

special reserve, which you never draw on save for the actual purpose in question, and no other demand can trench on it.

It is a reserve which is under the entire and sole control of your "sub-conscious self," as the scientists call it, and can only be let out when wanted for the finish.

This may sound rather "tall talk," but I am sure that everybody can get into the way of so conserving it, supposing them to train right and to fix their minds on getting the necessary amount of energy properly stowed away under lock and key until called for.

One method which may be adopted in training will help towards its acquisition, and that is to always finish up your track practice with one or two sharp sprints of 100 yards each.

No matter how your trial spin may have taken it out of you, you should have enough in hand just to put in these sprints. They will, perhaps, be awfully trying at first, but after a while you will find that they positively freshen you up, and shake off a good deal of the fatigue following the training spin itself.

Always travel to the scene of the race, if far distant, the day before, so as to ensure a good night's rest following the train journey, before actually engaging in the race itself.