

Sports

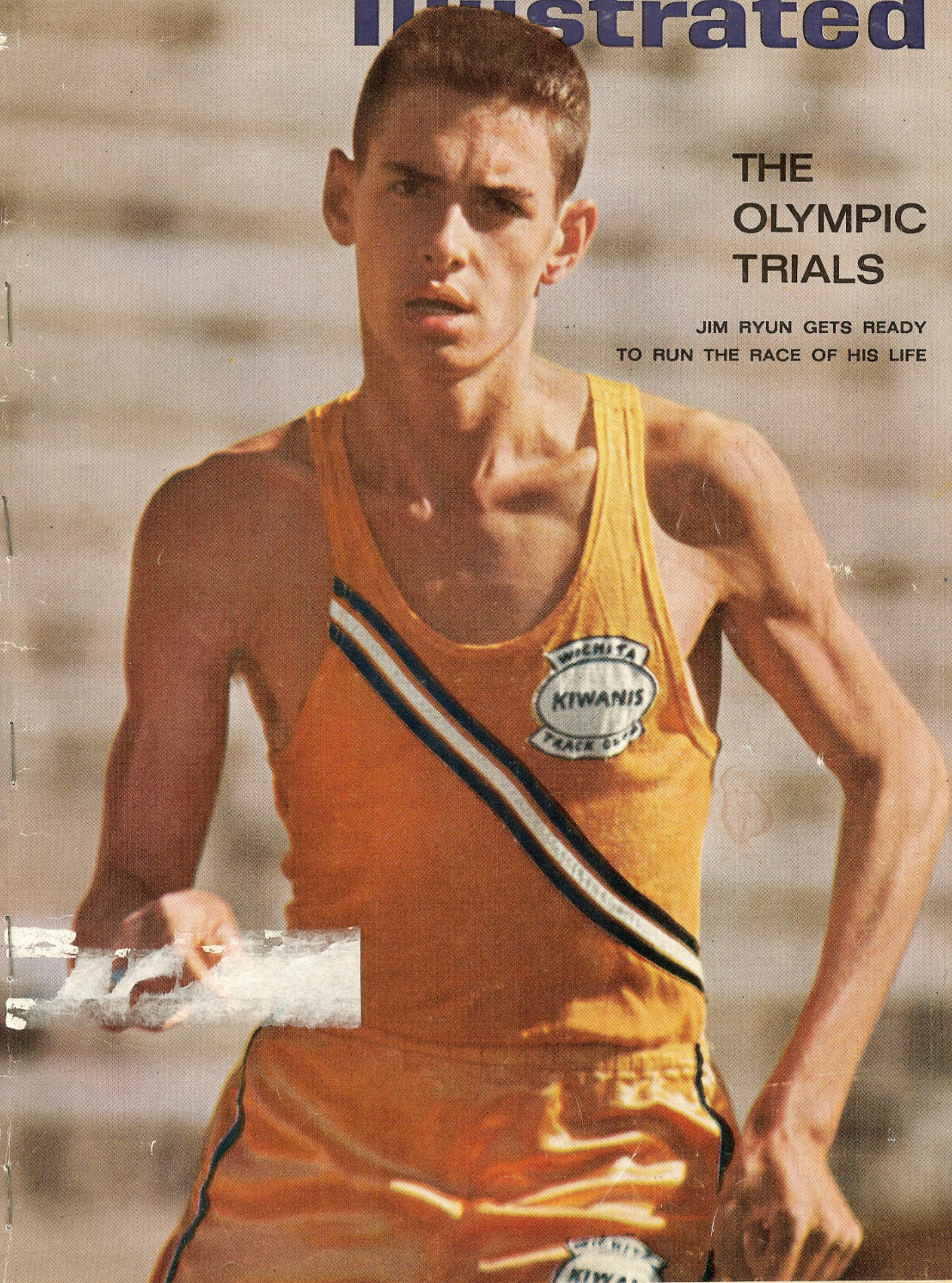
SEPTEMBER 14, 1964

30 CENTS

Illustrated

THE OLYMPIC TRIALS

JIM RYUN GETS READY
TO RUN THE RACE OF HIS LIFE



A Kansas boy with a man-size task

This week in Los Angeles, 135 athletes will be competing for 60 positions on the U.S. Olympic track and field team. Some of them—such as Dyrol Burleson, Bob Schul and Henry Carr—have already clinched a spot on the team, provided they are still in good shape, by virtue of their victories in the Olympic trials in New York last July. Others, like Tom O'Hara, Fred Hansen and Gerry Lindgren, are almost certain of making the team. Then there is a third group, those who may—or may not—be just a step behind the others. One such athlete is 17-year-old Jim Ryun, a 1,500-meter runner who until two years ago had never run a race.

Last June at Compton, Calif. Jim Ryun, a tall, quiet, loose-limbed youngster with a flattop haircut (*see cover*), finished eighth in a one-mile race. This apparently unspectacular result nevertheless prompted the winner, Dyrol Burleson, to remark: "There was nothing unusual about my victory. The entire story was back in eighth place. There is simply no way to imagine how good Jim Ryun is or how far he will go after he becomes an adult. What he did was more significant than Roger Bannister's first mile under four minutes."

