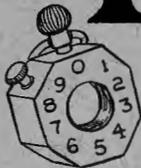


# TRACK NEWSLETTER



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. 11. Jan. 6, 1960

Semi-Monthly

\$6 per year by first class mail

### NEWS

OCCIDENTAL COLLEGE ALL-COMERS, Los Angeles, Dec. 12: 100y., Kuhns (SC) 10.2; 220t, Chaplin (Pasadena CC) 22.4; 440, Chaplin 49.4; 880, Brown (Oxy frosh) 2:01.4; Mile, Means (Oxnard AFB) 4:26.8; Peck (Oxy) 4:27.9; HH, Treat (Oxy) 15.0; 120 LH, Kuhns 13.6; HJ, Faust (UCLA frosh) 6'7½"; BJ, Van Kirk (Striders) 21'7½"; PV, Helms (Oxy) 14'6½"; SP, Pagani (New York AC) 53'5½"; DT, Carr (UCLA) 165'1"; Wade (una.) 158'6½"; Just (una.) 151'8½"; Carl (L.B. State) 150'3"; JT, Seymour (Striders) 223'1"; English (Mt. Sac.) 211'6½"; Frye (Claremont-Mudd) 206'11½"; 35 lb. WT, Connolly (Striders) 62'8½" (foul, 65'3"); Pagani 61'6"; Women's DT, Brown 166'11½"; Connolly 162'.

U.C.T.C. HOLIDAY INDOOR MEET, Chicago, Dec. 26: BJ, Fitzpatrick (una.) 22'6"; Gilliam (una.) 22'5½"; Greer (Kansas City U.) 22'4¾"; SP, Winter (Wisconsin-Milwaukee) 51'4½"; Cohen (Harvard) 51'1"; Trevarthen (una.) 51'¾"; HSJ, Nickel (Kansas City U.) 46'8½"; 2 Mile Walk, Mortland (Ohio TC) 15:57.7; 440, Telford (Detroit TC) 51.3; 60, Fitzpatrick 6.3; Jacobs (UCTC) 6.3; Johnson (UCTC) 6.3; Calhoun (una.) 6.4; Miller (una.) 6.4; 60HH, Calhoun 7.4; 2 Mile, Edelen (una.) 9:19.0; Williams (UCTC) 9:22.5; Deacon Jones (una.) 9:30.0; Higdon (UCTC) 9:37.0; 220, Fitzpatrick 22.8; Johnson 22.9; Houston (una.) 23.0; Mile, Coleman (UCTC) 4:12.5; Pond (UCTC) 4:17.0; 60LH, Loomos (UCTC) 6.9; P. Jones (Detroit TC) 7.0; McRae (una.) 7.0; May (UCTC) 7.0; 880, Billups (Loyola) 1:55.9; HJ, Mark Smith (Detroit TC), Richardson (UCTC) and Floyd Smith (UCTC) all 6'5¼"; PV, Hoyle (UCTC) 14'5½".

SUGAR BOWL MEET, New Orleans, Dec. 28: 400 Meter Relay, East Texas AC 42.0; Houston T&F Club; NE Louisiana State; Oklahoma; 110mHH, Cawley (una. -SC frosh) 14.6; Don Styron (NE La. St.) 14.8; Durham (LSU) 14.9; Cunningham (Texas) 15.0; 400, Southern (una.) 48.3; Seefield (LSU) 49.8; Morrow (una.) 50.0; Jehle (Houston T&F Club) 53.0; 1500, Burleson (Oregon) 3:48.5; Grelle (Multnomah AC) 3:49.0; Hodgson (Oklahoma); Moran (New York AC); 100 meters, Sime (Duke AC) 10.4; Woodhouse (una.) 10.5; Weaver (una.) 10.5; Garrett (Louisiana Tech) 10.9; 5,000, Lawrence (Houston T&F Club) 14:25.0; Macy (Houston T&F); Clohessy (Houston T&F); Truex (USAF); PV, Graham (una.) and Martin (Oklahoma) 14'8"; Bragg (U.S. Army) 14'4"; Dooley (Oklahoma State); 1600 meter relay, NE Louisiana State 3:14.9; Houston T&F Club; Texas; Oklahoma State.

AUSTRALIA, Melbourne, Jan. 2: 1,000 meters, Blake 2:26.6; Wilson; Elliott 2:28.0.

### BULLETIN BOARD

Next Newsletters Jan. 20; Feb. 10, 24. Track & Field News mailed Feb. 4.

A winter clinic will be held by the National Collegiate Track Coaches on Jan. 8 in the Olympia Room of the Hotel Manhattan in New York City. The clinic will start at 9 a. m.

