# HOW TO TRAIN ON TRACK IS DETAILED

Trainer at University of Oregon Gives Advice to Men Who Would Run.

#### PREPARATION IS CAREFUL

Expert's Advice Is That Young Athletes Should Learn Condition of Body by Physical Examination Before Beginning His Work.

BY WILLIAM I. HAYWARD. Director of Athletics at the University

For every athletic event on the track and field calendar, whether it be sprint, middle distance, cross country, jump, weight or any other event in which mental and muscular activity is brought into play, training is the fundamental basis. By training is meant a very careful preparation of the muscular, mental and nervous system of the human body.

When in strict training a track aspirant must deny himself everything that is detrimental to the laws of nature. I have known of a great many scholastic athletes with seemingly bright futures who ruined their prospects of becoming stars in their specialties simher because they did not have the knowledge of training. Instead of building up and developing themselves slowy, they have started out the first day with more work than even a finlahed well-trained athete should under take, and continued the ordeat until their strength broke down under the stress and strain which their immature

ritality could not endure. The first thing an embryo athlete should do is to develop the action of his heart and lungs by deep breathing processes. I may mention here that it would be well to have the heart and lungs examined before venturing into too strenuous exercise. This precaution might bring double benefit—indicate what kind of sport is best fitted for the upbuilding of the body and preserve the health and life of the boy by preventing him from entering some of the more strenuous games in which might receive permanent injury.

#### Learn to Know Yourself.

Should the examination show any weakness in either organ, do not be discouraged and give up in despair, for you are the very one that athleties will benefit the most. If you will take moderate exercise under capable superision you will find that within a short time your heart and lungs will be strengthened and perhaps permanently cored. Then you are at liberty to en-ter events which had formerly been too trying for you.

To rou, a track athlete, your heart and lungs are what a boller is to a high speed engine. No matter how well a machine is constructed, it will prove inefficient without a good boller. Track sthletes, particularly runners, are too apt to watch their well developed legs nd pay little attention to their arms, houlders, abdomen, back and neck.

Remember, you are no stronger than your weakest point. Every successful athlete must learn to know himself and build up slowly on his weak points

luring the preliminary work.
Then comes the second step, outdoor Be sure to cover up warm so as to protect yourself against colds and strained muscles and tendons. See to it that the shoes fit properly, for your feet are your stock in trade. Jog a quarter, half or a mile slowly each day for a week or ten days without trying any speed work. Aim all your efforts at a perfection of form and harmeny of motion. Once you have mus-

will come as a matter of course.

By this time the body will have been "toned up" for faster work and if the toned up for faster work and it the weather is warm I would suggest making starts from the holes on the mark. The instructions which follow will help athletes who have no coach to oversee their work:

# Start Is Most Important.

The start of a sprint race is me important; in fact, it is here that the majority of dashes are won. It is impossible to set up a standard distance from the "scratch" or between the starting holes, as this matter depends a great deal on the length of a sprinter's arms, legs and back. But here is a general recommendation which I bea general recommendation which I be-lieve will be found to apply correctly

Dig your front hole about six inches from the "scratch" and place your left foot in it; then kneel with your right knee to a position even with the hol-low of your left foot. Mark your right toe and dig your back hole not directly behind the front one, but about four inches to the right. The back hole should be not less than three inches should be not less than three inches deep and the back wall of it almost perpendicular, so as to afford a good "shove off." Place your hands on the scratch, being careful to keep them far enough apart so as not to cramp your

Practice "setting" until you find a position that gives the full strength of your back leg drive. After this has been mastered, practice breaking away from the mark, easy at first, until you are warmed up thoroughly. Then you are ready for the starting gun.

