gates against competition. There was also a considerable amount of work done outside the boat, 38% of the total. Cathy comments on the reason she was able to do such volume: "In 1979, I had a great deal of variety and that's why I could handle the volume. I think overtraining is largely mental, getting bored and worrying about whether what you are doing is right. I didn't worry a lot about that."

Cathy's gate training consisted of the following types of workouts on small whitewater:

- * Timed short courses -- 30-40 seconds.
- * Timed intermediate length courses -- 60-90 seconds.
- * Some timed long length courses -- 120 seconds plus.
- * A great deal of untimed gate work at lower intensity levels.

The downriver training consisted in large part of flatwater paddles using her pulse rate as a guide to the proper intensity level. "But a lot of the downriver training was low intensity stuff which helped build up my shoulder. I often went out in a downriver boat when I was tired of slalom and just did whatever I felt like doing."

Out-of-the-boat work included the following:

- * Skating, games, running (always more than 1 mile, but less than one hour), cross-country skiing (practically every day from Thanks giving/November to December), and swimming -- all aimed at improving the aerobic (O_2) system.
- * Ballet, stretching, and gymnastics.

Cathy Hearn

1978-79

(Training time in minutes per week)

Week No	Date	Total Training	Water Training	Athletic Training	Whitewater Gates		Flatwater Gates		Downriver Training	River Play	Strength Training	Skate Games	
					Timed	Untimed	Timed	Untimed				Run Ski Swim	Ballet Stretch Gymnastic
1	9/4 -9/10	310	125	185					125			135	50
2	9/11-9/17	823	230	593				45	185			423	170
3	9/18-9/24	880	355	525				15	280	60		265	260
4	9/25-10/1	545	165	380					165			300	80
5	10/2 -10/8	215		215								195	20
6	10/9 -10/15	370		370								190	180
7	10/16-10/22	253	110	143					60	50		108	35
8	10/23-10/29	640	225	415					75	150	130	245	40
9	10/30-11/5	530	225	305					30	60	145	130	30
10	11/6 -11/12	620	305	315				135	165	140	155	95	65
11	11/13-11/19	400	165	235					165		180	15	40
12	11/20-11/26	500	375	125	80	180						125	
13	11/27-12/3	480	240				60	180	55	60	70	130	40
14	12/4 -12/10	875	440	435	60	180	120	80			90	330	15
15	12/11-12/17	905	655	250	75		120	200	200	60	105	120	25
16	12/18-12/24	425	190	235	70	60					55	150	30
17	12/25-12/31	738	440	298			170	150		120	60	248	30
18	1/1 -1/7	560	500	60						500	60		
19	1/8 -1/14	560	500	60						500	60		
20	1/15-1/21	560	500	60						500	60		
21	1/22-1/28	970	620	350				195	255	170		245	105
22	1/25-2/4	925	470	455				195	90	185	30	290	135
23	2/5 -2/11	1235	435	800				45	190	200	60	550	190
24	2/12-2/18	695	380	315				125	255			240	75
25	2/19-2/15	920	540	380				240	150	150	60	240	80
26	2/26-3/4	1063	610	453				125	200	150	135	168	255
27	3/5 -3/11	845	495	350		120		150	105	120		125	225
28	3/12-3/18	968	645	323	345	300					95	58	170
29	3/19-3/25	795	360	435	165	135			60		150	155	130
30	3/26-4/1	600	506	94	230	230			46		40	34	20
31	4/2 -4/8	958	670	288	315	220			135		30	138	120
32	4/9 -4/15	705	490	215	95	220			155	20	20	50	145
33	4/16-4/22	555		555	80	180			125	170			
34	4/23-4/29	550	440	110	220	190				30	20	90	
35	4/30-5/6	600	510	90	360				150		10	40	40
36	5/7 -5/13	898	765	133	220	285			140	120		58	75
37	5/14-5/20	700	600	100	360	120			120			20	80
38	5/21-5/27	312	190	122	55	75				60		47	75
39	5/28-6/3	420	420		200	190				30			
40	6/4 -6/10	520	430	90		45			325	60		90	
41	6/11-6/17	610	610		285	195							
42	6/18-6/24	645	575	70	120	305			150		20	50	
43	6/25-7/1	570			150	180			240				
44	7/2 -7/8	490	290	200	90	20			120	60		150	50
	Total	28738	17921	10817	3575	3430	1695	2290	4566	2365	1695	6042	3080