What Ryun had done was run a mile in 3:59 only six weeks after his 17th birthday. It was the first time in history that a high school boy had broken four minutes. In doing so he achieved one of the two goals that he and his coach at Wichita's East High, Bob Timmons, had set for him earlier in the year. The other was to make the 1964 U.S. Olympic team, running in the 1,500 meters. This week young Jim Ryun will get his chance.

ON A LONELY ROAD in his native Kansas, young Ryun trains for his day in the spotlight.

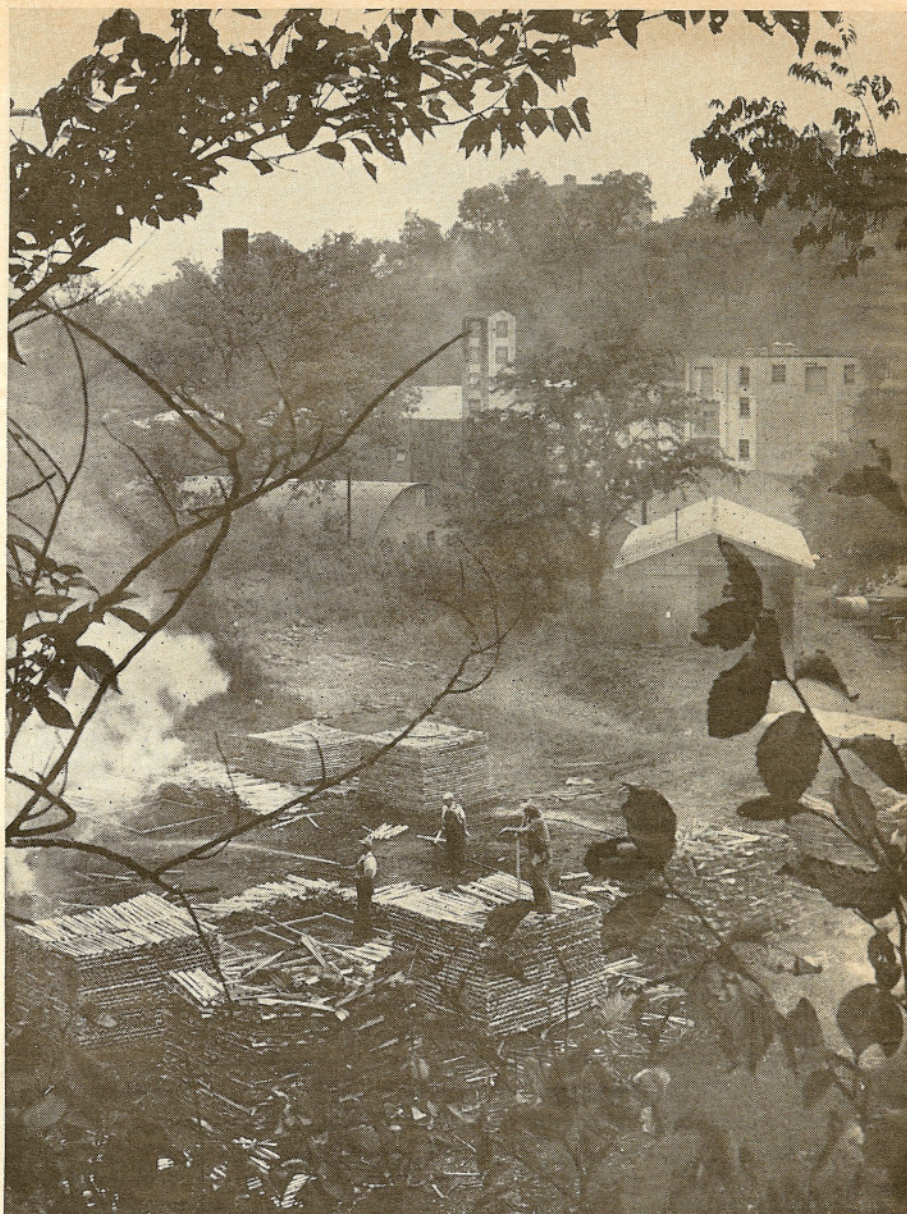
It will not be easy. Ryun has never beaten Burlson, nor has he beaten Tom O'Hara or Jim Grelle. However, when he ran the 1,500 in the national AAU meet in late June, he finished fourth in 3:39, just a 10th of a second behind Grelle. Ryun has beaten Archie San Romani Jr. and Bob Day, who will also be trying for an Olympic berth, but they have beaten him too. It is obvious then to both Ryun and Coach Timmons that to make the team, Jim must run the finest race of his young life.

