T&FN Interview

Houston McTear

T&FN: What do you do in training?
McTear: Just sprints mostly.
T&FN: No laps or intervals?
McTear: No, not much.
T&FN: What do you work on during the indoor season?
McTear: My start mainly. The start is what you need most indoors.
T&FN: How about outdoors?
McTear: Well, me and the other guys will go outside and run a 110 and walk a 110 and work on our relay handoffs.
T&FN: Do you ever run a 100 for time in training?
McTear: Not very often. I don't go full speed, but I've run under 10.
T&FN: What's the longest you have ever run, in practice or a meet?
McTear: 440.
T&FN: Have you ever considered moving up to the long sprint?
McTear: Nooo. Anything over a 220, I don't want nothing to do with.
T&FN: What do you think is your best distance?
McTear: My best is the 100. I think my upper limit is the 220.
T&FN: You've long jumped 24-4½ this year. Have you ever thought about concentrating more on it?
McTear: No, I just want to be a sprinter. I just long jump as a sideline. I just do it in the important meets, but I think I might cut it out. About every time I jump, I hurt my feet when I land.
T&FN: What other events have you done?
McTear: I high jumped some when I was younger. I went six feet even.
T&FN: You're also quite a football player [139 yards last fall in 96 carries for a 14.4-yard-per-carry average]. And you've supposedly never had any kind of injury. But do you worry about getting hurt in football?
McTear: Yeah, I do. Football's my favorite sport and I would really like to try to play in college. But I'm not sure if I'll play next fall because I don't want to get hurt.
T&FN: Could it be you're thinking about the Montreal Olympics?
McTear: Oh sure. I'm looking forward to them. I want to run in the two AAUs this year, too, and I'd like to try for the Pan-Am team. But I would really like to be at the Olympics. I just want to run against the best.
T&FN: How would you describe the way you run—other than fast?
McTear: Aw, I never really thought about it. I just go out there and run for the tape. I do think about getting a good start always. That's about all.

July 1975—43

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