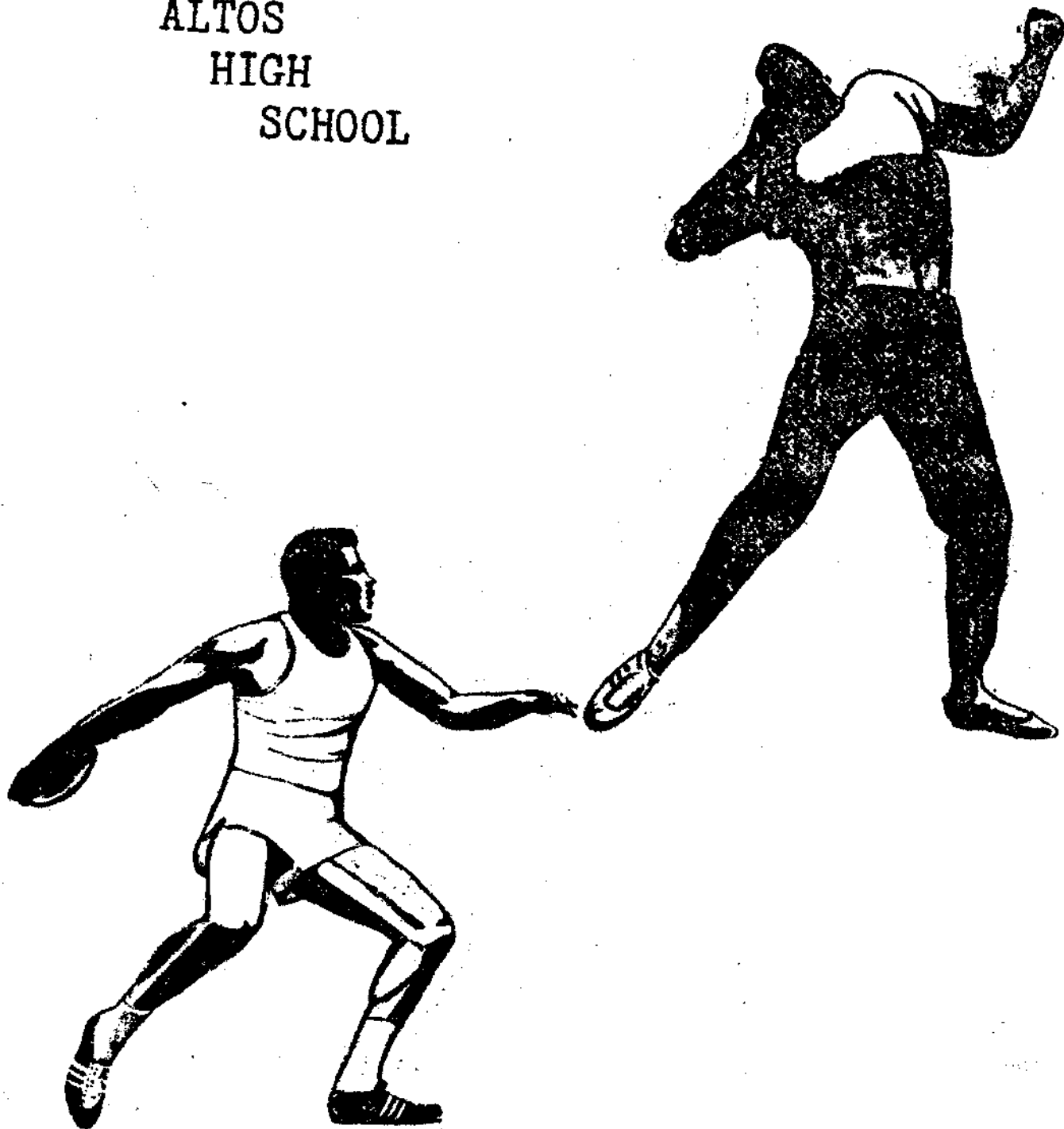


LOS
ALTOS
HIGH
SCHOOL



TRACK & FIELD

1974

G E N E R A L I N F O R M A T I O N

LOS ALTOS HIGH SCHOOL

LOCATION 201 Almond Ave., Los Altos, California
ENROLLMENT 1,996 Students
PRINCIPAL Mr. Dushan Angius
DIRECTOR OF ATHLETICS Mr. Tom Burt
1974 TRACK & FIELD COACHING STAFF Leo Long (Stanford) Head Coach
Rodger Oswald (San Jose State)
LeeRoy Gutierrez (Colorado State)
Stuart Ferguson (U.C.L.A.)
COLORS Blue & Gold
TEAM NICKNAME Knights
LEAGUE Santa Clara Valley Athletic League
SCHOOL PHONE 948-6601

