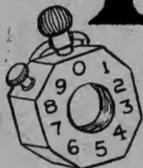


TRACK NEWSLETTER



also known as
TRACK NUTSLETTER



(OFFICIAL PUBLICATION OF TRACK NUTS OF THE WORLD, UNINC.)

Published by TRACK and FIELD NEWS • PO Box 296 • Los Altos, California • Bert and Cordner Nelson, Editors

Vol. 6, No. 5, Oct. 7, 1959

Semi-Monthly

\$6 per year by first class mail

NEWS

BALKAN GAMES, Bucharest. Sept. 20: Vamos, R, 3:44.2; Barabas, R, 3:46.0; Depastas, Gr, 3:46.6; Dalkilic, Tur, 3:48.0; Vazic, H, 3:49.2; Constantinidis, Gr, 3:49.2; Papavassiliou, Gr, 8:52.6; Peev, B, 8:56.6; Hafner, Y, 8:57.6; Aioanei, R, 8:58.4; Florea, R, 8:59.4; Mandlaras, G, 24'7 $\frac{1}{2}$ " (corrected), record; Sorin, R, 24'4 $\frac{1}{2}$ " Bizim, R, 262'4"; Topal, B, 242'8 $\frac{1}{8}$ "; Greece, 41.4. Women: Balas, R, 6'1 $\frac{1}{2}$ ", world record. Sept. 21: Georgopoulos, Gr, 21.5; Snadjer, Y, 47.6; Grecescu, R, 14:29.2; Lorgier, Y, 14.1; Marsellos, Gr, 14.5; Roubanis, Gr, 14'9 $\frac{1}{8}$ "; Christov, B, 14'9 $\frac{1}{8}$ ", record; Khlebarov, B, 14'5 $\frac{1}{4}$ "; Gurguchinov, B, 51'4"; Sorin, R, 50'7 $\frac{1}{2}$ "; Artarski, B, 179'2"; Kounadis, G, 176'8 $\frac{1}{2}$ "; marathon, Skrinjar, Y, 2:33:16.6; Yugoslavia, 3:13.0. Final Score: Rumania, 151; Yugoslavia, 122; Greece, 104; Bulgaria, 89; Turkey, 34.

Sept. 23: Prague, Suarez, Argentina, 29:26, record; Leenaert, 29:28.8, Belgium record; Heatley, GB, 29:36.6; Blazej, Czechoslovakia, 14'6 $\frac{3}{8}$ ", record. Turin, Consolini, 179'8 $\frac{5}{8}$ "; Rado, 174'10 $\frac{3}{8}$ "; Mazza, 14.4; C. Lievore, 241'6 $\frac{3}{8}$ ".

Sept. 24: Budapest, Rozsavolgyi, 8:03.8; Szabo, 8:07.8; Zsivotzky, 210'5 $\frac{5}{8}$ "; Csermak, 206'7 $\frac{7}{8}$ "; Korda, 1:50.3; Szekeres, 1:50.8; Varju, 57'2 $\frac{1}{4}$ ". Moscow, Bolotnikov, 29:06.8; Mikhailov, 10.5, 13.8; Yermine, 51'6 $\frac{1}{2}$ ". London, Hyman, 13:31.4 and Eldon 13:46.6 for 3 miles.

FRANCE, 109; **SWEDEN**, 103. Paris, Sept. 26: Delecour, F, 10.4; Genevay, F, 10.5; Waern, S, 1:47.8, NR; Jazy, F, 1:47.9, NR; Collardot, 25'1 $\frac{1}{8}$ "; Wahlander, S, 24'11 $\frac{5}{8}$ "; Asplund, S, 198'1 $\frac{1}{2}$ "; Seye, F, 47.0; Bernard, F, 14:24.6; Bogey, F, 14:24.8; Kallevagh, S, 14:28.8; France, 40.3, NR; Sweden, 40.8; Pettersson, 6'9 $\frac{7}{8}$ ". Sept. 27: Waern, 3:44.9; Seye, 21.0; Genevay, 21.2; Norberg, S, 8:56.0; Mimoun, 30:40.2; Rabemica, F, 51'3 $\frac{3}{8}$ "; Eriksson, 51'1"; Frederiksson, S, 248'8 $\frac{3}{8}$ "; Macquet, F, 245'8 $\frac{3}{8}$ "; France, 3:12.2; Sweden, 3:13.9.

