

# TRACK NEWSLETTER



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### NEWS

#### FOREIGN

East Berlin, Indoors, Mar. 21/22: Siegfried Hermann 7:58.8 for 3000m, best ever indoors and equal to about 8:36.8 for two-miles; from Janke 8:04.8, Grodotzki 8:13.4; Schdmitt 8:14.4. Also: Richtzenhain 1500m in 3:48.6 from Dorner 3:49.0; Vamos of Rumania 3:50.6, Konig 3:50.8. Lein, HJ, 6'6"; Thierfelder, HSJ, 49'2 $\frac{1}{4}$ "; Foik, 50m, 5.9; Matuschewski, 800m, 1:52.0; Vamos 1:52.7.

Moscow: Hammer, Rudenkov 204'2"; Migunko 200'8"; Bakarinov 196'11 $\frac{1}{2}$ ".

Australia: March 28, Morrie Rich 25'1" exhibition; Porter 6'9" from Ridgway 6'7"; Baker 9.4w; Elliott, on Easter Saturday, 3:01.6 for three-quarters. Lincoln 4:05.0. April 11, Mike Agostini 9.3w at Melbourne. Also 51.6. Elliott 1:56.0.

#### UNITED STATES

Meets of April 11:

Honolulu: Bill Nieder, in exhibition, had 12 tosses between 61'2" and 62'9" and had a best of 63'8 $\frac{1}{2}$ ".

Tempe, Ariz. Dallas Long, in an exhibition at high school track meet warmed up at 64'6", 63'10" and 63'8 $\frac{1}{2}$ ". His five "official" puts then were 64'5 $\frac{1}{2}$ ", 61'3 $\frac{1}{2}$ ", 61'3", 61'1 $\frac{1}{2}$ " and 60'9".

Stanford 111, Fresno 20, at Stanford: For Stanford: Cunliffe 1:50.0, Lassen 1:52.7; Winters 55'4 $\frac{3}{4}$ "; DeWeese 165'6 $\frac{1}{2}$ ". Relay 8:16.6. For Fresno: Gilcrest 6'5 $\frac{1}{4}$ ".

At San Jose: For San Jose: Poynter 9.5, 20.6; Williams 6'9"; Herkenrath 48.4; Jongewaard 175'8" in hammer; Hopkins 14'7"; Kimmell 14'; Daniels 167'8"; Also: Cobb, unat, 14.2; Kitching, SCVYV, 218'5 $\frac{1}{2}$ "; Wyatt, SCVYV, 6'8"; Holmgren, SCVYV, 6'6"; Machamer, unat, 23.5.

California 50 1/3 at Southern California 80 2/3: For SC: Marlin McKeever 55'6 $\frac{3}{4}$ "; Mike McKeever 53'3 $\frac{3}{4}$ "; Self 52'7 $\frac{1}{4}$ "; Shankland 4:08.6; Petersons 4:12.2; Page 213'9"; Staten 47.0; Coia 9.9; Dumas 14.2, 6'8"; Jackson 24'6 $\frac{1}{2}$ "; Avant 6'6"; Bullard 14'4"; Brewer, Freudenthal 14'; Staten 23.5; Relay 3:14.3n. For Calif: Johnson 211'; Yerman 47.0n; White 9.9n; Russ 14.5; 23'7 $\frac{1}{4}$ "; Siebert 1:54.6; Kelley 14'. Gaylord 9:21.1; Relay 3:14.3.

Washington 49 $\frac{1}{2}$  at Oregon 81 $\frac{1}{2}$ : For Oregon: Grelle 4:09.9, Larson 4:12.6; Davis 48.6; Cook 9.7; Mills 243'10"; Edstrom 14.4; Miller 9:08.8; Robbins 9:20.0; Burg 14'3 $\frac{1}{2}$ "; Paquin 14'; For Washington: Anacker 161'10"; Tobacco ?n; Bender 51'7 $\frac{3}{4}$ ".