Finest does not necessarily mean fastest. Ryun thinks Burlson, with his tremendous finishing speed, quite likely will prefer a slow race ending in an all-or-nothing dash to the tape. O'Hara, Ryun believes, will set a fast pace all the way. That is what Ryun hopes will happen. A fault apparent so far in Ryun's brief career is his inability to recover speed after he tires. In a 100-yard sprint for the finish, he might be left behind, but both he and Timmons figure that in what they call a "quality mile," one that is fast all the way, Jim should have as much strength left at the end as anyone.

Ryun has been in strict training for his big race since mid-August, when he left home in Wichita and went to Lawrence, Kans., site of the University of Kansas. He has been living there with Timmons and his family—Timmons has been made assistant track coach at Kansas, a move the university hopes will attract Ryun—in a pleasant, relaxed atmosphere. Jim says very little, but in the company of close friends such as the Timmonses he shows a sly, low-key sense of humor. Recently, when asked if he liked the meals Mrs. Timmons was serving, Ryun said: "I have no complaints. The only things I don't like are cucumbers and"—stopping to let the effect mount—"coaches."

Ryun does not limit his terseness to the spoken word. He keeps a diary but in it are found none of the customary references to girls, the Beatles, secret dreams or dashed hopes, no exulting at success. Here is the complete entry for June 27, written after the national AAU meet: "I feel great. I have that funny feeling that I can win. Easy striding until

continued



JACK DANIEL'S HOLLOW is an especially good place to make Tennessee whiskey and Charcoal Mellow it to a rare sippin' smoothness.

We have a cave with a pure limestone spring running out of it at 56° year-round. We have good neighbors who bring us fine grains. And we have a rickyard backed up to a steep cliff where we can rick-burn hard maple charcoal to gentle our whiskey. So, we can tell you, the Hollow is a good place to make Tennessee whiskey. Friends of Jack Daniel's can tell you most any place is a good place to sip it.



CHARCOAL
MELLOWED



DROP



BY DROP

© 1964, Jack Daniel Distillery, Lem Motlow, Prop., Inc.

TENNESSEE WHISKEY • 90 PROOF BY CHOICE

DISTILLED AND BOTTLED BY JACK DANIEL DISTILLERY • LYNCHBURG (POP. 384), TENN.

loose. Then a few calisthenics until loose and a few sprints. Mentally I'm ready. I placed fourth in 3:39 flat. I was under old American citizens' record. Easy striding to warm down."