### WIND SPRINTS

The National AAU says that the ruling body of Swedish amateur athletics has accepted invitations for miler Dan Waern and high jumper Stig Petterson to compete in U. S. indoor meets this winter ... Among the athletes slated to appear in the Los Angeles Invitational on Jan. 22 are Roscoe Cook, Josh Culbreath, Mike Larrabee, Jim Grelle, Dyrol Burleson, Max Truex, Archie San Romani, Alex Henderson, Jerome Walters, Lee Calhoun, Rex Cawley, Yang Chuan-kwang, Ancel Robinson, Parry O'Brien, Dave Davis, Charley Dumas,

Bob Gutowski, Don Bragg, Ron Morris, Herm Wyatt, Vern Wilson, Ernie Cunliffe, Jack Wilcox and Clarence Treat. . . Dumas reportedly cleared seven feet in practice a few weeks ago. . . Ollan Cassell of Houston is reported to have run 46.8 in practice before the Sugar Bowl meet . . . sprinter-broad jumper Irv Roberson is in the army and is stationed at Ft. Lee, Va. Also stationed at Ft. Lee is former Morgan State high jumper Bob Barksdale . . . Ron Delany is puzzled by the reports from Australia that he asked for an invitation to run in their outdoor season in February. "I never talked to anyone about that," Delany said. "I have no intention of running in Australia this year."

#### NOTED WITH INTEREST

United States trackmen are far ahead of the Russians, France's Marcel Hansenne told Los Angeles sportswriter Maxwell Stiles when the latter was in Paris. Hansenne, who works for the French publications "L'Equipe" and "Sport & Vie," placed third in the 1948 Olympic 800 meters. Here is Stiles' interview:

After asking Hansenne for his 1960 Olympic Games picks (which appear below) while I was in Paris I put the following question to the former 800 meters ace:

"Does the United States have anything to fear from the rise of Russia in men's track and field?"

"No," replied Hansenne. "Russian athletes are good in technical matters. They learn well. But Americans are better natural athletes. The Russians have no 'gift.'" Hansenne's Olympic "tips" include a few surprises and add up to 25 medals for the USA to eight for the USSR and seven for third place Poland. This does not include the two walking events, which he ducked, and in which the Russians will pick up a few medals.

Marcel gave me 10 gold, six silver and nine bronze medals for the American team. He figures three gold, four silver and one bronze for the Russians and two gold, two silver and three bronze for the Poles.

I asked Hansenne, who also ran in the London 1,500 meters, what he thinks of the IAAF verdict that has three trial heats in Rome but no semi-final. Hansenne said: "It will be murder if they do it that way. Too many men fighting for three qualifying places in each heat. It is not possible. I think they will change at the last minute and run semi-finals.

"This decision was reached by the British-dominated IAAF, of which Englishman Donald Pain is secretary, as an aid to British milers. The British can run one good race, maybe two, but not three. Not even Bannister could run three races."

I believe Hansenne's selections for Rome to be for the most part remarkably sound for being made nine months before the competition. Here they are:

100, Norton (US), Poynter (US), Morrow (US). 200, Norton (US), Seye (France), Germar (Germany). 400, Singh (India), Mal Spence (South Africa), Carlson (US). 800, Kerr (British West Indies), Moens (Belgium), Murphy (US). 1500, Elliott (Australia), Waern (Sweden), Lincoln (Australia). 5000, Pirie (Great Britain), Halberg (New Zealand), Zimny (Poland). 10,000, Grodowski (Germany), Eldon (Great Britain), Zimny (Poland). HH, Lauer (Germany), Calhoun (US), Jones (US). 400H, Southern (US), Potgieter (South Africa), Culbreath (US). 3,000SC, Rzhishchin (USSR), Chromik (Poland), Sokolov (USSR). 4x100 relay, USA, Germany, France. 4x400 relay, USA, West Indies, South Africa. HJ, Thomas (US), Kashkarov (USSR), Pettersson (Sweden). BJ, Bell (US), Ter-Ovanesyan (USSR), Roberson (US). HSI, Fyedoseyev (USSR), Schmidt (Poland), Da Silva (Brazil). PV, Bragg (US), Gutowski (US), Graham (US). SP, O'Brien (US), Nieder (US), Long (US). DT, Piatkowski (Poland), Oerter (US), Babka (US). IT, Sidlo (Poland), Lievore (Italy), Macquet (France). HT, Rudenkov (USSR), Connolly (US), Rut (Poland). Marathon, Suarez (Argentina), Popov (USSR), Mimoun (France). Decathlon, Johnson (US), Kuznyetsov (USSR), Yang (Formosa).

