

## TRACK NEWSLETTER

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By Bert & Cordner Nelson, Track & Field News \$6 for 24 issues yr.

### LATE NEWS

#### EUROPE:

German championships: Futterer in a class by himself, 10.5 and 21.5; Lueg 3:45.4, Dohrow 3:46.4, Schade 14:16.4 (Sunday) and 29:30 (Friday; Lawrenz and Stracke 1:50.1.

Belgian championships: Moens 1:47.5 (53 & 54.5); DeMuyne 1:48.6 An hour later, Moens 48.1. Reiff 3:53.2, runner-up to Herman 3:52.6.

Student Games, Budapest: Stolyarov 14.3, Yulin 51.9, Ilin 52.1, all USSR. Kovar, Czech. and Lewandowski, Poland, 6-6 3/8.

Kiev: Oleg Ageyev 1:49.4, Aug. 3, Bulanchik 14.4, Aug. 1

#### WORLD RECORDS

The IAAF, meeting at Bern, approved world records, the most notable of which was Bud Held's controversial 263'10" javelin toss. There were suggestions that javelin rules should be more concise and countries interested in manufacturing them were asked to send in specifications so standard equipment can be produced futurally.

Other approvals were: Landy's 3:41.8 and 3:58.0; Hogan's 9.3; Zatopek's 13:57.2, 28:54.2 and 27:59.2 (6 miles); 1:16:26.4 (15 miles); 1:19:11.8, 25,000m; Green's 13:32.2; and 14:41 for four mile relay by Chataway, Nankeville, Seaman and Bannister;

Most notable exclusion was Strandli's 204'7". There is some question about the legality of the circle.

#### ELSEWHERE:

Edinburgh, Aug. 21--Driving rain spoiled times as Willie Williams ran 10.0, Ralph Fessenden did 50.4, and Floyd Jeter cleared 6-2.

Pasadena, Aug. 14--Gordien 197-2, 192-6 1/2, two others past 184 but discus was one ounce light. Shelton cleared 6-10 on second try, with ease, and just failed at 7. It was his seventh meet and eighth time over 6-10 or better. Steers had six over 6-10. Rhoden 9.9; Strain 50.2; Wetter 50-7 1/2; Miller 239-3 1/2.

### EUROPEAN CHAMPIONSHIPS

The greatest meet since the 1952 Olympics, and it will be better than Helsinki in many respects, opens at Bern, Switzerland for five days on August 25. Here is the way European expert Roberto Quercetani picks them: sprints, Futterer, Germany; 400, Ignatyev, USSR; 800, Moens, Belgium; 1500, Bannister. 5000, Chataway; 10,000, Zatopek; 50, Chromik, Poland; 100, Bulanchik, USSR; 1500, Lituyev; 5000, Nilsson; 10000, Lundberg, Sweden; 5000, BJ, Foldessy, Hungary; 10000, HSJ, Shcherbakov, USSR; 5000, SP, Skobla; 10000, DT, Consolini; 10000, HT, Strandli; 10000, JT, Kuznetsov, USSR; Dec: Kuznetsov, USSR; 400 Relay, Germany; 1600 Relay, USSR.

It should be noted that the above are favorites off the form shown to date. But many a potential point scorer has come along slowly, aiming towards this one meet. Watch for the surprises.

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Response to TRACK NEWSLETTER has been comparatively slow. But we do have enough to go ahead for the first year of publication. All additional members of the Track Nuts Association will be welcomed, however, and the more we have the better job we can do. Round up some more members. So far, all who have paid subscription and dues by August 24 are charter members. And don't forget, this NEWSLETTER is your forum and place of communication. Use it often, so others may share your thoughts, especially in the months between seasons.

## "SO THEY TELL US"

DARROW HOOPER, Olympic shot put runner-up: "A non-competitive year has passed for me but I get that old feeling when I watched the Miracle Mile. Last fall and winter I was training with the bar bells and had intentions of competing in the AAU meets. It became obvious in late February that I could not spend adequate time on my studies and track. However, I do not want to completely retire. Did you hear Buddy Davis is Deputy Sheriff in Orange-Beaumont-Port Arthur area?"

DON CANHAM, Michigan coach now in Europe: "Have been moving quite a bit--Glasgow, Dublin, London, Paris, Amsterdam, Copenhagen, Stockholm Turku (saw the national meet there) then have been in Helsinki a week working in a coaches clinic. Start in morning to go to the small clubs around the country. Am more convinced than ever that Armas Valste, the Finnish head coach, is the best I've run into at home or abroad. Every time I talk with him I learn something. A tremendous organizer and a very practical approach to every event. I don't impress easily in that respect, but I certainly have been with Valste. Had a nice visit with Gossa Holmer in Sweden. He's a very nice man, and of course knows his stuff. (Head Swedish coach). Many, many new athletes over here we have not heard of--some are really young and good. They seem to feel all through Europe that Pirie, before he was hurt, was about ready to set a new 5000 mark. I'm flying to Bern with the Finnish team and will stay with them. I am enjoying track as it should be."

