

# THE GOOD TRUST GUARDING THIRTY THOUSAND COLLEGIANS

RISE of the New England School of Coaches, of Whom "Mike" Murphy Is the Dean, and How Its Members Have Discovered and Developed Athletic Marvels.



MICHAEL C. MURPHY  
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ON the Massachusetts athletic trust the track and field destinies of more than thirty thousand collegians balance. Another ten thousand or more members of amateur clubs look for their physical betterment, for personal or public competition, to offerings of this organization that exists without papers of incorporation or anything more binding than the quietly announced slogan, "He's one of us."

In an eastern district of the Bay State, that a robust man could cover in a day's walk, the athletic trust was born thirty years ago. It is still growing. Its potency now draws to the headquarters of the trust glories of athletic achievements from coast to coast, and from New Orleans to the Canadian line. Through its agents the trust's power has been felt abroad in Olympic and other games.

Originally a one man power, with "Stocky" Murphy, of those days—the present "Mike" Murphy—as Tsar, it has never loosened its grip on the amateur athletic situation. An aspiring coach may pass muster without the "O. K." of the trust, but if he has it there is higher hope for the future. To gain that never failing indorsement "He knows the game" an applicant must first weather the chills of the trust and warm the masters that control it by "showing something." That "something" is real ability. But being a New Englander gives the applicant an allowance of fifty percentage points before he is put to the test.

"It just happens so" was an expert athletic adviser's answer when the writer asked why that district within forty-five minutes from Boston produced the world's foremost athletic coaches and trainers. But there's a story of loyalty to the dean of coaches, Michael C. Murphy, of the University of Pennsylvania, and of much hard work along ambitious lines in the careers of the chief figures.

In the early eighties New England was the home of the professional athlete, and nearly every one of the members of the trust has been a money chaser with his own borrowed spurs. Professional sprinters were more plentiful there than in any other section of the country, barring, possibly, portions of Pennsylvania.

For a decade the sport thrived. But the speculative interests eventually brought about its decline. At the height of the foot racing era for cash, "Stocky" Murphy, "Pooch" Donovan, now coach at Harvard; "Johnny" Mack, of Yale, and scores of others who do not have any standing with the trust were active. Working in hayfields for weeks to establish a rivalry in some small town where horse races with rival fire companies were the leading attractions to the sport loving natives; driving a coal wagon and eventually being invited by some "unknown" friend to get off the seat and run against some athlete with more backing than sprinting power; keeping right on running and going over the high fence enclosing some track after defeating the local sprinting idol are experiences that some of the members of the trust have forgotten in the more dignified careers that opened to them.

On the Natick (Mass.) Hook and Ladder team of the early eighties were "Mike" Murphy, "Pooch" Donovan, Keene Fitzpatrick, "Johnny" Mack, "Sid" Peet, now trainer at Andover; "Steve" Farrell, coach at the University of Ohio, and "Piper" Donovan, fastest of all professional sprinters when at his best. That team was a world's champion. From it Murphy went to Yale as a trainer, bringing with him as an assistant "Pooch" Donovan.

Persistence, coupled with the hardest of work, made this coterie of muscular New Englanders valuable from their first attempts as coaches. There is not a man in the list who has not trained harder and more conscientiously than a majority of present day champions. In the professional ranks there was no loafing in the camps. Near the town of Natick was a road house where several of the money seekers trained between races. There the daily routine was a ten or twelve mile walk before breakfast, more road work and outdoor exercise until noon. Then a light lunch and a handicap meet in the afternoon.

The handicaps were mutually agreed upon and each man put up his own money and ran for it as if there was not another chance for "cats" in sight. When some of this little group entered the college athletic world as coaches they did not instruct from a book or give advice from an arm chair. They continued to work and have been at it ever since.

