

TRACK, FIELD AND COURSE

By F. H. HURLEY

Distance Running.

DISTANCE running means any distance from a mile upwards. The first requisite is endurance. That can best be developed by long walks, and runs, and these had better be taken on alternate days. The shorter the distance the more speed is required and the longer vice versa. For example: Suppose one is training for any distance from 2 to 5 miles, it will be necessary for him to take much faster work than he would require to, if preparing for a race of 7 to 10 miles, and so on. But the underlying principle, for all distances, is the same. They are all tests of endurance, the only difference being the rate of speed at which they are run. So that the training for one will apply to all, except that the speed, and length of the runs are to be regulated according to the distance one is training for. In all races—irrespective of distance—a good rule to follow is, to run from half to three-quarters the distance of the race (three days a week) at racing pace—for the full

bit, by a trot of a few hundred yards, before starting.

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The first Intercollegiate Harrier meet, between McGill, Montreal, Queen's, Kingston and University of Toronto, was held on the 13th November last, over a seven and a half mile course, and resulted in a pronounced victory for the Toronto team, whose photo we give on this page, as will be seen by the following results:

- 1—E. M. Watts, Toronto, 41.49.
- 2—W. E. G. Murray, McGill.
- 3—L. C. Tilt, Toronto.
- 4—G. Woodley, Toronto.
- 5—T. J. Farley, Toronto.
- 6—W. Ford, Toronto.
- 7—E. H. Gray, McGill.
- 8—T. C. Lennox, Queen's.
- 9—W. P. Alderson, Queen's.
- 10—M. A. Pope, McGill.
- 11—J. B. Young, McGill.
- 12—B. M. Sproale, McGill.
- 13—M. J. A. Kroyd, Queen's.
- 14—E. E. Gillieneau, Queen's.



UNIVERSITY OF TORONTO HARRIER TEAM

Inter-Collegiate Cross-Country Champions, 1909.

W. Ford. G. Woodley. L. C. Tilt. T. J. Farley. E. M. Watts.

distance—or a little faster—and on the alternate days, to walk from 5 to 20 miles, this depending on the distance of the race. An occasional fast 1-8, 1-4, 1-2, 3-4, or a mile, with a 100-yard sprint thrown in, will go a long way towards improving the pace. Another important point: One thing a runner has always to be careful of is those long races is, not to run too fast, and there will be no danger of that, if the rule, as just laid down, of but running half or three-quarters the distance, at racing pace for the full distance, be followed. Of course, there will be found, now and then, a big, gross, man, who will require to train every day, to get into his best form, but this class is rare, and the general rule of running but three times a week will answer best in the majority of cases.

The distance runner requires to be more careful, too, of his diet than the sprinter, or middle-distance man, and he had better confine himself to solids, as he must be lean, and have his stomach in the best possible condition. A quick cold bath and massage, or a "rub-down," as it is generally called, is always beneficial after exercise, and should be invariably taken. Plenty of sleep is another essential. A couple of days' rest before a race is also necessary, to enable the runner to recover tone, and it is a good idea, too, to warm up the muscles and stretch the lungs a

IT is rumoured that the Argonaut eight intend visiting Henley again next year with a view of lifting the Grand Challenge Cup that they have tried so often and just failed to do it.

They should know by this time wherein their weakness lies, and profit accordingly.

English critics say that they can never hope to win until they alter their stroke—maintaining that it is too long for the course, besides lacking in that uniformity of swing that they consider the first essential in crew rowing and that has always been so characteristic of their own as well as other successful crews.

Canadians, however, contend that it is not the style or stroke that defeats them, so much as the climate, and course, and the opportunities England has for developing her oarsmen. She has the pick of the universities, and as rowing has been fashionable there from "time immemorial," it is not difficult to understand why she turns out the superior crews she does. But what of the Belgians? Their success must be due to their style to a great extent, surely. The English say it is what theirs originally was, and what it should be to-day, and they appear to be trying to get back to it again. They've had a former coach of the Belgians explaining the fine points of the stroke at at least one of their colleges.

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