Then, the entire entry for the next day: "Ran five miles at a good pace on school grounds."

On June 5, after becoming the first schoolboy to break four minutes in the mile, this was all Ryun had to say: "Ran mile at Compton in 3:59 flat. Did striding and sprints. My warmup was not good, and I was bumped off the track."

Those entries reflect a central fact about Ryun: at this stage of his life he has only one consuming, passionate interest—running—and nothing else has ever engaged so much of him. He has never cared particularly for other sports. He has never collected stamps or robbed birds' nests. He likes girls, but he has never gone steady. He does attend the Church of Christ faithfully, twice on Sunday and every Wednesday, but unlike many youths he goes to church solely as a matter of faith, having no interests in church-centered secular activities for young people.

But intense as it is, Ryun's interest in track has been acquired so recently that Timmons thinks one of the most important steps in preparing Ryun for the Olympic trials is to make him comprehend the importance and the significance of the Olympic Games themselves. Ryun readily acknowledges that in 1960 he cared nothing about the Olympics simply because he was only 13 and had never heard of them.

It was not until the spring of 1962 that Ryun, then attending Curtis Junior High School in Wichita, had a try at track. Since he lacked sprinting speed, he went out for the longest available event, the 440-yard dash, but his best time of 58.3 was hardly spectacular. The next fall he entered East High and again went out for track. He impressed no one immediately, least of all Coach Timmons.

"I didn't even know how to spell his name for the first part of the season," Timmons recalls. "I thought it was Ryan or Rhine or Rhone or something like that. So did a lot of people for a while. But somewhere along midseason he worked his way onto the B cross-country team, and when we went to Shawnee Mission for an invitational meet, Jim took first place. After that he moved quickly up to the A squad, and about a

month later he placed sixth in the Class A state meet."

Within five months Timmons realized that he had the makings of a real star. Jim won the second competitive mile he ever ran in a respectable 4:26.4.

"After that race," Timmons recalls, "I took Jim aside and told him that eventually he would be a four-minute miler, and that I hoped he would be the first high school boy to break four minutes. But you don't just happen to reach a great goal. You plan, you work. From that second meet on, I urged Jim to think not like a high school sophomore but like a four-minute miler."

Timmons, a short, energetic man, laid out a strenuous routine for Ryun. On a typical day, Ryun would get up at 5 in the morning and carry papers over a 12-block route. Then he would go home, put on running togs and jog at least six miles through the streets. In the afternoon he would work on the track, either before or after delivering his papers. Ryun will not discuss it now, but in his early running days he confided to Coach Timmons that he often grew discouraged, especially on rainy, cold and snowy mornings, running through the streets with no one to cheer him or care, no one to watch him except an occasional early riser who looked upon him as a freak.

As he started to improve, Ryun became desperately fearful that he might give evidence of conceit. In an airplane on the way to Modesto, Calif. in May, he fell into conversation with the stewardess and told her where he was going. By coincidence he encountered the same girl on the way back after he had pressed O'Hara and Burleson and run a 4:01.7 mile, almost two seconds faster than any school boy had ever run the distance.

"How did you do?" the girl asked. "I finished third," Ryun told her, with no elaboration.

Since the Olympic trials early in July, where he finished fourth behind Burleson, O'Hara and Grelle, Ryun has taken it easy just one week—when he ran only 40 miles. He has been doing 106 miles a week since then.

Late in August, Timmons put Ryun through a workout with emphasis on his weakness, speed recovery in the face of fatigue. The session took place late in the afternoon on the track in the University of Kansas stadium, ringed by 45,000 gray and empty seats. It had been

continued



He knows how to relax—does so in Van Heusen Fortrel polyester and cotton. For nearest retailer

Galey



A different new Here's what to e

A different taste. A different Field & Stream is a new aromatic blend of pedigreed Burley and Bright tobaccos—a mild mixture with friendly flavor. A special "top of plugs and more air circulation bowl, so you can enjoy hot smoke.

