

TRACK ATHLETICS IN DETAIL

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Track Athletics in Detail by Anonymous

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ANONYMOUS

**TRACK ATHLETICS
IN DETAIL**

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TRACK ATHLETICS IN DETAIL

by F. G. Hart

COMPILED BY THE
EDITOR OF "INTERSCHOLASTIC SPORT"
IN
"HARPER'S ROUND TABLE"

*Illustrated from
Instantaneous Photographs*

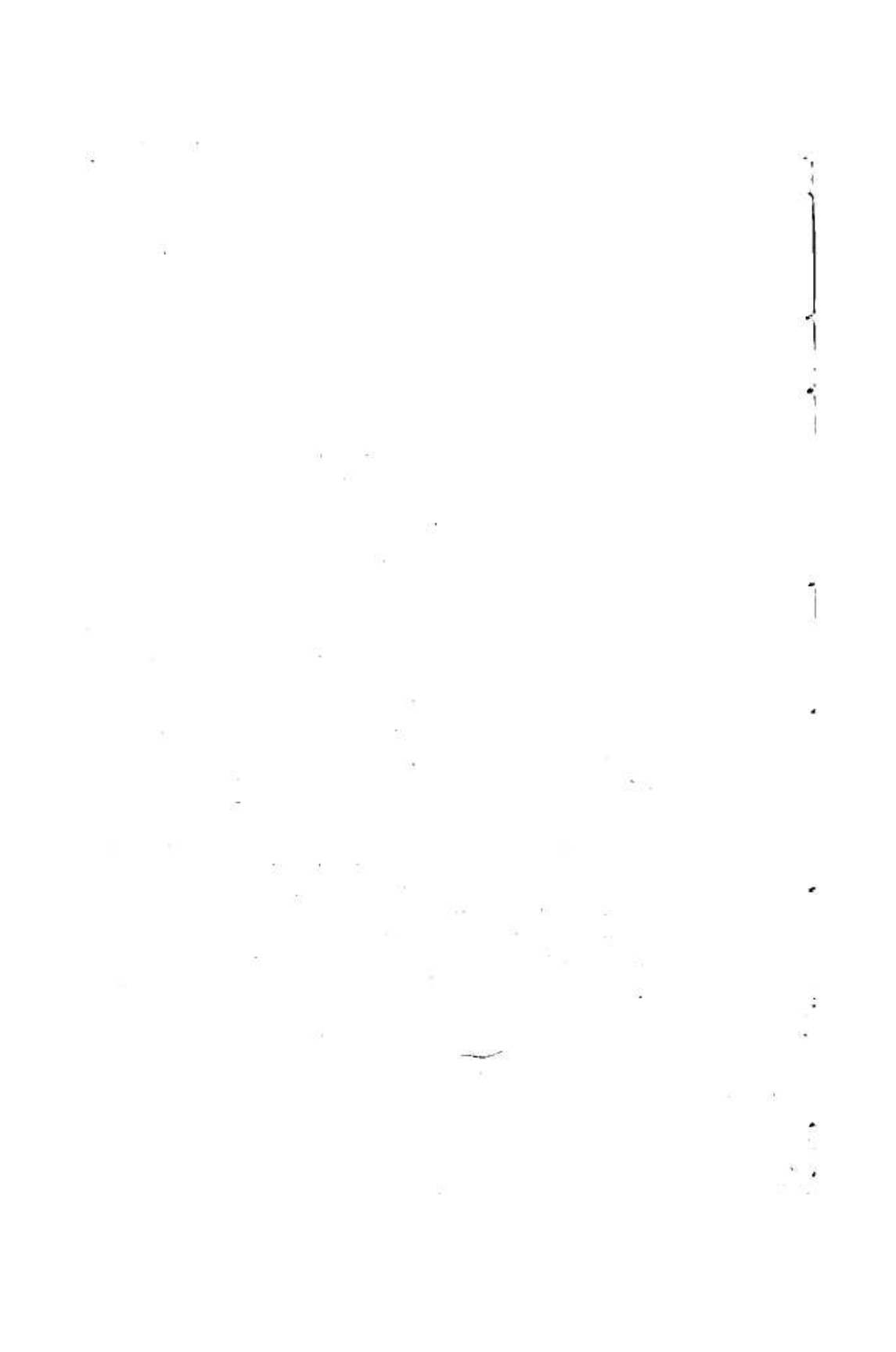


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INTRODUCTION

In the following descriptions of track and field sports it has been assumed that the reader is more or less familiar with the subjects treated, and cognizant of the minor technicalities of athletic work and phraseology. These papers are not intended to convey information to the layman of sport, but rather to aid and instruct the young athlete who is so situated that he cannot secure the personal training and instruction available to those who live in large cities, or who attend schools and colleges where physical instruction forms part of the regular work.

A majority of the illustrations are direct reproductions from photographs taken of the best and most experienced exponents of each special event, and the accompanying text has in most cases been revised by the athletes represented. In this way there is offered to the reader the clearest possible explanation and description that can be obtained of the standard athletic events, and every one who follows the directions and suggestions offered may

feel confident that he is working along the right track, and that when he eventually secures the assistance of a trainer he will not find it necessary to start again at the beginning and unlearn all that he has hitherto looked upon as the correct method.

Because of the widespread interest in the bicycle, it has seemed advisable to add a chapter on bicycling for men and one on bicycling for women, and a few hints and suggestions on the care of the wheel. The extracts from the A. A. U. rules are used by courtesy of Messrs. A. G. Spalding & Bros., and are taken from the official hand-book of the Amateur Athletic Union.

TRACK EVENTS