In one of the largest of the Eastern universities is a coach who would not address students upon the subject, but who could tell of one small day's work that he did as a professional athlete. Left penniless in Boston by a follower of the sprinters who was faster on the "getaway" with coin than the runner himself, this now famous coach went to the Faneuil Hall market and worked from seven o'clock in the morning until noon as an assistant handler of sides of beef. He needed the dollar that was promised, because that afternoon he had an engagement in a 135 yard handicap in a town forty-odd miles away. But the butcher had gone for the day, with instructions to have that "young fellow with the sunburnt arms" come around the next morning.

Travelling "jacob" precluded the chances for a "touch" on the part of the sporting men in Boston, at that time more numerous than now, so this determined athlete pleaded with a friend on a train for permission to "stoke" his way. And he won that chance. Then he had little else to do but walk two



J. NORMAN LYND

"I Want Pie!" Insisted Chase.

and one half miles to the fair grounds and borrow spikes and trunks from an awed amateur. He finished second from the four yard mark, pocketed \$75 and was in the market in Boston next morning to earn another dollar. "Small wonder that men of that spirit can succeed," commented a kindly college instructor, who, up to the time of hearing that story of sheer grit, "never had much use for those runners and jumpers."

"Mike" Murphy's Start.

Of the returns that have been written and the countless stories told of "Mike" Murphy's start as a coach (trainer they termed him then), none ever gave a version that was told the writer by the late "Pat" Hurley, of Worcester, Mass., one of the noblest of men and a devotee of sports, who was in the thick of all contests as a backer of professionals, a friend of amateurs in all lines and a veritable encyclopaedia of facts.

In those days of more than twenty years ago, "Mike" Finn, now a minor league baseball manager and scout for big league teams, including the Giants, was the fleetest professional sprinter in the New England section from which the present athletic trust sprouted. One day he displayed a letter from New Haven asking him to act as trainer and instructor there. Finn laughed derisively when he read the figures, and then, jokingly turning to a group of athletes, said: "Let's send 'Stocky' Murphy." Because Murphy was not a champion among them there were rounds of jeers. "Never mind that," retorted Finn, "that fellow has got a head on him that will get him more some day than our legs will." And that set Murphy on his way to the highest notch ever attained by a conditioner and instructor of athletes in all branches.

In a house presented to him by men who appreciated all that he has done for college athletics, especially for the University of Pennsylvania, "Mike" Murphy can now recall early days with the grim satisfaction of realizing that he gained by hard work unapproached eminence in his profession. He prescribes the same kind of medicine for ambitious athletes, but he knows the dose best adapted for each. As a recruiting officer in the army of young athletes Murphy is supreme. Material, partially moulded, is turned over to him annually because athletes want him to put on the finishing touches.

While coaching the Detroit Athletic Club Murphy showed his rare talent as a trainer, in that athletic parlance is "digging up a gem." John Owen, a member of the club, was playing tennis one afternoon when Murphy, in his methodical way, leaned over to watch the movements of the players. The action of Owen looked promising to Murphy.

"Mr. Owen, why don't you be a sprinter?" he asked, while the players were wiping off perspiration between sets.

"I?" returned Owen. "Why, I couldn't run a lick."

But Murphy insisted, and from that seeming guess-work selection of a future great was developed John Owen, the first amateur sprinter to cover one hundred yards under ten seconds. Owen's time was 9.43 seconds.

While training the American team at Travers Island in 1895 for the international games with England's best athletes, "Mike" Murphy received as pupil "Steve" Chase, of Dartmouth College, a hustler whose records still adorn athletic almanacs. Chase reported just in time for the evening meal and confessed that he was hungry. After all the other athletes had left the training table, Chase lingered. Finally "Mike" Murphy asked, "What's the matter? Are you still hungry?" "I want pie," insisted Chase. "We don't have it here," said the trainer as he walked away to laugh in solitude.

In a flash Murphy realized what few of the old school of trainers ever would. Chase had undoubtedly been eating pie in New Hampshire and breaking records on it. Going to the kitchen, Murphy got a large cut of apple pie and returned to the dining room.

