

TRACK NEWSLETTER

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By Bert & Gordon Nelson (Track & Field News)

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NEWS

EUROPE

Malmo, Aug. 6: Waern 3:59.7 from Pirie 4:05.7 and Hammersland 4:05.9; Culbreath 52.2 and 34.0 for 300 meters; Stevens 14.2; Bantum 55'4½". Lahti, Aug. 7: Backus 196'4"; Malmo, Aug. 7: Bragg 14'9⅛; Babka 184'2⅝; Bantum 174'2¼; Pearman 48.2 from Jenkins 48.2; Stevens 14.5; Ludwigshafen, Aug. 7: Collymore 21.0; Gilbert 13.6; Lewis 53.1; Reavis 6'4"; Oerter 166'9"; Hall 205'1"; Helsinki, Aug. 8: Backus 195'11"; Sidlo 265'8"; Oslo, Aug. 8: Bragg 15'1"; Boysen 3:45.3; Oslo, Aug. 9: Culbreath's 50.5 for 440 yard hurdles also had 50.2 clocking for 400m; Behind Courtney's 1:45.8 were Johnson 1:46.6 and Boysen 1:47.3; Vesteraas, Aug. 9: Moens 2:20 from Waern; Oslo, Aug. 9, also: Ibbotson 14:13 from Saksvik 14:13.8 and Thorgersen 14:15.6; Bragg 15'1⅞; Bantum 56'5½"; Danielsen 261'4½"; Aaborg, Aug. 11: Babka, 186'4", 4th on all-time list, passing O'Brien, Oerter and Merta. Turku, Aug. 12: Salsola 4:00.2 from Derek Johnson 4:00.5. Aarhus, Aug. 13: Herrmann 24'4", 10.7; Babka 180'9".

BULLETIN BOARD

Next Newsletters : Sept. 3, 17; October 8, 22; September Track & Field News mailed 9/26. A Track Nuts Club is suggested by TN Bill Jineson, who admits he doesn't have any particular ideas in mind, but would like to know what the rest of you think. Anybody think? Knock Knock, the old word game, has been revised with a track slant by TN Hal Higdon. "Knock knock." "Who's there?" "High jump" "High jump who?" "H'I jump 6'11, how about you?" . Now that you've recovered, what are your track knock knocks? You May Notice some typographical errors in the Newsletter. They are put in intentionally. We try to print something for everyone, and some people are always looking for mistakes.

WIND SPRINTS

Russian coach Gabriel Korobkov says Igor Kashkarov might jump 7'2" before the season is over. "He's a great fighter. He is more determined than Stepanov." Kashkarov is married to a high diver who competed at Melbourne. He is 6'2¾", and weighs 202 lbs. ...last year at Melbourne Korobkov said the best of the Russian lot might be Polikov, an inexperienced youngster who did 6'2¾ in 1955, 6'9½ in 1956. ...Kuts' maximum workout is reported as 30 x 400m in 67-68... Willie White, an athlete with some promise, is attending Oakland Junior College, with another semester to go before entering California in the spring... TN Hal Higdon won a Chicago All-comers steeplechase in 9:13.8, beating his personal record by two-tenths. He figures that with this kind of annual improvement he can equal the world's record in 191 years... the University of Chicago Track Club is looking forward to the cross country season, with a nucleus of Phil Coleman (hampered by bad foot this summer), Kelly, and Higdon, with possibly Ted Wheeler and others. They are hosting the national AAU meet... Frank McBride, who coached Higdon, Dean Thackwray, Willie Williams and others in the Army, is being freed in November and is looking for a college coaching job... Gordon Pirie says for distance runners "it is a fallacy to attempt a long stride." ... John Disley's training in the summer of 1955 seldom was on the track. It consisted mostly of 80 minutes a day on the road--interval running and solid running in 8 mile stretches. But his whole day was purely physical: 9:30 a.m. to 4:30 p.m., mountain walking or rock climbing; 5:30 p.m. to 6:40 p.m., running; 9:30 p.m. to 10:30 p.m., folk dancing. (It's enough to put a man in fair shape.)... British national coach D. L. Pugh, commenting on the Held javelin, finds little in its makeup to indicate its superiority as a implement, concludes by wondering if "it could be, after all, that Held throws further because he is, in fact, a superb thrower?"... Dorothy Tyler, who placed second in the 1936 Olympic high jump, was reported to have more spring than ever last year when she again competed in the Olympics... Josef Dolezal, Czechoslovakia's world record breaking walker, adapted much of Zatopek's interval training system. Dolezal also likes to run--in running races, was 2nd in the 1952 Czech championships, doing 2:42:35... when TN Bert Nelson went to meet TN Roberto Quercetani at the San Francisco airport last November he did not see Roberto, but met TN Big Schreiber, who was horrified to find he had ridden from Chicago on the same plane with Roberto without knowing it. Was pacified somewhat with later meeti