Downriver as a Distraction from Slalom

Cathy Hearn is the only paddler left who has won both slalom and downriver medals in the same World Championships recently. But the real motivation for doing downriver -- to forget about the anxiety that was growing up about success in slalom -- is an important story. It illustrates how an athlete was able to create her own mechanism for controlling anxiety and thus not let it interfere with performance.

In 1979, I wanted to go both ways, but the downriver was mostly a diversion from slalom. Downriver was sort of an 'out' for me and was to become an even bigger one after Jonquiere. I'd seen too many people put all their eggs in the one basket of winning the slalom and then be terribly disappointed when they didn't win. I felt that believing I could win would put too much pressure on me.

My chief recollection about Cathy Hearn in 1979 was that she needed to be convinced that she not only deserved to win at Jonquiere, but that it was o.k. for her to think about that, and to follow a rational plan designed to achieve it. I remember an athlete who, physically, was capable of winning but, mentally, was not at all comfortable with that as a goal. It seemed to me at the time that she needed more self-confidence and I tried to work on this: "Bill kept telling me that I could win."

Looking back on it now, Cathy feels that the first time she actually thought she would win came shortly before the team selection trials.

At the beginning of the season, I thought only that I could be in the top 5. Shortly before the team trials, I was involved in a discussion with a 'Jesus freak' who was minimizing the World Championships and telling me that it was a waste of time trying to make the team and that I'd be a lot better off trying to find Jesus. He irritated me and I told him that I wasn't just trying to get to the Worlds, I was going to win it.

At the World Championships, the downriver race came before the slalom and Cathy was a member of the World Champion K1W team. "This was fantastic for my self-confidence and relaxation. It psyched me up for the slalom. But I was really tired, tired enough so I couldn't get too anxious about the slalom."

Cathy remembers feeling "terrible" on slalom practice runs, "but it was really important for me to see myself on video because there I looked fine. That helped my self-confidence a lot."

