

SPRINT OR SHORT DISTANCE RUNNING.

BY

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MAY we look at a programme of field-day sports? The first thing we see is the 100-yard dash. What is the chief element in this race? Is the start the most important? What is the requisite quality? A good active muscular system and lung power, and a brain that acts quickly, that will give the signal to act instantly. The man with a keen, wiry muscular system usually gets off before his opponent at the start, but is that all? What about that fellow that is always trying to steal the start? It is important to stand firm and wait patiently until you hear the crack of the pistol. I well remember being selected to act as starter in a dual meet of two of our important universities, and one of the trainers came to me, asking if I would not start the men quicker in the final heat, and my reply was, "Tell your men to set firmly, and just as soon as all are still, I will start them and not before."

A false start often wins a race, but the one who practises getting off before the crack of the pistol is the one whom honest athletes despise; but because these things do come to pass and he succeeds in gaining the prize, what satisfaction comes to him? I believe that honesty pays an hundred fold. I have heard this said, "No matter how you get there, win at any price." If demerit and dishonesty of taking mean advantage of the other fellow in a race are to win, why, drop athletics, but if we understand something more, higher, than a worldly triumph is the prize, why, our aims are purer and loftier. A good conscience is a greater reward than being first in the race. Whatever may be the chance of winning the prize, then, it will not profit the athlete to stray over the borders which we know are right and square, and thus lose the grip of honor. There is one thing sure, that we cannot evade the sting of conscience and remorse if our acts condemn us. Then, fellows, do to others just as you would they do to you. Be manly and true in the race and on the athletic field. The man who is clean in athletics is the man who is most admired.

It is most important to have regular sleep to restore the worn-out, jaded body and brain to a healthy condition. As regards the amount of sleep which a healthy adult requires during the twenty-four hours: on the average it should not be less than seven, or better, eight hours. Every boy, therefore, ought to make it a plan to cultivate the habit of regularity, to retire at a certain hour every night. "Early to bed, early to rise," is a good maxim. What is more invigorating than a good night's rest? To the boy: Begin your exercise lightly until you grow stronger, then take it more strenuously. Your work should be a delight, and be done most heartily, not by halves or shifts, but with a

will; what is not worth the effort should not be attempted at all. Victory comes hard sometimes, but it pays even by the good vigorous constitution and health attained.

I have observed wonderful improvement in the whole body and in the general good health in many of my pupils who have taken up track athletics as a recreation, not so much as developing a prize winner, but for the sole purpose of recreation. All sports should be recreative to be beneficial.

As to the diet. Eat slowly, masticate the food thoroughly. If the food is not chewed sufficiently, there will be lack of nourishment carried to the body. The athlete can select those articles of food that he thrives on; in other words, if he gains a little weight each week and is improving in speed and in endurance, he can rest assured that he is all right. Select that which is most nutritious; do not tax the stomach by overeating, avoid pastry and rich foods. "To breathe rightly is as important as to eat rightly." Pure air and the right kind of diet go together, which in order to be of use must be properly assimilated by the system. One of the best exercises, and I think the most beneficial for the development of the vital and respiratory organs is the easy running. Just a word to the one who has neglected physical exercise, and who is desirous to regain vim and good health so that he may run the race of life in a happy frame of mind and contentment. Be moderate in all things, take things easy, take no strenuous work, but be a boy again; play golf, cricket, and tennis, and again let me impress this fact; to secure the best of health do no violent exercise.

All men acknowledge that running in the fresh air is an excellent exercise. To be a first-class pedestrian it is necessary to take a systematic course of training. I would advise the young athlete: First, to see that his system is in proper condition, and to be regular in his habits. The second thing of importance is to have the proper diet; the food should be cooked so that it will digest easily. Thirdly, the right kind of exercise. The would-be sprinter should not try to run fast for several days; a run of one hundred yards at no more than a jog trot, say in about eighteen seconds, would be wise. Run this distance two or three times the first day, after which take a sponge bath (salt water preferred) and finish with a vigorous rubbing down. The second day try one hundred and fifty yards; be sure to walk back to the starting place very leisurely, so that your endurance will be sufficient to enable you to repeat the exercise without fatigue; do not try to run faster than the first day. The third day try two hundred yards and so on until you can run five or six hundred yards without being distressed. The object in running these distances so slowly is this: In ordinary breathing we use only a portion of our lungs; the cells at the extremities are not brought into play. By gradually bringing these neglected cells into action we obtain better results; then the special respiratory muscles that have not been used are steadily

strengthened. The muscles of the legs, arms, and trunk are gradually developed, and therefore better able to stand the strain of a good "spurt." It is important then, to go slow at the beginning, or the chances are that a strain or a more severe injury to the muscles or tendons will be the result. When the pedestrian is prepared for vigorous work, the first thing to do is to get the very best possible way of starting. There are no two men who start exactly alike. Get some experienced "trainer" to start you in several ways by the report of the pistol. He will very soon be able to advise you as to which is best. When you have decided on the way to start, measure the distance between the starting lines and the hole where the back foot goes, so that you will not under or over stride. I have known men to alter their stride or position on the day of a race, who by so doing have failed to get off with the report of the pistol. It is a good plan to have a stranger to start you in your practice once in a while, but be sure that he is competent.