NOTED WITH INTEREST

THE ZATOPEK MOVEMENT is an outgrowth of Emil Zatopek's triple Olympic wins of 1952. When his feats captured the imagination of the Czechoslovak public the athletes began to say to themselves, "If Emil can do this, surely we can at least do better than we have done up to the present." Individually and collectively athletes in all branches of sport began to examine their own training methods with a view to effecting improvements. Hundreds of thousands of young people in Czechoslovakia make Zatopek Pledges each year. The Zatopek Movement has not been contained within the limits of sport. but also embraces culture and work. Along with pledges to achieve a certain standard in sport, many also pledge that they will improve their education or skill as workers. Some pledge that they will put in a certain number of hours working in the fields, helping farmers with the harvest, or to help in the building of new dams, railways or roads. And there are always to be found in big numbers men and women fulfilling pledges made to help in the building of stadiums and other sports facilities. These Zatopek Pledges are not confined to the young people who have not yet made a name for themselves in sport. People of all ages make them, from school children to their parents, and often the sporting side of the pledge is connected with taking rating tests. All the leading athletes, including Zatopek, make new Zatopek Pledges each year. "

MIKE AGOSTINI comes from an athletic family. His father was one of the fastest soccer halfbacks in Trinidad, and his uncle one of the fastest fullbacks. His elder brother, Colin, holds the St. Mary's College record as the only athlete to win the 100, 220, 440, 880 and mile in a single day's program, and also played football. Mike's mother was a former all-Trinidad hockey and netball player. Mike had 11 successful fights as an amateur boxer, and was a soccer star, picking up knee injuries that bother him to this day. "

AVERY BRUNDAGE, fifth president of the International Olympic Committee, and one of sport's controversial figures, has been a member of the IOC since 1936 and vice president since 1945. When elected he retired as President of the U.S. Olympic Association and Chairman of the United States Olympic Committee, posts he had held for 25 years. Six times he had been unanimously elected by the 120 organizations regulating amateur sport in the U.S. In 1940 he was chosen as first president of the group organizing the Pan American Games, and in 1948 he was unanimously re-elected. Avery's athletic career began in 1905 when as a high school athlete he was heralded as the find of the season. At the University of Illinois he was an intercollegiate discus champion, member of the basketball team, and a winner of a special medal for athletic achievement, graduating in 1905. He was elected to honorary societies Tau Beta Pi and Sigma Xi, was editor of the college magazine and manager of the track team. After graduation he became a member of the Chicago Athletic Association team, entered all-around championships, and for 10 years, until 1918, was one of the leading all-around athletes in the world. He competed in the 1912 Olympic Games. Meanwhile he was engaged in establishing his own successful construction business. He is an engineers, and in 1915, after serving five years with leading architects and builders, formed his own firm. In the next 30 years the Avery Brundage Company built many millions of dollars worth of skyscrapers and other outstanding buildings in the Chicago area. His construction work lead to the acquisition of real estate and holdings of property, including control of several large hotels. He has been a director in many corporations and banks. He has used his wealth to travel extensively, to find time for his work in sports, to build a comprehensive collection of Asiatic objects d'art, and to maintain residences in Chicago and Santa Barbara. He served as president of the alumni board which operated the Big Ten Conference, and was elected president of the AAU for seven terms. (During this time he was a leading handball player.) Brundage was responsible for the reconciliation of the AAU with collegiate sports, and has promoted a closer relationship with the Armed Forces. In 1936, when there was an organized international movement to Boycott Hitler's Olympic Games, he led a furious battle to keep the U.S. in the Games. In 1934 he received a special James E. Sullivan trophy for "Outstanding service to amateur sport."

ENERGY REQUIREMENTS, in calories per hour: running slowly, 800; running moderate pace, 2300; running fastly, 9000; calisthenics 160; billiards 235; baseball fielding 280; baseball pitching 600; fast skating 2000; hard wrestling 800; fast swimming 3000; football 1000; tennis singles 800; basketball 2500; golf 350; soccer 2000; weight training 500; mowing lawn 400; gardening 200; vigorous dancing 340; walking moderately 280; housekeeping 160; driving a car 160; standing 110; sitting 100; resting quietly 80; sleeping 70.

