

**B**reaking the World Record in one of track's glamour events usually is heralded with much publicity and brings instant fame to the athlete who does it. What newspaper didn't have Ben Johnson's thriller on the front of the sports section? Yet Calvin Smith, the prior 100 record holder, has remained unknown except to track & field enthusiasts, despite having as many World Championships sprint medals (4) as Carl Lewis.

This is partly because Lewis' media attention has shadowed most other athletes, and partly because Smith's WR was set at altitude. But it's also largely due to Smith himself. He says he never sought attention and that he feels he has no right to tell the media whom they should publicize.

Following his successful defense of his World 200 title in Rome, Smith spoke to us about his feelings toward the media and toward other athletes, as well as his personal beliefs, his goals for 1988 and his life outside track & field:

**T&FN:** *Congratulations on defending your title in Rome. What went through your mind when you finished the race?*

**Smith:** First, I saw I had won the race. Then, my mind went straight to my leg, because I had an injury in the semifinals and my leg was hurting me. At the end of the race there was some pain, so a lot of my focus went to my leg, wondering if it was OK.

**T&FN:** *What happened?*

**Smith:** In the semis, I hurt my leg in the groin area and that hurt me in the turn. I wasn't able to run a very fast turn.

**T&FN:** *Is that why you ran a relatively slow race?*

**Smith:** Yes, I think it definitely hurt the time because my turn was very slow and once I got to the straightaway, that's where I was able to pick things up and nip the other guys at the tape.

**T&FN:** *How did you feel when John Regis raised his hand? Did you think, "Oh no! I lost it," or did you feel pretty confident?*

**Smith:** The first thing that came out of my mind was, "Well, I guess I didn't win it," because all the news people went running over that way. So, I was satisfied that I knew I did my best considering my hurting leg.

**T&FN:** *A few years ago, you said you had a problem with your start and that you kept changing it about every week. Was that what happened?*

**Smith:** No, this year my start has been very good compared to the past couple of years, but I could not explode out of the blocks without feeling a lot of pain in my legs. Plus going into the turn, my leg really hurt. That was really the main reason that my start was slow and my turn was slow.

**T&FN:** *Speaking of starts, do you think a lot of people will try to bulk up and imitate Ben Johnson's start?*

**Smith:** Well, some people may start, but I'm not sure how many people can make that start effective because it's very different from all the other sprinters'. He has like a jump out of the blocks and then

---

## "I Did Not Get All The Attention That I Deserved From The Media."

---

he runs, while the other sprinters basically run out of the blocks. His is so different that some other sprinters might try that start, but I don't know how well they can effect it.

**T&FN:** *In 1983, when you got the World Record, you said that you felt that one of the athletes competing at that time would to 9.90. How did you feel when it went to 9.83?*

**Smith:** I felt before the race that with all the back and forth stuff between Carl and Ben, that there was a real possibility that the World Record would go. I didn't think it would go that far down, though.

**T&FN:** *I know that is not the easiest thing to talk about, but how did you feel after the TAC meet when you didn't make the 100 team or even qualify for the relay?*

**Smith** (laughs): I was disappointed, but I was happy to make the team in the 200. It was just that I was not in my best form at that time.

**T&FN:** *Were you injured?*

**Smith:** No. I wasn't talking about injury. When I was talking about form, I meant running at my best, because I ran better in meets in the 100 after TAC. I usually peak later and I just didn't have it at that time. I was pleased with just making the team and running the 200 to defend my title.

**T&FN:** *A few years ago, you said you were more comfortable in the 100 than in the 200 despite the fact that you were ranked higher in the 200, and your coach called you a better 200 runner. Do you still feel that way?*

**Smith:** I like the 100 better basically because of the fact that it's shorter and

there's less energy needed to run it than the 200. I like both events but I still prefer the 100 over the 2.

**T&FN:** *Even in 1983, which was probably your best year ever, you didn't receive a lot of press attention.*

**Smith:** I felt that I did not get all the attention that I deserved from the media, based on the fact that that was the year that I had broken the World Record and won the 200m at the World Championships, took 2nd in the 100 there, and was a member of the World Record team that won a gold medal in the relay.

