

TRACK NEWSLETTER

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By Bert & Cordner Nelson of Track & Field News \$6 per year (24 nos.)

LATE NEWS

CROSS COUNTRY results: NCAA, Michigan State College, Nov. 22--won by Allen Frame, Kansas junior in 19:54.2 (course record 19:36.7 by Capozzoli, 1952). George King, NYU; Frederik Eckhoff, Oklahoma A&M; George Terry, Boston; Arnold Sowell, Pitt; and Billy Tidwell, Emporia, followed. Oklahoma A&M 61, Syracuse 118, Miami 120, Kansas 120. IC4A, Nov. 15, won by George Terry, Boston, 24:36.4, from George King, NYU, and Bob Sbarra, Manhattan. Manhattan won team title. BIG TEN won by Michigan. Jim Lambert, Indiana, 19:56.6; Bob Coldren, Ohio State, Gay Denslow, Michigan State. METROPOLITAN INTERCOLLEGIATES won by George King, NYU, 24:36.5. METROPOLITAN AAU won by Horace Ashenfelter, 29:59.3; Gordon McKenzie 2. INTERNATIONAL, seven miles, Brussels, Nov. 21, won by Gordon Pirie, 35:36; Kovacs, Hungary, second; Mihalic, Yugoslavia, third.

LEON PATTERSON, Trojan discus ace, died Nov. 21 of Bright's disease.

EUROPEANS: Sprints: Kazantsev fourth Russian to clock 10.4; Geister 21.3. 1500: Rozsavolgyi 3:47.2 beat Tabori, 3:47.4. 3000m Jungwirth ran a great 8:05.4, 10/28, with 2:34, 3:55.2, 5:17.8. 5000m: Iharos 14:15 Oct. 17 and 14:12.2 week later. High jump: Nilsson's 6-10 5/8, reported last issue was indoors, and has been beaten indoors only by Ken Wiesner, 6-10 3/4. PV: Chernobay, Russia, 14-3 1/4. HSJ: Samokhvalov 50-10 1/4. DT: Consolini finished season with 177-9 1/8. JT: Nikkinen finished with 255-1 3/8 on 10/24; 249-3 3/8 on 10/31 and 232-7 1/8 in another 10/31 meet. Sidlo met his first defeat of the year when his 243- 7/8 was beaten by countryman Andrzej Walczak, 247-10. Hyytiainen closed with 246-1 1/8. Decathlon: Yuriy Kutynenko of USSR scored 7,645, (6897 under new table) for tenth best ever.

WIND SPRINTS

Reynaldo Corno and Delfo Cabrera, Argentina's Olympic stars, have joined other international aces in Tokyo for the Dec. 5 marathon... Audun Boysen is characterized by the Swedish press as "only 26". He is a student at Oslo University... Derek Johnson, who was clocked in 46.2 for his anchor lap at Bern, is picked by English authorities to break Harbig's world record... IAAF members voted against allowing "Broken time" payments, wherein an amateur athlete would be compensated for wages lost in taking time off for international competition. Voting for broken time payments were Austria, Bulgaria, Czechoslovakia, Denmark, Finland, Germany, Hungary, Norway, Poland, Rumania, Saarland, Sweden, Switzerland and Russia. Against were Australia, Belgium, Eire, France, Britain, India, Israel, Italy, Japan, Netherlands, New Zealand, Turkey and USA... IAAF also considered lowering the number of Olympic Games entries, and will vote on proposals at Melbourne meeting. Likely to be passed is some rule limiting countries to one or two entries per event by right, but one or two additional entries who have met strict qualifying standards... IAAF also decided that a favorable wind will not nullify a javelin or discus record, no matter how strong, and that any qualified official may now give lap times... recently promoted to Lt. Colonel, Emil Zatopek has been awarded his government's yearly "peace trophy"... Alexander King, 61-year-old Scot, is seeking records for runners over 60, has done a mile in 5:42 and a half in 2:47.5... John Landy, who had no reception whatever on his arrival home, will run in New Zealand early next year, as will Mike Agostini and an American squad... Ernie Hamilton is reported to have told Canadians not to accept athletic scholarships to US schools, claiming the schools are interested only in the points they can win...

