

TRACK NEWSLETTER

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By Bert & Cordner Nelson (Track & Field News)

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NEWS

AAU, Dayton, June 21, 22:

100-King 9.7, Sime 9.7, Murchison 9.8, Cassell 9.8, Lyles 9.8, White 9.7, Tidwell 9.8
220-Cassell 21.0, Collymore 21.0, Griffin 21.2, Larrabee 21.2, Caffey 21.2, Lyles 21.2
440-Pearman 46.4, Telford 46.5, Jenkins 46.7, Maiocco 46.9, Bowens 47.3, McMur, Lar.
880-Courtney 1: 50.1, Sowell 50.5, Stanley 51.0, Janzen 51.4, Scurlock 51.9, Anderson 52.0
1-mile-Lincoln 4: 06.1, Seaman 7.1, Bowden 7.2, Grim 7.3, Grelle, Beatty, Hodgson, Dzell
3-mile-Macy 13: 55, Truex ;4: 03, Dellinger 14: 04.5, Coleman 14: 07.7, Robertson, Breck.
6-mile-Kyle 29: 22.8, Smartt 29: 48.3, Kelley 30: 01, Robertson 30: 16.8, Hart 30: 19.6
2-m St-D. Jones 9: 49.6, Ash 9: 54.8, Stieglitz 10: 05.6, Smartt 10: 17.2, Higdon 19.8, King
2-m Walk-Laskau 14: 28.3, Humcke 15: 06.6, Laird 15: 34.8, Denman 15: 45.7, Yarcho 15: 51.
120H-Calhoun 14.2, Gilbert 14.3, Pratt 14.3, Stevens 14.5, Jones 14.5, Cobb 14.6, Batch
440H-Davis 50.9, Culbreath 51.2, Cushman 53.0, Thompson 53.1, O'Connor 53.1, Sweeney
220H-Gilbert 22.5, Robinson, White, Jones, Davis, Fillman, Sweeney, Cobb
PV-Richards 15' 1 $\frac{1}{2}$, Bragg 14' 10 $\frac{1}{2}$, Morris & Mattos & Kenly & Welbourn 14' 7 $\frac{1}{2}$, 3 at 14' 1 $\frac{1}{2}$
HSJ-Sharpe 50' 4 $\frac{1}{2}$, Floerke 50' 2 $\frac{3}{4}$, Shaw 49' 1 $\frac{3}{4}$, Stokes 47' 11 $\frac{3}{4}$, Andrews 47' 11 $\frac{1}{2}$, Hollinger
BJ-Shelby 25' 2 $\frac{1}{2}$, Bennett 24' 7 $\frac{1}{4}$, Herrmann 24' 5, Hamilton 24' 2 $\frac{3}{4}$, Floerke 24' 1 $\frac{1}{4}$, Hollinger
HJ-Dumas 6' 10 $\frac{1}{4}$, Shelton & Reavis 6' 9, Fehlen & Barksdale & Wilson 6' 8, 6 at 6' 6"
SP-Nieder 61' 6 $\frac{1}{2}$, Owen 57, Vick 56' 11 $\frac{1}{2}$, Bantum 56' 6 $\frac{1}{2}$, Silvester 55' $\frac{1}{2}$, Davis 53' 6 $\frac{1}{2}$
HT-Connolly 216' 3, Hall 213, Lawlor 199' 11, Engle 197' 1, Backus 195' 4, Blair 186' 5
DT-Oerter 181' 6, Babka 180' 3 $\frac{1}{2}$, Gordine 174' 3, Ellis 171' 1 $\frac{1}{2}$, Thomson 170' 10 $\frac{1}{2}$, Vick 166' 8 $\frac{1}{2}$
56WT-Backus 44' 8 $\frac{1}{2}$, Engel 39' 10 $\frac{1}{2}$, Dillon 39' 9, Thomson 39' 7 $\frac{1}{2}$, Hall 38' 4, Pagani 37' 2
IT-Voiles 251' 5 $\frac{1}{2}$, Held 248' 6, Fromm 243' 3

MEET COMMENTS (from Cordner Nelson): A scratchy recording of the National Anthem while the crowd watched a tattered and soiled flag raised symbolically ushered in what must be one of the most snafued track meets in history. Officiating has hit an unparalleled level of lousiness. Willie White was in a photo for first, but was given 6th. Competent observers on the finish line swear he won. In the hammer, John Lalor's pre-lim throw was measured at 199' 11. They pulled out his peg, argued about it, replaced it, and later re-measured it "officially" at 200' 1. Ducky Drake claims that Ben Garcia made a good throw only to have the officials mark it with Duckworth's marker. Dave Sime had to strain to qualify in his heat, but judges called him the winner. Efficiency hit a new low the second night. Staggers were measured wrong in the 440 and 220, giving, for example, Pearman an 8 yard handicap which helped him win the championship and set a meet record. In both the 220 and 880 the outside lanes were worth gold medals. Another serious error, though not so sickening, came in the timing of the 2-mile walk where the winner was given a time 30 seconds faster than he actually walked, for a new meet record.