JOE GALLI, Australian expert: "Remember, Hogan has no experience on cinders. He races into condition, hence times always at end of season. No racing before Vancouver, and injured leg. He was in sorry mental state. His clockings OK. Officials here are tough. It is terribly hard to get a record passed. My answer to TN Harry Clume is 'let's see Santee or any of the others run 10 sub 4:03 miles in 18 months, plus many other great times. Also, Landy is a 3 mile man, running miles only incidentally. Right now he could run 3 miles in 13:20, if he wanted to."

BOB McMILLEN, Olympic 1500m runner-up, now a PFC: "I have the opportunity to run in Japan in September and October. The German team will be there and I will compete with Lueg and Schade. My speed is good. 5.3 and 5.4 (six times) for 50; 9.9 for 100; 22.0 around curve; I'm now working out every other day--a terrific tear down and a full days rest. Aug. 6, 30 times 100m, 11.9 average, 10.8 best. Aug. 8, 25 times 160 yards, 17.5 avg. Aug 10, 15 times 300m, 36.0; Aug. 11, 60 times 50m, 5.7. Aug. 13, 10 times 400m, 50.0 (a tough one, bet I do it.) Aug. 15, 40 times 100m, 11.5. Aug. 17, 2000m twice, morning and afternoon. Aug. 18, 1000m once. (These distances are with jogging start, hence fast sprint averages.)"

JOHN BORBRIDGE, 322 South Ashley, Ann Arbor, Mich.: "How about a 'Where Are They' column for former stars? And what about those of us who collect photos, annuals, programs and the like?" (Ed note: That's what the Track Newsletter is for. If you know the whereabouts of former stars, or have collector's corner items, let us hear from you.)

TN Nate Cirulnick, 167 Hooper, Brooklyn: "Your articles on Fartlek and Zatopek have given me some tips on how to train and I have improved from a 3:45 marathoner to a 2:50 time. I expect to do 2:40 next year and 2:35 in the Olympic trials. Otis Chandler gave me some tips on weight lifting that has helped me."

TN R. Colby Thompson, 3902 Hillside Dr. Royal Oak, Mich: "Nowhere does anyone mention the fact that Landy looked around 3 times on the last lap of the Miracle Mile. I had always been under the impression that looking around was an unforgiveable error for high school runners,

let alone world champions. There must be some significance to the fact that Bannister was going into all sorts of gyrations and contortions after finishing while Landy walked calmly away from the finish and later was holding Bannister up. It's my opinion that Landy did not run all out, but rather was paralyzed with fear on the last lap. On TV Landy looked not at all like a competitor but rather a guy who will turn in his better times when he knows he is going to win. Landy's running form and conditioning were magnificent. In these departments he was superior to his opponents. What about Bannister's long, energy consuming stride? Maybe the mile should now be the Mile Dash, and the half mile stride employed, and the short stride used for two mile on up. Or is the short stride right for the mile and Bannister able to run 3:53 with it?"

ARMOUR MILNE, expert on Czech track, writing in Athletics Weekly: "Race psychology helped Josef Kovacs put the skid's under Zatopek's normally elusive feet. Kovacs had trained as never before, but had been content to dawdle in competition, hence Zatopek did not regard him as a threat. Zatopek first figured 29:35 would be good enough to win, then cut his schedule to 29:10. Running to conserve energy for the 5000 next day, Zatopek simply crawled through the first half. Kovacs wisely did not get near enough to frighten Zatopek into increasing his pace. The result was a first 5000 in 14:48 and a second in 14:21.8. But that easy opening, and the lack of normal Zatopek hunger-and-burst tactics, gave Kovacs an opportunity which he seized. Zatopek's first defeat over 10,000 naturally shook the track world. But I would advise sanity in weighing it. Emil realizes that he had himself to blame for his defeat, and it is clear he still does not have the speed in his limbs that permits of an athlete running a waiting race. Now he must go back to his old tactics of wearing the opposition down with unorthodox and repeated bursts of speed, running a devil-take-the-hindmost race from in front--and as far in front as it is possible, in order to make it safe for himself."