UCLA 62 at Occidental 69: For UCLA: Roubanis and Logan 14'1"; Torrence 6'6"; Bran-son 55'2 $\frac{1}{4}$ "; Milleman 54'10"; Holland 4:12.2; Riding 4:14.6; Milleman 162'2 $\frac{1}{2}$ "; Thompson 14.3; Johnson 14.4; Jordan 1:53.5n; Seaman 1:53.9n; Relay 3:15.5n; For Oxy: Johnson 56'4 $\frac{1}{2}$ "; Luesebrink 216'7 $\frac{1}{2}$ "; Peck 4:17; Nini 48.2; Cerveny 1:52.3; Bennett 9:15.1; Peck 9:15.6. Lawrence 23.4; Relay 3:15.0.

Quantico, Va., Relays: April 10: Babka 178'2"; Lawlor, HT, 188'7"; DMR, Penn State 9:53.8; SMR, Penn, 3:24.3; BJ, Herman, 25'2"; 10,000m, Kerr, PennState, 32:39.2. Atterberry, 440H, 53.9. April 11: Gutowski 14'9", only meet record (weather was lousy). Winston-Salem 42.7, 1:28.1 and 61.4 for shuttle hurdles. Calhoun 14.1 from Gilbert(2'). Murchison 9.8; Stieglitz 9:30 for 3000m steeplechase; Cantello 227'6 $\frac{1}{2}$ "; McComas, BOC, 56'6 $\frac{1}{2}$ ".

Also: Wiley, Los Angeles St, 24'11"; Hall, Cal Poly, 21.4; Strunk, Nevada, 21.4. At Oceanside, Calif., for the Striders: Larrabee 20.6 and 48.5; Butt 59'2"; Andrews 49'6" in HSJ; Lawson 23'11 $\frac{1}{2}$ "; Burks 9.6. Frosh results included: 4:07.6 by Dyrol Burleson of Oregon, new national record; for San Jose: Curtis 48.3; Williams 48.3; Gill 14.6;

Nebraska at Oklahoma State, 4/11: for OSU: Graham 14'11 $\frac{1}{4}$ "; Dooley 14'; 440R 41.6; Eisenman 4:15.3 and 9:07.5; Covert 47.9; Northrup 172'1 $\frac{1}{2}$ "; Hazley 9.9, 21.3t; Relays 3:17.4. Nebraska: Pollard 14'; Mullins 1:53.0;

Illinois 76 $\frac{1}{2}$  at Missouri 44 $\frac{1}{2}$ : Kerr, I, 48.0 & 1:54.6; Haisley, I, 6'6 $\frac{3}{8}$ ; Cochran, M, 169'7 $\frac{1}{2}$ .

Southwestern Relays, Lafayette, La., 4/11: Morrow 9.5 from Styron, Garrett; 100-Cannon 9.5, Styron, Givens, Fabian; 220-Morrow 21.7; 2-mile R-Oklahoma 7:43.0; Lindsey 165'11; HSJ, Smyth, 49'; Durham 14.4; Erwin 57'8"; SMR-LSU 3:24.4; 440R-NE La 41.5; DMR-Oklahoma 10:00.8; Martin, Okla, 14'1 $\frac{3}{4}$ "; 2-mile-Lawrence, Houston, 9:14.1; Clohessy.

Quantico Relays, additional results: Murphy 1:50.1, Williams (10y); Ellis, NYAC, 175'4"; Douglas, Bates, 25'1 $\frac{1}{2}$ "; Moore, W-S, 24'8"; Roberson, PPC, 24'5 $\frac{1}{2}$ ; Gilbert 14.0 heat; 2-mile R-Penn State 7:38.0; Mile-Moran 4:21.2; 440-Ince 48.4; Shine, Penn, 52'4 $\frac{1}{2}$ ; HSJ-Middleton 45'11"; Landstrom 14'6"; Schwarz & Gibson 14';

#### BULLETIN BOARD

Next Newsletters: Apr. 29, May 13; June 3, 17; July 1, 15, 29; T&FN Mailed May 7.

Women's All-Time List concludes in this issue (and many readers will be happy)

Relay List concludes with shuttle hurdle and addenda next issue. Please send all corrections, etc. immediately so they can be included in the April 29 issue.

Pen Pal, preferably a Scandinavian distance running fan or runner, is wanted by James Powell, 764-14th St., San Pedro, Calif.