# Weight Should Be Distributed.

At the command "on your marks" step into your holes right foot first. After the left foot is placed, put your hands on the scratch line, dropping your right knee to the ground. At "get set" raise your right knee and a forward with the holy to the next. go forward with the body to the pesi-tion you have previously practiced. Try to distribute your weight between the hands and the left foot and hold the right foot saugiy in the back of the hole, ready for a shove off. At the crack of the platol get a good shove

Make sure that your feet hit the track straight in front of you. So many beginners hit on the inside of

in the next article of his series Trainer Hayward will carry the three dash events through to the tape and ALBANY, N. Y., Feb. 24.—The latest discuss sprinting in its larger aspects, scheme proposed for opening the race

WELL-KNOWN ATHLETIC TRAINER WILL WRITE SERIES OF TRACK ARTICLES.



WILLIAM L. HAYWARD, ATHLETIC DIRECTOR UNIVERSITY OF OREGON,

William L. Hayward, one of the best-known trainers of athletes in the West, has been secured to write a series of articles for The Orego-rian dealing with track athletics. Coach Hayward will take up the various phases of track and field endeavor, pointing out the successful methods of training and giving valuable pointers to the younger athletes who are now entering their athletic careers in the high schools

Mr. Hayward has been closely identified with athletics since 1887, ranching out from Michigan, where he starred both in football and in the sprints. For six years he was identified with Coach Christie at the University of California, and in that time California did not lose a single track meet. He coached Pacific University and Albany College before going to the University of Oregon in 1904.

Quest of Players for Detroit Tigers Is Loop in Loop.

NEW YORK, Feb. 24 -- (Special.) Scouting for a big league club is from being a sinecure. Aside from the responsibility of spending other people's money in the endeavor to obtain young but high-class diamond talent, there is the personal inconvenience of hopping from one part of the continent to another on very short notice. Rumors of possible "finds" are constantly reach-ing headquarters from every section of

ing headquarters from every section of the "bush" country. To run down all these reports is a physical impossibil-ity, but there are frequent "leads" that look good and must be investigated. This is the duty of the baseball scout, and it keeps him on the jump eight months in the year. Journeys of a thousand miles, many times useless trips, are common and the scout, pro-vided he is married, sees as little of his family during the busy season as the family during the busy season as the family during the busy season as the commercial traveler, with a long swing around the country to cover. Take the case of Bobby Lowe, the Detroit Tigors' baseball talent searcher. Last year Lowe traveled more than 20,000 miles. His itinerary for 1511, a part of which is appended, reads like a cross between a railroad guide and an atlas:

Left Detroit March 27 for Hattlesburg, Miss., 1000 miles; returned to

Left Detroit March 2: for Hattlesburg, Miss., 1909 miles; returned to Detroit; went to Macon, Ga., 1009 miles; returned to Detroit; went to Hattlesburg, 1809 miles; returned to Detroit; went to Yazoo City, 1809 miles; to Greenwood, 299 miles; to March 150 miles; to Savannah, 150 miles; to Albany, 309 miles; to Macon, 200 miles; a Attack 180 miles; to Macon, 200 miles; bany, 300 miles; to Macon, 200 miles; to hole, right foot snugly in the back of the hole, ready for a shove off. At the crack of the pistol get a good shove away with the back foot and at the same moment shove off with the hands as if to crowd the track from under you backwards. At this time your left foot, in the rear, is getting ready for a fast, vigorous "pick up."

Jake sure that your feet hit the track straight in front of you. So blake sure that your feet hit the irack straight in front of you. So many beginners hit on the inside of their foot, thereby shortening the stride. As the right foot hits the ground on the first step the left arm should be forward and the right arm to the rear. This will cause your arm not the rear. This will cause your arm and legs to work in harmony for the basance of the race.

Great care should be taken not to leave the ground in erect position, but rather to wedge up gradually until about the filled stride is reached, when you should have attained your running position.

burn. 59 miles; to Hannibal, 259 miles; to Denver, 700 miles; to Sait Lake City, 800 miles; to Materioo, 200 miles; to Materioo, St. Paul, 200 miles; to Chicago, 200 miles; to Green Bay, 200 miles; to Madlson, 290 miles; to Moose Jaw, 800 miles; to Chicago, 225 miles; to Detroit, 285 miles; to Minneapolis, 300 miles; to Chicago, 225 miles; to Detroit, 285 miles; to Springfield, 200 miles, and to Denver. 700 miles; to Suites; to Sait Lake City, 800 miles; to Miles; to Minneapolis, 200 miles; to St. Paul, 200 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 225 miles; to Detroit, 285 miles; to Springfield, 200 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chicago, 200 miles; to Moose Jaw, 800 miles; to Chi

Horse Racing Friends Have Plan.

