

with right foot in front and knee bent for the spring. Keep your ears open for the pistol and jump right to the front if possible. There is more in the first advantage than you might think, for it makes the other fellow follow you, and if you have the speed he will find a stern chase a hard chase. Don't be continually looking at the clock, but keep both your eyes and your head straight. Your senses will pretty well tell you what your rivals are doing. But be always ready for a spurt on their part, unless you are thoroughly convinced it is an expiring effort, in which case you can govern yourself accordingly.

Get away smartly, with a stride of say 4 ft. 10 ins. in length, letting this go as easily as you can. Don't make the mistake of striding too long, or of lifting your legs too high. For either of these will only weary you, just as will any excessive gesticulation with your arms. Remember that you are not striving to cover the ground as fast as possible, but are aiming to keep up a ten-mile run at as near a mile every five minutes as you can—the earlier miles in a few seconds less; but this is only on account of the naturally redressed balance later on.

Stride right off about 4 ft. 10 ins. or 5 ft., and under normal circumstances keep this up right through till the last quarter or half-mile, when, supposing the other men to be on the scene or thereabouts (as they will certainly be), you can lay yourself out for a right-down sprint, striding as far as you can stretch, and springing all you know how every time.

Supposing, however, that your start is in time. Then you can set out to cover as much ground as you conveniently can in the seconds allowed. Conveniently can means as much ground as you can get over without running any risk of pumping yourself later on. You must be careful of this, but bear in mind that the farther you have got away from the field or the scratch men the more