Try new Field & Stream

90° early in the afternoon, and it was still 87. Already that morning Jim had been up at 7:30 and run six miles over the rolling pasture land and rutted and stony roads near the Timmons' house. He had come back, eaten a breakfast of cereal, toast, milk and orange juice. He spent the morning doing the odd jobs that any accommodating boy without a regular summer job does around the house. He carried in bags of groceries for Mrs. Timmons, put a sickle bar on a small tractor and adjusted a power mower. He ate Swiss steak and drank iced tea for lunch, then watched television in a desultory way. Around 5, Timmons drove him to the stadium. Waiting there to work out with Ryun was Bill Dotson, himself a sub-four-minute miler. Dotson now lives in Lawrence and is preparing for the indoor track season.

Dressed in sweat clothes, Ryun and Dotson began by striding a mile and doing loosening-up exercises. Already drenched with sweat, they stripped to shorts and T shirts and ran four 110-yard and four 60-yard sprints. They followed those with a fast 1,320 and a strided 880. Next they ran two 660s within a four-minute interval, counting the times of the 660s. Then came another strided 880. Next four 330s within three minutes, followed by another strided 880. Now they did six 100s in two minutes and eight 60s within one minute.

At that point Ryun complained of sore calves and asked if the workout could be curtailed. Timmons said no, but promised him a whirlpool bath after practice. "I've a surprise for you," he said. "I'm going to open the gates and let you run a little outside."

At the top of a fairly steep hill, visible through the stadium's open end, stands a memorial campanile. It was at least a third of a mile from the stadium. "Run up there and back four times," Timmons ordered.

With a trace of acerbity Ryun suggested, "You'd better call your wife and tell her we'll be home for dinner at 8:30 instead of 7:30 like you told her."

"Why don't you tell that to Jim Grelle?" Timmons countered. "Maybe he'll send you a postcard from Tokyo." Ryun smiled and bounded off up the hill with renewed speed and determination. Timmons' session on speed recovery was an apparent success.

Ryun runs with a short stride, his knee lift never exaggerated. He is 6 feet

2 inches and 150 pounds and has been described as "a stork in shorts." His legs, not heavily muscled, appear slender but strong. His running is fluid and limber, marred only by his habit of turning his head from side to side as he runs. Timmons is trying to break this habit, reasoning that it uses up energy and that the repeated head motion can lead to nausea.

Ryun so far outclassed his school rivals that only in the last six months has he acquired a body of experience in running against other men instead of against a watch. "He has lacked the initiative to take the lead in a race and that cost him in the first Olympic trials," Timmons says. "He has had trouble stumbling, too. Gerry Lindgren beat him in a two-mile when he fell. He stumbled and fell off the track at Compton. He stumbled at the National AAU—ran too close to the curb. You know Burleson was kind enough to tell him right during the race, 'Jim, run wider, or you'll stumble again.' I'm trying to correct all these things, but remember, Jim's like so many tall teenagers at the awkward stage."

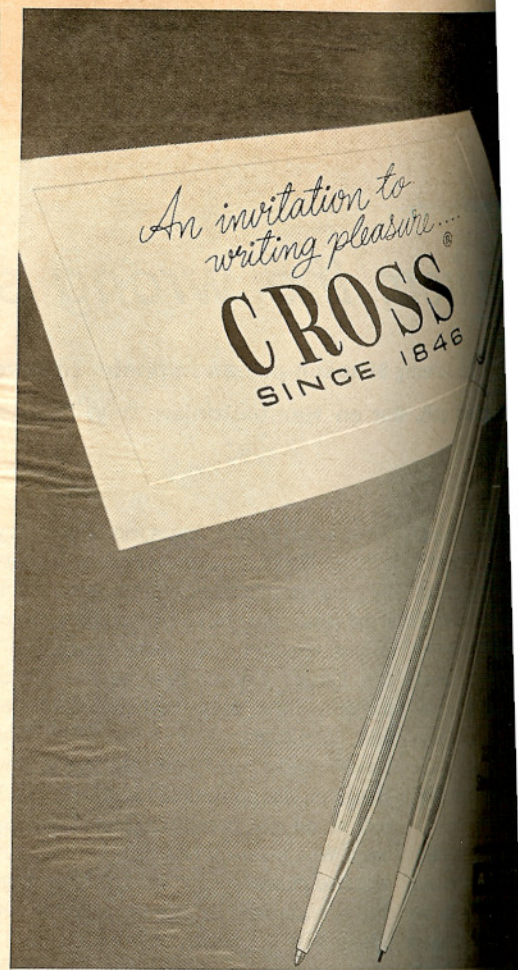
Almost every day in the last few weeks Timmons and Ryun have discussed strategy and tactics for the Olympic trials. They talk about when Jim should make his move if it turns into a slow race and what position he should try to hold if it is a fast one. As the day of the trials approached, Timmons was contending with one psychological problem which beset the coaches of few other Olympic track and field aspirants. Ryun is so young that it would be easy and perhaps natural for him to cherish the belief that if he does not make the team this year, he will probably have at least two more good tries at it. Some well-meaning friends have been telling Jim just that. But Timmons will have none of it. "I've told Jim that a lot could happen between now and 1968 and 1972," he says. "He could get the mumps, be run over by a truck or come up with a bad stomach the day of the trials in 1968 or 1972."