First Run

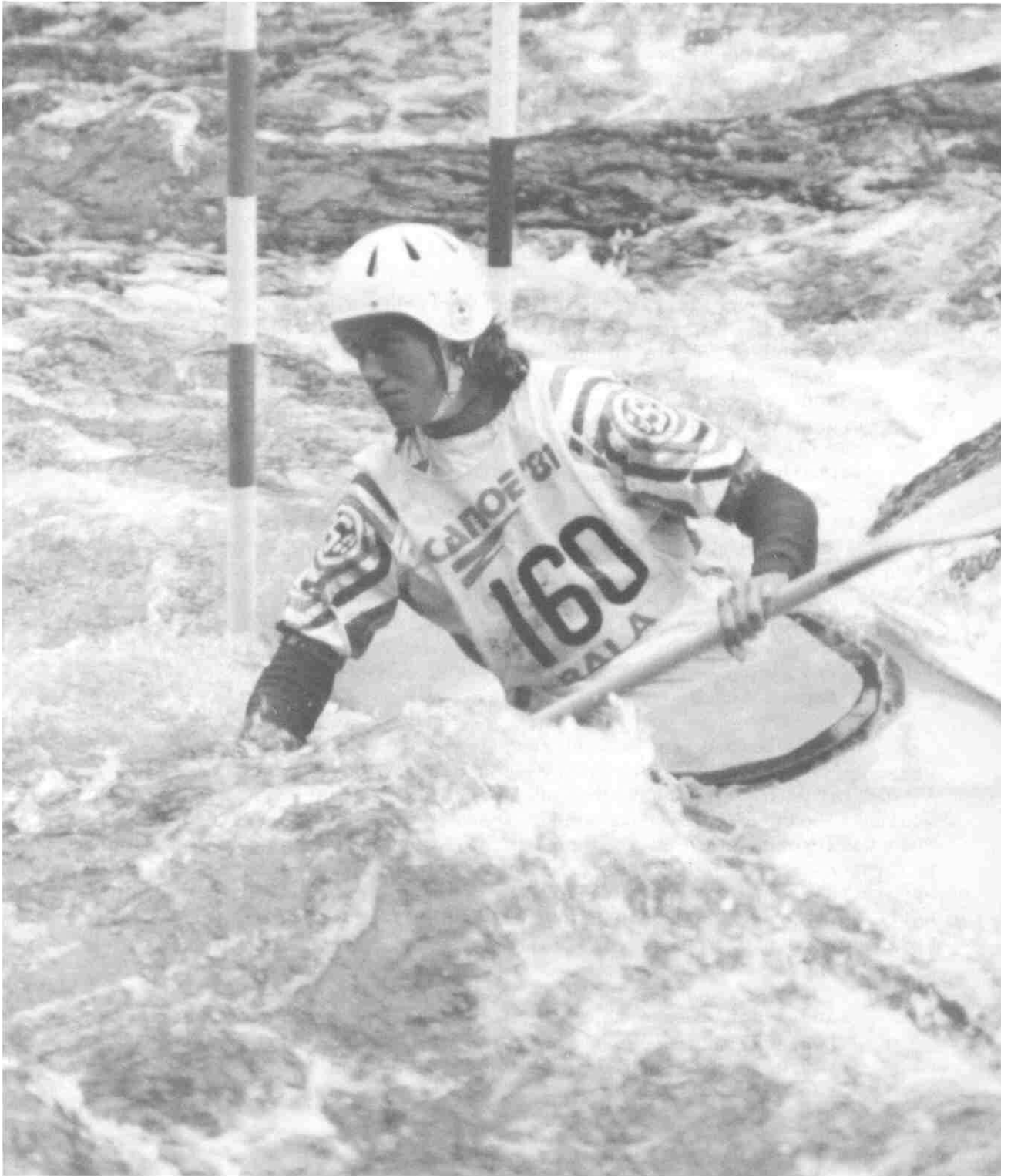
I remember getting ready too early before my run. I did some sprints to warm up. On my run, I felt like a 'tourist,' not because I was going too fast but because I was sloppy. At gate 22, I heard the spectators and got so distracted by them that I took a 20 on the gate and was in fourth place.

After the run, Cathy remembers talking to Jay Evans about the gate.

Jay told me that he had watched a lot of people do the gate and the way to do it was to go through gate 21 and paddle like heck without even looking at gate 22. If you looked at the gate, you would get swept down low. That was to work for me on the second run. (Cathy hit that move better than most of the men's K1s on her second run.)

Shortly before her second run, I spoke to Cathy about her strategy. "I think your strategy should be to go for that clean run," I told her, thinking that she was naturally so fast that speed wouldn't be any problem for her. I said, "I don't think there's so much difference between you and Linda (Linda Harrison, who was favored to win the race), that it's realistic to think you can break it wide open with a super fast run. Oh, the odds are one in 100 that you'll pull that off," I summarized, "but I don't like those odds." Then, trying to reinforce the self-confidence theme I had been working on all season, I said:

And I don't like the idea of not seeing you up on the awards stand because you deserve to get a medal and if you go a little bit slower and clean, you'll get one; you may easily win.



Linda Harrison, individual Bronze Medalist at Spittal and Jonquiere; Gold Medalist in team at Jonquiere. Photo by Stuart Fisher of "Canoeist" (incorporating "White Water Magazine")

Second Run

Cathy had her normal gymnastic warm-up before the run, "fairly quick but thorough." Then, she did some easy paddling in the boat, very smooth and mostly in a straight line, with some turns. Finally, she did "a couple of sprints, hard enough to hurt, but then I had a good rest after them. I did about three minutes of smooth paddling right before the start."