#### WIND SPRINTS

TN Tim Owens, San Marino, Cal, believes in superlatives. He is paid in advance on his Track & Field News subscription to 1972, on his Track Newsletter subscription to 1957, and holds the record for letters to the editor with a 15 page, single spaced, typewritten job... El Mabrouk, fifth in the 1952 Olympic 1500 for France, recently underwent a complete medical examination. He had been worried about his loss of form this season, but the examination revealed he is quite fit... Alain Mimoun, the great French distance runner from Algeria, took up running in 1946 for want of anything better to do. After the war he could not find work in Algeria, so began to run to kill time. Going to Paris, he joined a track club and took a job as bar tender at the club. Later he gave up his job as barman and for the past four years has passed on his knowledge to youngsters as an instructor at the National Institute of Sport. Injured last August, Mimoun did not improve, until he met up with Adrien Josie, a famous French Masseur. Since then he has shown good improvement and a return to form... Fans in England apparently have it worse than at some of the US meets. Complaints are being registered over the omission of such elementary aids as height indicators, distance arcs and progress reports, and at such top meets as the national championships. Yet the British meets outdraw ours... John Savidge, British shot record holder, says he believes very much in heavy weights. "I think that the three Olympic lifts, plus squats, would work out for any weight training schedule, subject to preliminary conditioning on the basic schedules."

World record holder Lituyev hopes to break 50 seconds for the 400m hurdles by running with 13 strides between hurdles all the way. At first he ran 22 strides to the first hurdle, then 15 between hurdles, and ended with 17. Watching Charlie Moore do 13 to the halfway point, then 15, Lituyev decided he would have to do as well, or better. He now goes 13 steps for 7 hurdles. Next he wants to do 13 to the 8th, then 14 between 8, 9 and 10. This means only the ninth will be taken with the opposite foot. And when that is perfected he wants 13 all the way.....Bob Schmidt, with the Stars and Stripes in Tokyo, throws some light on Bob McMillen's 4:11.6. He points out Bobbie Mac had no competition; his training facilities consisted of a division parade ground in Korea; then with one week in Japan he did too much work on a good track and was tired when the big effort came; two days before the mile Mac stepped in a hole and turned his ankle slightly; and there was too much mental pressure from a big, pre-race build up. Schmidt feels proper training and competition from Lueg might produce a four-minute mile from McMillen this year yet....TN Nolan Fowler, Morehead State College, Ky., sends his keen observations on the AAU weights: Stew Thomson of Yale gave the greatest exhibition of weight throwing in AAU history, placing in four events. George Huber did it back in 1943, but Thomson's marks were vastly better in every event. Sammy Felton and Frank Berst were recent benedicts but the presence of his bride did not help Berst who went unplaced in the 56 for the first time since 1941. Bob Backus is consumed with the idea of being the American record holder in the hammer and the first American to toss it 200 feet. In order to attain his objective he is going to Europe this summer on his own with the intention of participating in all the big meets and thus sharpening his form. Every place winner in the 56 threw farther than he had ever thrown before in the nationals. The 56 continued to be the event for the 'Patriarchs'. I am 40, and placed in my first national in 1937. Berst, 39, placed in 1938 and Montgomery, 41, did it first in 1940. Missing from this event for the first time in almost 20 years, was Hank Dreyer, 43.....Al Krebs tells how they run track meets in Seattle high schools: They have eight schools, so have four dual meets on the same day. Because of a scarcity of tracks they run the meets off together, with four of each event, and they are perhaps the most efficiently run meets you have ever seen....San Jose Coach Bud Winter doesn't believe in altering javelins, or other changes even though they are not declared illegal by the rule book. He says he can find no rule against a runner using a tank of oxygen....Asked what makes a champion, Dean Cromwell said: 1-Character. That's where the development begins. 2-Courage and determination. 3-Morale, never give up. 4-Striving to be the best, hard work. 5-Pioneering spirit that is inherent in his veins, whether or not he wants to be a champ. 6-The physical equipment...the body, which includes not only physique but co-ordination of that physique. You get that form from the grandparents, and from their grandparents; 7-That he trains properly and does not do one single thing that would keep him from becoming a champion....P.W. Green, editor of Athletics Weekly, says Gordon Pirie could put up world class performances for one mile and the marathon at the same time. His training undoubtedly would enable him to accomplish a world class marathon as Zatopek did in 1952....Occidental's "Tiger Track News Letter" points out the following about the Oxy 2-mile relay team that did 7:28.9 in the Coliseum. Ev Trader's best was 2 minutes in 1953, his first year. Claude Fiddler was a 4:44 miler in high school. Ed Shinn was another 2 minute runner. And Jim Terrill vaulted 10-6 as a high school junior, then switched to the 880, but could not break 2 as a frosh.