Timmons seems to have made his point. "I'm going to try my hardest for the team this year," Jim said shortly before departing for Los Angeles. "A lot can happen between now and 1968 or 1972. I might get the mumps, be run over by a truck, come up with a stomachache . . ."

Jim Ryun is ready to make his big effort now.

END

continued



**THE
MAN'S
SHOE
WOMEN
ADMIRE**

**CROSBY
SQUARE**

This is the "Duke," wing-tip slip-on for leisurely yet dressy comfort. Style 350-351 in black and brown jutland.

House of Crosby Square • Division of Mid-States Shoe Co.



Photo by Rich Clarkson for Sports Illustrated

Olympic Final 1500-M. Trial: Burluson first in 3:41.2, O'Hara second in 3:31.5, Ryun (No. 4) third in 3:41.9, Grelle fourth in 3:41.9, San Romani fifth in 3:43.0.

GOAL: 4-Minute Mile

Part 2: Jim Ryun's Training Program

THE first article on Jim Ryun (last month) covered his junior high school background, his achievements as a sophomore in high school, and the philosophy underlying the cross-country and track and field programs at Wichita High School East. We're now ready to delve into Ryun's training program during his big junior year (1963-64).

As in many schools, most of our training sessions are based on repeat interval drills. Practice goals are developed not on the basis of a single time trial but by averaging the times of a specific number of repetitions. This, we believe, offers a more realistic approach, as many athletes will

exert a good effort on a single trial but have a tendency to loaf or merely go through the motions in their workouts.

Since no two boys have the same physical, psychological, and ability characteristics, I feel that no coach can predetermine his athletes' potential. For this reason we don't indicate the rate of speed at which we want a runner to practice; the individual establishes this himself by averaging his times for a specified number of drills.

The athlete is encouraged to do his best to improve on that average. Everytime he works on repetitions he attempts to better his previous

best average for that drill. We've developed a scoring system for our repeat interval training that encourages every boy to do his best.

Warm Up and Warm Down. Ryun's warm-up drill is the same for both practice and meets. He strides an easy mile, does 20 minutes of calisthenics, and follows with wind sprints on the grass (4 x 120 and 4 x 60).

The warm-down drill at the end of practice depends on the preceding drills. We have a policy that if the shortest distance run is a 440 or more, wind sprints will be included at the end. Under those conditions, a typical warm down would be one mile of easy striding, 4 x 8 x 120, plus 4 to 8 x 60, followed by one to two miles of easy striding.

Our Weight-Training Program is performed with home-made weights. The barbells weigh either 33 or 50 lbs., while the dumbbells weigh 30 lbs. Our runners have the following drills:

Barbells (33 or 50 lbs.), 2 sets of 20 repetitions: tricep curls, military press, upright rowing, bent rowing, bicep curls, half squats, toe raises, and pull-overs.

Dumbbells (30 lbs.), 3 to 4 sets of repetitions: squat jumps, cable drills (shock cord), simulated running drills (arms and legs).

