

TRACK NEWSLETTER

Vol. 2, No. 17, April 11, 1956 P.O. Box 296, Los Altos, Cal.
 By Bert & Cordner Nelson, Track & Field News \$6 per year (24 issues)

NEWS

MARINE RELAYS, Quantico, April 6&7, rainy: 100-Williams 9.9; 440-Pearman 48.9; 880-Courtney 1:52.8; Mile-Deady 4:20.9; 2M-Dwyer 9:12.7; 120HH-Davis 13.8, Calhoun 14.0; 400MF-Lean 54.4; HJ-Dyer & Barksdale 6-3 3/4; PV-Bragg 14-0; BJ-Miller 21-8 1/2; HSJ-Duckett 47-2 3/4; SP-O'Brien 57-4; Bantum 55-11; DT-Koch 164-7, O'Brien; JT-Cantello 202-10 1/2 HT-Connolly 201-1, Backus 184-4 1/2; Decathlon-Shankle 5844; 440R-Morgan State 42.4; Spt.MedR-Air Force 3:28.5; 4MR-Michigan State 17:57.0.

TEXAS RELAYS, Austin, April 6-7, track damp, weather good: 100-Morrow 9.5, Whilden, Lenoir; 100m-Whilden, Daugherty, Blair, Smith 10.7; 1500-Bailey 3:54.0, Villarreal; 5000-Buchanan 15:18.1; HH-Roberts 14.5, Curtis, Pruitt; 400mH-O'Connor 53.1; HJ-Lang 6-6 1/4; PV-Krueger, Graham, Utter, all 14-0; BJ-Floerke 24-6 1/2, Ellis 24-1; HSJ-Beerline 48-9 3/4; SP-Nieder 59-9 (intercollegiate record), Bonorden 54-4, Gross 53-10 1/2, Van Dee 53-5 3/4; DT-Oerter 165-3, Van Dee 163-5; JT-Bitner 220-8 (meet record), Londerholm 213-2; 440R-Texas 40.8; 880R-Baylor 1:24.9, Texas 1:25.0, Oklahoma A&M 1:25.2; MR-Texas 3:14.2, OklaA&M, Baylor; 2MR-Howard Payne 7:42.4, Texas, Oklahoma; 4MR-Kansas 17:35.1, Missouri 17:41.8, Texas 17:43.3; SptMedR-Rice 3:23.4, Oklahoma, Texas; DistMedR-Kansas 10:10.9, Texas, Texas Christian; College Class: 440R-ACC 41.5; 880R-ACC 1:26.0; MR-ACC 3:14.1, North Texas 3:14.7; Sp. MedR-Emporia State Teachers 3:23.4 (Tidwell 1:47.5); Frosh: HJ-Stewart, 6-8; SpMedR Texas 3:24.3; MR-Texas 3:18.3;