BASEBALL SCOUT A'HOP

tracks in New York State is through the appointment of a legislative investigating committee. This committee will be asked to devise a plan for permitting horse racing "in a manner satisfactory both to the track owners and those who fear the letting down of the hars against betting." The committee will confer with representatives of the Jockey Club, agricultural and county fair societies, the State Agricultural Department and the Reform Association.

# Canadians Win Polo Cup.

SAN MATEO, Cal., Feb. 24.-Aided by handicap of six goals, the Canadian polo team defeated the San Mateo Slashers today nine goals to eight, and won permanent possession of the William H. Crocker cup, this being the final match of the tournament.

Albany High 32, Newberg High 17. ALBANY, Or., Feb. 24 .- (Special.) -a well-played basketball game in this city last evening. Albany high school won from the Newberg high school, 32 to 17.

INFIELDERS.

Scharnweber, sa James, 3b Augustus, 3b

Cartwright, 35 Wuffli Causcher

Barry, 1b Kehoe, 1b McMullin, 1b Foller, 1b Siner, 2b

CLUB.

VANCOUVER.

# FANS LIKE SPEED AND GOOD HITTING DE

Managers Endeavor to Heed Cry for Better Base-Running Today.

### GAME IS HARD TO IMPROVE

Hurlers Who Come From Minors With Motion That Holds Runners Close to First Are Eagerly Sought by Baseball Scouts.

BY BILLY EVANS." American League Umpire. The cry for more hitting that has been raised annually for years has practically ceased. The fans seem to be pretty well satisfied with the good old game as played under present conditions. There are mighty few baseball enthusiasts who would prefer a slopp;

affair. You never hear the wise maragers of the game offer any legislation to increase the hitting.

Connie Mack has been pretty successful in gathering an aggregation of players that will worry most any pitch-er. Frank Chance's great Cub machine is always regarded with much fear by

17 to 8 exhibition over a snappy ? to

the star twirlers. less night. Hughey Jennings and his Tigers are always dangerous, and no pitcher feels certain of a victory over Detroit until the last man has been retired. The manngors of each big league team, in fact every minor league club, finds himself able to pick up players who will make the going interesting for the pitchers.

#### Game Hard to Improve.

It would be pretty hard to improve the game of today. It is a constant battle of wits, the pitcher always try-ing to outguess the batter, the batter attempting to do the same with the picher. The baserunner is ever alert to slip one over on the battery men. while the battery men seidom-pass up an opportunity to make the base run-ner look foolish. A hit means some-thing under present conditions.

No man is supposed to step up to the plate and whale every ball to some far distant corner of the field. The fellow who can deliver once out of every third time he steps into the batter's box is considered a mighty valuable asset to his club. Yet withal there are already of roof soils hitting around is plenty of good solid hitting, enough to satisfy any fan. About the only fellow who longs for a lopsided score and a game lasting between two and one-half or three hours, is the chap who makes a trip to the ball park once

High-class baserunning appeals the fan of today, just as much as the hitting end of the game. The fan reveis in daring thefts that invariably play a prominent part in the result of the game. Speed and the proper use of that speed is something aimed at by every successful manager of any ball club. The value and importance of that one asset has been deeply impressed on the baseball leaders.