As soon as one is prepared for the track with only his running suit on, he should keep moving, unless it is very warm weather. It is not necessary to run the full distance more than twice or three times a week when in good condition, but it is necessary to be on the track every day and run fifty or seventy-five yards at top speed. The day before running a "trial," only the lightest kind of exercise should be taken, and be sure to wear the clothing and "pumps" you are to use in the race. A trial should be run on the track where the race is to take place, and at the same hour of the day as near as possible. It is not considered graceful to swing the arms across the chest; this sways the body from side to side. The arms should be thrust out straight so that they will assist the legs in propelling the body forward. It is a good plan to have corks to grasp in the hands whilst running. It will be found helpful to hard work. Do not keep the body straight or the head thrown back, but rather bend forward with the chin down, and use the body with as much elasticity as possible. In breathing get the lungs brim-full before starting, and take the breath the quickest way while in the race. It is a good plan to take one or two easy spins before the race. Should any dispute arise, the contestant should not take part in it, but let his friend or trainer settle it.

Keep cool, remembering that since you have made a certain time in your trial you can say with confidence, "If this will win I shall 'get there.'" In conclusion, I would say that there is a great change in the mode of training to-day compared with that of fifteen or even ten years ago. I had the misfortune to train under the instruction of one of those old-time "peds" and will briefly relate something required of me. Rise at 5.30, take a cold bath, drink a glass of old sherry wine, walk eight miles before breakfast, then in the one cup of tea allowed was mixed a small glass of rum, at lunch a glass of stock ale, another glass of ale at dinner, and one after running in the afternoon, also one at supper, and a glass of rum before retiring.

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Seven glasses of intoxicating liquor and often more each day. Is this not the way to develop a drunkard? These "professional trainers" did not know much. If they had only read the Bible and studied the characters portrayed therein! Take the life of Daniel, one of the children of Israel, in captivity, but who was without blemish, and skilled in all wisdom. He did not defile himself with the portion of the king's meat and wine. I have trained without using wine or liquor of any kind, and have run faster without it, and my endurance has also been improved.

TRACK ATHLETICS.

RULES OF THE AMATEUR ATHLETIC UNION EVENTS.

100-yard dash, 220-yard dash, One-quarter mile run, One-half mile run, and the One-mile run; also, Running five miles.

Hurdle racing, 120 yards with hurdles 3ft. 6in., 220 yards with hurdles 2ft. 6in.

Walking one mile, Walking three miles, Walking seven miles.

Running high jump, and the Broad jump.

Pole leaping, Putting the shot, Throwing the hammer, Throwing 56-lb. weight, Bicycle racing, Individual Tug of War, and Tug of War with teams of five men.

RULE 1.—Officials.—SECTION 1. All amateur meetings shall be under the direction of: A Games Committee, One Referee, Two or more Inspectors, Three Judges at Finish, Three or more Field Judges, Three Timekeepers, One Judge of Walking, One Starter, One Clerk of the Course, One Scorer, One Marshal.

Sec. 2. If deemed necessary, assistants may be provided for the Judge of Walking, the Clerk of the Course, the Scorer, and the Marshal, and an Official Announcer may be appointed.

RULE 2.—The Games Committee. The Games Committee at any club meeting shall be composed of members of the Club holding the meeting.

This Committee shall have jurisdiction of all matters not assigned by these rules to the Referee or other games officials. (See also Rule 15.)

RULE 3.—The Referee shall decide all questions relating to the actual conduct of the meeting, whose final settlement is not otherwise covered by these rules. He alone shall have the power to change the order of events as laid down in the official programme, to add to, or to alter the announced arrangement of heats in any event.

RULE 4.—The Inspectors. It shall be the duty of an Inspector to stand at such point as the Referee may designate: to watch the competition closely, and in case of a claim of foul to report to the Referee what he saw of the incident.

Such Inspectors are merely assistants to the Referee, to whom they shall report, and have no power to make any decisions.

RULE 5.—The Judges at Finish shall determine the order of finishing contestants, and shall arrange among themselves as to noting the winner, 2d, 3d, 4th, etc., as the case may require.

Their decision in this respect shall be without appeal, and in case of disagreement a majority shall govern.

RULE 6.—The Field Judges shall make an accurate measurement, and keep a tally of all trials of competitors in the high and broad jumps, the pole vault, the weight competitions, and the tug of war.

They shall act as judges of these events, and their decisions shall likewise be without appeal. In case of disagreement a majority shall govern. In all weight competitions and jumps for distance, a small flag, placed in the ground, shall denote the best throw or jump as the contest progresses.

RULE 7.—The Timekeepers shall individually time all events where time record is called for. Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted.

The *flash* of the pistol shall denote the actual time of starting. In case only two watches are held on an event, and they fail to agree, the longest time of the two shall be accepted.

RULE 8.—The Starter shall have sole jurisdiction over the competitors after the Clerk of the Course has properly placed them in their positions for the start.

NOTE.—The track upon which the running races take place, both in America and in England, is made up of about four inches of ashes, screened, raked, and levelled, and covered with a couple of inches of loam. This is rolled and watered for weeks and sometimes months before the events come off, and the loam is then covered with a final layer of cinders, well raked and rolled.