

depend on his build, speed, etc. But it is possible to be more definite about the best *minimum*, and this I would put at about 145 lbs. There have been exceptions to this, of course, and will be again, no doubt, but I am not discussing exceptions, but normal, average men. For a long-distance man the best weight is about 126 lbs. He can be a few pounds over this, but should not go lower than 124 lbs., for below that figure he will scarcely possess the frame to enable him to stand the long and weary strain.

My reason for giving 126 lbs., or between 124 lbs. and 130 lbs., as being the best weight for a long-distance man, is that he does not want to have much to carry. He has to cover a lot of ground, and if he goes in for cross-country work (as he will almost certainly do), a lot of very heavy ground as well.

The impetus which weight lends to a sprinter is soon dissipated, and becomes a most weary burden to cart along for anything from one mile upwards. You all know how weight stops a racehorse, and how the amount which one is handicapped with must always be taken into consideration in estimating his chances, so that you will readily be able to understand how great the handicap must be to a runner who has, as a long-distance man, to carry it much farther, not only in distance, but also in time.

But no matter what weight a man is, nor how fit he may be, before entering on his really hard "special" race preparation, he should have about 5 lbs. in hand to get off during that period.

It ought, too, to come off gradually, by bits—gaining a little to-day of what he lost yesterday, and so on, but steadily losing on the whole. For if the scale shows him to be taking off weight in this fashion, he can reckon that all is going well with him and as it should be.

One thing don't do—don't crouch at the start. Stand steady in an easy, loose attitude, leaning forward a bit,