Red Sox Set League on Fire. Perhaps no better example of this could be cited than the Boston

years ago. At the start of the season little consideration was given the Bos-ton club. It was known to be a club of promising young players, but no one figured it could cut any figure in the pennant race. Fred Lake, who was managing the team that year, realized he had a club of sprinters, most of whom seemed able to use this natural asset to advantage. No doubt Lake and his players mapped out a campaign of speed. Never have I seen a team take speed. Never hare and the bases as did the such chances on the bases as did the such chances on the bases as did the such chances of the whort months they were known as the "Speed Boys" all over the major league circuit. They literally ran wild. Often they took such desperate chances they were made to look foolish, but a majority of times they profited as a majority of times they profited as a strength to steal is foolhardy. On one wish

would have been easy for them. In many different ways the Boston club profited because of the speed the team possessed, and the daring use it mude possessed, and the daring use it made of it. At the close of the season the club was picked as a pennant winner for the next year. A few changes were made, a shift in the speed policy must done much to cut down the base runmade, a shift in the speed policy must done much to cut down the base run have been made, for the club was not ning. It is not unusual now for

NORTHWESTERN LEAGUE 1912

CATCHERS.

Lewis diark Shea Sepluvida

Selbt Ludwig Crittend

OUTFIELDERS.

Swain Kipperi Frisk

Melchoir Martinje McHale

maggio

PRINCIPALS IN PACIFIC COAST FOIL CHAMPIONSHIP TOURNA-MENT TO BE HELD BY THE PORTLAND PENCING CLUB.



Mario Montrezza

Although more entrants are yet expected for the Pacific Coast foil championship tournament to be held at the Masonic Hall, March 2, under the auspices of the Portland Fencing Club, John McGraw has a collection of those signing up are Lieutenant Robathietes representing New York who ert Sears, of Vancouver; Major Gustav cause many a twirler to spend a sleep-Carl Von Eglofstein, of the Hill Millitary Academy of Portland; Mario Montrezza, president of the Portland Fencing Club; Gaston Moch, of Montesano, Wash.; Miss Lillian Rosland and Miss Lydia Banmeler,

Lieutenant Sears, of the Vancouver Barracks, learned under Professor Louis Valghtier, of West Point, who is considered one of the best masters in the

Major Van Eglofstein learned the various intricacles of handling the foll the broadsword and the dueling blade while attending the German Military Academy and at the War School at Glogua, Prussia.

Montressa is a fencer of the Italian school and received his instructions from Professor Eugeni Pini, the Italian master, who held the world's championship for a number of years.

Moch, of Montesano, Wash, is a pr

pil of Oudrat, of France. Miss Rosland will be seen in several

exhibition bouts with Charles Lampert, er instructor. She is considered an equal to any of the women fencers.

with Walsh pitching and Billy Sulli-van catching is entitled to honorable mention in the summary of the score. it is almost suicidal for a base runner to take much of a lead with Walsh working. His pitching more and his throw to first are so nearly identical that it is next to impossible to dis-

majority of times they profited as a result.

It was only a very short time before the Boston team, regarded as an also ran in the ante-season dope, was looked on as one of the most dangerous clust in the Johnsonian organization. Opposing infields were always on edge, realizing a slip-up of the slightest sort meant the loss of the runner. Naturally working under such conditions caused them to lose a play that ordinarily would have been easy for them. In many different ways the Boston club profited because of the speed the team possessed, and the daring use it made

WILLIAMS

RITTY BRASHEAR

HARRY OSTDIEK

JACK BARRY

MIKE LYNCH

PITCHERS

Henkel Maxmeyer



Miss Lillian Rosland



ston Mock, Montesano, Wash.

nearly so serious a contender the fot- base runner to start silding back into hearly so serious a contender the forlowing season.

High-class base running has come to
play such a prominent part in the
game that the managers exert every
influence possible to stop the mad car
reer of the athletes on the bases. The
battery men try their best to break

Walsh Devotes Time to Kill Runners.

Ed Walsh is a truly wonderful pitcher. A mighty hard man to beat under any conditions, yet even as great an asset as his wonderful spit-hail is the manner in which Walsh holds the base unner on. The base runner who steals any conditions, yet even as great an as much as the batters and base runneset as his wonderful spit-hail is the market as to just what Burns intended to do with the ball. Time and time runner on. The base runner who steals again I have seen players at the bat begin to start their swing while Burns was in the act of delivering the ball to first.