TRIANGULAR MEET Germany 107 $\frac{1}{2}$, Italy 100 $\frac{1}{2}$. Italy 108, Finland 100. Germany 117, Finland 95. Rome, Sept. 26: 100-Berruti, I, 10.4; Germar, G, 10.5; Gamper, G, no time; Patelli, I, 10.6; Strand, F, 10.7. 400-Kaufmann, G, 46.9; Pancera, I, 47.4; Klapert, G, 47.4; Hellsten, F, 47.8; Frascini, I, 48.0. 1500-Brenner, G, 3:44.5; Salonen, F, 3:44.6; Vuorisalo, F, 3:45.6; Strack, G, 3:45.7; Baraldi, I, 3:46.3. 5,000-Saloranta, F, 14:24.6; Muller, G, 14:33.8; Volpi, I, 14:36.4; Kleefeld, G, 14:48.0; Huttinen, F, 14:54.2. 400H-Martini, I, 51.4, ties record; Janz, G, 51.6; Morale, I, 52.0; Rintamaki, F, 52.3; Hoss, G, 53.0. HJ-Salminen, F, 6'9 $\frac{1}{8}$ "; Pull, G, 6'6 $\frac{3}{4}$ "; Thikaja, F, 6'4 $\frac{3}{8}$ "; Riebensam, G, 6'4 $\frac{3}{8}$ "; Cordovani, I, 6'2 $\frac{3}{4}$ ". HSJ-Cavalli, I, 52" 7 $\frac{7}{8}$ "; Laitinen, F, 50" 1 $\frac{1}{8}$ "; Wischmeyer, G, 49"9 $\frac{1}{4}$ "; Gatti, I, 49"8 $\frac{1}{2}$ ". SP-Meconi, I, 57'1"; Lingnau, G, 55'6 $\frac{1}{8}$ "; Kunas, F, 55'1"; Nisula, F, 54'7 $\frac{1}{2}$ "; Wegman, G, 54'4 $\frac{3}{4}$ "; Monti, I, 53'8 $\frac{5}{8}$ ". HT-Cristin, I, 189'10 $\frac{3}{8}$ "; Lorenz, G, 189'4 $\frac{3}{8}$ "; Horppu, F, 188'4 $\frac{5}{8}$ "; Lucioli, I, 187'3 $\frac{5}{8}$ ". 400R-Italy, 40.3; Germany, 40.5. Sept. 27: 200-Berruti, I, 21.2; Strand, F, 21.8; Naujoks, G, 21.9; Malhendorf, G, 22.0. 800-Schmidt, G, 1:49.3; Adam, G, 1:49.4; Salonen, F, 1:49.8; Frascini, I, 1:50.7; Baraldi, I, 1:50.9. 10,000-Saloranta, F, 29:59.0; Hoger, G, 30:04.0; Konrad, G, 30:19.8; Rantola, F, 30:26.8; Volpi, I, 30:41.0. 110H-Mazza, I, 14.7; Svava, I, no time; Pensberger, G, 14.7; Steines, G, 15.2; Koivu, F, 15.3. 3000St-Bohme, G, 9:06.6; Laufer, G, 9:08.6; Virtanen, F, 9:09.8; Karvonen, F, 9:16.0; Costa, I, 9:24.0. BJ-Steinbach, G, 24'8 $\frac{1}{2}$ "; Bravi, I, 24'4 $\frac{1}{2}$ "; Valkama, F, 24'3 $\frac{3}{8}$ "; Terenziani, I, 23'10 $\frac{1}{4}$ ";

TRACKNUTS QUIZ

A new feature of the Newsletter is the Tracknuts Quiz. The quiz will be on cross country in the fall and track and field during the rest of the year. Track nuts are invited to send in questions and answers for the quiz. However, they are asked to send in at least 10 questions. Answers to this quiz appear at the bottom of the page.

1. Where are the NCAA and IC4A cross country championships held each year and what are the distances for each meet?
2. What coach has had the most number of team champions in the NCAA cross country meet?
3. Who was the individual winner of the 1958 NCAA cross country meet and what school did he represent?
4. Who was the first man to win the NCAA cross country title, what school did he represent, and what year did he win the crown?
5. Have two teams ever tied for the NCAA cross country title?
6. Notre Dame won its first NCAA cross country title in 1957 but what was so unusual about its feat?
7. Only one runner from the Pacific Coast has ever won the NCAA cross country title. Who was he, what school did he represent and what year did he win the title?
8. One man won the National AAU cross country title for seven straight years. Who was he and in what years did he win?
9. Only one school has won the IC4A, NCAA and National AAU cross country titles in the same year. What was the school and in what year did it win the three titles?
10. What individual scored an unprecedented AAU, NCAA and IC4A cross country triple?

CROSS COUNTRY PREVIEW

The 1959 cross country season already is underway. Here is a look at some of the top teams around the nation.

MICHIGAN STATE -- The Spartans won the Big 10, IC4A and NCAA team titles last year and could repeat this season. Back are NCAA champion Forddy Kennedy, Billy Reynolds, 6th in the NCAA meet last year, and Bob Lake, 14th in the 1958 nationals. A strong sophomore crop headed by Ed Graydon will make MSU tough again this year.

WESTERN MICHIGAN -- The Broncos were second in the NCAA last year but could win it this season. Heading the returning veterans are Art Eversole, third in the NCAA meet last year, and Jerry Ashmore. Canadian sophomore Carl Reid gives WMU added depth.