Here is Cathy's description of the race from her training log:

I had a little psych session in the car... listened to the Rolling Stones and let my mind wander. I read a little of my training log and realized again all the work I had put in, how I trained, how well I paddled, how confident I could be. Basically I got psyched for the "I can do it; I will get a medal, I can be hot on this course" attitude.

I knew I could do every move at least as well as any other woman in the world. And I also knew that in the past I had beaten myself and I wasn't about to let that happen again.

I felt really quite calm and ready to race and didn't think about the course or how great it would be to win. I just went out to paddle well, taking it carefully.

I hit things well, eddies high, and paddled smoothly, though a little more cautiously than I would have liked to. I hit gate 12 with my paddle but just kept going with no real change in my plan. I knew that if I let anything affect me too much I could blow it. And I also knew that I was fast enough to be o.k. with a ten.

At the end, I was relieved to be done, and to have it over with. I didn't know how I had done and wasn't in any rush to find out. I was pleased to have improved so much, especially when I found out my time, and extremely pleased to have hit the ferries, especially 22, so well a la Jay Evans.

I was disgusted with my ten on gate 12, but wasn't about to get too worked up about it. I chewed some nails waiting for Linda's score, especially after I heard I beat Sharman.

By the time I found out I had won, I was really exhausted. Then followed a total mob scene.

Immediately following the individuals, Cathy had to force herself to study the course with her teammates for the team race. The next day, she won that race, also, thus making her the first person in a decade to win three gold medals in a single World Championship -- and probably the last person to do it.

Aftermath of Victory

Cathy Hearn, still ever sensitive to the "hoopla" of the World Championships, wasn't really prepared for the attention she got after winning three gold medals at Jonquiere. Much of the next two years was spent in coming to grips with it and deciding what her future goals should be.

And in a sport not normally associated with public attention for winners, Cathy Hearn got a large amount of attention. First, there was the film, "Fast and Clean," produced by Russ and Louise Nichols (members of the 1972 Olympic Slalom Team) and starring Cathy Hearn and Jon Luggbill. It was a story of the pursuit of excellence in sports and was shown on national public television. It even won national film awards.

Then, Cathy was a star in an ABC television show about running the Jatate and Santo Domingo rivers in Mexico. That was shown on national television.

That trip was a real challenge for me because the water was really very difficult. It taught me more about myself in stressful situations and was a confidence builder. It also helped my downriver paddling ability.

There were also two free trips to Australia in the winters of 1979-80 and 1980-81, for the purpose of guest coaching and training.

Finally, came consulting with advertising firms who were anxious to push the image of the success-oriented woman.

Some people accused Cathy of "selling out" to commercialism because of her success in the sport.

I take in stride any criticisms of my capitalizing off the sport because I know that it is necessary for me to continue in it. The publicity work is necessary as a source of funding to finance my paddling (once estimated by her parents to cost in excess of \$5,000 a year, with no government assistance at all), and whitewater sport is in need of recognition in order to thrive in the U.S.

But a larger problem was what to aspire to next in paddling. "Quite a few people told me I should quit because there wasn't anything left to do in whitewater. I had won three gold medals, and no one was ever going to win four. I could see their point."

But instead of quitting, Cathy decided to concentrate on downriver more, "especially because in the fall of 1979 I won the downriver nationals and figured I had potential."

I remember that my advice to her at the time was quite the opposite: winning the slalom once was great, but winning more than once -- being at the top over a period of time -- was a higher stage of development and the ultimate goal.

But I didn't think I could prepare properly for slalom being back at school. Besides, I sort of wanted to see how little slalom I could get away with and still stay in the medals. I found out that it didn't take too much. After the Europa Cup in 1980, I was a little disappointed with my slalom result (third), but very happy with my 5th place in downriver, especially with my having to pay my own way to Europe and finance staying there for a couple of months.

It should be noted that in the last slalom race of the Europa Cup, at Seo de Urgel, Spain, Cathy raced with a concussion, sustained earlier in practice.