From that, I felt that I should have gotten more attention, more writeups from the media, letting the public know what I had done and, basically, that I was running well at that time.

Some of the spectators or fans really don't know that I'm still running well. They feel that over the past couple years that I've had sort of a down season; that I really haven't been running well. But if the media had informed them, everyone would know that I've been running well the last couple of years. You could just look at my rankings, especially in the 200, and that speaks for itself.

You know, it's really not a comeback this year because I really don't feel that I've gone out of the top rankings of my events.

**T&FN:** *I'm laughing because I remember someone in the press booth at TAC saying you were getting old when you didn't qualify for the 100.*

**Smith:** I don't feel—as far as age goes—that I'm to the point where it's hurting my running. I'm still running as well now as I was a couple of years ago. Based on the fact that Harvey Glance [30] is still running well at his age, I feel that I have a lot more good years left.

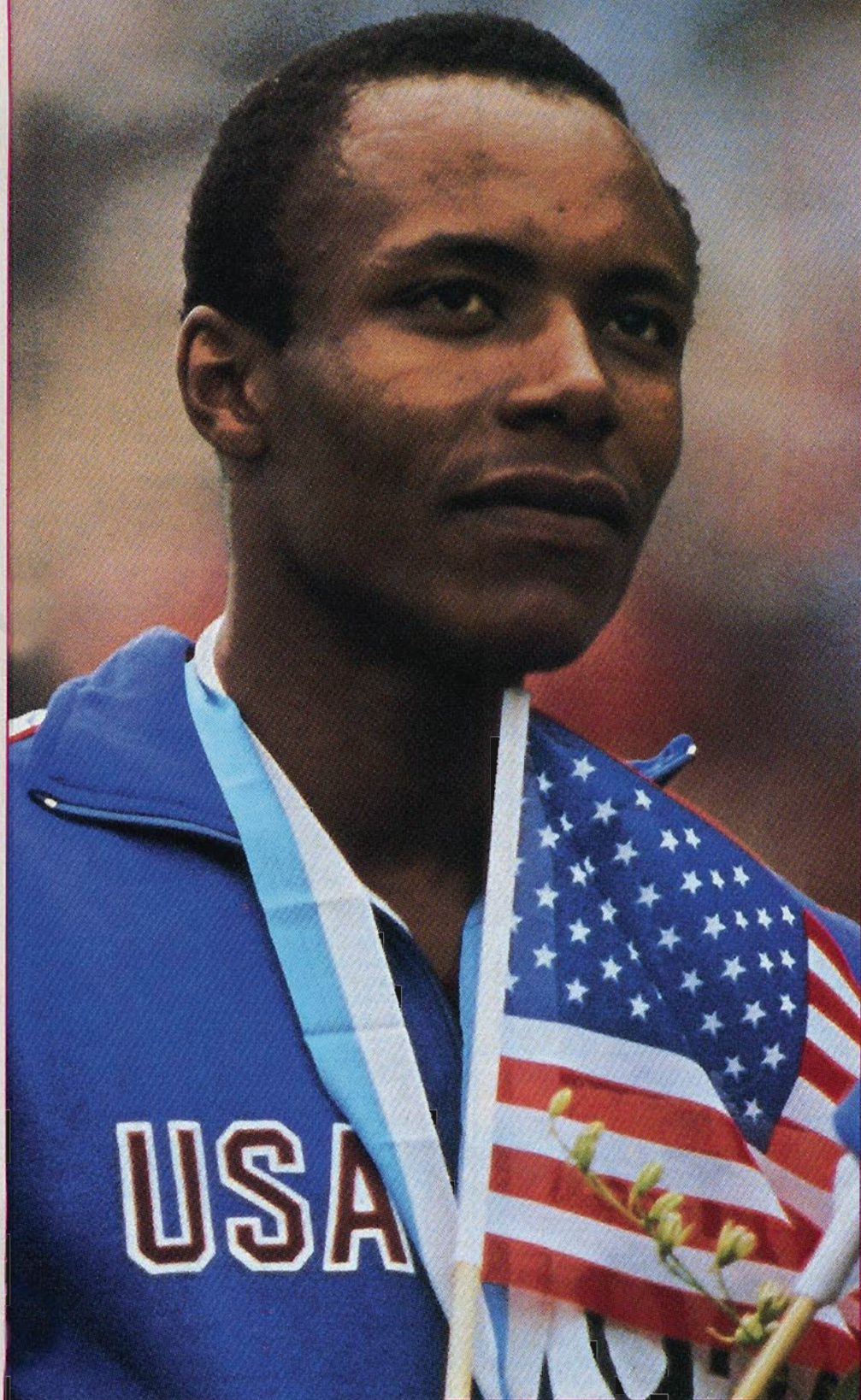
**T&FN:** *Do you think that the general public should be aware of your injuries in observing your running?*