HOUSTON -- Johnny Morriss' crew could win both the NCAA and AAU crowns. The team probably will be composed of AAU champ John Macy and Australians Al Lawrence, Pat Clohessy and Barrie Almond, but the fifth man may be a problem.

ARMY -- The Cadets finished third in both the NCAA and IC4A and should be strong again this season. Army opened the 1959 season by whipping Buffalo 15-50. Heading the squad is Dick Greene, 17th in last year's nationals.

NOTRE DAME -- Ron Gregory heads a squad that should place high in the nation again this season. Notre Dame was fourth in the NCAA meet and second in the IC4A but a more seasoned team could improve that record this season.

KANSAS -- The Jayhawks were Big Eight champions last year but could only place sixth in the NCAA meet. However, the return of Billy Mills, fifth in the 1958 NCAA meet, Tom Skutka, Brian Travis, Dan Ralston and Clif Cushman should make the squad much tougher in 1959.

IDAHO -- The power on the Pacific Coast this year could be Idaho if its English stars approach their potential. Idaho won the PCC title in 1957 with a team paced by Englishmen Frank Wyatt, Ray Hatton and Ron Adams. All are back this year and the addition of Englishman Ray Allen (9:02 for two miles) will give the squad added balance.

If anyone has information on a team that may have been overlooked in the preview will they please send it to the Newsletter for inclusion in the column.

Quiz answers -- 1. NCAA, East Lansing, Mich., 4 miles. IC4A, New York City, 5 miles. 2. Karl Schlademan, Michigan State, five. 3. Forddy Kennedy, Michigan State. 4. Greg Rice, Notre Dame, 1938. 5. Yes. Penn State and Indiana tied in 1942. 6. Notre Dame scored 121 points, the highest winning score in the meet's history. 7. Max Truex, SC, 1957. 8. Don Lash, 1934-40. 9. Michigan State, 1948. 10. Bob Black, Rhode Island State, in 1948.

Molzberger, G, 23'7 $\frac{7}{8}$ ". PV-Landstrom, F, 14'5 $\frac{1}{4}$ "; Sutinen, F, 13'11 $\frac{3}{8}$ "; Lehnertz, G, 13'11 $\frac{3}{8}$ "; Chiesa, I, 13'9 $\frac{3}{8}$ ". DT-Repo, F, 173'4 $\frac{3}{4}$ "; Consolini, I, 171'11"; Lammi, F, 165'7 $\frac{3}{4}$ "; Rado, I, 164'10 $\frac{3}{8}$ "; Buhrle, G, 160'9 $\frac{1}{2}$ ". JT-C. Lievore, I, 252'3 $\frac{1}{8}$ "; Pananen, F, 248'10 $\frac{1}{4}$ "; G. Lievore, I, 243'8 $\frac{3}{8}$ "; Salomon, G, 241'11 $\frac{1}{8}$ "; Laine, F, 240'1 $\frac{7}{8}$ ". 1600R - Germany 3:10.4; Italy 3:11.1; Finland 3:11.7.

NORWAY 133, SWITZERLAND 78. Berne, Sept. 26/27: Bunaes, N, 10.5; Muller, S, 10.6; Waegli, S, 1:47.5, equals NR; Galliker, S, 51.9; Thorkildsen, N, 6'6 $\frac{3}{4}$ "; Danielsen, N, 244'1 $\frac{1}{8}$ "; Rasmussen, N, 241'6"; Krogh, N, 198'4 $\frac{1}{4}$ "; Strandli, N, 197'1 $\frac{3}{4}$ "; Norway, 41.1 NR; Switzerland 41.3.

Sept. 29, Budapest: Hungary set a world record in the four mile relay with a time of 16:25.2. The splits were: L. Kovacs 4:07.4, Szekeres 4:07.6, Iharos 4:09.2, Roszavolgyi 4:00.9. Szecsenyi threw 193'6 $\frac{1}{2}$ " in the same meet.

LONDON 97, STOCKHOLM 69. London, Sept. 30: Waern, S, 3:59.7; Hermann, East Germany, 4:00.2; Lewandowski, Poland, 4:00.8; Jazy, France, 4:01.8 NR; Salonen, Finland, 4:02.8; Bernard, France, 4:03; Vuorisalo, Finland, 4:06; Jonsson, S, 4:08; Ibbotson, L, 4:08; Winch, L, 4:09; Radford, L, 9.7; Wrighton, L, 47.8; Hewson, L, 1:48.6; Rawson, L, 1:49.0; Makomaski, Poland, 1:49.7; Jakubowski, Poland, 1:49.7; Pirie, L, 13:25.0; Eldon, L, 13:25.6; Hyman, L, 13:29.2; Hoenicke, East Germany, 13:30.8; Norberg, S, 8:53.2; Herriott, L, 8:53.6; Pettersson, S, 6'9 $\frac{1}{2}$ "; Fairbrother, L, 6'6 $\frac{3}{4}$ "; Miler, L, 6'6 $\frac{3}{4}$ "; Uddebom, S, 54'5 $\frac{1}{2}$ ".

