



*Reprint*

# FIVE STAR "TRACK IQ"

Joseph Henderson <small>(NAME)</small>	Box 251 <small>(ADDRESS)</small>	Coin, Iowa. <small>(CITY)</small>
10 <small>(SCHOOL)</small>	15 <small>(GRADE)</small>	123 <small>(AGE)</small>
5'4 $\frac{1}{2}$ " <small>(WEIGHT)</small>		5'4 $\frac{1}{2}$ " <small>(HEIGHT)</small>
April 23, 1959 <small>(DATE)</small>		

## ACTUAL TALENT

TOTAL	HIGH JUMP	BROAD JUMP	12 LB. SHOT		100 YARDS		880 YARDS		POINT SPREAD			
258	* 4'9 $\frac{1}{2}$ "	46	* 15' 9"	36	* 27' 6"	30	* 11.0	67	* 2:06.0	79	100 SCORE MINUS 880 SCORE	-12

Type, if possible, data requested at top. Then enter BEST known performances in EACH of the five natural talents in box marked \*. To convert to 12 lb. Shot, add 7 ft. to 16 lb. and deduct 6 ft. from 8 lb. throw. More accurate your information, more perfect will be your analysis. Five Star has developed certain formulae and the point spread, based entirely on the top two or top three talents, from which can be had an amazingly accurate potential value for the skill events in direct comparison with your actual natural talents. All your talents will improve, but the pattern you have set on opposite side of this sheet will remain rather constant throughout your career. This constant ratio of the talents to each other permits Five Star to advise now, what events you should do best.

*Talent is what you have . . . . Skill is what you do with that Talent.*

## POTENTIAL SKILL

220 YARDS	440 YARDS	ONE MILE	2 MILE & UP	HIGH HURDLES	LOW HURDLES	DISCUS THROW	JAVELIN THROW	POLE VAULT	
72	76	78	76 ?	42	61	40	39	59	

April 23, 1959.....Joe wrote: "I am writing for the Track & Field IQ. Here is the needed information(listed at top)!" He added: "I am a Sophomore in school. I run the 880 and the Two Mile Relay, and sometimes the shorter relays, but I am not very good at them."

April 27, 1959.....Five Star wrote: "Since you have worked those events bearing on the 880, 440 and 220 you have become more proficient in those runs. If such be the case, then the Mile with the 78 potential could eventually be your better event. I would definitely ask the Coach to explore fully the Mile along with your nice running of the 880. I sincerely think you are ready to go under 4:50 in the Mile this year."

On May 17, 1959 Joe Henderson wrote back: "On April 23, 1959 I sent for your Five Star Track IQ. In reply you said that I should run the Mile. ....well, I gave it a try and here's how it worked:

May 4, 1959.....1st in 5:03.2.....

May 8, 1959.....1st in 4:51.1.....this was the District Meet. I was scheduled to run the Two Mile Relay, which comes just before the Mile. Our first three men ran in the Relay but were too far behind to qualify, so the Coach pulled me and stuck me in the Mile. I was lucky I even finished because I had never trained for the Mile.

May 16, 1959.....5th in 4:45.5.....STATE MEET.....I think the Mile is a good race and I believe I will stick to it. I hope I dont sound like I am bragging, but I guess my head is still in the clouds( it was the day before). Thank you very much for your good advice."