Why does Hansenne favor Martin Lauer over American high hurdlers? Marcel: "Lauer is swifter. That 13.2 time they credited him with I do not believe. He jumped the gun. But he can run a legitimate 13.5."

Why Suarez over the "unbeatable" Popov in the marathon? Hansenne: "It will probably be very hot in Rome. If it is not, Popov will win. In extreme heat, I like the South American."

Why Poland's Edmund Piatkowski in the discus? "Piatkowski is consistent at around 190 to 194 feet. He is very fast in the circle."

Why Milkha Singh in the 400? Hansenne: "He has not been defeated since 1958 in official competition. He is a fighter. He won the British Empire Games 440 by beating Mal Spence by three-tenths of a second."

JOIE RAY  
By Cordner Nelson

Joie W. Ray was born on Friday the 13th (of April, 1894) and only bad luck kept him from being the greatest runner in the world. Even with his luck against him, he was America's greatest middle and long distance runner during most of his 15-year career and, it could be argued, still is the greatest.

"Chesty" Joie won nine outdoor and six indoor AAU championships over a 14-year period, and he lost very few. He set world indoor records at 1,000 yards,  $\frac{3}{4}$  mile, 1,500 meters, one mile,  $1\frac{1}{4}$  mile,  $1\frac{1}{2}$  mile, 3,000 meters and two miles. He set an American record outdoors for 10,000 meters and missed the world's 880 record by only a fraction of a second. He failed to win additional titles and set additional records only because of the few opportunities to run outdoors -- and his bad luck in international competition. He competed in three Olympic Games and would certainly have made the 1916 team if the Games had not been cancelled by war.

All of Ray's accomplishments were without benefit of high school or college competition and training. His beginning is most inauspicious. In 1912, shortly after his 18th birthday, he ran his first race, placing third in a five-mile road run on March 30. He was 5'5" tall and weighed 118 pounds (later he put on weight, reaching 127 pounds), and nobody thought of him as a coming champion. His time for the five miles was a mediocre 28:40. He did not run again until Sept. 17 when he won a five-mile race indoors in 27:04. Eleven days later, he won the Central AAU title in 26:24.6. Now people took the little guy seriously, for that time was faster than most of the National AAU outdoor five-mile championships.

In 1913, Ray was second in the Central AAU indoor five-mile in 25:46. He was definitely on his way. Outdoors, he won the junior AAU five-mile at Chicago on July 4 in 26:39. The next day, in the senior five-mile, he ran 26:20 but lost to Hannes Kohlemainen's 26:10.6. In the fall, Ray won the Central AAU cross country title, took the five-mile in 26:40, and ran 59:56.4 for second in the Central AAU 10 mile.

In the 1914 indoor season, Ray ran 25:41 for second in a handicap five mile and won a two mile in 9:40 before the Central AAU indoor meet. Then on Feb. 28 at the Central AAU meet, he won the two mile in 9:31.4 and the five mile in 29:38. The next week, in the Kansas City A.C., he lapped Kohlemainen in a 9:30 two mile. The following week he emerged as a miler of note as he won in Chicago in 4:26, better than average championship time in those days. He lowered this to 4:21.0 in winning the Central AAU title at Dayton on July 4. He also won the two mile that day in 9:46.2. In the National AAU at Baltimore on Sept. 12, Ray lost to Abel Kiviat and Power in a 4:25.2 race, but he took third place ahead of Norm Taber.

Ray continued to improve in 1915. Indoors, he set a Central AAU mile record of 4:22.2 and took the two mile in 9:45.6. At the National AAU indoor meet on March 4 he lost to M. A. Devaney and Sidney Leslie in a 9:24.8 two mile. In the Central AAU outdoor meet, Ray lost the mile to F. Marceau in 4:21.2 but won the five mile in 27:10.8. In the Eastern Tryouts for the AAU meet at Chicago, Ray won the mile in 4:16.4. However, he was not favored to win the AAU mile in San Francisco on Aug. 7 because three weeks earlier Norm Taber had set a world record of 4:12.6. But at San Francisco Ray beat Taber in 4:23.2, his first national championship.

Ray had only moderate success in 1916 but this turned out to be the lull before the storm. Indoors, he placed third in both the Hunter and Baxter miles but then beat Leslie in 4:27. In the AAU meet he beat Leslie for the two-mile championship in 9:25.8. He lost a 4:22.8 mile to J. Meyers but won the two mile in 9:42.8 in the Central AAU indoor meet. In the Central AAU outdoor meet on Aug. 26, he was only third in the mile but won the five mile in 26:41. He ended his season two weeks later at the National AAU in Newark, N. J., by winning the five mile in 26:11.6.