Katrineholm, Sweden, Sept. 20: Waern 1:50.8; Dahl 6'8 $\frac{3}{4}$ "; S. Pettersson 6'6 $\frac{3}{4}$ ".

Dresden, Sept. 27: Radford, GB, 10.4; Burg, G, 10.4; Torbbjoensson, Iceland, 10.4; Wrighton, GB, 48.1; Matuschewski, G, 1:50.0; Klaban, Austria, 1:50.5; Szentgali, Hungary, 1:50.6; Vamos, Rumania, 1:50.6; Hermann, G, 14:11.8; Szabo, H, 14:19.8; Honicke, G, 14:21.6; Barabas, R, 14:22.4; Bumann, G, 14:23.4; Lein, G, 6'6 $\frac{3}{4}$ "; Thorlaksson, Iceland, 14'5 $\frac{1}{4}$ "; Kugel, G, 54'5 $\frac{5}{8}$ "; Nemece, Czech., 176'2 $\frac{2}{3}$ "; Ahrendt, G, 241'8 $\frac{3}{4}$ ".

Oct. 4, Paris: Delecour, F, 10.5; 21.1; Genevay, F, 21.1; Jazy, F, 2:21.1; Heida, Holland, 2:21.5, NR; Rizzo, Italy, 2:21.9; Rentsch, Germany, 2:23.1; Winch, GB, 2:23.3; Macquet, F, 256'3 $\frac{5}{8}$ ". Prague: Rozsavolgyi, H, 3:43.2; Jungwirth, Czech., 3:44.4; Iharos, H, 3:45.4. Budapest: Szecsenyi, 193'8".

Oct. 3, Manchester, Lewandowski, P, 2:21.8; Hewson, GB, 2:21.9; Herrmann, East Germany, 4:03.6; Ibbotson, Gb, 4:08.0; Radford, Gb, 9.8; Omagbemi, Nigeria, 9.9. Poznan, Cieply, 211'6 $\frac{5}{8}$ ".

AUSTRALIAN RESULTS. Sydney, Sept. 11: 2 miles, Thomas, 8:58.0; Power, 9:00.0. Melbourne, Sept. 19, hammer, Leffler, 194'6". Sydney, Sept. 19: Marathon, Ollerenshaw, 2:34:23 (first win since 1956). Melbourne, Sept. 26: Hammer, Leffler, 192'5". Brisbane, Sept. 26, 880, Blue, 1:51.7.

MISCELLANEOUS MARKS. Budapest: Rozsavolgyi, 3:47.0; Jungwirth, 3:49.6; L. Kovacs, 3:49.8; Peev, Bulgaria, 8:49.8, NR. Tokyo, Germar, West Germany, 21.2; Janz, West Germany, 51.5. Paris: Macquet, 266'1 $\frac{3}{4}$ "; Husson, 208'3 $\frac{1}{4}$ ", Nr. St. Sebastian, Spain: Barris, Spain, 3:52.6; Garcia, Spain, 30:21.6.

BULLETIN BOARD

Next Newsletters Oct. 21; Nov. 4, 18; Dec. 9, 23. Track & Field News mailed Oct. 29. A new quiz series is starting in this issue. Readers are invited to submit questions and answers.

TN Charles Christian, 5266 Velma Terrace, San Diego 14, Calif., wants to trade a 1948 NCAA Track & Field Guide for a 1946 edition.

A new sports culture club in Belgium is looking for old sports literature. Readers can send it to: Turnvereniging Antogoon, 5, Koningin Astridlaan, Hoogboom-Kapellen, Belgium.

WIND SPRINTS

A relay ranking by the World Athletic Service in Germany shows that the United States and the West Indies are leading the world in the 400 meter and the 1600 meter relays. In the 400 meter relay, the US has the top time of 39.8, Russia is second with 40.0 and West Germany third with 40.2. In the 1600 meter relay, the West Indies has the best clocking this year with 3:05.3 with the US second at 3:05.8. In third place is West Germany with a 3:07.9.

NOTED WITH INTEREST

Jesse Owens' broad jump record will be 25 years old next May but it still has a way to go before it becomes the longest reigning world record. That distinction goes to the 15 mile record of 1:20:04.4 set by F. Appleby of Great Britain in 1902. Appleby's record finally was broken in 1937 and had a reign of 35 years and one month. Below is a chart of some of the longest reigning world record holders of all time.