Al Oerter had a throw of around 185, but his marker was accidentally kicked over and they used his next best mark, which barely won. The pole vault standards could not be shifted forward far enough without tilting, which lowered the heights. Preston Griffin was forced to cut into Larrabee's 220 lane because someone short-cutted into his lane--but no judges acted. The announcing was, at times, even worse than amateurish since there was often none at all. But sometimes the speaker blared forth with men on their marks. Yet they refused the services of a good announcer. The program included misspelled names, wrong numbers, and, so help me, listed Merv Lincoln in the 220 and Bill Nieder in the hop-step-jump. The track was marked for 10 lanes, but they put 8 lanes of hurdles around it, overlapping the lanes and causing no end of confusion to the hurdlers. It took an eagle-eyed track expert to see half of what went on. The shot put was in the farthest dark corner. The high jumpers, in another out of the way spot, outside the track, jumped into two glowering spot lights. In the 440 hurdles Bright could not see the track at all going past that dark shot-put corner, and went clear off the track on the outside. The broad jump was so close to the stands that anyone not in the first row could not see the take-off or landing. The track was soft and dead. Dink Teton said "I think this is the funniest track meet I ever saw." Unfortunately, my sense of humor is not that strong.

NOTED WITH INTEREST

AVERY BRUNDAGE, President, International Olympic Committee, is interviewed by British Coach John Wheatley: (from the AAA Coaching Newsletter)

Q. Middle and long distance running does not seem to be so popular in the United States as it is in most European countries. Why?

A. Long distance running is hard work, and in the U.S. we have so many distractions that this branch of athletics has never been too popular. Perhaps we have too many autos and buses. Life is too easy, and boys amuse themselves in other ways.

Q. Most U.S. athletes finish participation in track on leaving college. Have you any ideas for checking this loss of potential talent at a time when it may be reaching its most effective age?

A. 50 years ago in this country we had large numbers of athletic clubs fostering athletic competition. For example, I won my last national championship 10 years after my graduation, and I was not alone. In the interim, thousands of country clubs have been built in the U.S. These clubs usually have facilities only for golf, tennis and swimming. Interest in these sports has grown enormously, to the disadvantage of track, which badly needs more sponsors at this time.

Q. Spectator attendance at most U.S. meets seems lower than in Europe. Why?

A. Professional sport, which is not sport at all, but a branch of the entertainment business, is covered thoroughly and continuously in all U.S. papers. Spectators are attracted to these events rather than to amateur events, usually, with inadequate publicity, which occur rather infrequently.

Q. Have you any ideas for relieving the overcrowded Olympic program?

A. We already have limited the number of competing teams in ten events to 16. The respective international federations must reduce the entries to this number. We have eliminated reserves, of which there were more than 800 who did not compete both at London and Helsinki. Our new rules provide that there must be individual entries, from at least 12 different countries, and team entries from at least 6 different countries, before an event can be held. With more than 80 countries recognized by the IOC, if each nation sent 3 contestants it would be impossible to handle them all in events like the 800 meters run. I have made the suggestion that in certain events the entries be limited to 1 per country, plus 2 more only if they meet certain standards. It may be necessary to adopt this or similar limitations. Sports that are not thoroughly amateur, where the Games are being used as a stepping stone to a professional career, may be eliminated.

Q. What part do you think coaching plays in the development of the United States trackmen?

A. The large number of trained and experienced coaches in the U.S. undoubtedly accounts for the greater skill of trackmen here. These coaches have also demanded and secured more and better facilities and better equipment.

Q. How is it that the U.S. women's performances compare unfavorably with those of their male counterparts, by world standards?

A. Until recently, the women's division of the American Society of Physical Education, Health and Recreation has been strongly against strenuous competition for women in most sports. Many leaders in this field are still against such competition, feeling that it is not appropriate. As a result, participation of women in the U.S. in track has been extremely limited and naturally their performances have been mediocre.