U.S. MARKS not previously reported: 100-Sime, Duke, 9.4; Whilden, Tex, 9.6; Dennis, Valley JC, 9.5w; Jones, Houston, 9.5nw; 220-Sime 20.8; Carpenter, LaState 21.1; Lenoir, LaTech 21.2; 440-Larrañee, SC, 47.5; Stanley, San Jose, 47.6; Shinn, Oxy, 47.7; Lea, Air Force, 47.6; Kitchen, SC, 48.4; Holt, Texas, 48.4; Smith, Iowa, 48.4; Whitfield, LA State, 48.4; 880-Walters, Striders, 1:51.2n; Atterberry, Compton, 1:52.1 (national JC record); Mile-Seaman, UCLA, 4:07.9 from Schwikart 4:09.4 and Walters 4:09.4; McLeod, SC, 4:09.1 from Wing, SC, 4:10.7; Dellinger, Oregon, 4:10.0 from Bailey, Oregon, 4:10.0; 2M-Beatty, North Carolina, 9:01.8; House, Cal, 9:25.0; HH-Calhoun, North Carolina 14.0; Pruitt, Houston 14.2n; Stevens, Iowa, 14.4; Ball, UCLA, 14.5n; Fannon, ACC, 14.5; Wright, unat, 14.5n; Mathews, Iowa, 14.5; LH-Robinson, Fresno 22.2w; Thompson, Rice, 22.9; Carpenter, LaState 23.2n; Stevens, Iowa, 23.3; HJ-Wilson, Santa Clara Youth Center, 6-9 (again); Dailey, Cal frosh, 6-7 1/2; Dyer, UCLA, 6-7 1/8; McCollough, North Carolina College, 6-7; Warren Shelton 6-6 1/2; Ernie Shelton, exh, 6-7 1/2; PV-Morris, SC, 14-9; Gutowski, Oxy, 14-8; Hightower, SCYC, 14-0; Flint, Stanford, 14-0; Carter, Striders, 14-1; Brodt, Fresno, 14-1; BJ-Herrmann, Stanford, 24-3; Upshaw, Cal, 24-2 (injured); SP-Vick, UCLA, 57-5; O'Brien, AF, 59-9 5/8; Meyer, Oxy, 54-6 1/4, Gross, Texas A&M, 54-0; Kahnert, Cal, 53-5 1/2; JT--Young, OC, 242-1; Long, OC, 241-0; Garcia, Arizona State, 236-5; Bugge, OC, 230-9; Voiles, SC, 221-1; Higgins, BYU, 216-8; Greene, San Jose, 217-7 1/2; Miller, Arizona State, 215; May, LaState 213-10 1/2; DT--O'Brien 184-10; Koch, unat, 180-8 1/2; Drummond, UCLA, 180-6; Gordien, unat, 176-2; Vick, UCLA, 175-0 1/2; Babka, SC, 174-2 3/4; Butt, Cal, 174-1; VanDee, Oklahoma, 168-8; Linn, YC, 167-10; Hester, Oxy, 167-1; 440R--Texas 40.8; ACC 40.8; Baylor 40.9; Oklahoma A&M 41.0; 880R-ACC 1:25.2; Texas 1:25.4; SC, 1:25.7; Baylor 1:25.7n; San Diego Navy, 1:25.9n; Mile R-SoCal 3:13; San Diego Navy 3:13.3n; UCLA 3:13.9n; LaState 3:14.8; Fresno State 3:16.2; Stanford 3:16.5n; Oxy 3:15.0; 2MR-San Diego Navy 7:37.9; SoCal 7:38.6n; UCLA 7:43.4n; DistMedR-SFOC 9:55.6; SoCal 10:00.2n; UCLA 10:01.4n; SptMedR--ACC 3:27.7.

HIGH SCHOOL marks include: 49.0 and 1:55.6 by White, Corcoran, Cal; 4:25.7, Lemons, Riverside, Cal; 9:39.0, Larricu, Palo Alto, Cal; 6-5, Chappell, Jefferson, Los Angeles; 170-10, Crow, Corcoran, 170-10. FOREIGN. England: A.D. Gordon 4:06.2; Derek Johnson 1:51.9. Borneo: Gabuh bin Tiging 49-4 $\frac{1}{2}$, HSJ. Australia: John Landy, 3:58.6, April 7, wet track, from John Murray 4:06.8, Ron Clarke 4:09.4. Elsewhere: Clarke 8:56.2 from Murray 8:57.4; Hogan 7.6 for 75, 9.7, 9.8; Stephens 13:42.0; Burrige 10.6m.

WIND SPRINTS

John Landy will run in California on May 5 and in the Fresno Relays May 12...the life story of the late Leon Patterson, promising SC weight man, was filmed on television...Alain Mimoun of France won the nine-mile European cross country championships in 45:18. France defeated England for the team title...University of Texas' top stars of the frosh squad are expected to compete in the national Mexican track meet at Mexico City April 21...Santee will run in a special military mile in the Virginian Pilot Relays at Norfolk, April 28... Bobby Jack Gross of Texas A&M is the second best shot-discus man in the history of the southwest, rating only behind Darrow Hooper, also a Cadet...Walt Levack cleared 14-9 $\frac{3}{4}$ three times in practice last week while Ron Morris did 14-4 $\frac{3}{4}$ six times...Parry O'Brien has received special permission to compete in the college shot of the Kansas Relays, meeting Bill Nieder for the first time this year... Horace Ashenfelter will run again at Compton this year, preferably in the steeplechase...Glenn Davis has regained eligibility for the spring quarter at Ohio State, where Larry Snyder thinks he can become a 13.6 hurdler...early in 1939 Gunder Hagg had a severe attack of pneumonia and was told by his doctor, "whatever you do, you can regard your athletic career as finished."...Leamon King of Cal had pneumonia three times in high school, but nary an injury...Billy Tidwell has won a \$500 scholarship from the Rosecoe, Snyder and Pacific railway...