Event	Record	Athlete	Reign (years & months)	Period
15 miles	1:20:04.4	F. Appleby (GB)	35-1	1902-37
6 miles	29:59.4	A. Shrubbs (GB)	25-7	1904-30
Hammer	189'6½"	P. Ryan (Ireland)	25-0 (10 days)	1913-38
220 yds. hurdles	23.6	A.C. Kraenzlein (US)	25-0 (5 days)	1898-1923
220 Yards	21.2	B. Wefers (US)	24-9½	1896-1921
Broad Jump	26'8¼"	J. Owens (US)	24-5**	1935-
10 Miles	50:40.6	A. Shrubbs (GB)	23-11	1904-28
100 Yards	9.6	D.J. Kelly (US)	22-11	1906-29
2 Miles	9:09.6	A. Shrubbs (GB)	22-3	1904-26
4 x 100 Meters	39.8	USA National Team	20-4	1936-56
3 Miles	14:17.6	A. Shrubbs (GB)	20-3	1903-23
100 Meters	10.2	J. Owens (US)	20-1½	1936-56
4 x 400 Meters	3:08.2	USA National Team	19-11 (20 days)	1932-52
Broad Jump	24'11¾"	P. O'Connor (Ireland)	19-11 (18 days)	1901-21
200 Meter Hurdles	24.6	H. Hillman (US)	19-7½	1904-24
400 Meter Hurdles	50.6	G. Hardin (US)	19-2	1934-53
Shot Put	51'0"	R. Rose (US)	18-8½	1909-28
100 Yards	9.4	F. Wykoff (US)	18-0	1930-48
100 Yards	9.4	D. Joubert (S. Africa)	17-0	1931-48
10 Miles	50:15.0	P. Nurmi (Finland)	16-11¾	1928-45
One Hour	11m. 1648 yds.	P. Nurmi (Finland)	16-11¾	1928-45

**Record still unbroken

The world record in the 220 yard is faster than the world record in the 100 meters, according to a graph which gives the speed in miles per hour for the world records in the running events. When an athlete runs 10.1 for the 100 meters he is traveling at 22.158 m. p. h. while the athlete who runs 20.0 for the 220 is doing 22.510 m. p. h.

<u>DISTANCE</u>	<u>WORLD RECORD</u>	<u>FEET PER SECOND</u>	<u>M. P. H.</u>
100 Yards	9.3	32.258	22.004
100 Meters	10.1	32.483	22.158
220 Yards	20.0	33.000	22.510
440 Yards	45.7	28.884	19.681
880 Yards	1:46.8	24.719	16.862
One Mile	3:54.5	22.516	15.359
Three Miles	13:10.8	20.030	13.663
Four Miles	18:35.6	18.931	12.914
Six Miles	27:43.8	19.041	12.988

TN Maxwell Stiles of Los Angeles rates Rudolf Harbig of Germany as the greatest 440 and 880 man of all time. He says Harbig was 10 years ahead of his time and that the German ace shouldn't be penalized because there were no Olympic Games in 1940 and 1944. Stiles second choice is Tom Courtney because he had the best over-all times at the two distances. His third choice is Arthur Wint, who finished first in the 400 and second in the 800 at the 1948 Olympic Games. Stiles also rates Mal Whitfield, John Woodruff and Ben Eastman as top men at these two distances. Stiles picks Jesse Owens as the greatest track and field performer of all time. After Owens come Emil Zatopek, Paavo Nurmi, Parry O'Brien and Fanny Blankers-Koen.

NOTED WITH INTEREST

(Editor's note: The following is an excerpt from a letter written by TN Steve Seymour to TN Hal Higdon on Seymour's past track experience and training.)

"I began my adventure in the Spartan sport of field and track over two decades ago -- actually it was Berlin Olympic headline time and Jesse Owens was broad jumping up and down Adolf Hitler's un-Aryan back. This commotion in the sawdust before 102,000 Berliners and world travelers prompted me to adventure to our three car garage (it was a barn built for three but it held only one although it did contain a pigeon coop and a makeshift boxing ring), and to transform me from a 98 pound weakling up to a 99 pound weakling within the next two and final years of high school.

"There had also been a call to arms with the establishment of a field and track team in Middletown (Pa.) High School and our basketball coach, who thought 100 yards was the distance from backboard to backboard, was willing to try his inexperience upon our inexperienced legs and hearts.

"At the end of the first year, my coach had to his dismay discovered I was unable to run on the balls of my feet, that due to a lack of contact with the outside world, those of us beginning field and track at Middletown H.S. for posterity hadn't the slightest conception of: 1. How far was a mile? 2. Did any warmup motion before the race drain you of vital energy?

"That year I ran 12 half miles and six mile races and succeeded in running no farther than 800 yards and 1600 yards in both races. I became a professional quitter doing amateur foot racing. I threw the javelin to the startling record, for short distance, of 113 feet. After some 50 competitions involving most of the events, especially the all-powerful shot put, I had accumulated a grand total of three points.

"Between these next two seasons, I made a resolve never to quit. I ran some 200 miles through Pennsylvania snow wearing nothing but white shorts, and occasionally stumbling over snowshoe rabbits as I ran over a two mile track which circled the deserted Bethlehem steel works, the victim of the 1918 war.