Two umpires were absolutely neces sary with Burns working, as only one man might be looking in the wrong direction. Frank Smith, always a cley or pitcher, lost many a game because of the long swing he always took with men on bases. It gave the runners such a tead that it was almost impos-sible to throw a runner out. Several years ago Smith developed a delivery that kept the runners on and increase

his effectiveness 30 per cent.

That managers look on the base-running game as an important feature is proved by the fact that the moves of the recruit pitchers are always carefull. fully watched in Spring practice. Any bush leaguer who comes to the majors with a good move when men are on the bases, boosts his stock materially. Twirlers who are weak on this feature are given immediate instruction. A de-cidedly strict interpretation of the balk rule would tend to make a lot of pitchers more careful, would inci-dentally give the base runners much confidence and would greatly increase the base running feature which is so decidedly popular with the patrons of the game.

FISHERMEN DISCUSS PLANS

# Body to Be Known as Multnomah

Anglers' Club. Angiers Cito.

At the second meeting of the recently organized Portland Anglers' Club at the Commercial Club, Friday night, the name of the society was changed to Multnomah Anglers' Club, as a great many members reside outside the city. The greater part of the evening was devoted to a discussion of the constitution and by-laws reported by Dr. W. M. Campbell, Dr. Paul Semler and C. J. Cooke, A provision that no one engaged in the sporting goods business may be eligible to membership caused much discussion, although no vote was much discussion, although no vote was taken on the subject, the opinions ex-pressed were mostly in favor of strik-

ing out that clause. The report was sent buck to the committee. Game Warden J. P. Finley gave a short address on the work of the State Fish and Game Commission. He ex-plained some of the legislation pro-posed by the commission and told of the work it has undertaken for the

the work it has undertaken coming year.

The club plans to extend its work to all parts of the state and suggests the formation of clubs of the same nature in other cities. After a number of other clubs have been formed, ortically of the State Anglers' Sociganization of the State Anglers' Society, to include all the local clubs is

# Fanning May Not Play.

SAN FRANCISCO, Feb. 24.—Charles Fanning, a star pitcher who has just signed a contract with Manager Long, signed a contract with Manager Long, of the San Francisco Coast League team, is seriously iil at his home in Canton, iil., and may be unable to play this season. Word to this effect was received here today from Fanning's wife, who telegraphed the manager not to send transportation. Long tolegraphed back that he would be willing to went's soft their athletic work in the toward some their athletic work in the send of the send o

# SEALS HAVE MANY FIELDERS ON LIST

Also Danny Long Seems to Overcome His Prejudice Against Southpaws.

#### N. WILLIAMS SAYS 'HOWDY'

Manager of Portland Northwestern League Team Greets His Baseball Friends in San Francisco. Oaks Are Active.

BY HARRY B. SMITH. SAN FRANCISCO, Feb. 24 - (Special.) It will not be many days now before the baseball clans are gathering for the annual Spring workouts. As a mat-ter of fact, it will be just a week from Monday, March 4, when the Seals leave San Francisco for Paso Robles, while the Oaks start training at Livermore.

These two clubs will be the first of the Coast League to get down to work.

and that means they will have four full weeks of training before the season opens in April. The other Coaster clubs will very shortly follow suit and the papers will be full of baseball and of baseball prospects for the days to come. The Seals, who have been picked as The Seals, who have been picked as having a strong squad during the coming season, will be long in several ways. First of all, Danny Long will not be shy on southpaw pitchers, Danny has never shown a liking for left-handers in the past, but this year it would seem that a many high is authority has not that someone high in authority has put

"bug" in his ear.
Outside of that, the squad will be long on infielders, as the club is already certain of a baker's dozen with which to start the season. The last to join the squad is Dutch Altman, willed to the San Francisco Club by the Philadelphia Americans. Connic Mack telegraphed the local management this week that he had secured waivers on Altman and had released him to the club. Altman is well-known to local fans, hav-ing served part of the 1908 season with Oakland. At that time he was hardly a class A player, but it is reported that he improved when he joined Spokane and for the past two years has been at third base for Memphis in the Southern League. Altman could not stand the climatic conditions in the South and for that reason refused to play there. While that reason refused to play there. While not a wonder or a sensation, it is said of Aliman that he has lots of "pepper," which is what the Seals want.