In reviewing her training log for the year 1979-1980, one sees that Cathy did much more downriver training that year than in preparation for Jonquiere. In 1980, her percentage of on-the-water time allocated to downriver went from 25% to 41%.

Bala

"My goal for Bala was similar to 1980; I wanted to be in the medals in both downriver and slalom." Once again, Cathy aspired to be the only person to win medals in both, and while she succeeded, this time it was harder and her results were not quite as good. She was second in slalom individuals, and third in both slalom and downriver team. Her training plan for 1981 appears below.

One notes from Cathy's training plan that her volume of training increased only by 2% for the year, compared to other top paddlers who generally experienced a much larger increase. It should be pointed out, however, that she was already at a very high volume, not only for women but even for men.

Cathy Hearn

1980-81

(Training time in minutes per week)

Week No	Date	Total Training	Water Training	Athletic Training	Whitewater Gates		Flatwater Gates		Downriver Training	River Play	Strength Training	Run Ski Swim	Stretch Gymnastics Callisthenics
					Timed	Untimed	Timed	Untimed					
1	9/22-9/28	565	425	140				60	365		38	35	70
2	9/29-10/15	601	455	146				130	325		60	51	35
3	10/6 -10/12	372	250	122		70		50	130		65	47	10
4	10/13-10/19	496	289	207				100	189		90	72	45
5	10/20-10/26	200	35	165					35		60		105
6	10/27-11/2	427	257	170				60	197		90	15	65
7	11/3 -11/9	608	405	203	25	75		90	125		90	23	90
8	11/10-11/16	535	315	220	85			60	170		90	85	45
9	11/17-11/23	633	378	255				125	85	168	90	85	80
10	11/24-11/30	635	200	435				45	60	95	90	60	285
11	12/1 -12/7	607	335	272				120	85	130	95	52	125
12	12/8 -12/14	464	334	130				120	140	74	90		40
13	12/15-12/21	475	255	220		30		50	165	10	90	60	70
14	12/22-12/28	260	205	55	45	160					30		25
15	12/29-1/4	1072	862	210	155	275	120	80	232			85	125
16	1/5 -1/11	555	450	105			60	205	185			30	75
17	1/12-1/18	583	510	73	45			205	100	160		13	60
18	1/19-1/25	551	358	193				75	173	110		163	30
19	1/26-1/1	625	432	193	155			45	152	80		168	25
20	2/2 -2/8	739	597	142	75				102	420		97	45
21	2/9 -2/15	540	354	186				52	72	185		156	30
22	2/16-2/22	734	444	290				65	40	339			165
23	2/23-3/1	762	677	85	205	251			176	45	125		55
24	3/2 -3/8	1094	944	150	197	282	100	130	220	15		50	100
25	3/9 -3/15	1055	915	140	375	120		30	275	115		65	75
26	3/16-3/22	976	860	116	350	330	60	45	75			24	92
27	3/23-3/29	746	701	45	70	95			526	10		10	35
28	3/30-4/5	725	475	250	185	90			200		100		150
29	4/6 -4/12	662	612	50	90	205			119	198			50
30	4/13-4/19	713	608	105	38	257		15	173	125			105
31	4/20-4/26	641	596	45	150	300			96	50			45
32	4/27-5/3	1065	915	150	430	340			115	30			150
33	5/4 -5/10	460	445	15					445				15
34	5/11-5/17	629	609	20	351	170				88			20
35	5/18-5/24	565	460	105	435					25			105
36	5/25-5/31	698	584	114	75	219				290		39	75
37	6/1 -6/7	843	803	40	151	475			122	55			40
38	6/8 -6/14	970	830	140	510	60	30		230			20	120
39	6/15-6/21	730	640	90	350	150			90	50	50		40
40	6/22-6/28	1092	1032	60	590	90			352				60
41	6/29-7/5	878	773	105	369	335			69				105
42	7/6 -7/12	605	550	55	245				305				55
43	7/13-7/19	665	545	120	60				395	90			120
44	7/18-7/26	380	265	115	85				60	120			115
	Total	29231	22984	6247	5896	4379	1097	2172	7319	2121	1370	1505	3372
	Change From 1979	+2%	+28%	-42%	+65%	+28%	-35%	-5%	+60%	-10%	-19%	-75%	+9%