**Smith:** Well, I feel there are a number of things the American public should know. The fact is, I usually don't run well early, here in the States, and that I usually run better later in the season, which is usually in Europe. I think that's one of the factors: why a lot of people really don't know how I've been running.

**T&FN:** *Did you ever feel any resentment about the lack of publicity and the public's not knowing what you were doing?*

**Smith:** No, there was no resentment because my main thing was to satisfy myself and to run as well as I could and that's what I did. I was just enjoying the running and regardless of what they wrote or didn't

# CALVIN SMITH



All-Sport/Tony Duffy

write, it really didn't matter because I was just going to go out there and do my best.

T&FN: *Do you have any heroes?*

Smith: No, I don't.

T&FN: *When you were growing up, was there anyone you looked up to as a hero?*

Smith: I didn't try to imitate anyone. When I was growing up, I looked to some of the great sprinters like Jesse Owens and said I would like some of the things that they achieved, but as far as wanting to imitate their style of running or something of that nature, no.

T&FN: *A lot has been said in the Christian media and in the media in general about your faith, like the '83 relay team praying after the race. Would you care to comment on that?*

Smith: I think that in '83 that relay team—Willie Gault, Carl and Emmit [King]—we all had our beliefs and I believe that we were all Christians and that we know where we got our strength and our ability to run, and that was God. As for myself, I have always believed that everything that I do in my running and in my everyday life, is done by the grace of God, that He has given me the ability to run and it is up to me to use it to the best of my ability.

At Rome—getting back to my injury in the semifinals—my leg was really sore. I went to the trainers and they looked at it. They iced it and massaged it and stuff and when I was on my way back to the call-in room, I was thinking to myself that there's no way that I'd be able to run fast out there. So, something just popped in my head that said, "You're always reading the Bible," and then one of the songs from one of the tapes that I listen to, the lyrics said that "All things are possible" and that "You can do anything with God," from the different tapes and stuff. And it all started going through my mind that with the help of God, I can do it.

But still, there was that nagging. It wasn't until I got on that track that I said, "I've been listening to all these tapes and reading the Bible and it's up to me to go out there and give it my all." I just know that without the help of God that I would not have been able to win that race and to be able to endure the pain I was going through when I was running.

T&FN: *What are your goals in track & field for 1988?*

Smith: Well, to make the Olympic Team in the 100, 200 and be a part of the relay team. I hope that I will be able to do that. All my training will be geared around trying to do that.

T&FN: *What about World Records?*

Smith: I feel that if things go well with my training, if I'm able to make the Olympic team, running against the best competition, the World Record will come if



# VIDEOCASSETTES FROM TRACK & FIELD NEWS

## FIELD EVENTS

**JOHN POWELL'S DISCUS VIDEO.** Basics of technique and training, with lots of helpful drills, demonstrated by Powell and Carol Cady. Clear, easy-to-follow presentations. Discus I, \$49.95; Discus II (same but w/weight training component), \$69.95 (Add \$10 for PAL-European format).

**POLE VAULTING WITH DOUG LYTLE.** Some good very basic instruction for beginners, with a lot of footage of outstanding contemporary vaulters in action. \$59.95

**SHOT PUTTING WITH "THE BIG O."** Brian Oldfield's technique and training, incl. weight training, demonstrated. Oldfield handles the spin, while Ramona Pagel shows the glide technique. With accompanying booklet. About 30 min. \$59.95 (Add \$10 for PAL).