HAROLD CONNOLLY, as reported by Armour Milne for Athletics Weekly:

Connolly, who weights 220 to 225, had lost weight on his tour of Europe (last winter). He was down to 207. Despite which he has thrown around his Olympic distance a number of times. His natural weight, he says, is about 198, but he gets the needed extra by forced eating and a two-hour daily weight-training routine. ... In Dublin Hal collected an Eire championship gold medal (real gold) because the Irish were horrified to learn that the Olympic gold is, in fact, not gold at all.

Speaking of Russian throwing, Connolly said that in his opinion the Soviet school were brilliant from the waist up and terrible from the waist down. Asked if he thought the Russians had contributed anything to throwing technique, he said they most definitely had. Their head and shoulder position in turning was far in advance of any other style of throwing and

it was this that gave them their great speed... He was cagey about the potential in hammer throwing, but did say the limit is nowhere near in sight. There are many style improvements to be made, particularly in finishing off the throw.

He apparently intends to keep going until he improves his world mark by 3 to 6 feet, then quit. Why does he want to retire when he is only 25? Because he contends that track has reached such a stage where it is impossible to maintain a world level and, at the same time, do a full job of work. As a teacher he has a job which requires a lot of his attention. He can't train properly and work properly, and the job comes first.

Hal says that the measureable sports have now reached such a state of advancement that it is near to impossible to reach world level without devoting more time than the average person can afford to training. He is also of the opinion that with the constant raising of national and international standards and records in these sports the tendency will be for the youth of the future to turn away from these sports after comparing their own mediocre initial efforts with the meteoric heights attained by the stars. When this happens the non-measurable sports, particularly team games, will benefit.

In comparing track in the U.S. and Europe, he says there is a much greater spirit of independence in the American athlete than in the European. On this side of the Atlantic (Europe) there is overmuch reliance on the coach and not enough thinking done by the man. This he contends, is harmful in the end. In the states the athlete gets his style foundation - at high school and university. But even before leaving university, and most certainly afterwards, the tendency is for the athlete to plan his own training.

Speaking of preparations for Rome, he said he had found that Germany, Finland and the Soviet Union, to name three, had already drawn up long-term plans for preparing for the Games.

HURDLE DIFFERENTIAL for a number of leading hurdlers is figured by the German track weekly, Leichtathletik. (While of interest, it must be remembered that the times on the flat do not always represent the best potential of the hurdler.)

<u>110m Hurdles</u>							
<u>110H</u>	<u>100m</u>	<u>Diff.</u>	<u>Athlete</u>	<u>400m I</u>	<u>400mH</u>	<u>Diff.</u>	<u>Athlete</u>
13.4	10.8	2.6	Davis, USA	46.5	49.5	3.0	Davis, USA
13.5	10.6	2.9	Attlessey, USA	48.3	50.4	2.1	Lituyev, USSR
13.6	10.3	3.3	Dillard, USA	46.5	50.6	4.1	Hardin, USA
13.7	10.4	3.3	Towns, USA	46.7	50.7	4.0	Moore, USA
13.7	10.5	2.2	Wolcott, USA	46.6	51.1	4.5	Cochran, USA
13.8	10.7	3.1	Dixon, USA	47.8	51.4	3.6	Ault, USA
13.9	10.5	3.4	Porter, USA	47.9	51.5	3.6	Bonah, Germany
13.9	10.6	3.3	Batiste, USA	48.6	51.6	3.0	Holling, Germ.
13.9	10.6	3.3	Lauer, Germ.	48.7	51.6	2.9	Arifon, France
14.0	11.0	3.0	Lidman, Swed.	48.2	51.6	3.4	Filiput, Italy
14.0	10.5	3.5	Steines, Germ.	49.0	51.8	2.8	Tisdall, Eire
14.1	10.6	3.5	Saling, USA	47.9	51.9	4.0	Larsson, Swed.
14.1	11.0	3.1	Finlay, England	47.9	51.9	4.0	Kirk, USA
14.1	10.4	3.7	Keller, USA	49.0	51.9	2.9	Wilson, Brazil
14.2	10.4	3.8	Beard, USA	49.2	52.4	3.2	Facelli, Italy
				47.7	52.9	5.2	Kovacs, Hung.