The storm broke in 1917 when Ray won the Wanamaker mile and a half in 6:46.6, a new indoor record. A week later at the Boston A. A. Games, he set a track record of 14:34.6 for three miles. On Feb. 13 at the New York A. C. meet, Ray set a world indoor record of 9:11.4 for the two miles. However, at the National AAU indoor meet he dropped to the 1,000 and lost to J. W. Overton's world record of 2:14.0. Two weeks later at the Central AAU, Ray won the 880 in 2:00.0, the mile in 4:28 and the two mile in 9:54.2 in the space of two days.

At the Central AAU outdoor meet on June 30, Ray was beaten in a slow (27:58.6) five mile and dropped out of the mile. Less than a month later on July 22 he was third in a 4:27.2 mile. With no good outdoor times to his credit, Ray had to run against Eddie Fall in the National AAU meet in San Francisco on Sept. 1. Fall had won the IC4A title in 4:15.8 and the Central AAU championship in 4:16.0. Yet, Joie beat Fall in 4:18.4, then placed third in the 880 behind Devaney and Overton.

Ray continued to run well indoors in 1918. He won the Wanamaker mile and a half in 6:57.8 and continued to a 9:22.4 two mile. He won the Hunter mile in 4:24.8 and in the National AAU 1000 ran 2:14.0 to equal the meet record. Four days later on March 20, he broke the indoor record for the three-quarters of a mile, beating Devaney and Fall in 3:04.8. In the Central AAU indoor meet Ray beat Fall in 4:20.0 and 9:46.0 but lost the 880 to T.S. Campbell in 1:57.4. Ray lost to Campbell again in 1:59 at the outdoor Centrals but won a 4:42.8 mile. One week later at Great Lakes, Ill., Ray won the National AAU mile in 4:20.0, but lost to Campbell in a 1:56.8 half mile.

Sporting a thick mustache to go with his Prussian crew cut, Ray took charge of American middle distance running in 1919 as if he owned it. After winning the Wanamaker mile and a half, the AAU 1000 (2:16.4) and a 3:05 1320, Ray put forth his best-yet performance in the three-day Central AAU indoor meet. He set meet records of 1:57.2 and 9:16.2 on the first two days, then beat Fall in 4:14.6 on April 12 for a world indoor record. Sixteen days later at Brooklyn, N.Y., he lowered the indoor 1,000 yard record to 2:13.4. At the Central AAU outdoor meet Ray beat Fall in 4:18.2 and took the half in 1:58.6. On Aug. 23 in Chicago he beat Fall in 4:18.4 and then set a Canadian record of 4:14.4 at Toronto on Sept. 6. A week later at the National AAU meet in Philadelphia Ray continued to beat Fall in 4:14.4 and 1:56.0 for a double championship. Running in Newark on Sept. 19, Ray posted a 4:15.6 and on the next day, in nearby Jersey City, he ran 2:13.2 for the 1000. He closed out the season by running 3:04.2 for the 1320 at the New York A.C. Games on Sept. 27. However, he lost to Devaney's 3:03.2 with a 22-yard handicap.

Foreign athletes got a look at Ray in 1920. During the indoor season, he won the Wanamaker mile and a half in 6:52.2, the indoor AAU 1000 in 2:15.2 on March 16 and four days later set a Noteworthy Performance mark of 2:44.8 for the two-thirds of a mile. On March 27 in the Central AAU indoor meet, Ray won the 880, mile and two mile in slow times. Three days later in New York he broke the world indoor record for 1500 meters by clocking 3:57.0. Outdoors, Ray won the Midwest Olympic Tryouts in 4:16.0 and the National AAU crown in 4:16.2. This brought him up to his first Olympic competition and his first bad luck in international competition. Ray tells the story in his own words:

"I pulled a tendon in the calf of my right leg 10 days before the Games and had treatments and slept with a heating pad on it until the day of the race. I could do very little training and when I did my leg was taped from the ankle to the knee. I won my heat to qualify and it was the fastest heat of any. I had to run hard to qualify. I was leading all the way in the final until the last 300 yards. A few passed me, but when I tried to sprint and get up on my toes, the leg hurt so bad I had to drop back."

Ray finished eighth in a race won in 4:01.8, probably six seconds slower than he could have done with a sound leg.

In 1921, Ray let down down after his Olympic disaster, avoiding the indoor meets and running only 4:16.8 in the AAU at Pasadena, Calif. A month later, in the Central AAU, he won a 4:27.2 mile but was outkicked in a 1:59.4 880.