SO THEY SAY

Rut Walter, Northwestern coach: "Jim Golliday won't even start to jog until the end of this week, when he will have been out for more than a month following that hamstring pull in the Big Ten meet. My thinking right now is that he definitely won't be ready for the Ohio Relays (April 20) or the Drake Relays. My guess now is that he won't go until our dual meet at Minnesota May 5...I first saw Jim in the 1950 Oak Park prep school relays. He had been drafted to run only a few months before and did not even know how to get down on the blocks. He got off last in every heat and the finals, but I saw leg action I had not seen since Ralph Metcalfe. I came back to Evanston and told coach Frank Hill that I had seen a boy who could be one of the great sprinters of the country. Jim had no plans to attend college, but we got him to add some courses in his senior year to fulfill our entrance requirements. His high school coach, Hank Springs, says Jim can run as fast as he wants to, that he is now faster than Owens or Metcalfe at their best."

Jim Bailey, NCAA mile champ from Australia via Oregon: "At the British Empire Games I heard that athletes could get scholarships to American universities, so when I heard that Oregon had the NCAA mile champ (Bill Dellinger) I decided I might like to go there. One of the Canadians introduced me to the coach and after he talked to me I decided to go there. I haven't been back to Australia since...Dellinger is a longer distance runner than I. He's a better 5000 meter Olympic prospect. He's the kind of runner that runs a hard last lap. The best

thing I could do when I run him is to walk $3\frac{1}{2}$ laps and then kick away, but he's not going to let me do that. This Texas weather is nice to race in, but it's too hot. You'll never develop good distance runners in it. I could be wrong. The weather's stinking at Sydney and Melbourne and they do all right there....My increasing speed puzzles me. I won the Australian half-mile regularly, but it was because nobody was any good in the half-mile there. I had ideal training conditions, ate good, got my sleep and had a job that let me train in the evening. Everything was ideal yet the best I could do was 1:52.8. At Oregon, I carouse around, don't get regular sleep because of my studies, my eating is irregular, and my whole life is less suitable for training, yet I'm running faster. I can't explain why."

Dick Attlesey, world record holder: "Some day when the weather is warm, there is a legal favoring wind and the track is fast a man will run the highs in 13.2 and 13.3. It will take a man with the size and technique of Jack Davis and the speed of Harrison Dillard to do it." (Craig Dixon guessed 13.2 in the near future, 13 flat eventually, predicted a new world record for Rafer Johnson before he graduates, Bob Simpson, former Missouri hurdler, thought the maximum was 13.4 without wind.)

TN BUZZ SAWYER, Tulsa: "I recently found out that Foreman Field in Norfolk, site of the Pilot Relays, was surveyed and found to be 22 yards too long per mile. Thus Santee will probably be the first miler to have the opportunity to run the correct distance there. I never could explain why I always did my best times on meets away from home when it should have been the other way around. The track will be corrected in time for the Relays. At least Norfolk for the time being has cornered the market on "too-long" tracks. Norview High of Norfolk is the other one, where the engineers goofed on putting the pole down right on the 440 measurements, instead of one foot inside."

NOTED WITH INTEREST

KANSAS RELAYS have produced 11 triple crown winners, including Glenn Cunningham, five times (1932, 1933, 1934, 1936, 1939) winner of the mile, and Darrow Hooper, who swept both the shot and discus in 1951,2,3. Others were: HH-Lee Sentman, Illinois, 1929-30-31; Sam Allen, Oklahoma Baptist, 1934-6; 100-Thane Baker, Kansas State, 1951-3; HJ-Tom Poor, Kansas, 1923-5; PV-Earle McKnown, Emporia State, 1923-5; Beefus Bryan, Texas, 1938-40; SP-Hugh Rhea, Nebraska, 1930-2; Elmer Hackney, Kansas State, 1938-40.