Chase had disappeared, but on the club house veranda there was a commotion. Murphy hurried there and saw members of that wonderful athletic combination importing Chase to stay, but that insistent young athlete had already put his baggage aboard the "box" running to the railroad station and was importuning the driver to hurry.

The spectacle of the world's greatest athletic coach running down the roadway with a piece of pie deftly balanced on a plate, all the time calling, "Here it is,



BERNARD WEFERS.  
Pictorial News Co. Photo.



JOHN F. MOAKLEY.

Chase. I got it for you!" is one that gives an insight to his tact. Of course, Chase came back and was a world beater, and on pie, too.

One of the cardinal points in Murphy's system of coaching is his never failing system of getting thoroughly acquainted with every athlete in his care. He is the originator of the now generally accepted belief that an athlete is only human. Under his system the old idea of athletes being stunted and worked like mules was banished. "Training with weighted shoes or running uphill in rubber boots were old methods that were put into the discard. Light shoes for sprint racing and heavier ones for workouts are enough."

After a Yale-Harvard dual meet, a few years ago, James E. Sullivan, then president of the Amateur Athletic Union and referee of the games, asked a college authority what he considered the most striking feature of the meet.

"The way that man Murphy handles his athletes," was the answer. "Did you notice that after being barred from the field the Harvard coach sat in the grand stand, while Murphy went to the training quarters of the team? That man will be training big college teams as long as he wants to."

The other coach is no longer connected with intercollegiate sports.

In his first year out Murphy removed from college athletics all the objectionable features of professional coaching. He made it plain to every athlete who came under him that a clean body and mind had as big a part in success as muscles. When members of the alumni who had been brought up in an earlier era of coaching realized that their boys were being bettered morally as well as physically Murphy's power came to be recognized. And then came all those success stories at Yale and Pennsylvania which the public at large knows of, probably without giving a thought to the ability of the man who made it possible for athletes to be hard fighters and gentlemen through it all.

### Loyalty in the Trust.

This leads up to the loyalty to "Mike" Murphy that other members of the trust have shown. By being the pioneer in the clean-cut system of professional coaching, Murphy became the man to whom all seekers for trainers or coaches looked for advice. Naturally enough, he remembered his comrades of professional foot racing days. To those he considered worthy for the handling of thousands of growing young men he gave no advice excepting, "I could not give you a recommendation until you showed me that you could handle yourself. Knowing about athletics is not everything a coach ought to possess."

Thus the athletic trust becomes a character building inducement in the nation.

"Bernie" Wefers, who as coach at Columbia and the New York Athletic Club probably is brought into contact with more young men than any other coach in the country, was developed by Murphy. In 1885 a raw boned youth from Lawrence, Mass., with a letter of introduction to "Mike" Murphy, joined the American athletes at Travers Island. It was Wefers, and he was greeted with "rubbish" talk by his team mates. Murphy knew in a day's observation that Wefers "had the stuff in him" and despite criticism kept at work on him. On the day of the meet it was Wefers' victories in the dash that

saved the day for the American team. Wefers was the most consistent one hundred and one hundred and twenty yard sprinter the world has ever known. He never had "off days." More than thirty times he covered one hundred yards in 9.4-5. On the solicitation of his fellow townsmen "Patsy" Donovan, then manager of the St. Louis National League baseball team, Wefers tried, almost on his speed alone, to be a big leaguer. But Wefers was quicker than his manager to recognize the difference between running on a diamond and on a track.

"On the theory that 'it takes a great sprinter to make one,' Wefers' output should be a large one. There are two features that hamper the carrying out of this. In the New York Athletic Club a majority of the athletes have been in other coaches' hands and are practically matured in athletics. At Columbia, where he has more than seven thousand students to draw upon, conditions are not conducive to best results. Going to the college is one big event in a man's life, and visiting New York for the first time is another, neither of which makes for best athletic effort. This may not apply to natives who are students, but the white lights are burning every night for all.