"The next season I reported back and shocked all members of the team, especially my coach whom regretfully loaned me another pair of shoes after I had worn out six pairs of heels. I zoomed to local prominence as an all-around athlete bursting out all over at 150 pounds and became second high scorer on the local downtown and suburban varsity.

"Four years of college happened at Franklin and Marshall College in Lancaster, Pa., where I attacked a prodigious javelin record of 167 feet and a lot of inches. Due to such a convenient 'setup' I was able to raise the javelin record some nine times during the next four years. My final meet against Villanova was a touch of the old 'decathlon bit.' I was a small-time hero smashing 200 feet for the first time in my earthly existence (208 feet), broad jumped, pole vaulted, and threw the shot and discus. I was as busy as a popcorn salesman in the Coliseum, but perhaps not quite as fast. I proceeded onward to the Middle Atlantic States Championship, and finally in 1941 managed to be a small-time athlete among the athletic greats and captured a sixth in the senior nationals and a first in the junior nationals.

"Meanwhile, I calistheniced almost continuously with a weight in hand and I deliberately failed to mention that when the collegiate track coach had finished with me, I then proceeded to get dressed, go back to the fraternity, then redon my athletic togs and begin workout number two. Some nine years later, after all this began, I captured Bobby Peoples' USA mark by one foot with a 235 in Turkey. I remembered my high school days by capturing the national decathlon championship from Greeks, Turks and displaced Army Yanks. Mostly my training period during my athletic exploration of the Middle East countries consisted of throwing weights for distance in the Sahara Desert. I would take an armature off an army truck and throw it for several hours of serious imaginary competition. When ye olde armature surpassed 50 feet it was just as exciting as Ralph Rose casting. It whiled away the time, courtesy of the U.S. Army.

"I had done my first weight lifting experiment in 1944, which pre-dates Otis Chandler or else puts him in athletic knee britches at that time. I resumed the 'iron pills' in 1945, paradoxically enough ceasing them during athletic seasons but resuming for three months off season. An Egyptian fracture of my right throwing American arm slowed me down. I have been quoted in print as nobly stating, "They told me I'd never throw again." This I feel is at least equivalent to the burnt, charred and scarred legs and deformities that all milers go through before they are on their way to becoming mile starlets.

"In 1947, I had appropriated such sane training devices as strapping a light dumbbell to my arm for a 30 minute stroll, hopping around the track over the 440 distance

Noted with Interest (cont.)

(on one leg), the perennial pulleys and odd and assorted sundry muscle 'pain in the neck' endeavors. In 1947, I set a new American record of 248'10" at Lincoln, Neb., which shocked the athletic world, me, all past coaches, all athletes, the spectators and the javelin. Only one man said, 'I told you so,' and that was coach Bob Detweiler of Philadelphia. Where he got his extra-sensory perception I don't know, but he still says, 'I tell you so, if you learn to do it right.' Imagine telling a man that for 20 years, and imagine a man still doing it wrong.

"In 1948 I used the standard and conventional training techniques except I trained as hard as any man in any event. Thus my javelin marks made me the national champion and runner up in the Olympics, a first for Yankee dart tossing. However, after that time, due to baby-catching in the maternity hospital, surgery, a busy internship and residency, and a born interest in the treatment of alcoholism, I put aside the notion that I would specialize in athletic injuries, although I was born with it.

"Outside of a resurgence of youth in 1950, wherein I recaptured the national title for the third time, I was doomed for a niche in the history of amateur track and field. I began coaching girl and boy Olympians and developed an unsightly paunch which eliminated the cha-cha-cha, the samba and the Finnish style of throwing. I have to throw the Seymour method for the paunch was structurally incorrect.

"I deteriorated as is the wont of all physicians during the next five years until I became an expert on matters pertaining to health and had virtually none of my own. Finally, I began to apply the prescription of retraining and re-entering athletics, although this time with a new approach in weight lifting as the backbone of my track and field. I devised new techniques in lifting, such as moving the body through the various positions of the photographed sequence of the event in my lifts. I began to explore health foods, scientific nutrition and completely different training techniques, including swimming and extension besides flexion exercises.

"I re-hit my best distance in 1957 and improved to 251'1" the next year. However, I tapered off to 250' even in 1959.

"Since my sandy training days in the Sahara, I have become increasingly stronger until today I can press 265 pounds, dead lift 550, do a situp off a high bench with 100 pounds behind the neck, do pull downs with 300 and quarter squats with over 600 pounds. My running times for the 50 and 100 yard dashes are as good as they were back in 1941, but I trained by running over hurdles, running backwards, hopping on one leg, running up steps, and various positions of exercising and tension mechanisms.

"I have to watch my supply and demand of time, and therefore have practically converted my living room into a gym and conveniently fall into the outdoor swimming pool as an alternative.

