

gow, Scotland. For in one ten miles cross-country run I can remember that the limit man set off nine and a half minutes before I did, say a two miles start in ten.

Nevertheless, on each of the occasions cited I managed to finish first man home. The length of the starts may have forced me to run more to the race and less to record, but I don't think so. I had set my heart on making history in the Ibrox Park race, and the fact that I succeeded in my ambition should serve as a useful guide to all runners. I thereby dotted the "i's" and crossed the "t's" of several of the maxims contained in this book, seeing that by laying myself down to cover the course inside all records I not only succeeded in compassing that end, but also in out-distancing all my opponents.

Go my readers and do likewise—on all occasions. It rests not with your starts, but with yourselves, whether you are champions or not.

SOME LAST WORDS ON STRIDE

I may, perhaps, here utter a final and really important warning to my readers to carefully refrain from all temptation either to acquire or to demonstrate any distinctive running "form," for that is a rock on which they will be bound to split. Critics talk and write enthusiastically on "long, sprinting" strides of men who "move freely from their hips," and whose magnificently free action simply devours the ground. The critics mean well, no doubt, but they don't do long-distance running and in many cases have had no practical experience as athletes.

For however pretty this stylish running may look, it speedily brings on leg weariness. A man who "throws out" his fore-leg is bound to tire his knee-joints, while the man who strides high and long, covering 7 ft. or 8 ft. at a stride, will in the long run cover less ground at a greater exertion than the man who lifts his feet and body clear from the track for as short a while and as little as possible.