<u>200mH</u>	<u>200m</u>	<u>Diff.</u>	<u>Athlete</u>
22.2	20.0	2.2	Sime, USA
22.3	20.8	1.5	Dillard, USA
22.6	20.3	2.3	Owens, USA
22.7	21.0	1.7	Moore, USA
22.8	21.0	1.8	Gourdine, USA
22.9	21.2	1.7	Davis, USA
22.9	20.6	2.3	Stanfield, USA

FATIGUE RATE has been measured by Dr. Sid Robinson of Indiana. The build up of fatigue poisons is not a steady accumulation. Beyond a certain point there is a greatly accelerated development of fatigue. Robinson put a trained runner on a treadmill for periods of 1, 2, 2.4 and 3 minutes--all at 13.3 miles an hour. That is a speed which previous trials had shown would exhaust

the runner in 3 minutes. The oxygen requirement was 7.8 liters for the first minute, 6.9 for the second (period of second wind), 7.5 for the period from 2 to 2.4 minutes, and 14.5 liters for the last .6 minute. Accumulation of blood lactic acid made a comparable jump in the last half-minute.

GAIL HODGSON, the Oklahoma frosh star, has best marks this year of 1:52.6, 4:09.6, and 9:08.8. He's 19, from South Africa, where he ran 880 yards in 2:13 at age of 13. At 17 he did 440 in 48.9 and 10 miles in 1:03:08. Then he did not run during his 18th year as "I didn't want to burn out." He ran 4:13.8 in the South African Junior Championships a year ago, and has a best half mile of 1:51 in September, 1956. He says architecture and athletics attracted him to Norman. "I wasn't getting anywhere in my running in South Africa. There is so little competition. At the rate I was going, I would have burned myself out and probably not got below 4:10. Now I think I can come close to 4 next year. Oklahoma has one of the finest architecture schools in the states. I had also heard lots about their fine track facilities from Lin Meiring and Neville Price, South Africans who attended Oklahoma. They advised me to write Coach John Jacobs about a scholarship. I did. I have been interested in architecture for several years. When we built our house in Johannesburg, an American style split-level home of bag-wash brick, I chose most of the fittings." Gail played trumpet in the school symphony and also blew saxophone and clarinet and played the piano in a combo that played clubs and hotels in Durban. When he submitted his grades to Oklahoma with D,D,D,D, written all over them, he met a cool reception until the registry office learned that a D in South Africa is equivalent to a B at Oklahoma. He says he is the "frontiest of the front runners" and runs not only to win but also to satisfy my own mind about the time. He has started a program of interval training.

HEARTS AND ATHLETES, by David Ryde, M. B., B. S., in Athletics Weekly:

The heart is a pump in the form of a hollow muscle, and like any other muscle it becomes more powerful with training. Blood, which contains food and oxygen, is pushed by the heart through a system of vessels to all parts of the body. At rest the heart pumps roughly a gallon of blood a minute and in severe exercise it can pump 5-7 times this amount by beating faster and more strongly.

It is with some difficulty that the heart at a moment's notice, can undertake severe exertion from a state of rest. The oxygen requirements of the body rise beyond the rate of supply, causing an oxygen debt, accompanied by the sensation of fatigue. It takes up to 10 minutes to overcome this debt, depending upon one's fitness, at which point "second wind" is reached. Hence the value of gradually warming up before a race to achieve second wind and to reduce injuries.

A great physician once said that the burdens imposed upon the heart by exercise, however heavy, never exhaust the heart's reserve. In other words, the greatest exertion cannot tire a healthy heart. Fatigue is in the mind as much as in the body. Fit athletes have highly efficient hearts which beat slowly and strongly, and have a lowered blood pressure. The heart rate or pulse can thus be used as an index of fitness. It was formerly held that an "athlete's heart" was a defective one. This term is now held to mean a heart of superior performance. There is thus no reason why heart disease should be a bar to training if heart function tests show adequate reserves of power.

Recent evidence suggests that heavy smoking over many years, and diets rich in fats, may both in the end contribute towards heart disease. There is already evidence that exercise, performed throughout life, can limit or delay the onset of heart and blood vessel disease.

At the end of a race, blood does not return to the heart but collects in the leg veins, so momentarily the heart has a reduced output with consequent diminished supply to the brain. This is responsible for the dizziness and occasional fainting at the end of a race. The athlete falls down, and now blood flows freely back to the heart. Thus fainting is a compensatory mechanism and not due to "heart strain." The best treatment is to keep such people covered and resting quietly till they come around. Dizziness and nausea at the end of a race can usually be avoided by "warming down" and not stopping suddenly. A Middle distance runner for example, would be well advised to continue jogging for another lap before finally coming to a standstill.

It may well be that those who have heart trouble should be encouraged to undergo physical training within suggested limits as an aid to confidence and enjoyment of life, and as a form of treatment.

BULLETIN BOARD

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