"Pooch" Donovan, brother of "Piper" Donovan, who was credited with one hundred yards in 9.3-5, as a professional, was himself a sprinter of some earning powers. Before being drawn to Harvard Donovan coached many minor organizations and military teams. At Worcester Academy he had in charge Arthur P. Duffey, a boy of short stature, but "cut high," as coaches say in referring to the length of an athlete's legs. Duffey's style was changed completely by Donovan, and upon advice that Donovan hammered into him daily Duffey became the fastest amateur sprinter in the world. Donovan is one of the keenest men in athletics. His own temperament suggests action.

In conditioning athletes Donovan has an advantage over coaches whose personal experience has been in track and field events only. "Pooch" played football and can still don tugs and speed around the ends in a way that makes some of the younger fellows envious. He played baseball professionally as a New England leaguer. As a professional sprinter Donovan did not possess the wonderful speed of his brother "Piper," but, as many old time followers of sprint racing often said, "You can't beat that Donovan combination in a race. Piper's legs and Pooch's head."

From Donovan's home, Natick, Keene Fitzpatrick migrated into the field of professional coaches. He was another protégé of "Mike" Murphy, and when Murphy left the Detroit Athletic Club to take up duties at Yale it was Fitzpatrick, another sprinter, who took charge of the Michigan athletes. On Murphy's move from New Haven Fitzpatrick again followed in the path of the veteran coach and became Yale's man behind the athletes. Later at Michigan Fitzpatrick put that university on the athletic map in bold type by its development of track and field athletes and careful conditioning of football teams that "Hurry Up" cost coached.

### "Jack" Moakley, of Cornell.

Fitzpatrick is very discreet in speech and in training. He never overworks athletes, but when he gives orders there is no one to doubt whether he really means what he says. In taking up the responsibilities attendant upon coaching Princeton, Fitzpatrick did so with the full confidence of the alumni. "He may not do wonders in one year or two, but eventually there will be a system at Old Nassau that will count for something in the intercollegiate meet," declared a prominent alumnus. He had in mind Fitzpatrick's record at Michigan, one item in that list of achievements being especially conspicuous—the development of John Garreis as one of the greatest all around athletes and football players of recent years.

At Cornell there have been many student debates in the dormitories on the question whether "Old Man" Courtney, or "rowing fame," or "Jack" Moakley has done more to bring the Ithacaus into the front ranks of the college world of sports. Moakley is a South Boston boy, who absorbed foot racing lore and was a very creditable middle distance runner, but never prominent as a professional. He had that admiration for "Mike" Murphy which seems to crop up with all the athletically inclined section. From an in-



WILLIAM F. DONOVAN  
Pictorial News Co. Photo.

JOHN H. MACK.  
Pictorial News Co. Photo.

structor in public playgrounds he blossomed into the largest flower of a great gathering of athletic "poes" when he put Cornell at the top year after year as leader in cross country and other distance running.

When Moakley was asked to what method he attributed the success of Cornellians in distance running, he promptly answered, "Why, the very location of Ithaca tends to make young men rugged. Climb those hills is the best kind of training."

But there's more than that to the Cornell system, at the big hub in the wheel is Moakley. He has a distinctive plan. All the year round his cross country runners are being groomed. During a dual meet Ithaca a few months ago an official from New York who was on Cornell field for the first time was invited to see half a dozen men jogging out of the house and away from the grounds.

"What are these fellows doing?" he asked, "those are some of the cross country runners getting ready for next fall," volunteered a native.

And while the intercollegiate cross country championships are being decided next fall likely as not there will be a group of young wearers of the red and white plodding over the hills of Ithaca in a preliminary workout for the distance runs of 1912.

Moakley's athletic sensation of the recent college year was John Paul Jones, the mile runner, who established a new world's amateur record of 4m. 15.2 lowering by one-fifth of a second a mark made Thomas P. Consett in 1895. Of Jones it has been said that he was advised never to run because of a tendency to frailness. But once in Ithaca the building process began and Jones was strengthened in cross country running that started with the slowest jog. To-day Jones can run the last quarter of a gruelling mile race at a pace that would make a quarter miler who picked him up at the three-quarter pole cave in before reaching the tape.