**VAULT CLINIC ON TAPE.** Abilene Christian coach Don Hood breaks down the "perfect" vault, and demonstrates the drills and unique exercises—in the gym, in the pool and on the field—that have made the ACU program so special and successful. With footage of some of the world's top vaulters. 30 min. \$60.00

**MAC WILKINS GOLD MEDAL DISCUS VIDEO.** Former world record holder and Olympic champion Mac Wilkins takes you through discus throwing step by step, level by level. \$49.50 (Add \$10 for PAL).

**AL FEUERBACH'S BASIC 70' SHOT PUTTING VIDEO.** A former WR holder analyzes SP form and training in a clear, intelligent manner. Feuerbach handles the glide, while Dave Laut and Mac Wilkins demonstrate the spin. Also includes weight training, drills and visualization. \$49.50 (Add \$10 for PAL). *Wilkins/Feuerbach on a single cassette, \$90.00*

## TECHNIQUE & TRAINING

**TRACK & FIELD EVENT VIDEOS.** Produced by Orra McMurry. Top athletes in action at the Olympics, Trials, World Championships, etc. 11 cassettes, all about 30 min. ea. Mostly in color. Silent, with titles. Price: \$69.50 each. Men: HJ, PV, LJ, TJ, SP, DT, Sprints/Hurdles; Women: Jumps, Throws, Sprints/Hurdles; Javelin (M&W).

**ATHLETICS.** Four excellent videos from the British Amateur Athletic Board, created and presented by Ron Pickering. Clear, concise coverage, with superb demonstrations of technique and training. \$59.95 ea. volume. Set of 4, \$225.

Vol. I: Fitness for Sport, Strength Training, Coaching Young Athletes. Vol. II: Sprints, Relays, Hurdles, Middle Distances. Vol. III: Long Jump, Triple Jump,

High Jump, Javelin. Vol. IV: Shot Put, Pole Vault, Discus, Hammer.

**BILL DELLINGER'S CHAMPIONSHIP TRACK & FIELD.** 17 full-length cassettes produced for coaches and competitors at every level by Oregon and 1984 Olympic Coach Bill Dellinger. Distance Conditioning; Distance Technique; Jump Conditioning; TJ & LJ Sprint Technique, Conditioning; Relay Technique; Sprint Conditioning; Hammer; PV Technique; Weight Events Conditioning; DT; SP; JT; Hurdle Technique; 400/400H Price: \$39.95 each. Entire set (17 cassettes) \$545.00. PAL format (Europe), add \$100 per cassette.

**WOMEN'S TRACK & FIELD VIDEOS.** 7 videos created and presented by Coach Ken Foreman: 1. Javelin 2. Long Jump 3. High Jump; 4. Discus and Shot; 5. Sprints/Hurdles/Relays; 6. Middle Distance Running; and 7. Conditioning. Excellent buys at \$30 each.

**FRANK MORRIS INSTRUCTIONAL VIDEOS.** All-new, 1986. SP, DT, JT, LJ, PV, HJ, TJ, Hurdles, Sprints & Relays, Distance Running. World class athletes demonstrate technique, step-by-step. Each cassette has two events, your choice, \$89.95. Full set of 10 events, \$350.

## GENERAL/ENTERTAINMENT

**THE SUPERMILERS.** A fantastic 64-min. video with clips from almost all of the world record mile (and many of the 1500) races from Roger Bannister to Coe and Ovett. Our best-selling video. \$39.95

**SEBASTIAN COE: Born to Run.** 50-min. Traces Coe's life and running career, with lots of interviews with Seb and Peter Coe, and people who know them best. Great footage from Coe's record races, Olympic victories. Highly recommended. \$39.95

**MENTAL TRAINING FOR PEAK ATHLETIC PERFORMANCE.** Kay Porter, Ph.D. and Judy Foster explain their theories for developing the inner athlete as an essential process in performance enhancement. 31 min. \$59.95.