U.S. Pen Pal, preferably a teen-age sprinter or sprint fan, is wanted by Derek T. Farman, 86 Trafalgar Road, Gorleston-on-Sea, Norfolk, England.

Exchange wanted by TN Yechiel Goldberger, 21 Carmel St., Kiriat-Tiron, Israel. Wants 1952, 1955 and 1956 ATFS Annuals, 1952 Olympic Handbook, and others. In exchange can offer 1956 Olympic Handbook, Finish Yearbook, Stampfl on Running, and Israeli stamps, mint and used.

#### WIND SPRINTS

Late high school marks include: William Joe, Coatesville, Pa., 59'1"; Charles Buehler, Whittier, Calif., 59'1 $\frac{3}{4}$ "; Byrd, Shreveport, LA, 1:28.8; Palo Alto, Calif., 7:56.6; Dixon Farmer, Miramonte, Calif., 48.2; Glenn Winnigham, Grants Pass, Ore., 205'9"; Gary Comer, Reseda, Calif, 48.8; Garry Crystal, Coachella, Calif. 21.0; Robin Ruble, Los Altos, Cal. 1:56.0; ... Florida A&M Relays included 46.6 by David Robertson of Southern University, from Frank Bowens of Winston Salem, 46.8. Carl Brown beat teammate Elias Gilbert in 14.2; ...

Bill Alley has a perpetually sore arm that hurts most when the throw is the longest. Said he knew his 270'1 $\frac{1}{2}$ " was good "because the pain in my arm felt like a knife was sticking in it. ... John Thomas had the cast removed from his foot, went back to classes and moved out of the hospital on April 10. On April 11 he was back in the hospital for a skin graft. The wound has healed on the inside but the surface is not closing. Doctors say he probably won't be able to practice until June... Jack Smyth, the Houston hop-step-jumper, pronounces it Smith... 95 discus throwers have surpassed 52 meters (170'7 $\frac{1}{4}$ ), of whom 40 are American, 17 Russian, 6 Germany, 4 Hungarian, 4 Swedish, and 4 Czech... Joe Galli reports that John Landy trains very hard (thrashes himself, it is said), but beyond that nobody knows a thing. There is much conjecture about a comeback but John says nothing except "I'm VERY fit"...

Of the 74 shot putters over 16.80 meters (55'1 $\frac{3}{8}$ ), 42 are from the U.S., 9 from Russia, 6 Germany, 3 England, 3 Poland, 2 Sweden, and 2 Czechoslovakia... pole vaulters at 4.36m (14'3 $\frac{5}{8}$ ) number 98, including 66 Americans and 12 Russians... Holden of England (1933, 34, 35 and 39) and Mimoun of France (1949, 52, 54, 56) are the only four time winners of the International cross-country championships. Bouin of France won it three times (1911-12-13).

... Phil Coleman calls himself "The Policeman" because "I like to keep the other runners honest." Coach George Eastment took the blame for Tom Murphy's last place in the AAU 1000. "I gave him a hard workout on Tuesday before the nationals, he tightened up from the workout and could not work out the rest of the week." ... Lew Stieglitz missed the middle part of the season with bronchitis and achilles tendon trouble...

After Ray Norton ran 9.3w and 20.2 he said he had had two weeks practice, which consisted of: Monday: jog, 10 minutes exercises, 15 mins. form work, jog; Tuesday: form work, 3 starts on grass, 2 or 3 220s, -easy; Wed: warmup, form work, 2 40s, 1 50 and a 300 in 35 seconds, all on the grass; Thursday: form, 5 starts at 3/4 speed; baton work, 3 or 4 110s. "None of the work is hard" he said. ... (Ed Note: Did we hear a sigh from an envious distance runner? ... Czechoslovakia's 10 best men in each event totalled 178,998 points on the IAAF tables compared to: 176,997, 1957; 174,708, 1956; 172,164, 1955; & 160,819, 1953.