Ray returned to form in 1922 but this time without his mustache and with long hair. He won the Wanamaker mile and a half in a world record 6:42.6 but lost the AAU 1,000 to Harold Cutbill's record-tying 2:13.4. Two days later, also in New York, he set a world record of 5:33.6 for the one and a quarter mile. Five days later he broke the indoor mark for 3,000 meters with an 8:31.4. At the Central AAU meet a month later, Ray won the 1,000 in 2:18.6, the two mile in 10:04.4 and anchored the winning medley relay team.

He slipped a little outdoors, losing to Ray Watson's 4:24.6 at the Drake Relays and running only 4:24.6 in the Central AAU at Detroit. In the National AAU meet at Newark on Sept. 9 Ray won the mile in 4:17.0, but finished only third in the 880 behind Allen Hellfrich's winning 1:56.3.

Ray again was in good shape during the 1923 indoor season. He lowered his own record for the Wanamaker mile and a half to 6:41.8 and at Brooklyn on Feb. 10 won the two mile in 9:08.4, a world indoor record and more than a second fastest than A. Shrubb's

outdoor record. On the way, Ray set best-ever marks of 7:59.8 for one and three-quarters miles, 8:31.2 for 3,000 meters and 8:34.6 for one and seven-eighths miles. A week later, at the National AAU meet in Buffalo, Ray beat Willie Ritola in 9:10.4. Ray won two events at the Central AAU meet --- the 1,000 in 2:14.8 and the two mile in 9:53.6.

Outdoors, Ray beat Ray Baker in a 4:15.5 mile at Drake, won the Central AAU mile in 4:25.5 and beat Baker and Lloyd Hahn in the AAU at Chicago in 4:18.0.

It was an Olympic year in 1924 and that meant trouble for Ray. Indoors, he won the Wanamaker mile and half in 6:48.8 and the AAU indoor two mile in 9:32.2. Outdoors, he again ran into international bad luck. He was in great shape, running a 1:53.880 at Franklin Field in Philadelphia, only a fraction behind the world record. Then, he says:

"I had my tonsils out shortly before our tryouts in Detroit and was second in the 1500 meters, but every step was like a knife cutting me. I had lost weight and they kept me from training going over. They also gave me a special diet to put on weight. I won the 3,000 meter tryout at Harvard Stadium in 8:43.8. I pulled a tendon in my right leg again three days before the Olympics and it was taped again from ankle to knee. Our team qualified in the second heat. I passed nine men in the last lap to qualify. In the final, my leg pained on the third lap. I was following (Paavo) Nurmi and we had pulled away from the rest of the field, but I couldn't hold the pace and kept getting slower. We were second in the team standing."

Ray made an extended tour of Europe after the Games, but his leg trouble prevented him from running up to form. Unusual features of the tour for Ray were a winning 100 meter leg on a medley relay race in Budapest, Hungary, and a fourth place in a handicap mile which had 143 starters. He returned home in time to win the Central AAU mile.

In 1925, with Nurmi coming to the U.S. for the indoor season, Ray was prepared to prove his merit as an international racer. They first met at New York City's Madison Square Garden on Jan. 6. Nurmi, well aware of Ray's potential, blistered the boards with the then unheard of pace of 59.0 and 2:02.5. But Chesty Joie passed Nurmi in the middle of the third quarter. However, Nurmi passed Ray with 250 yards to go and won by three yards in 4:13.6, a world indoor record. Ray ran his fastest mile -- 4:14.0. Ray did not run the Wanamaker mile and a half but Nurmi did and bettered Ray's record with a 6:39.4. The two next met in Chicago in what was to be the beginning of some frustrating mishaps.

"When I ran against him in Chicago," Ray said, "we were supposed to run a mile. Three days before the race we received a telegram saying, 'Me no run mile, me run  $1\frac{1}{4}$  mile.' The next day we received another telegram saying, 'Me run  $1\frac{1}{2}$  mile.' The day of the race we received another telegram, 'Me run  $1\frac{3}{4}$ .' I was so mad I wasn't going to run. My coach talked me into it because the I.A.C. (Illinois Athletic Club) was sponsoring the meet. The coach said run him and take a good workout and then slow down and we will get him in Boston next Saturday. I took my beating and the next day the papers said Nurmi ran Ray into the boards. That made me look real bad, but the public didn't know I was following orders. I think I could have beaten him if I had made up my mind to run. It was great for the fans and for the papers, but they never knew the truth or never asked me what was wrong."