One also notes that the proportion of training for 1981 was significantly different from 1979. Downriver training was way up (60% increase), and out-of-the-boat training was way down (42% decrease). Ironically, despite the increase in downriver training, Cathy did worse in downriver in 1981, obtaining only the alternate slot on the U.S. team at the selection trials. It was only after one of the other women was injured and could not race that Cathy was moved up into the team. In explaining her poor showing in the trials, she says "I was cocky, I guess."

But there were "psych" problems about Bala, too:

It was hard to get psyched up for the Bala slalom because I thought it was boring. I like big water slaloms and Bala was not big water. On the other hand I really liked the downriver course because there was always something to think about on it.

My attitude was that I would train both, but more slalom than downriver. But I didn't get the ratio right. I totally underrated the slalom course and overrated the downriver course -- it was basically flat and not all that technical. Worse, the downriver course was long. Anything up to 20 minutes I can do with the slalom training I've done. But the Bala course was about 30 minutes long. Also, I needed more playing time on the slalom course. The reason I didn't win was because I was a head case about one move.

The "one move" Cathy talks about above was gates 3-4, two forward gates separated by a hole. In every run she took on the race course, except her last team run, she was unable to prevent that hole from throwing her outside of gate 4, thus causing her to loop back for it. In fact, the very first time I saw her on the course, she flipped over in that hole and I had to wade out and help her get upright again.

After her first run, with 155 penalties (caused in part by missing gate 3), Cathy was way out of contention. Nevertheless, in between first and second runs, I was very struck by how calm she appeared and how carefully she was able to concentrate on what she had to do. In an attempt to help her, I decided to reinforce this. "Don't worry about the first run," I said; "you are a great competitor, the best one here, and great competitors come back from things like that." I was interested to hear some time later that Cathy reported to a friend, "Bill said just the right thing."

Here are her splits on that final run:

GATES:	Start-6	6-10	11-15	15-19	19-24	24-27	27-30	Total Time	Penalties	
	30	48.5	30.3	33.2	25.9	40.5	?	38.80	257.8	5

Ulrike Deppe, who won the race, had 37.7 on the first split, 10.8 seconds faster than Cathy. She was able to do the move directly, while Cathy had to loop back for it. If Cathy had had anything close to 37.7 she would have won the race quite easily, because as it was, Deppe won 257.5 to 262.8.



Cathy Hearn is the only person currently competing who wins World Championship medals in both downriver and slalom. She did this both at Jonquiere and at Bala. (Kevin Clifford Photo)

Looking Back

When Cathy Hearn looks back over her career so far, she has the following thoughts about paddling:

- You have to be really adaptable. You have to practice this. You can't let little things set you off. No coach or manager can prepare you for all the variables in the sport.
- You have to have great ability to concentrate. You can practice this by doing anything that requires powers of concentration, and self-discipline.
- Keeping a detailed training log has been valuable to me and probably to others as well.
- You should spend a lot of time playing in big water.
- Don't paddle just K1W. If you can compete against the men, you'll get better faster.
- For me, variety in training has been really important.
- Paddling has taught me a lot more about myself than the academic program that I would have followed if it hadn't been for paddling.
- The travel associated with paddling is great. I feel I've seen places a lot more intimately as a paddler than I would have as an ordinary tourist.
- Paddling has made it possible for me to get really good at something that is pretty unique. I think I can carry over into other endeavors some of what I've learned, such as setting goals and achieving them. The things that are involved in getting good at paddling are similar to those that are required for being good at anything.
- Winning the World Championships was the highest point of my life so far.



Cathy Hearn is the only woman in the last decade to win three gold medals in a single World Championships -- Jonquiere 1979. (Kevin Clifford Photo)