In reply refer to TEST No. 459-40 C-7



# FIVE STAR TRACK SCORE CARDS

Copyright 1957, John T. Core

POINT SCORE	★ HJ	★ BJ	★ SHOT	★ 100	★ 880	POINT SCORE	★ HJ	★ BJ	★ SHOT	★ 100	★ 880
100	6'10"	26'2"	62'6"	9.4	1:50.0	50	-----	17'6"	34'7"	-----	2:27.1
99	6'9½"	26'0"	61'9"	-----	1:50.9	49	-----	17'4"	34'2"	11.7	2:27.8
98	6'9"	25'10"	61'0"	9.5	1:51.7	48	4'10"	17'2"	33'9"	-----	2:28.5
97	6'8½"	25'8"	60'3"	-----	1:52.5	47	-----	17'0"	33'4"	11.8	2:29.2
96	6'8"	25'5"	59'6"	9.6	1:53.4	46	4'9"	16'10"	32'11"	-----	2:29.9
95	6'7½"	25'3"	58'10"	-----	1:54.2	45	-----	16'9"	32'6"	-----	2:30.6
94	6'7"	25'0"	58'2"	9.7	1:55.0	44	-----	16'8"	32'2"	11.9	2:31.3
93	6'6"	24'10"	57'6"	-----	1:55.9	43	4'8"	16'6"	31'10"	-----	2:32.0
92	6'5½"	24'8"	56'10"	9.8	1:56.7	42	-----	16'4"	31'6"	-----	2:32.7
91	6'5"	24'5"	56'2"	-----	1:57.5	41	-----	16'2"	31'2"	12.0	2:33.3
90	6'4½"	24'3"	55'6"	9.9	1:58.4	40	4'7"	16'1"	30'10"	-----	2:33.9
89	6'4"	24'1"	54'10"	-----	1:59.2	39	-----	16'0"	30'6"	12.1	2:34.5
88	6'3½"	23'11"	54'2"	10.0	2:00.0	38	-----	15'11"	30'2"	-----	2:35.1
87	6'3"	23'8"	53'6"	-----	2:00.8	37	4'6"	15'10"	29'10"	-----	2:35.7
86	6'2½"	23'6"	52'11"	10.1	2:01.5	36	-----	15'8"	29'6"	12.2	2:36.3
85	6'2"	23'4"	52'2"	-----	2:02.2	35	-----	15'6"	29'2"	-----	2:36.9
84	6'1½"	23'1"	51'6"	10.2	2:02.9	34	-----	15'4"	28'10"	-----	2:37.5
83	6'1"	22'11"	50'10"	-----	2:03.6	33	4'5"	15'2"	28'6"	12.3	2:38.1
82	6'½"	22'8"	50'4"	10.3	2:04.3	32	-----	15'1"	28'2"	-----	2:38.7
81	6'0"	22'6"	49'9"	-----	2:05.0	31	-----	14'11"	27'10"	-----	2:39.3
80	5'11½"	22'4"	49'2"	10.4	2:05.8	30	4'4"	14'9"	27'6"	12.4	2:40.0
79	5'11"	22'2"	48'7"	-----	2:06.5	29	4'3"	14'6"	26'9"	12.7	2:43.4
78	5'10½"	22'0"	48'0"	10.5	2:07.2	28	-----	14'3"	26'0"	-----	2:46.8
77	5'10"	21'10"	47'5"	-----	2:07.9	27	4'1"	14'0"	25'4"	13.1	2:50.2
76	5'9½"	21'8"	46'10"	10.6	2:08.6	26	4'0"	13'9"	24'8"	13.4	2:53.5
75	5'9"	21'6"	46'3"	-----	2:09.3	25	3'11"	13'6"	24'0"	13.6	2:56.8
74	5'8½"	21'4"	45'8"	-----	2:10.0	24	3'10"	13'3"	23'4"	13.8	3:00.1
73	5'8"	21'2"	45'2"	10.7	2:10.8	23	3'9"	13'0"	22'8"	14.0	3:03.4
72	5'7½"	21'0"	44'8"	-----	2:11.5	22	3'8"	12'9"	22'0"	14.2	3:06.7
71	5'7"	20'10"	44'2"	10.8	2:12.2	21	3'7"	12'6"	21'4"	14.3	3:10.0
70	5'6½"	20'8"	43'8"	-----	2:12.9	20	-----	12'3"	20'8"	14.5	3:13.0
69	5'6"	20'6"	43'2"	10.9	2:13.6	19	3'6"	12'0"	20'0"	14.6	3:15.9
68	-----	20'4"	42'8"	-----	2:14.3	18	3'5"	11'9"	19'6"	14.8	3:18.8
67	-----	20'2"	42'2"	11.0	2:15.0	17	-----	11'7"	19'0"	14.9	3:21.7
66	5'5"	20'0"	41'8"	-----	2:15.8	16	3'4"	11'4"	18'6"	15.1	3:24.6
65	-----	19'10"	41'2"	-----	2:16.5	15	3'3"	11'1"	18'0"	15.2	3:27.2
64	5'4"	19'8"	40'8"	11.1	2:17.2	14	-----	10'10"	17'6"	15.3	3:29.8
63	-----	19'6"	40'2"	-----	2:17.9	13	3'2"	10'7"	17'1"	15.4	3:32.4
62	-----	19'4"	39'8"	11.2	2:18.6	12	3'1"	10'5"	16'8"	15.5	3:34.9
61	5'3"	19'2"	39'2"	-----	2:19.3	11	-----	10'3"	16'3"	15.6	3:37.4
60	-----	19'0"	38'9"	-----	2:20.0	10	3'0"	10'0"	15'10"	15.7	3:39.9
59	5'2"	18'10"	38'4"	11.3	2:20.8	9	-----	9'10"	15'5"	15.8	3:42.2
58	-----	18'8"	37'11"	-----	2:21.5	8	2'11"	9'8"	15'0"	15.9	3:44.5
57	-----	18'6"	37'6"	11.4	2:22.2	7	-----	9'5"	14'7"	16.0	3:46.8
56	5'1"	18'4"	37'1"	-----	2:22.9	6	2'10"	9'3"	14'2"	16.1	3:49.0
55	-----	18'2"	36'8"	-----	2:23.6	5	-----	9'1"	13'10"	-----	3:51.2
54	5'0"	18'0"	36'3"	11.5	2:24.3	4	-----	8'11"	13'6"	16.2	3:53.4
53	-----	17'10"	35'10"	-----	2:25.0	3	2'9"	8'8"	13'2"	16.3	3:55.6
52	-----	17'8"	35'5"	11.6	2:25.7	2	-----	8'6"	12'10"	-----	3:57.8
51	4'11"	17'7"	35'0"	-----	2:26.4	1	2'8"	8'4"	12'6"	16.4	4:00.0

## FIVE STAR "TRACK IQ"

Send your best known performance in each of the five basic natural talents:

HIGH JUMP   BROAD JUMP   SHOT (12 OR 16)

100 YARDS   &   880 YARDS

*Age, Weight & Height*

*Enclose \$1.00*

In return, you will receive analysis of your potential worth in 14 events, indicating best events for you.

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