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East Oregonian

DAILY SEMI-WEEKLY INDEPENDENT

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DAILY EAST OREGONIAN, PENDLETON, OREGON, SATURDAY EVENING, APRIL 16, 1921.

TO KEEP STRIDE IS REAL PROBLEM THAT HURDLERS MUST FACE

Oregon Coach Tells of Methods for Mastering Perfecting Difficult Track Events.

BY WILLIAM L. HAYWARD
(Track Coach, University of Oregon.)

This is one of the pretest as well as the hardest of the track events to master. Other qualifications besides speed and endurance one must have—courage and determination. One learning the hurdles will get many nasty falls and bruises from hitting the bars. The high hurdles are 10 yards apart, 15 yards from start to first one, 15 yards from tenth to finish line—hurdle is 3 feet 6 inches high; the race is 120 yards long. Three strides should be taken between each hurdle. As long as he reaches the take-off in good speed it will be sufficient. Some may have trouble in reaching the take-off with the proper foot. To remedy this the start should be made with the opposite foot. The theory is to go over the sticks as low as possible.

The athlete should learn the proper method to clear the hurdles. To accomplish this he should practice on one hurdle until it is fairly well mastered. The hurdle should be taken at first at moderate speed until the performer is sure of himself. In going over the hurdle it should be more on the order of a long step rather than a jump. As the hurdle rises the front foot should be pointed up. As soon as this foot is

over the back leg should be brought along so that the knee will be pointed forward and turned inward so that the lower leg will be about horizontal with the track, with the toe turned up. An effort should be made to reach the ground as quickly as possible. The body should not twist while in the air but should be in as natural a position as possible, so when reaching the ground the runner is in a natural position to pick up his stride. After one hurdle is mastered three may be taken by this time the athlete should be able to cover a greater number without much difficulty. After the form is learned it will not be necessary to hurdle so much but pay more attention to speed, taking sprints and starts with the sprinters going through 150 yards occasionally.

One who runs the high hurdles generally runs the low also. The distance of the low hurdles is 220 yards, 10 hurdles, 20 yards between, 2 feet 4 inches high. The low hurdles should be taken in seven strides. The majority of school boys find it difficult to reach them in this number and so they will chop the last few strides. Some low hurdles are successful in taking a strides but in order to do this one must alternate with his take-off foot. The principal essential to success in the low hurdles is to learn to take them "in your stride," not going to high or getting too close to them on the take-off.

SEALS DROP GAME.

SAN FRANCISCO, April 16.—(A. P.)—San Francisco suffered its first defeat of the season today, Oakland winning 5 to 2. After ten straight victories, the Seals were unable to hit with men on bases and three of their pitchers failed to hold the Oaks down. Oakland scored three of its runs in the first inning and clinched the game in the fourth when Knight drove the ball into left field bleachers, scoring Miller ahead of him.

BOTH TEAMS READY TO PUT OUT REAL BRAND OF BALL HERE SUNDAY

Local Lineup Will be Shifted Slightly to Put Up Better Front Against Moose Jaw.

A slightly changed lineup for the Bucaroos is expected Sunday afternoon when the locals will measure prowess with the Moose Jaw aggregation at Round-Up park for the second battle between the two teams for this year.

A much tighter game is expected than last Sunday's battle when the Bucks won in the seventh after the Millers had held them scoreless. For one thing, both teams are in much better condition after another week in which to work, and then the training season is advancing to that stage where it is necessary for recruits either to be showing some stuff or preparing to surrender the meal ticket.

Kuck will do the twirling for the locals, and there will probably be some changes in the infield. Manager N. K. Williams will have his squad divided during the day. He will have one team at Milton for a game there, while the other team meets the Bucks here.

The game here will be called at 2:30 and the regular price of fifty cents admission will be charged.

SPORT BULLETINS

USE MANY PITCHERS.

SALT LAKE CITY, Utah, April 16.—(A. P.)—Salt Lake won yesterday's game, 13 to 11, when Pitcher Hollis Thurston knocked the ball over the fence in the 11th inning with one on. Previously the clubs had both batters on the ball hand, each making 13 hits. Seattle used four pitchers and Salt Lake three. Jourdan and Lane also hit home runs. Seattle, making three in the eighth and one in the ninth, tied the score.

BOSTON BEATS BROOKLYN

BOSTON, April 16.—(A. P.)—In a free-hitting game interrupted by showers, Boston defeated Brooklyn, 6 to 5, in 10 innings yesterday. Foye tripled twice and Nicholson, who hit safely each of the four times up yesterday hit safely his first three times up today.