FRANK WYKOFF is interviewed recently by TN Max Stiles:

Modern sprinters, like modern milers, don't run any faster than the old-timers but they can run fast longer. They are a better conditioned lot. Sustained maximum speed over a greater distance means faster time between the starting gun and the final tape. This opinion was expressed by Frank Wykoff, who as a Glendale High School boy won the American Olympic team trials in 1928 and then finished fourth in the Amsterdam final after being forced out of training with a strained muscle by order of coach Lawson Robertson. Wykoff also made the 1932 and 1936 Olympic teams as a relay runner. A pulled muscle slowed him down in 1932 and he was over the hill by 1936.

I asked Wykoff why so many men of today can run 100 yards in 9.3 or 9.4, 100 meters in 10.2 and the 220 in 20.4 and 20.5 when Wykoff's own best times were 9.4, 10.4 and 20.8 and even the great Charley Paddock never bettered 9.5, 10.2 and 20.8 for those distance. What was it that held the earlier runners back?

"It's all a difference in conditioning" Wykoff replied. "That and the fact we didn't have starting blocks in our best years. I know that at the time Vic Williams was the 440 champ, Dean Cromwell had me running with Vic. I could always stay with him for 350 yards. Then I wanted to drop out. I hadn't trained hard enough to go any farther. The 100 was the big event in those days and I was always afraid they would make me run the 440.

"Every coach I ever had always said the 220 was my best race, but I never was able to prove that because I trained to go just 100 yards and no farther. I wasn't even good the last 10 yards of the 100 meters. I didn't work hard enough to really run the 220 all the way at top speed. After blazing the first 25 yards I would stride, getting the knees up high but not digging in. I was pulling more with the arch than I was straining for maximum speed in the last 100. I trained on wind sprints and starts. I would jog, exercise, jog, let down, run three-quarters speed, let down, stop, walk, then repeat. After half an hour I would go to the shower in fear I would catch cold.

"Sprinters today spend an hour or even two hours on conditioning. I don't think they run any faster than we did, but they can keep going their fastest much longer than we of my day were able to do on most occasions. Why didn't Paddock better 20.8 or run faster than 10.8 in his Olympic Games 100 meters title race in 1920? One thing, when you have the world record you figure that's it. You are not out to break your own record. You're out to win, just to win. The fellow who is out to beat you is also trying to break your record, and he finally does. And then somebody else beats his, so the record comes down.

"Jesse Owens, when he first started running, said he was out to break my world 100 yards record of 9.4. His fastest time was 9.4. He tied my record but never broke it. He trained more for condition than I did, as he was in so many events. But he never proved he was any faster up to a point where speed tires and condition begins to take over, as at any distance beyond 100 yards. Paddock did exceptionally well for a man of his size and build. Even if he were running today, using today's training methods, I think many of the moderns would beat him because they have the stature to do so.

"Starting blocks give a runner confidence. The blocks mean your feet are in exactly the same position every time. This gives you better hand and foot balance. You are able to go with the gun. At Amsterdam in the Olympic 100 meters final my rear leg (right) gave way as the soft track caved in behind my spikes as I dug into it. I have a picture showing all other runners with their right legs out in front of them, well on their way, while my right leg is still behind me kicking up a cloud of dust as the hole gives way. I was licked right there, as it was at the start I won all my races. "

Wykoff said that under today's conditioning methods he thinks Paddock could run 100 yards in 9.4 . . . he in 9.3, and that both would run 100 meters in 10.2 and the 220 on the straight in 20.6 and 21.0 on a turn. Paddock did run 100 meters (actually 110 yards) in 10.2 but Wykoff thinks he could do it more often under today's training schedules.

JOHN GUTKNECHT of Ohio Wesleyan has one of the best ever cross country records. In four years of varsity competition he won 46 and lost only 4 races in the dual seasons, won the Ohio Conference three times and was second in his freshman year, and placed second in the Small College NCAA. In 1958 he broke 9 course records in 12 meets. OWU has quite a schedule, running nine meets during the month of October alone. (The racing schedule alone is heavier than the "training" sessions of many runners during the fall.)