### Wordy War Is On.

Quite a wordy, although a somewhat one-sided war has been on for the past few weeks between the Bulletin and Danny Long. The Bulletin's sporting editor has been letting fly many a criteism at Danny, although largely in a

treer of the athletes on the bases. The battery men try their best to break up the hit-and-run with the pitch-out; some catchers will go so far as to waste three bails in an effort to get some fast man stealing, while pitchers devote hours of work in an effort to develop a half-baik that will pass the muster of the umpires and incidentally make the base runner look foolish.

Walsh Devotes Time to Kill Runners.

Can make a base thank of the ball to the plate has a mighty deceptive delivery, there are any number of eley, said the Seais were all right, but he couldn't say as much for Danny Long. He averred that not for a million dollars a day would he play with a more baffling delivery than Bill Burns, who was with the Philadel. phia team in the National League last year. I have worked behind the plate was a well-behaved baseball player. Hary Wolverton, to the contrary, notwithstanding.

The second slap at Long was admining the couldn't say as much for Danny Long. He averred that not for a million dollars a day would he play with Long and that he was going to show Connie Mack, of the Athletics, that he was a well-behaved baseball player. Hary Wolverton, to the contrary, notwithstanding.

medium of the Builetin in which he said he hadn't been treated the right way by the San Francisco Club and was mighty glad to get away. Inci-dentally, when it looked as if St. Louis had turned Tommy back to San Fran-cisco and that he was to be sold to Spokane, the red-headed first-sacker didn't have too much to say. His spirits rose wonderfully when he learned that he was still to have a chance with the St. Louis Club to show what he could

Evidently, the Oaks are not going to take a very large squad into camp. Bud Sharpe believes that he will secure better results with fewer men to look after, and, accordingly, the Commuters have been releasing players right and left. All of the men who have been discarded are untried bushers. So far as possible, these youngsters have been placed with other clubs in smaller leagues, but, of course, there will be me of them who will not be so fortunate.

Already some of the Oaks are getting a little work. Sharpe, Izzy Hoff-man and a few of the others who have been Wintering in California, have been been Wintering in California, have been out at Freeman's park on several oc-casions to get a little outside work to fit themselves for Livermore. That means they will be so much advanced over their clubmates who will have to go through the limbering up process, Nick Williams in Town,

Nick Williams, manager of the Portland Northwestern Club, is in San Fran-cisco renewing old acquaintances. Nick came here primarily to make arrangements for his Spring training trip. Part of his squad will be found at Sacra-mento and the balance of them will go to Marysville, where the Senators will be entrained. Marysville is building a municipal ball ground as a part of the attraction being offered to the baseball men, and the Northwestern squad will be given a portion of the ac-

It's getaway time for the major eaguers, who are also Californians, Oscar Vitt, who joins Detroit, and Billy Orr, who is going to the Chicago Cubs, left on Saturday night for their respective training camps. Harry Krause, of the Philadelphia Athletics, will go the first of the week, and so will Ping Bodie, of the White Sox, and Duffey Lewis, of the Boston Americans. There are any number of majors spending their Winters out on the Coast, and they are preparing to pull up stakes, if they have not already done so

Harry Suter is not the only San Fran-cisco holdout. Wat Powell, the out-fielder, has returned his contract with the intimation that he thinks he ought to have more money before he ties him-self up with the season. Danny Long has not expressed any opinion other than that he figures the club is pay-ing Wat all the money that he is worth

League clubs have been remarkably free from holdouts this year, and I don't suppose there will be any great amount of trouble bringing the recal-

to wait some days, in the hope that school. Vitt's stomach has not been the ballplayer would be able to join troubling him and his friends predict a good year if he continues to feel well.