The Murphy system was established at Yale by "Johnny" Mack stepped in, but no coach outside trust could have taken up the work and carried it along the original lines as well as Mack has done. He is one of the professional sprinters who came after Murphy's time, but he had the same little trick schooling in athletics.

Mack was a sprinter who believed that a hundred yard race was never over until the tape had been breast. Although an adept at starting, on several occasions, owing initially to an injured tendon, he was a trifle slow in getting in motion. Then some of the men in front considered the race already won that last nerve pulling, muscle pleading fifty yards Mack would bound to the front and make a race the tape that usually brought him inside the mark. That same kind of spirit is credited to Yale, and accounts for the present show of confidence in Mack's methods.

"Tommy" Keene, at Syracuse, and Frank M. Kelly, at Massachusetts Institute of Technology, others of the Bay State group of successful coaches. Keene was a professional sprinter who competed in and in the Sheffield handicap in England with its measure of success. Keene's personal double competition was as a distance runner, and he was to a few years ago one of America's best. As one of the younger members of the trust Keene is growing rapidly in power.

Frank Gormley, a Boston man, is at the head of Young Men's Gymnastic Club, of New Orleans, leading organization in the South in athletics. coach there he handles hundreds of athletes from Southern colleges. "Joe" Riley, another man from the Hub, is coach of the Kansas City Athletic Association.

The city of Worcester, in which "Mike" Murphy known to every one who ever had even the slightest touch of the athletic fever, has a little group of coaches that have been remarkably successful. J. P. Powers, one time holder of the all round amateur championship, has coached Notre Dame University and Holy Cross. He is now at Worcester Academy. "Tom" Holland, one of the old guard of professional foot runners and a pupil in the Murphy school, been a winner at Northwestern University in Chicago, at Notre Dame and at Holy Cross College.

Martin Delaney, brother of "Jere," a professional distance runner of note and a skilled coach at Erie and Iowa University, is himself deep into athletics. The Middle West, being in charge of the track of Chicago Athletic Association and many colleges during the summer months. The O'Connor brothers, "Charlie" and "Eddie," both clever and fleet as their sprinters and both fast up to the half mile, have made the rounds of the minor colleges of New England.

### "Nothing But Praise."

When the attention of James E. Sullivan, of the chief figure in the Amateur Athletic Union, and by virtue of his position a man who has always been identified with intercollegiate sports, was called to the attention of the trust it is the only one in the world that there is nothing but praise for. A fine body of men in that list, I tell you! Why, every one of them has been a worker from boyhood. Their moral influence has been so great that I know personally at least score of fathers who have told me that men have been made out of their boys by the training they have under some of these coaches.

"Yes, they are all round coaches, not special. Yale has great pole vaulters because athletes run groups, a sort of follow the leader style. When Albert and others were at Yale they were looked up by younger athletes, and the latter aimed to become like their pole vaulters. That accounts for the present crop of Yale point winners in that event in recent years. As Harvard there was a time when fast quarter mile came forward year after year; at Dartmouth, following the career of Chase, came other great hurdle Cornell has been without a peer as a developed distance runner."

"When Dartmouth College scoured all New England for a coach who had not been contracted for by any other college a member of the Athletic Commission asked me to recommend a coach. I had several in mind, but conditions surrounding others brought me down to Harry L. Hillman. I told my friends to engage him, not with the idea of having him win a winning team in a year or two, but with the thought always in mind of building up the trust. I said that Hillman had been coached by 'Mike' Murphy and had always been a keen student of the game. In short, I said that he came nearer to the type of leaders among these men you have in your list than any man available. Remarkably strange that, all the interest in athletics, the fact that the trust led in the development of college athletes comes to that one little spot that a man's thumb could cover on a wall map has never been noted until now."

Next, "Genesis of Football and Its Wildfire Spread."