

the best incentive you can have to induce you to put your best foot foremost.

Keep your training up—right close up to the day before your race. If you are in business try and get a half-day off just before, so that you can have all the necessary rest.

I would advise no one to ease up till then. Take the day off just before, and only put in, say, two two mile walks, and these not too fast.

WEIGHTS FOR RACES, AND A TRAINING EXAMPLE

In dealing with the not unimportant question of the amount of weight a runner should get off while in hard training, it may perhaps be as well to touch on another important aspect of the weight question, and that is the actual weight which a runner should scale.

In this connection you will remember that I suggested a greater number of divisions for the actual races themselves, and pointed out that a sprinter would make a mistake by regarding himself as a quarter-miler, and that the average miler (although possibly a champion at the distance) would not as a rule shine either at middle or long distance running.

Now it might not appear so at first, but weight has a good deal of influence in this matter. For instance, I would not advise any athlete who scales 154 lbs. or thereabouts, normally, to enter for any of the longer distances.

One hundred and fifty-four pounds is, in fact, an ideal weight for a sprinter. Weight tells in these races. The sprinter gets up a certain speed, and is then carried along by his poundage—*pushed along* by it, in fact. Those extra pounds will help him in the same manner as the weights thrown by the professional jumpers. He is carried along faster by it.

The maximum weight for a sprinter I would put at anything that did not hamper him. This would, of course,