-- VARSITY-TRACK & FIELD --

LEAGUE RECORD: S.C.V.A.L. CHAMPIONS IN 1958, 1959, 1960, 1961,
1962, 1963, 1964, 1965, 1966, 1967, 1969, 1970, 1972

DUAL MEET RECORD: 125 WINS, 3 LOSSES

T R A C K & F I E L D S C H E D U L E

1974

<u>DATE</u>	<u>MEET</u>	<u>PLACE</u>	<u>TIME</u>
MARCH 1st	OPEN	-----	-----
MARCH 8th	AWALT	LOS ALTOS	3:00 PM
MARCH 14th	SANTA CLARA-MT. VIEW	SANTA CLARA	3:00 PM
MARCH 21st	BUCHSER	LOS ALTOS	3:00 PM
MARCH 28th	HOMESTEAD	HOMESTEAD	3:00 PM
APRIL 4th	LYNBROOK	LOS ALTOS	3:00 PM
APRIL 18th	CUPERTINO-FREMONT	FREMONT	3:00 PM
APRIL 25th	WILCOX	LOS ALTOS	3:00 PM
MAY 2 & 3	LEAGUE TRIALS	FREMONT	T.B.A.
MAY 10th	S.C.V.A.L. FINALS	FREMONT	T.B.A.
MAY 18th	REGION 11 FINALS	BUCHSER	T.B.A.
MAY 24th	CENTRAL COAST SECTION	T.B.A.	T.B.A.
MAY 31st	FINALS		
JUNE 1st	STATE MEET TRIALS	BAKERSFIELD	T.B.A.
	STATE MEET FINALS	BAKERSFIELD	T.B.A.

NOTE: Five invitationals will be added to this schedule when final dates are known.
The following are tentative; Carlmont Relays, Modesto Relays, Hill Relays,
King City Invitational & Blossom Hill.

T.B.A. - To Be Announced.

- LOS ALTOS HIGH SCHOOL -

TRACK & FIELD COACHING STAFF

1974

HEAD COACH - LEO LONG - Coach Long holds an AB and MA from Stanford University.

Coach Long was a member of the 1954 All-American College Track & Field Team. He was also the National N.C.A.A. Javelin Champion while at Stanford University. He placed in the N.C.A.A. three years in a row.

Mr. Long coached the Sudan, Africa Olympic team in 1960. In 1958-59 he was called by the U.S. State Dept. to coach the Pakistan Olympic Track & Field team. He was athlete of the year at Stanford University during his sophomore year.

During 1953-67 he worked for Kaiser Corporation in Argentina as an Athletic Director & Athletic Coach.

He has coached five national champions at Los Altos High School. His team won the California State Track & Field Championship in 1970. He is married and has four sons.

LEEROY GUTIERREZ: Head Freshmen & Assistant Varsity Track Coach. Coach Gutierrez earned his AB from Sacramento State College. He also attended Colorado State and Monterey J.C. He coached football and track at Lodi High School before coming to Los Altos. He was an outstanding college quarterback while in college. Was most valuable player at Monterey Junior College in 1960. He was also named to the All Conference Team while at Monterey. Also coaches the Frosh Football team at Los Altos and his teams have won 4 league championships. Helped coach the 1970 California State Track & Field Champions. Has turned out numerous track stars while at Los Altos. Is married and has one son.

RODGER OSWALD: Head J.V. and Assistant Varsity Track Coach. Coach Oswald holds an AB and MA from San Jose State.

He was Head Cross Country & Track Coach at Palm Springs High School prior to coming to Los Altos High School. Played Basketball & Golf in college.

Outstanding basketball & Track coach. Coached the schools' 440 relay team to the 1973 Central Coast Championships where they set a new school record. Helped coach the CIF State Champion in track field in 1970. Coach Oswald is an outstanding golfer. He has coached many champions on the high school level. He is married & has two daughters.

STUART FERGUSON: Assistant Varsity Track Coach, has coached football & track on the high school level. Coach Ferguson won his AB from U.C.L.A. & his MA from Stanford University. Coach Ferguson participated in track in the Navy & College. He is an outstanding volleyball player. Helped coach the 1970 California State Track & Field Champions. Has coached scores of track stars at Los Altos High School. Is married and has two sons and one daughter.

Los Altos High School has to be considered the premier high school in Northern California in the area of Track and Field. In the Brief sixteen year history of the school, Los Altos has achieved a measure of success that is envied by all and equaled by none.

1958 was the Inaugural year for the Los Altos Knights and since that time they have annexed the Santa Clara Valley Athletic League varsity track championship 13 of the 16 years and have emerged victorious over 125 times against only 3 losses.

LOS ALTOS HIGH SCHOOL ATHLETES WHO HAVE PLACED IN THE STATE MEET.