"I am devising new techniques all the time as I do not think there are any limitations to a man's strength and I have certainly completely disproved ideas concerning aging in athletics. I feel better than I ever did as far as capacity and ability, and the greatest factor that is missing is the tremendous super-excitement that one feels. The Olympian adrenalin aspect is missing and we no longer feel the touch of immortality when we venture on the field of competitive combat. Instead, we suffer yawns, utter boredom, and sleepfulness. These are the great enemies of the older athlete, although his muscles are wiser, better trained and his scars are modified steel bands of effort and athletic tactfulness.

"I am positive that the symbol of Americana wherein competitive athletics is a thing of the past at age 30 is the greatest wrong of the Spartan life. Since few Americans are Athenians and fewer are Spartans, it would behoove an intelligent teenager to think in terms of the days of glorious grace and to live the 'full life' of a solid portion of the Athenian and Spartan self endeavors.

"Such mechanisms as confidence, ego balance, alertness, increased sensory awareness and heightened muscular reactivity, with a keen love and enjoyment of competition and appreciation of your fellow competitor, place the perennial athlete in contact with infinity and immortality if he is willing to make the necessary sacrifices. An athlete must use his wisdom to adopt his athletic resources to the strange and quixotic ways of the flesh.

"I am preparing now for the Rome Olympic Games and anticipate that young athletes in my event are going to have an unenviable rough time in keeping a determined and wiser aged veteran off the Olympic squad."

By Dick Bank

Now that the track world has had a chance to digest the shocking 13.2 world record by Germany's Martin Lauer in the high hurdles, I think it is interesting to find out the reaction of three former hurdle greats -- Dick Attlesey, Jack Davis and Craig Dixon.

From 1949 to 1956, this trio virtually dominated the world picture. Dixon was the top man in 1949, Attlesey in 1950-51, and Davis in 1953-56.

Davis retired in 1956 after Melbourne although he did run some exhibitions in 1957 on a State Department tour in Africa. He now is employed selling radio and television time in Los Angeles and was 29 last month. Attlesey ran his last real race in the Final Olympic Tryouts in 1952 but he was a shadow of his 1950-51 self. A leg injury in the 1952 indoor season finished him. He made a couple of tries in 1953 but the damage had been done. Attlesey, 30, now has his own insurance agency in Los Angeles and is trying hard to keep his weight down. He's 212 as compared to 169 when he set the world record of 13.5 in 1950. Dixon has been assistant track coach at UCLA since 1954. Now 33, Dixon fell on the eighth hurdle in the 1952 Final Olympic Tryouts when it appeared that he had a trip to Helsinki assured. That was his last race. He is without question one of the world's finest hurdle coaches and a real student of the event.

I asked the trio two basic questions and I received unanimous answers. "Is 13.0 possible?" I asked. The answer: definitely yes. "What one thing has kept hurdlers from realizing this performance?" The answer: mentally believing they were not capable of it.

Although only Davis has seen Lauer in action, none doubted that the German had run 13.2. "I trained with him at Melbourne," said Davis. "I knew he was going to be good then. I have heard reports that he was aided by a 'fast gun.' This may be true. However, a man must have everything right for him when he sets a world record. If he is able to take advantage of such a situation, more power to him."

I asked Davis why no one has approached 13.0 as yet. "It's all mental," he said. "When I ran my 13.3 in Bendigo (this has since been adjusted to 13.4) I had no idea I was going that fast. I think I could have run 13.0 that night if I had known. I can't comment on men I never saw run but I think five men, including myself, were capable of 13.0. Certainly Attlesey was. He was the greatest. Milt Campbell was a man of 13.0 potential. So were Bill Porter and Craig Dixon. Porter quit too soon and Dixon did not work hard enough at it. But the thing that held them both back was thinking in terms of 14.0 as a fast race. Dillard was not a potential 13.0. His legs were just too short. The same is true of Hayes Jones. Calhoun lacks strength. A man has to be strong and rugged to run 13 seconds."

I then asked Davis if he believed Lauer's 13.2. "I wasn't present so I can't say whether or not he did run it that day," Davis said. "I can say he is capable of it. He has shown in his improvement the last two years in races with Elias Gilbert and Ancel Robinson that he was coming up fast. At 22, he has his best years ahead of him. It's all mental. If Lauer has proven to himself that he can run 13.2, I see no reason why he cannot run 13.0. I'm all for him. I will not be the least surprised if he wins the gold medal at Rome."

Davis then added a touch of irony. "Do you know when I received the news that Lauer had broken my record?" he asked. "It was when I was in the hospital awaiting the birth of my daughter, Jacqueline." I said it must have been a day of joy mixed with unhappiness. "You'd be surprised how quickly those things lose their importance," Davis replied.

Of the three, Dixon has stayed closest to the picture. As a coach, he has had excellent results from average personnel. He also had Rafer Johnson down to 13.8 in 1956 (in this race Johnson led Calhoun for eight hurdles) before Rafer suffered his knee injury.