On March 7, Nurmi lowered the indoor record to 4:12.0, without Ray in the race. Then, at Boston, Nurmi withdrew from the mile, nor did he run against Ray in the Columbian mile on March 17. Ray, deprived of a live opponent, went after the Phantom Finn in the record books and equalled Nurmi's indoor record of 4:12.0. Their last meeting was in New York when, Ray said, "I had a terrible cold and could hardly breath. I did it as a favor so they could use my name for publicity. I ran only three laps and had to drop out." Thus ended what should have been the mile series of the century.

Ray was suspended from amateur competition in 1926 because his expense account included about \$100 for travel for his wife and baby. He missed the entire 1927 season but made a comeback in 1928. His coach told him he had lost his speed for the 1500 meters and advised him to try the marathon. Ray did so well that he qualified for the Olympic team in the Boston Marathon, finishing third in 2:41:56.8. Ray said, "I finished with my shoes full of blood and dried to my socks. I lost three toenails and the skin was off every one of the joints of my toes."

Undaunted, the courageous 34-year-old entered the Long Beach, Calif., Marathon exactly one month later. He won in 2:34:13.4, a minute ahead of Whitey Michelsen and two miles ahead of Clarence DeMar, the Boston winner.

While waiting for the Olympics, Ray did some short distance running and entered the 10,000 meters in the AAU and Final Tryouts at Cambridge, Mass., on July 7. He started

off at a fast pace of 4:39, 9:37 and 14:46.2. He slowed his pace to 19:56.4 for four miles, but was still faster than Kohlemäinen's American record. He continued to slow his pace, yet set an American record of 31:28.4, with nobody pressing him. Then he was told he was not fast enough for Nurmi, Ritola and the Swedes. As it turned out, the bronze medal went to Edvin Wide in 31:04 and fourth place was 31:26. Ray's luck was not improving.

He was one of the favorites to win the Olympic marathon even though he wasn't really a marathon runner. Ray tells of his last big frustration in his career:

"The race started in a bright sun and was run along the Amstel Canal for a long distance, then away from the canal and through the country, then back to the canal again. I was in the first five most of the way. When we came back to the canal I had a time with two Japs. They would take turns setting pace and first one and then the other would keep running in and out to keep me from passing them. I had been running in third place for a long distance. It was turning colder and becoming damp, like it might rain any time, and the officials had top coats on, so you know it was cold.

"I passed one Jap and was running in second place at the last control station, three miles from the finish. I passed the last Jap and was leading  $1\frac{1}{2}$  miles from the finish. Then, El Ouafi passed me and I was very tired and cold. My circulation was poor, but I kept going. Soon another runner passed me, then another. When I entered the stadium I was fifth, and stayed there until the finish. I was black and blue when I cross the tape. They took me to the dressing room and covered me with blankets till I warmed up."

Ray ran a few European races, losing to Lermond's 20:24.6 in the Taillean Games four mile. He closed out a long career by winning the Central AAU five-mile title.

It is always difficult to compare the "old-timers" with modern runners, but in view of Ray's high percentage of victories and his few opportunities to run for fast time, it is clear that he was a runner of remarkable ability. Certainly his feat of winning seven straight AAU mile championships entitles him to a place in track and field's hall of fame.

## THE FASTEST HUMANS ON BOARDS

Part One of a Series

By Wally Donovan

Americans love speed... pure, blazing speed. The kind that makes your pulse beat faster when you see it. This is the story about speed. About the men who have made indoor sprint racing history ... the fastest humans on boards.

Indoor sprints are usually contested at 60 yards. However, some years ago they were run in meters. That was in 1933 when our story begins.

The Millrose Games that year had a star-studded field for the 50-meter invitation event. The entrants included Emmett Toppino, Frank Wykoff, Eddie Siegel, Bert Pearson, Dick Bell, Ira Singer, Al Kelly, George Weinstein, Cal Miller, Earl Widmyer, Buddy Allen and Al Maskrey. The man to beat was Toppino. He had won the race the year before and was the reigning AAU sprint champion. And he didn't disappoint his backers. He won the Millrose sprint again with Siegel second and Widmyer third. The next week, Siegel won the New York A.C. sprint. That set the stage for the National AAU dash.

Each man had impressive credentials. Wykoff had run the 100 in 9.4. Pearson was the Canadian sprint champion. Bell was the 1933 IC4A champion and the rest of the field were top flight school and club sprinters. Into this field stepped Ralph Metcalfe, the Olympic 100 meter runner-up from Marquette. Metcalfe was superbly built. He had massive shoulders, a huge chest and powerful arms. When he ran he exuded power. His great finishing "lift" at the end of a race always brought the crowd to its feet.

