

myself a lot and just got to know myself and to understand a lot of the reasons that had made me quit trying . . . just growing up I guess. I realized that I could do track and enjoy it."

Since her style is her own, she normally works

without a coach. Her boy friend, a pianist, keeps her company. And she weeps no more.

"I started again in 1974 — not just for the Olympics but because I thought I could do better. Now I'm enjoying it more than I ever have."

Time Barrier Ahead

Olympic records have been broken every four years for eight decades. This has not been surprising. The first Games drew only a few athletes from a few countries. Naturally, as the field expanded records fell. Also the equipment and the training methods have improved, and the timing of races has become much more precise — records are now measured in hundredths of seconds. Perhaps modern athletes have benefited from advances in health and new knowledge of nutrition.

Still, logically, the day must come when a record will be made which will stand forever. No one will ever run 100 metres in five seconds, will they?

We asked two well versed Olympic figures, one from the past and one from the present, to comment:

Jessie Owens, winner of four gold medals in 1936: "Let's say this — sure there are going to be records broken in Montreal, because on those days individuals are going to reach the zenith of their careers. I never like to put a limitation on people because if we had put limitations on people we would never have gone to the moon, perhaps not have the modern facilities we have today; we would not be as healthy as we are today. When we

talk about records we've got to think in terms of the youngster today. They're bigger, they're stronger, they're more agile, very coachable, and very, very competitive — we've got more youngsters out for athletics than ever before — so when you say is there a limitation? I never want to see that."

Paul Poce, coach of Canada's distance runners: "Some day there will be an Olympic Games when all the records will stand. I wouldn't hazard a guess at how far off it is because a lot of people have said over the years that this or that mark is the limit and the athletes have proved them wrong. At one time the four-minute mile was the limit. It's only twenty years ago, now you've got it at 3.49. Remember that we're talking about some very, very small time spans. You know twenty or thirty years ago the world record for 100 metres was 10.1, well its now only down to 9.9. In the last ten years the times have come down in the 1,500-metre, the 5,000-metre, the 10,000-metre and the marathon, all these longer distances where there was a little more scope. Now they're getting too small to work with."

History (From an Egocentric Viewpoint)

[ORTON]

George Orton, the first Canadian to win a medal, was not conspicuously Canadian.

Orton was at college in the United States in 1900, and he travelled to the Paris Olympics with the US team but entered the competitions as an individual.

He won two medals — gold in the 2,500-metre steeplechase and bronze in the 400-metre hurdles — and came in fifth in the 4,000-metre steeplechase race. He did better, by himself, than did the entire Canadian team of eighty-five in Rome in 1960.

[WE MET THEM IN ST. LOUIS]

Canadian athletes had one of their finest Olympics in St. Louis in 1904. They won four gold and one silver medal.

The City of Montreal had declined to give Etienne Desmarteau, a policeman, time off to go to throw the 56-pound weight, so he quit and hitchhiked south. He threw it 10.465 metres and won the gold medal. The city, ashamed of itself, gave him back his job.

[AMSTERDAM WELL DONE]

Canadians had their finest hours, to date, in Amsterdam in 1928, winning four gold medals, four