Swimming Pool. Almost every night during the fall, we end practice with three or four flutter-kick drills on a two-minute interval. These drills have greatly helped to prevent or eliminate shin splints. We've had as many as 100 boys in this massive "whirlpool drill" at one time.

Morning Practice. Jim worked out in the morning from 6:45 to 7:45, since he had an 8 o'clock class. During his soph year, morning practice consisted of striding only. In his junior year, fartlek was done every other morning.

(At present, a specific sprint drill is done every morning prior to school.)

Fall Program. Cross-country practice starts in September and must end with the state meet on the first Saturday in November. Practice is held every afternoon after school, starting at 3:55 and ending at 6:30. Morning practice generally lasts one hour, with everyone being encouraged to work out every morning except on the day of a meet. The regular team practice for Saturday is held in the morning, while the boys work out on their own on Saturday and Sunday afternoons.

Our cross-country squad of more than 100 boys is divided into three

By **BOB TIMMONS**, Coach, Oregon St. Univ. (effective next fall)
(Former Coach, Wichita East High School)

units (A, B, C). The "A" unit is, generally, composed of experienced upper classmen, plus a few top-flight sophs. They do the most work, run fastest, and have the least amount of rest. The "B" unit doesn't do as much work, runs a little slower, and has more rest. The "C" unit does the least amount of work, runs the slowest, and has the most rest.

New boys who come out late are automatically placed in the "C" unit and do half of that drill in the beginning, until they get into condition. As the season progresses, the "C" team advances more rapidly than the other two units. By mid-season it's eliminated, as many of the "B" unit group move up to the "A" unit and the remaining individuals move to the "B" unit.

Typical week of mid-season training in cross-country during Jim's junior year (1963) was as follows—MI refers to minute interval:

Saturday, Oct. 5:

AM—16 miles (Wichita to Augusta).
PM—nothing.

Sunday, Oct. 6:

AM—church.

PM—5 miles in park.

Monday, Oct. 7:

AM—stride 3 miles.

PM—track.

Warm up, 1 x mile, calcs, 3 x 880 (5 MI), cables, 4 x 440 (3 MI), warm down, weights, kicking (pool).

Tuesday, Oct. 8:

AM—stride 3 miles.

PM—park.

AM—stride 3 miles.

PM—park.

Warm up, 6 x 1500 meters (8 MI)—cals between each until time to start next one—6 x 880 (5 MI), warm down, kicking (pool).

Wednesday, Oct. 9:

AM—stride 3 miles.

PM—track.

Warm up, 32 x 440 (3 MI)—jog mile between each block of 8—warm down, weights, kicking (pool).

Thursday, Oct. 10:

AM—stride 3 miles.

PM—track.

Warm up, 10 x 220 (2½ MI), calcs, 10 x 220 (2½ MI), cables, 10 x 220 (2½ MI), warm down, kicking (pool).

Friday, Oct. 11:

AM—nothing.

PM—meet (two miles), clocked course again after "B" race.

Winter Training. After Jim's performance in open competition during the spring of his soph year, he began to realize that he had talent and that he should do everything possible to develop it.

As stated last month, Kansas high schools aren't permitted to have any organized training between the state cross-country meet and the start of spring track the third week of February. No coach is permitted to be with his boys at a workout. This discourages many of them from training, as a boy needs the direct encouragement of a coach.

Adding to Jim's problems was the weather. Wherever there are extremes

in weather conditions, winter training is difficult even for the most experienced veteran. Jim got along well except for periodic discouragement and depression, and occasional colds. From the beginning of cross-country in his junior year until after the Olympics in Tokyo, he trained twice a day.

Following is a typical training week that Ryun observed during February of 1964:

Monday, Feb. 20:

AM—stride 5 miles.

PM—(southeast track).