Dempsey in N. Y.

NEW YORK, April 16.—(A. P.)—Heavyweight Champion Jack Dempsey arrived here today from the west to begin training for his contest with Georges Carpentier in New Jersey July 2. Dempsey said he weighed 191 and would begin active preparations for the bout as soon as the definite site was announced. He will lead up to this work during the next two weeks at the home of Freddie Welsh, where he will play golf and do light outdoor training, including long walks.

BECOMES AMERICAN CITIZEN.

CHICAGO, April 16.—(A. P.)—Count James Miotto, a son in law of Louis F. Swift, the packer, was made an American citizen in the federal court. Miotto was in trouble during the war. His name was mentioned in connection with pro-German activities.

CANADIANS DROP CONTEST

SALEM, Ore., April 16.—(A. P.)—The Regina team of the Western Canadian league, in training here, lost to the New York Colored Giants yesterday, 3 to 2. Batteries—For Regina, Solvan, Henning and Snyder; for Giants, McNair and Ray.

PORTLAND LOSES

SACRAMENTO, Cal., April 16.—(A. P.)—Sacramento defeated Portland here, 4 to 2, in the fourth game of the series. The game was close but featureless. The Beavers gathered seven bingles off the delivery of Fittery in the first three innings, but after that he held them to one hit.

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At Milwaukee 7, St. Paul 4.
At Louisville 9, Toledo 5.
At Indianapolis 7, Columbus 5.
At Kansas City-Minneapolis, rain.

TOOK TEN OUT
ST. LOUIS, April 16.—(A. P.)—Cleveland made it two in a row today by defeating St. Louis 10 to 4. The champions drove Davis and Hayne from the box.

KNOCK PITCHERS OUT
CHICAGO, April 16.—(A. P.)—A seventh inning rally by Chicago in which Riviore and Kircher were driven off the mound enabled the locals to come from behind and make it two straight from St. Louis, 11 to 4. A lightning double play by Helloch, Terry and Grimes prevented St. Louis scoring on him in the eighth.

PITTSBURG IS VICTOR
CINCINNATI, O., April 16.—(A. P.)—Poor playing by Cincinnati in the sixth inning today permitted Pittsburgh to score three runs and a 3 to 1 victory.

GABBY GOES TO U. OF I.
MOSCOW, Idaho, April 16.—Charles Gabby, until recently herdsman at Washington State college at Pullman, is now herdsman of dairy cattle at the University of Idaho here. Gabby is a specialist in the breeding of Holstein cattle and is said to have set some high records at William Beal farm at Tillamook.

NEW PROFESSOR ARRIVES.
MOSCOW, Idaho, April 16.—Major F. A. Siano, until recently on duty at Portland, Ore., has arrived here to join the staff of the University of Idaho military department as assistant commandant, taking the place of Major Harrison who left recently on an extended vacation.

Major Siano served 18 months overseas with the 28th infantry of the first division. Colonel F. B. Christman is head of the University of Idaho military department.

BARRY IS ACQUITTED
PORTLAND, April 16.—(A. P.)—Joe Brady, who was arrested on January 24 was freed today after the jury returned a verdict of not guilty of the charge that he picked up \$35 which Roscoe C. Nelson had dropped on the street following a telephone conversation with a purported burglar offering the return of a stolen engagement ring. Nothing came out to indicate that Brady had anything to do with the "talkative burglar" or "shadow."

There is a movement among church associations of Pittsburg to oust rent gougers from membership.

ROGUE RIVER HAS FROST.
MEDFORD, April 16.—(A. P.)—Frosting is general this morning in the Rogue River valley. The mercury minimum is 26.6.

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| Wesson's Oil, pints 35c; quarts 65c; 1/2 gallon \$1.20 | |
| Lard No. 5 \$1.25; No. 10 \$2.25 | |
| Red Mexican Beans, 4 pounds | 25c |
| Tomatoes, 2 cabs | 25c |
| Blue Karo Syrup No. 5, 50c; No. 10, 90c | |
| Red Karo Syrup No. 5, 50c; No. 10, 95c | |
| Tea Garden Assorted Preserves, 1 lb. glass | 50c |
| Olympic Pancake Flour, large size, 3 lbs and 6 oz., each 35c, 3 for | \$1.00 |
- Be sure when you buy to receive the large size.

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Can you plow an acre an hour day after day at a cost of Fifty Cents with your horses? Can you seed Fifty Acres a day at a cost of less than Ten Cents an Acre?

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Base Ball Pendleton Bucks

VS.

Moose Jaw

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Round-Up Park

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