MORE WIND SPRINTS...Benke Nilsson's sprained ankle may keep him out of American indoor season. If so, he'll go skiing...Jackie Mekler, the 22-year-old South African distance star, has run 50 miles on the track in 5 hrs. 24 mins. and en route did 4:51:43 for 40 miles, both being best on record....Reykjavik, Iceland, is constructing a 30,000 seat stadium with a track of volcanic ash, which is expected to be the fastest anywhere...

SO THEY TELL US

TN CRAIG DIXON, assistant coach, UCLA: "Don't forget to mention the frosh talent at UCLA. We have Rafer Johnson, the greatest prep athlete in America last year, and I'll predict he will make you all sit up before he's through. We also have Frank Badger (49.0), Dave Binkerd (14.7 and 19.7), some others of equal caliber, and Dick Knaub, Nebraska's 'High School Athlete of the Year' with 23-2, 12-10 and 19.6. Our Varsity will be on the upgrade, too, with sophs BoB Seaman, Don Vick and Russ Ellis, service returnee Ron Drummond (171-7 in Navy), and JC transfers, including Nick Dyer (6-5 7/8), Bill Mason (9.7 and 23-0), Hal Miller (6-5), Don Molloy (9.8, 21.7, 23.9), and Bob Corsello (1:56)."

TN JOE GALLI, Australia: "Landy resumed running Nov. 13, but looked groggy. Ran a half in 1:58.2, but was fourth at three miles, running 15:34.4. Dave Stephens won in 14:12.4 on an awful track. Les Wakefield (19) won a mile in 4:13.6 from Allan Lawrence (2:26 marathoner) 4:13.8. On Nov. 6 in Perth, Herb Elliot, 16, ran an official 4:25.6, which could be the best ever by a boy of 16. His 220 was 28, 440 56.2, 880 2:02, 1320 3:15.6. Then he tired, but did not go to pieces. Maybe we have something good here, if he is handled soundly."

TN Bill Jameson, Baltimore: "Joe LaPierre, a private at Fort Sill, is running as well as ever and will be a hard man to beat in the two-mile indoor races. As great as Joe has been, however, I must point out the efforts of our Joe Rouse, a 19-year-old high school senior. He was only 20 seconds behind LaPierre in one race, and LaPierre let him tie with him in another. In the latter race Rouse ran with the club runners, who did a mile loop back to the starting point, at which time the high school runners started off 60 yards ahead. Sixty yards behind and a mile already run did not bother Rouse. He still beat all the other preps. He is a Negro, 5-9 and 120 pounds. When LaPierre read that T&FN picked Charlie Capozzoli for the 56 Olympic team he said: 'I wonder what they would say if they could see him now, all 165 pounds of him.'"

TN ALLAN BANGS: "The Swedes revolutionized distance training and running technique with the 'secrets' Fred Wilt brought back to the unappreciative American track coaches and athletes. Soon, after about 1949, everyone else, except all but a few Americans, were following suit and thus the result is that the Swedes are no longer invincible. Unknowns are running under 4:05 almost every day. However, it is an individual matter. The difference between the Swedish and British methods and the Zatopek methods (which Landy follows) is only that the former calls for repeated speed play at unset distances away, for the most part, from the track. In the latter the runner follows a set distance, say 1/8 to 1/2 mile, and usually on a track, though not always. In talking to a number of European athletes I have learned that each follows the general ideas, modified to his own needs. The main thing is that for distance achievement it is speed, speed and more speed--chop stride--and not too much burning out on the track day after day. This is all contrary to the accepted American ideas still! Even when guys like Murray Halberg come to America, out "chop" stride our best and tell us why!"