TN DON PIERCE, the sports publicity director at Kansas, turns out more copy on track than any other sports publicist we know of, and it's good stuff, too. Much of his data has appeared in T&FN (Bill Alley's profile for instance) and in TN. And his Kansas Relays and track dope book (1959 issue now available at \$1) is the best of its kind. Here is some of Big Don's latest revelations:

Cliff Cushman developed one of America's most versatile set of track legs by running 6744 miles over a newspaper route as a schoolboy in Ames, Ia. The flaxen-haired Kansas junior handled three routes, which meant he covered the two-mile distance twice each week day and once on Sundays. He jogged this pattern for five years in his grammar school and junior high days and he didn't fling his papers into front yards in the usual manner, either. He stuck every one inside the screen or storm door, which means he mounted a few hundred porch steps on every circuit. Little wonder Cushman came out of Grand Forks, N.D. to join a coach, Bill Easton, who has been accused of building hidden motors into his middle distance and distance performers. Felled by mononucleosis as a sophomore, Cushman has emerged a year late as the sort of runner he was expected to be all along.

Cliff was unbeaten at 1000 yards during the winter indoor campaign. Last week he was runner-up to Bill Alley in the voting as the outstanding athlete at the Texas Relays. He ran a 1:50.3 anchor in the sprint medley, 1:57.1 leadoff in the distance medley, 4:18.8 cleanup in the 4-mile relay, and won the intermediate hurdles in 52.2. The latter has been his most effective event, but who is to say it is his best. As a frosh he did 4:11.6 in the mile. He ran 1:50.8 the same year in the open half, 9:46 over two miles, 14.8 in the highs, 23.7 in the lows and 22'3" in the broad jump. He had a relay carry of 47.5 and ran the 400m hurdles in 51.9. As a high schooler, in addition to his miling and hurdling, he ran the 100 in 10.1, the 220 in 21.9, high jumped 6' and vaulted 10'6".

Cushman's personal preference is the mile: "It's short enough for me to use my speed and long enough to allow you to adjust to any mistake you might make. Also you can improve more in the mile than you can in the shorter distances. You might knock as much as 10 or 12 seconds off your time. Anything over a mile is too long for me. (He has clocked as low as 15:12 over three miles cross-country)

As a high school soph in Ames he ran 4:27.5 and 2:00.6 in the half. Moving to North Dakota, he bagged state titles in both hurdles, the broad jump, mile and 880 over a two year period. His father was a vaulter, broad jumper and sprinter for Western Michigan and his mother was a hurdler and sprinter in intramural competition.

In drumming up publicity for the Kansas Relays Don gives the lowdown on KU rivals: Only problem Oklahoma coach Bill Carroll faces with the largest of his two shot-putting behemoths, Dan Erwin, is to keep him from arising at 4 a.m. every day. "He likes to hunt just about as well as throwing the shot" Carroll chuckles. "He'll get up at that hour to start out. That isn't good, particularly during track season. I can't have him catching cold in those duck blinds. He's a great fisherman, too, and has to fight to stay off those banks during this good spring weather."

Dan is a 240 pounder who won the Texas Relays with the greatest outdoor heave in OU history, 57'3½". Only Bill Nieder and Erwin's own soph teammate, Mike Lindsey, ever have thrown further in Big Eight history. Lindsey had been winning everything until Austin, where he appeared 23 pounds lighter after fighting the flu and managed only 56'4¼". "I had to pick on sick folks this week" Erwin grinned.

Asked a reason for Erwin's tremendous improvement Carroll sums it up in two words: "Weight training". "Those two lift on Monday, Tuesday and Thursday. If we're out of town on Thursday they find weights somewhere. They worked in the Texas intramural department last week." Erwin began working with the barbells last year. Now he and Lindsey are pressing 250 to 275 pounds.

"Dan has good speed across the ring, too" his coach adds. "Those boys take a lot of wind sprints. In fact they sprint most of the time. They sprint out to their shot or discus every time they throw it. I never have to push those two. They're the first ones out and the last ones in. They have great desire to improve. Their spirit has been picked up by our whole team. I never have to worry any more about the boys giving their best every week. Dan's beating Mike at Texas was just like throwing raw meat to a tiger. Both of them hate to get beat. I think it's possible both of them might hit 60 feet before the year is out."

The sooner Goliaths are on the verge of becoming the greatest shot put tandem one Big Eight school ever harboured (or any school?). Their combined effort at Texas (113'8½") was their second approach to the 114'10" total erected by KU's Nieder & Oerter in 1956.