The heats were won by Metcalfe, Toppino, Bell, Wykoff and Kelly. Toppino had upset Olympic sprint champion Eddie Tolan in the same race in 1932 and some thought he could beat Metcalfe. However, Metcalfe came on to win in 6.7 with a terrific burst of speed at the end. Second was Toppino with Wykoff third and Bell fourth.

Metcalfe's great win heralded a new era in Madison Square Garden. He was the first of his race to win the indoor AAU sprint championship and he was to be followed into the winners circle by a long line of great Negro sprinters who made indoor track history.

(Next installment: Jesse Owens challenges Metcalfe)

## PROFILES OF CHAMPIONS

**PHILLIP R. "PHIL" MULKEY**, decathlon, 5'10", 160 pounds, brown hair, brown eyes, born Jan. 7, 1935, Monnett, Mo. Married, four children.

Started track in 1952 as a senior at St. Agnes H.S. in Springfield, Mo. Decided to take track seriously when he won five events in his first meet. His progress in the decathlon field events since then has been:

	HJ	PV	BJ	SP	DT	JT
1952	5'7"	10'6"	19'4"	38'6"	109'4"	133'2"
1953	5'8"	11'9"	21'4"	39'6"	112'	136'6"
1954	5'10"	12'2"	22'2"	41'	114'2"	139'9"
1955	5'11"	12'6"	22'10"	42'5"	115'6"	142'9"
1956	6'1"	13'1"	23'1"	46'11"	125'1"	176'
1957	6'2"	13'	23'2"	48'3"	136'2"	174'
1958	6'3"	13'6"	23'9"	50'3"	139'10"	180'6"
1959	6'4"	13'9"	24'2"	51'7"	153'6"	198'9"

Scored 4,758 points in his first decathlon competition while still in high school. After his high school graduation spent two years in the army but resumed decathlon competition in 1955 and scored 5,872 points. Enrolled at the University of Wyoming in the fall of 1955. Scored 6,513 points in 1956 and won the Kansas Relays decathlon. Placed seventh in the National AAU decathlon. Transferred to Memphis State University and scored 6,098 points in 1957. Again took seventh in the AAU decathlon. Raised personal best to 7,405 points in 1958 and again won Kansas Relays decathlon. Suffered his biggest disappointment when he was forced to withdraw from the AAU decathlon with a pulled muscle after scoring well in the first three events. Scored 7,330 points in 1959, placed fourth in the AAU decathlon and then received biggest thrill by placing second in the Pan-American Games decathlon. His goals for 1960 are to score 8,000 points and to make the Olympic team.

Trains 12 months a year, seven days a week but does no weight training. Works on technique in the fall and spring. In the winter, runs both sprints and distances and works on body conditioning. Considers Rafer Johnson, Dave Edstrom, Mike Herman, Bob Lawson, Gene Freudenthal and Charlie Pratt his most serious rivals. Coaches who have helped him are Bill Bowerman and Percy Beard. Athletes who have helped him are Phil Conley, Bill Nieder and Jim Graham. Graduated from Memphis State with a 3.5 average in a four-point system. Holds a commission in the U.S. Air Force and has his private pilot's license.

**CRAWFORD E. "FORDDY" KENNEDY**, distances, 5'8½", 137 pounds, brown hair, brown eyes, born June 19, 1935, Glasgow, Scotland.

His track career started in 1952 with the Bellahouston Harriers in Scotland. Became interested in the sport because he couldn't make the grade as a soccer player. Ran 2:11 and 5:01 in his first year. During his second year in 1953 he lowered his bests to 2:08 and 4:49.6, the latter a Scottish Boys Club record. Entered the Royal Air Force and ran 2:06 and 4:35 in 1954. Placed fourth in the R.A.F. mile championships in 1955 with a 4:21.6. Cut 880 time to 2:03. After his discharge from the R.A.F. moved to Canada and then enrolled at Michigan State in 1956. In his frosh year he ran 1:59, 4:20.8 and 9:28. During the 1957 track season placed third in the Big Ten indoor mile in 4:14.3 and fourth in the Big Ten outdoor mile. During the 1957 cross country season, he won the IC4A title, placed second in the Big Ten meet and fifth in the National Collegiates. In the 1958 track season, placed fifth in the Big Ten indoor mile in 4:11.8, second in the Big Ten outdoor two mile in 9:04.3, won the IC4A outdoor two mile title and took sixth in the NCAA two mile. In the cross country season, placed second in the Big Ten meet but won the IC4A and NCAA titles. He closed out his collegiate track career in 1959 by placing third in the Big Ten indoor two mile and first in the Big Ten outdoor two mile. His best times were 4:16.6 and 9:06.0. In cross country he won the Big Ten and IC4A cross country titles but placed third in the NCAA meet. He received his biggest thrill when he won the 1959 IC4A cross country title in record time. He graduated from MSU in December with a degree in physical education. He is considering retiring because he may enter graduate school.