KEN NORRIS, English distance star has done 13:29.8 for three miles and 28:25.6 for six, but his best 440 is 55.6. At 17 he did 2:18.5, 5:10.0, and 18:00.0; at 18, 2:16.0, 4:47.0, 16:47.0; at 19, 2:12.0, 4:44.5, 10:12, 15:34.0; at 20, 2:06.4, 4:34.8, 9:42.0, 14:45.0; at 21, 2:08.0, 4:23.6, 9:16.4, 14:10.4, 31:00.6; at 22, 2:00, 4:20.6, 9:11.4, 14:01; at 23, 2:02.4, 4:17.0, 8:59.6, 13:47.2, 28:38.4; at 24, 2:01.7, 4:11.4, 8:55.0, 13:29.8 and 28:25.6. His training is 95 percent interval work. Rest Friday. Saturday, race; Sunday, if hard race, 6 to 8 x 440 yards in 63-66, otherwise 6-8x880 (2:18) with 2 minutes rest. Monday, similar to Sunday, or 3-4 3 laps (3:18 to 3:25) 5½ minute intervals; Tuesday, 15-20 x 440 (63-65) with 2 minute intervals; Wed, 2x660 (88), plus 440 (56) or 880/mile race. Thursday, 5 miles with 6 or 8 x220 (27-28). In the winter it is all interval or fast and slow work on the grass or road. Monday, 8-14 miles fast and slow with accent on 600-1200 yards fast; Tuesday, 10-14 miles fast and slow before Christmas; 20x440, or 8x880 yards on track after Christmas; Wed, 7-12 miles with alternate fast and slow 300-440 yards. Thursday 5-6 miles with 6-8 x 220 yards fast on road; Friday, rest; Saturday, race or 8-12 miles fartlek on country. Sunday, same as summer run.

OSCAR STATE, author of Weight Training for Athletics (track & field) writes: "In weight training all the main muscle groups receive attention in the recognized physiological sequence. Another great advantage is that it can be readily adapted to the individual requirements, grading the weights and number of repetitions in accordance with the athlete's strength and stamina. There can be little doubt that weight-training develops strength which will be of great advantage to the field events men, but it is also gradually being realized that strength is needed for track events. As the famous Swedish coach Pontus Lindberg said to Geoff Dyson 'Many mistakes in technique--perhaps a majority--are made because of a lack of strength. All athletes must work to develop strength of one kind or another. Their technique and natural ability are not enough. It has been proved that weight-training will not have any detrimental effect on the physique or constitution, but how can one be sure it can develop speed or stamina? Well, the speed of the sprinter can be considered from two points of view. Firstly, he must make a succession of leg drives in order to propel himself forward; secondly, he must make these leg drives as rapidly as possible, consistent with efficient rhythm and stride length. The leg drive is performed by the ankle, knee and hip extensors. These muscle groups can cope with normal propulsion of the body at an ordinary pace, but when the rhythm is speeded up and the muscles have to propel the body farther and faster, then they have to produce more power than usual. Resistance exercises, i.e., weight training can most easily supply the extra power.

As for speed, you have only to watch a skilled weight lifter performing a two hands snatch to appreciate that lifting a heavy weight is not incompatible with speed of foot movement. Properly carried out, weight-training can also produce stamina. A closer examination of the physiological processes of muscle contraction during weight training further supports its claims for providing power, stamina and muscle tone. A normal muscle contraction does not bring into action all the fibres in that muscle. Just a few of them contract but if the action is repeated several times, those few fibres become fatigued, so others join in the work and contract. Eventually, after very many repetitions of the movement most of the fibres are contracting. In order to educate the muscle completely and to develop its tone, strength and stamina, these dormant fibres must be brought into use. Correct training methods, particularly the establishment of the right coordinations, enables these dormant fibres to be brought into action much sooner, but one still has to perform a considerable number of repetitions if normal methods are used. But when the muscles work against resistance, i.e., when weights are used, this process is accelerated. Therefore, weight-training exercises are best for developing the whole of a muscle and stimulating those fibres which are so rarely used by ordinary exercise methods. Thus the muscle tone is improved and when there is a sudden exertion as in a sprint start or an acceleration in the middle of a race, those extra fibres respond more smoothly and readily, producing a reserve of power while at the same time obviating the risk of muscle strain or tear. The ability of those muscle fibres to respond to moments of stress is also one of the secrets of stamina and explains why some men can keep going when apparently past the limit of endurance."

BULLETIN BOARD

Newsletter, next edition, April 24.

Track & Field News, next deadline April 28, Mailing May 3.

Upcoming Southwest Relays and North Texas Relays, April 14. Ohio Relays April 20. Kansas Relays April 20-21.