TN JACK MORTLAND: "I've been wondering about Chris Chataway. How does a guy get away with his habits and still run like that? I don't

feel that the amount of publicity being given to his habits is any good as many young runners may feel that they too can get away with such things, and they cannot. Nearly every article I read plays up the fact that he drinks beer and smokes cigars. I don't feel that anyone else hoping to be a runner can afford to live this way. Chataway is just one of those rarities who is so darned good that he can't ruin himself. Besides, he must have perfect mental attitude which means so much in distance running."

(Ed. note: Chataway is a free spirit who delights in creating the impression that he hardly ever trains. Actually he works hard, has good habits, smokes his cigars and has a beer mostly after races and for the benefit of sensation seeking, non-track-expert reporters.)

It seems that putting added emphasis on cross country would help us to develop distance men. A very small percentage of high schools support cross country and it is at this level and age that a distance runner should get his start. But most high school boys don't get a chance to run anything over the mile. CC also is a tremendous developer for middle distance men. It helps to keep staleness away, which would come from working on the track the year around. Besides, it is the most friendly sport there is, even more so than track. It provides a great opportunity to make friends and discuss track with boys from other schools.

Only in road-racing do you find a more friendly atmosphere. I ran in the AAU 15 kilo this summer at Binghamton, N.Y. and found that these are almost like social affairs. Most of the men are at all of them and know each other very well. Everyone is very encouraging and friendly. I believe the men that run in these all the time are your real enthusiasts. Some of them never place high but they continue to run and get a tremendous kick out of doing it."

A. W. Haddleton, coach: "Now how does a 4:12 mile rate? Under 4:10 is quite commong. James Elliott, Villanova coach, says if you have a 4:17 miler you will be told to keep him off the track in a feature race. And the sports writers--bless 'em--if you have a Santee and he runs 4:03 in an attempt at the record they will report a slow mile, seconds off the record. Bless 'em again. Would they say a batting average in baseball of .353 was mediocre because the leaders finished with .363?"

TN ROY SILVER, New York: "When printing lists of best performances I think it would be worthwhile to put age of athlete alongside his mark."

NOTED WITH INTEREST

Track Nut Uan Rasey, the MGM trumpet man, killed some time last June 5 with his picks for the 1956 American Olympic team, as follows: 100, Stanfield, Leamon King, Willie Williams; 200, Art Pollard, King, Stanfield; 400, Jim Lea, J. W. Mashburn, Lou Jones; 800, Mal Whitfield, Don Bowden, Arnie Sowell; 1500, Wes Santee, Bob Seaman, Bill Tidwell; 5000, Dave Matthews, Dennie Meyer, Fred Wilt; 10,000, Curt Stone, Russ Bonham, Fernando Ledesma; SC, Horace Ashenfelter, Charlie Capozzoli, Warren Druetzler; HJ, Ernie Shelton, Dick Dailey, Dumas; BJ; Monte Upshaw, George Brown, John Bennett; PV, Jerry Welbourne, Bob Richards, Don Laz; HSJ; Meredith Gourdine, Jon Arnett, Joel Shankle; SP, Parry O'Brien, Tom Jones, John Stellern; JT, Leo Long, Bill Miller, Bud Held; HT, Marty Engel, Bob Backus, Sam Felton; HH, Jack Davis, Rafer Johnson, Willard Thomson; MH, Upshaw, Josh Culbreath, Bill Johnson; Decathlon, Milt Campbell, Bob Richards, Rafer Johnson; Walks, I. Run, Yew Runn, U.R. Outte.

Dual meet programs at the University of California list the usual material for each event--entries, best times, records--and adds a 4-6 line summary of the prospects. Prepared by TN (jg) Bob Rubin, the program helps novice and veteran spectator alike, has gotten many good comments, is well worth imitating.