ULTIMATES IN TRACK, as suggested by "Schwedische Traumtabelle": 100m, 9.9; 200m, 19.8; 400m, 44.0; 800m, 1:43.2; 1500m, 3:35.2; 5000m, 13:10.5; 10,000m, 27:08; 110H, 12.8; 400H, 48.8; 400m Relay 39.0; 1600m relay, 2:58; high jump, 7'3"; pole vault, 16'10 $\frac{3}{4}$ "; broad jump 29'8 $\frac{1}{4}$ "; hop-step-jump, 55'9 $\frac{5}{8}$ "; shot, 69'8 $\frac{3}{8}$ "; discus, 227'6 $\frac{1}{4}$ "; hammer, 232'11 $\frac{1}{4}$ "; javelin 301'10".

A GREAT HOUR IN TRACK took place in the old Madison Square Garden February 14, 1925 during the NYAC meet. First, in a handicap race, Willie Ritola, two-time Finnish Olympian, passed one mile in 4:36, two-miles in 9:20 and made a new world's record of 14:01.4 for three miles. Next, Lloyd Hahn pulled away from Leo Larivee in the last 50 yards to break the world's mile record with 4:13.4. Finally, the immortal Paavo Nurmi took the boards in the two-mile and, running by himself, hit the half in 2:10, the mile in 4:25, and the 1 $\frac{3}{4}$ in 7:51.4. The final time was another world's record, 8:58.2--three records, at one, two and three miles, in one meet."

ARCHIE'S LITTLE BLACK BOOK is the very personal work of H. Archie Richardson, soon to be 78. Born in Australia, Archie was a trumpeter with such leading bands as Arthur Pryor's of Sousa fame. On retirement he turned to sports writing, and began keeping a little black book full of records on track. One day a sports writer remarked that the book was too good to keep in one man's pocket and Archie was inspired to publish it. Unable to find a publisher he took on the task himself. Since then he has published a new edition each year, and each is a sell-out. Many of the sales are directly to high school athletes, to whom Archie talks at a squad meeting. It is not unusual for 20 to 30 boys to come forward and buy the book. The State Department has bought hundreds of copies for distribution by its ambassadors of goodwill such as Bob Mathias and Mal Whitfield. Now Archie is busy with a school assembly program, showing track movies and lecturing on track, them giving out copies of his famous book to the track squad.

HARRY CARPENTER of Louisiana State was one of the nation's busiest trackmen last season. He competed in as many as seven events, and was the school's best man in the 100, 220, 440, highs and lows. At Houston he won the 100, 200 and highs placed second in the lows, anchored the 440 relay team, and then collapsed from exhaustion after running the 2nd lap of the mile relay. He was high scorer in the 1956 South East Conference meet and tied a 17-year-old meet record of 23.1 in the lows, 20 minutes after winning the 220. He went to LSU from Byrd High in Shreveport, where he was a star. As a college soph he was spiked during the exchange in a mile relay, lost his shoe, ran his lap with one foot bare, and then found he had been cut so badly he was through for the season. As a junior he fell down and ripped a knee in the first race of a meet, but got it bandaged and came back to run four more races. He was LSU captain this year.

NO HEART DAMAGE FROM SPORTS, says Dr. Ernst Jokl: The normal heart is invulnerable to the demands and stresses of physical exercise and athletic training. This statement is unqualified, and applies to men and women, children and adults. The world's best performers in such sports as middle and long distance running, swimmers and rowers, have hearts larger than normal. The size of even the largest hearts of first-class athletes never exceeds the well-defined magnitude of physiological measurements. This feature distinguishes it clearly from pathological enlargements such as are commonly encountered in cardiac patients. In the latter group, hearts much larger than those present in champion athletes are seen. Such cardiac patients often, but not always, show a critical decline of physical efficiency, in sharp contrast to the high-exercise tolerance of well trained athletes. Not all athletes have large hearts though most top-class performers who excel in feats of physical endurance do. Physiological factors other than the size of the heart may decisively influence athletic efficiency, among them body form, quality of skeletal-muscular tissues, and adiposity. Social and economic influences, especially in matters of food, affect the size of the heart and thus physical efficiency. The heart of the well-trained athlete beats slower than that of the untrained. This phenomenon is more marked in men than women. Most of the great long distance runners have resting pulse rates of under 60 beats per minute. Kohlemainen had a rate of 34, Bannister, 38. The cardiac muscles of the champion long distance runner contract more economically, in that at rest the left ventricle expels only a fraction of its blood. It combines the function of a pump with that of a reservoir, throwing reserves into circulation if and when the oxygen demands of the tissues during exercise warrant such a switch. (continued)