Trains 11 to 12 months a year, six to seven days a week during the season and three to four days a week during the off season. Does no weight training. Recently changed his training schedule and if he competes this year will use the following training schedule: Sunday,

an easy run of seven to eight miles through the woods and on the road. Monday, runs on the golf course for four miles and then does five miles of hill work. Tuesday, six to eight 440s at 74 seconds working up to 20 at 65 to 67 seconds. Finish this off with three to four miles in the woods. Wednesday, hill running. Run up a hill at race pace, circle and repeat until he gets tired. Thursday, Repeat miles in woods, about two or three. Start out at a five-minute pace and work down to a 4:40 pace. Finish this off with four or five miles of easy running. Friday, six to seven miles of easy running. Saturday, three to five 880s on the grass. During the first five or six weeks of a season, he works out twice a day, doing three to four miles of fartlek. Also does speed work during the morning session.

Coached by Karl Schlademan and Fran Dittrich. Helped by his older brother, Henry, Selwyn Jones and Ron Delany. Considers Al Lawrence and John Macy his most serious rivals. Biggest disappointment was his failure to make a national team (either Canadian or Scottish) because of citizenship problems. Would like to become a college track coach. His brother Henry was the 1956 NCAA steeplechase champion and won the IC4A cross country title in 1955 and 1956.

MELVIN EARLE "MEL" SCHWARZ, pole vault, 5'10", 175 pounds, brown hair, brown eyes, born Aug. 15, 1934, Baltimore, Maryland. Lieutenant, U.S. Marine Corps, Quantico, Virginia.

Began track in 1950 at a Baltimore high school because his coach thought he could become a discus thrower. However, he changed to the pole vault and did 9'6" in his first year. Improved to 11'3" in 1951 and did 12'¼" in his senior year. Enrolled at the University of Maryland and did an even 13 feet as a freshman. Went up to 13'¾" as a sophomore and did 13'6" as a junior. In his senior year he did an even 14 feet. After graduation he represented the Baltimore Olympic Club and cleared 14'2½" in 1957. Showed big improvement in 1958 by making 14'11¾". Suffered his biggest disappointment that year when he failed to clear 13'6" at the Coliseum Relays. He received his biggest thrill in 1959 by vaulting 15'3" in the National AAU meet although he placed only fourth. His goal for this season is 15'9" and 16 feet for all-time. Plans to compete until 1964.

Trains 12 months a year, five days a week during a 10 month period and three days a week during the other two months. Recently started weight training. From mid-August through the end of November does the following schedule: distance run of up to three miles on Monday and Friday. Pushups every other day, adding two to each workout, starting at 25. Pullups every other day, adding one to each workout, starting at 15. His weight training during this period consists of pullovers, three sets of 12 repetitions up to 200 pounds, presses up to 185 pounds and curls up to 120 pounds. From December through January follows this schedule: distance runs of up to three miles on Monday and Friday. Level out the pushup-pullout routine and add hand walking up steps. Plenty of running with the pole to obtain a smooth approach. Three jumping sessions a week. Rope climbing twice a week, 15 climbs each session. Horizontal bar workout once a week. Wears a 15-pound flak jacket while running and exercising. During the time from February through July follows this schedule: Monday, run up to three miles in woods. Ropework. 15x80 yard sprints indoors (to March). 5x100, 5x150 and 5x220 yard sprints outdoors. Does four sets of 10 to 12 repetitions of pullovers lifting up to 210 pounds, presses lifting from 165 to 185 pounds and curls lifting 100 to 120 pounds. Tuesday, 20 to 40 vaults and plenty of handstand work. Wednesday, work on high bar, some running with the pole and 10 to 15 straightaway sprints ranging in distance from 80 to 200 yards. Also does a lot of work on strengthening the stomach muscles. Thursday, more stomach work but otherwise a light workout. Sunday, a light jog.

Coached by George Butler, A.G. Ball, Jim Kehoe, Waldo Hambleton and Dick Calisch. Helped by Bob Gutowski, Jerry Welbourn, Harry McKnight, George Mattos, Dave Kenly and Lyle Dickey. Rates Gutowski, Don Bragg and Ron Morris as his most serious rivals. Majored in mechanical engineering in college. Has also participated in baseball, football, wrestling, gymnastics and cross country.

Correction: In profile of Willie May (Newsletter, Dec. 23) please read his birthplace Knoxville, Alabama. (Instead of Tennessee).