COACH AND ATHLETE picked an all-time Southeastern Conference track team (1933-1954). Billy Brown heads the list in the 100, 220 and broad jump, and would top the HSJ if listed. Vereen, Georgia Tech shot putter and discus man, is the only frosh on the squad: 100, Brown, LSU; Bienz, Tulane; Walker and Fowlkes, Ga. Tech; 200, Brown, Bienz, Creel and Dupree, Auburn; 440, Belcher, Ga. Tech; Hardin, Church and Dickey, LSU; 880, Albertson and Hill, Tenn., Rogan, KY., Paris, Miss. Mile, Holmberg, Tenn., Rogay, Ky., Overton and Carley, Auburn; 2-M, Holmberg, Overton, Aldridge, Ga. Tech, Sanders, LSU; 11, Towns, Ga., Moreau, LSU, DeMedicis, Auburn, Waterer, LSU; LH, Hardin, Cate, Ga., Cichowski, Ala., Belcher; PV, E and L Poucher, Florida, Korik, Tenn., Gordy, LSU; HJ, Hall, Fla., Neff, Tenn., Richey, Auburn, Horn, Ala.; BJ, Brown, Fowlkes, Vickers, Fla., Wilcox, Ga.; SP, Torrance, LSU, Shield, Ala., Johnson, Ala., Vereen, Ga. Tech; DT, Dillion, Auburn, White, Tulane, Vereen, Ga. Tech., Graves, LSU; JT, Salisburn, and Batchelor, Ga., Blair, LSU, Webb, GT; Relay, LSU, Alabama, GT, Auburn.

ATHLETICS WEEKLY gives the training program of Jerry Welbourn: He starts in October, trains every day except Sunday, days before meets, and school vacations, through the Winter and Spring. Now starting to train in summer, too. Likes 2 hour sessions. In October and November, before going indoors, he works mainly on running. Also on gym apparatus 2-3 days a week. Vaults at low heights for form once or twice a week. Indoors (January, February and March) he runs the first week, then vaults 4-5 times the first two weeks, running the other nights. After that a regular three vaulting days a week, Tuesday, Thursday and Saturday. Other days he runs, 60s and 220s. Outdoors (April, May and June) he has not set schedule, because of the weather, but always works out, at least running and exercises.

For advice to young athletes Jerry says: "Decide how much effort and interest you are going to put into it and accept your place. Don't expect to be a world beater on a little work or in a short time. Know yourself, like you should know your event; know your abilities and potentiality. Ability or natural talent isn't always everything. Brains and hard work can make up for a lot, especially in those events that require more skill and practice."

LOUIS TEWANIMA was 40 when he placed second in the 1912 Olympic 10,000, a result which this year caused him to be named on the all-time US Olympic team. Now 82, the Hopi Indian says running is natural to him. "It is a part of our religion. The body is our temple, and we must keep it well." As a boy, Louis, who is now a high-ranking Hopi priest, trained by running to earth jackrabbits, wild horses and antelope. He ran them down on foot. "Catch jackrabbit in few minutes", he said gravely. "Antelope take half a day. Not so long to catch horse. Horse get tired." To prove he had reached manhood and was entitled to become head of a family, Tewanima ran 150 miles in a day at the shuffling lope peculiar to his tribe. "If no run fast", he said, "can run long time." Tewanima can still travel 10 to 20 miles a day easily. He takes care of his own herd of 100 sheep and tills his garden. Here is his recipe for living long and staying healthy: "eat good... keep sheep... keep garden". Tewanima ran 32:06, a time still beaten by few Americans, but was soundly thrashed by Han Kolehmainen, Finland, 31:20.8. (The above from an interview with Hal Boyle.)

MORE BERN NOTES: Nielsen fell out of bed on his trip to Bern, and suffered with a strained back and headaches... Chataway reportedly was not in the very best of shape on the morning of the race and it is debatable whether he could have held Kuts, even had he realized the danger. Fred Green apparently appreciated the danger, and wished afterwards he could have summoned up his remaining strength in an effort to get Chataway away from Zatopek and nearer to Kuts. But after some laps in second place Green's legs went back on him and he had to quit.... Sidlo's throwing outshone all others. He has a tremendous drive.