I asked Dixon if he thought it unusual that Lauer dropped three tenths of a second from 13.5. "Not at all," he said. "When Attlesey ran 13.5 in 1950, his previous best was 14.0. He had a lot of critics. Many just refused to believe it. When he ran 13.6 in the National AAU against a slight wind, and then a 13.5 in Finland, they were believers. Davis went from 14.0 to 13.7 in 1951 and I came from 14.5 to 14.0 in 1947. It would almost appear among the top men that this was the rule rather than the exception."

How big has the mental barrier been, I asked Dixon. "Too big," he said. "When I ran 14.0 in 1947, few people on the West Coast had seen such a performance. No West Coast hurdler had ever run that fast. Roy Staley had run 14.1 in 1936 and there it stood until I came along. I wasn't thinking much faster than 14.0. I thought 13.7 was fast. That was a great mistake. But then neither was anyone else thinking fast times."

Dixon gives the biggest share of credit to Attlesey for the "new era" of high hurdling. "For too long it was a hurdle race and not a running race," Dixon said.

Reaction to Lauer's 13.2 (cont.)

"Actually, Wolcott was the first to really run between the hurdles. He could sprint 9.5 for 100 yards and he was not afraid to run hard. He was only 5'11" but split well. I think he could have run much faster if he had emphasized even more the running between hurdles. Until Attlesey came along, this was forgotten. Dick had the ideal build. At 6'4", he could step over the hurdles. He ran hard in between the hurdles and, most important of all, he had the ideal rear leg."

I asked Dixon to explain the importance of the back leg. "It must come through and down very fast, and at the proper angle," he said. "Attlesey brought it through at the most efficient angle. He could drop his knee because of his great leg extension. In fact, he gave more the impression of a low hurdler bringing the leg through rather than a high hurdler. Most hurdlers have that leg out flat -- even Davis did to some extent -- because they learn to hurdle that way. Attlesey had his dropped a little bit more. Also the timing is important. The moment that front leg is down, the rear leg has to be through and running. This, together, with running up on the toes, is why the times are dropping."

I then asked Dixon what it will take to run 13.0. Dixon said: "A man with the physical attributes of Attlesey, together with the ability to run 100 meters in 10.2. Lauer can run 10.4. How many great hurdlers can you think of who can run that fast? Only three. Dillard and Jones recorded 9.4 for 100 yards; Wolcott 9.5. All three measure under six feet tall. Neither Attlesey, Davis nor myself could break 10.6 for 100 meters."

Calhoun's reaction, I said, was "I don't believe it" to the 13.2. "That's only natural," Dixon said. "That was my exact reaction to Attlesey's 13.5. I was the best in the world the year before and I didn't want to believe a contemporary could run faster than I. Had Calhoun done it, he'd feel it quite possible."

What about Lauer at Rome, was my last question. The answer: "He has become an excellent hurdler and with his great experience he has no doubt developed into a top competitor. I think he has an excellent chance. It may take 13.0 to win the Olympics. Now that Lauer has run 13.2, others may follow. Look what happened after Bannister broke four minutes for the mile. It will take a great competitor to win at Rome."

Attlesey hasn't followed the sport too closely the last few years and admitted he had never heard of Lauer before the 13.2. He did admit, however, how important the start is. "A start in which you hit the gun just right can aid the hurdler as much as three tenths of a second. I remember my first race in the Helsinki Olympic Stadium in 1950. My start was just too good and I knew it. As I went over the first hurdle. I stopped and looked at the starter. He was waving me on. I ran 13.8 that day. It could have been a 13.2 had I looked around."

Attlesey pointed out the importance of getting the breaks. "I remember another race on the tour," he said. "It was in a small stadium outside of Helsinki. I was so tired I could hardly move and I had a strepped throat. I felt lousy. That day I ran 13.5 but I hit the last hurdle so hard that it threw me off balance and I went across the finish line sideways. I still have the scar on my leg to prove it. Two watches had me in 13.3. That could have easily been the first 13.0."

The big improvement, Attlesey thinks, has come in technique. "Most of the European hurdlers I ran against looked like they were striking a classic pose on top of the hurdle," he said. "They have since discovered that the most functional clearance is the best and that it is what you do on the ground that counts. Dillard's form was perfect for him but I would have looked like I was running in place if I had tried it. The most important thing is to clear the hurdle in the manner most efficient to the individual. Be off the hurdle fast and running. It took me about nine years to really learn how to run the hurdles."

I asked Attlesey how fast the race could be run. "There's no telling," he replied. "If you get a man 6'5" tall who can run 100 yards in 9.3 and is loose and relaxed, we might see something really fantastic. What would a 6'4" Dillard have run? You just can't say."

In closing, Attlesey said: "I hope for Lauer's sake he does it again so that he can prove himself to his critics. He has a big load on his shoulders. I know exactly how he feels and I can sympathize with him. I extend my congratulations to him for his great performance."