RYUN'S RACES AS A JUNIOR

Two-Mile Run

9/30/63 (NP)	9:41.7	1st
10/25/63	9:22.1	1st
11/4/63 (NP)	9:11.5	1st
12/27/63 (Ind.)	9:22.6	2nd
6/20/64	9:06.5	1st

Mile Run

3/26/64 (East Inv.)	4:21.2	1st
4/4/64 (Wash. Inv.)	4:33.2	1st
4/10/64 (WU Inv.)	4:18.2	1st
4/17/64 (KU Relays)	4:11.0	1st
5/1/64 (League)	4:09.6	1st
5/9/64 (Reg.)	4:17.6	1st
5/16/64 (State)	4:06.4	1st
5/23/64 (Modesto)	4:01.7	3rd
6/6/64 (Compton)	3:59.0	8th
6/26/64 (NAAU) M	3:46.3	2nd H Pr.
6/27/64 (NAAU) M	3:39.0	4th
7/3/64 (Oly. Tr.) M	3:49.6	3rd H Pr.
7/4/64 (Oly. Tr.) M	3:46.1	4th SF
9/13/64 (Oly. Tr.) M	3:41.9	3rd F
10/17/64 (Oly. Pr.) M	3:44.4	4th H
10/19/64 (Oly. Sem.) M	3:55.0	9th H

Half-Mile Run

4/18/64 (KU Relays) R	1:51.9	1st
4/24/64 (Hutch Inv.) R	1:51.2	1st
4/28/64 (McPherson)	1:53.5	1st
5/15/64 (St. KSU) R	1:51.0	1st
6/13/64 (San Diego)	1:50.3	6th

Code: NP—National Postal; Ind—indoors; H—heat; Pr—preliminary; M—meters; SF—semi-finals; F—final; R—relay

Warm up, 20 x 440 (3 MI), 4½ miles striding.

Tuesday, Feb. 21:

AM—stride 5 miles.

PM—(Echo Hills Golf Course) hill work out—6 x series.

Warm up, sprint up 200-yd. hill, stride 880 on top, controlled sprint down, stride 440 flat, sprint 3 x 220 and 6 x 50, warm down.

Wednesday, Feb. 22:

AM—stride 5 miles.

PM—(McDonald Golf Course).

Warm up, 5 x 2 miles (15 MI) reverse route each time, calcs between each until end of 15 minutes.

Thursday, Feb. 23:

AM—stride 5 miles.

PM—(southeast track).

Warm up, 10 x 880 (jog 440 between each), 4½ miles striding.

Friday, Feb. 24:

AM—stride 5 miles.

PM—(Meadow Lark Golf Course) "running golf"—36 holes.

Saturday, Feb. 25:

AM—stride 6 miles.

PM—(Echo Hills Golf Course) 10 miles—6 minute pace.

Sunday, Feb. 26:

AM—church.

PM—roads, 16 miles.

Spring Program. Because of his diligent efforts during the winter, Jim reported to spring track in excellent condition. Unfortunately, he caught a cold and developed an inflamed throat which grew worse as the competitive season approached. When polyps developed in his throat, he had to quit practice for two weeks and missed the first meet.

It was most disappointing for Jim. And to make matters worse, he was told that he might need surgery which would prevent him from training for a month. Fortunately, his throat cleared up and he ran in the second meet.

MID-SEASON WORKOUT

Following is one of Ryun's typical workout schedules for a mid-season week during the spring (MI refers to minute intervals):

Monday, Mar. 29:

AM—5 miles 32 min.

PM—cals, two miles 9:55, calcs, 2 x mile (8 MI) 5:19 and 5:10, dumbbells (33), 3 x 880 (6 MI) 2:35-2:28-2:24, white weights (70), 6 x 440 (3 MI) 65 ave., blue weights (33), 4 miles College Hill Park.

Tuesday, Mar. 31:

AM—6 miles.

PM—cals, 6 x 440 (3 MI) 64 ave., 1320 stride, 10 x 140 (2 MI) 18 ave., white weights (70), 5 x 3 min. drill (6 MI), 5 x 220 (2½ MI) 31 ave., warm down mile, shower.

Wednesday, Apr. 1:

AM—3 miles stride.

PM—cals, 10 x 440 (3 MI) 71 ave., dumbbells (33), 10 x 440 (3 MI) 69 ave., blue weights (33), 10 x 440 (3 MI) 67 ave.

Thursday, Apr. 2:

AM—4 miles stride.

PM—cals plus mile, 6 x 880 (6 MI)