The normal short term reaction of the heart to a single athletic exercise is a diminution of size. After an exhausting long distance race the heart is on the average 15 per cent smaller than before. The larger the athlete's heart, the greater the diminution in size after the effort. Acute enlargements of the heart after muscular exercise are never seen in healthy subjects but occur in cardiac patients where they reflect an impairment of the quality of the heart muscle. The assertion that the heart of the child, the adolescent, the woman and the aged is vulnerable to the stress of exercise is wrong. Healthy adolescents, women and old men can indulge in as much physical activity as they like. Exercise tolerance of children is usually higher than adults. Fatigue and exhaustion induced by maximal athletic exertion may cause characteristic symptoms such as the nausea in a 400 meter runner; blood sources may be temporarily depleted in a mountaineer; and body temperature may rise unduly high in mid-summer after a long distance run. Such events usually do not, though they may, indicate pre-existing illness. But exercise never represents the primary cause of permanent damage to the heart. With the exception of indisposition after quarter-mile races, symptoms of the kind described occur more frequently in the low and medium class performers than in champion athletes. Collapses like those of Dorando in the 1908 Olympic marathon; Gailly in the 1948 Olympics and Peters in the 1954 BEG are exceptional events. Serious forms of breakdowns and fatal collapses associated with athletic exercises are rare. Invariably they result from advanced diseases of heart or arteries. Post mortem examination of 64 such cases, many of them concerning young subjects, revealed that the athletic training and the muscular effort preceding the deaths had in no case contributed to the catastrophe. Summarizing: Exercise is no danger to the heart of healthy subjects. And there is no evidence whatsoever supporting the assertion that women are more susceptible to the strain of athletic activities than men."

RUSSIAN SUPERIORITY over Britain in track in 1955 meet was reviewed by British steeplechaser John Disley: "Why were we outclassed? Many reasons can be produced. First, Russia is a nation of 180 millions, Britain only 50 millions. Secondly, the Russian coaches are better than the British. This I think, is untrue. Of all the coaches I met, only one, Korobkov, measured up to our national coaches. The rest seemed to rely upon hard work alone. Thirdly, the training facilities are better in Russia. Here again, I very much doubt it, at least from what we saw flying over Russia and in Moscow. Fourthly, the Russian athletes get more time to train. Here I think is part of the answer. Finally, I think Geoff Elliott had a valid reason for our defeat. He said that the Russian athletes really put everything into their efforts; our chaps just went through the motions. I wonder if years of preaching 'the game's the thing', 'be a good loser', and 'the important thing is taking part and not winning' has not built up a psychological barrier to winning in British youth?"

The main reason for Russian success is their attitude to sport. They regard their star performers in sport with the same reverence as they regard their prima ballerinas and leading sopranos. All three are showing that the Soviet way of life produces great talent and allows it to develop. The Russians take their sport seriously. The technical appreciation of the Dynamo crowd for Krivonosov throwing the hammer over 200' was similar to the acclamation of the audience in the Bolshoi for a particularly difficult jump in the ballet. Failures such as a lapped runner were not clapped at White City. Instead they were assailed by shrill whistles of disapproval. Soviet athletic officials, with no financial worries, can arrange meetings when and where they like and provide training camps for their athletes. How do the athletes get the time off to do all this preparation? Many of them are students either in universities or factories. As the state is always the employer it can afford to be generous in its interpretation of time off, and in its interpretation of work. A professional attitude? I wonder if it is any more morally professional than the American university system of "you break the record--we'll give you the degree?"

SANDOR ROZSNYOI present world's record holder in the 3000m steeplechase, was born at Zalegerszeg, Hungary, November 24, 1930. His weight is 154, height 6'¾", and he is a physical training instructor. Did not start training for track until November 1953 when he left college. Has done 400 hurdles in 58.1, 800 in 1:54.2, 5000 in 14:37., steeplechase in 8:35.6. Trains every day in summer, 5 days a week in winter up to February, then goes to 6 days weekly. Summer: Monday--endurance, 10-15 km on grass, even pace and alternating 50 & 100m; Tues; 2000, 1600 or 1200 at definite pace; Wed; on grass, 5-6 400-300-200-100, interspersed with 100m jogging, 59-60 secs lap pace; Thursday; fast runs at 600 or 800; Friday; speed, 200100 with 50m easy running; Sat: warming up on grass 8-12 km; Sun; race.