## STRENGTH & CONDITIONING

Coaching videos produced and presented by Bruno Pauletto, U. of Tennessee, former NCAA champion, and voted National Strength Coach of the Year, 1986. The videotapes run 25-30 min. each and are available in VHS only.

- STRENGTH TRAINING TECHNIQUES. \$49.95
- PLYOMETRICS TRAINING. \$49.95
- TRAINING FOR SPEED. \$49.95
- CIRCUIT STRENGTH TRAINING. \$45.95

## ORDERING INSTRUCTIONS FOR VIDEOS

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

ITEMS ORDERED	QTY.	PRICE
Total		\$

Specify VHS or Beta, if applicable. Please note that these videos are not generally usable outside North America. Videos available in PAL format (Europe) are noted. Postage and handling: Add \$2.50 per cassette, \$5.00 foreign. For fastest service in USA, add \$6 per cassette. California residents add 6% sales tax (7% in Santa Clara County). Visa and MasterCard orders accepted by phone. Call 415/948-8188, 9-5pm P.T., weekdays.

**Order from: Track & Field News, Box 296, Los Altos, CA 94023**

## SMITH INTERVIEW—continued:

it's meant to be.

T&FN: *And what about outside track?*

Smith: Right now I'm working at Anheuser-Busch, where I'm trying to get some experience in the work area because I feel that that will be important after track is over for me.

T&FN: *What are you doing at Anheuser-Busch?*

Smith: I'm working in the employment relations office and I'm also in the purchasing department, working on the computer, doing different things for the company.

T&FN: *You've been married for about four years now. How has that changed your life?*

Smith: It has made life better for me, as far as having an understanding wife, someone who had been supportive and given me that support that I needed through my training. She'll go out to the track sometimes, when I'm training along. Just having her out there really is a big help for me. My daughter is just a lot of fun to be around to play with and stuff.

T&FN: *Has working, competing and being married ever been a burden?*

Smith: No it hasn't. It's quite interesting how I began to manage my time since I have taken on a job, but I guess the real test will come later on this year when I start back on the hard part of my training, which is in the fall, and all the other stuff in my life. Also, my wife is pregnant and we're expecting a baby at the end of November. There's a lot that I have to concentrate on, but I feel that I can still do well. □

Calvin Smith was born January 8, 1961, in Bolton, Mississippi, and is 5-10/140. Graduated from Sumner Hill HS (Clinton, Miss.) in 1979 and Alabama in 1983.

Placings in major meets: 1979—2)Jr. 100, 1)Jr 200; 1980—4)NCAA 100, 2)Jr. 100, 2)Jr 200; 1981—6)NCAA 100, 8)TAC 100; 1982—fs)NCAA 100, 2)TAC 100, 2)NCAA 200, 1)TAC 200; 1983—2)NCAA 100, 3)TAC 100, 2)WC 100, 2)NCAA 200, 3)TAC 200, 1)WC 200, 1)WC 4 x 1; 1984—4)OT 100, 1)OG 4 x 100; 1985—3)TAC 100, 3)TAC 200; 1986—fs sf)TAC 100, dnc sf)TAC 200; 1987—5)TAC 100, 3)TAC 200, 1)WC 200.

His PRs, with position on all-time list: 9.93(A) '83 (=2, =2 W, =1 A); 19.99 '83 (8, x W; 6, 10 A). The 9.93 was a WR at the time and still shares the AR. He also ran the third leg on the last two WRs in the 4 x 100.

His progression (with World and U.S. Ranking in parentheses):

Year	Age	Affiliation	100	200
'78	17	Mississippi HS	9.6y	21.4t
'79	18	"	10.36	20.7
'80	19	Alabama	10.17 (10, 7)	20.64
'81	20	"	10.21 (x, 9)	21.00
'82	21	"	10.05 (2, 2)	20.31 (2, 2)
'83	22	"	9.93(A) (2, 2)	19.99 (1, 1)
'84	23	Bud Light	10.11 (6, 5)	20.33
'85	24	Team adidas	10.10 (6, 3)	20.14 (2, 2)
'86	25	"	10.14 (6, 2)	20.29 (3, 3)
'87	26	"	10.07 (?)	20.10 (?)

*Track & Field News*