Robin Ruble	1960	5th	880
Bob Stoecker	1961	1st	Discus
Max Leetzov	1961	2nd	Discus
Bob Stoecker	1962	1st	Discus
Randy Schneider	1962	4th	Discus
Chuck Smart	1963	3rd	Discus
Chuck Smart	1964	2nd	Discus, 5th Shot Put
Dale Bennett	1965	5th	880
Steve Davis	1967	4th	Discus
Brad Lyman	1968	5th	100
Chris Adams	1969	1st	Discus
Bob Thompson	1970	1st	Mile Relay
Larry Davis	1970	1st	Mile Relay
Jim Andrew	1970	1st	Mile Relay
		4th	440
Chris Adams	1970	1st	Discus
		3rd	Shot Put
Rick Brown	1970	1st	440
		1st	880
Scott Overton	1971	2nd	Discus
Scott Overton	1972	1st	Discus

The State Meet is the culmination of a season and for some, victory means the achievement of a lifetime. This meet brings into competition the best track and field athletes from the ten different sections throughout California. Some schools have never been able to qualify one competitor for this meet and few have produced point scorers. Los Altos' steady production of stellar athletes was climaxed in 1970 when they became the first West Bay team to claim the State Title. 204 schools sent 470 athletes but the six Los Altos entries won the ultimate achievement - the California State Meet Championship.

It was during this 1970 victory that phenomenal feats were accomplished. First, Chris Adams garnered an outstanding double in the weight events with a first in the discus and a third in the shot put. The feat was intensified when Chris brought the spectators to their feet with tosses of the discus that proved to be consecutive improvements of the National discus record.

The most astounding feat, however, was an unprecedented triple by a courageous Rick Brown. Rick accomplished what no other athlete had ever attempted - a victorious triple in the 440, 880 and mile relay. Six races on two consecutive days!! These State Meet triumphs along with season-long performances earned Rick the most prestigious honor accorded a Los Altos track athlete; Runner of the Year for 1970 in the United States.

Six athletes have been acclaimed high school All Americans, two of them twice. Here is one small school that has produced All Americans 8 times while there are entire states who have never had one!! Two mile National Record holder David Boore was the first all american in 1959; Bob Stoecker followed in 1961 and 1962. The second double All American was Chris Adams in 1969 and 1970; joining Chris in 1970 was premier middle distance star Rick Brown. Scott Overton was named to the All American team in 1972 with Denny Rogers making the team in 1966.

NATIONAL HIGH SCHOOL TRACK RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>STATE</u>
100 YARD DASH	BILL GAINES	9.3	NEW JERSEY
220 YARD DASH	FOREST BEATY	20.2	CALIFORNIA
440 YARD DASH	RON RAY	45.8	VIRGINIA
880 YARD RUN	DALE SCOTT	1:48.5	CALIFORNIA
MILE RUN	JIM RYUN	3:55.3	KANSAS
TWO MILE RUN	CRAIG VIRGIN	8:41.0	ILLINOIS
120 YD HIGH HURDLES	BILL TIPTON	13.4	MICHIGAN
180 YD LOW HURDLES	EARL MCCULLOCH	18.1	CALIFORNIA
HIGH JUMP	REYNALDO BROWN	7' 3"	CALIFORNIA
POLE VAULT	CASEY CARRIGAN	17' 4½"	WASHINGTON
LONG JUMP	KEN DUNCAN	26' 2½"	CALIFORNIA
DISCUS THROW	CHRIS ADAMS	201' 3"	CALIFORNIA
TRIPLE JUMP	DAVE TUCKER	52' 6½"	CALIFORNIA
SHOT PUT	SAM WALKER	72' 3½"	TEXAS
440 YARD RELAY		40.2	TEXAS
MILE RELAY		3:11.8	TEXAS

A BRIEF SUMMARY OF THIS YEARS SQUAD

DOUG HILL - One of our all-time great prospects in the 100, 220 and 440 races. Has great potential in the quarter mile and has a solid background of strength as he comes off a cross country season. Could run the 440 well under 48 flat & threaten the school record held by Rick Brown. Could give Los Altos another super star this track season. Definitely college scholarship capability. A seasoned vet in the sprints with versatility in several events. Has all the attributes needed to perform on the national level.

BILL ALEXANDER - A Soph this year with the potential to run the 440 under 50 seconds establishing himself as one of the schools' finest quarter mile prospects. Has size speed and strength to become a great 440 man. Ran cross country for the first time this year and has an excellent strength-endurance background for the quarter. An outstanding young man with a bright future ahead of him. One of our very best. Follow his progress.

DAVID JAKLE - A top sprint prospect and low hurdler. Has great ability and speed. Possesses a keen competitive spirit and could very easily become the sections top low hurdler this year. Ran on L.A.'s state meet relay (440) team last year. An All-around performer. A Blue Chip athlete.

ROY ALLEN - A top ranked distance star capable of breaking the school record in the two mile. A tireless worker who possesses the inner drive to become a great distance star. Has size, speed and desire. One of the schools very best distance runners of all time. Has all the traits of a champion.

BRENT LONG - One of the schools' best weight prospects in years. Has great strength as evidenced by benching over 300 lbs. already. Put the 10 lb. shot over 55' as a soph and is expected to equal that or better with the 12 lb. this spring. Has great drive and wants to be a great weight man. Has speed and snap with a great competitive instinct. A top prospect in the discus as well. Could surprise and challenge the sections best this year.

KURT VONAGAS - Should be L.A.'s top discus thrower this year has size, strength and drive to be another super star in this event. Will be a threat to go over 180 feet this spring and join the ranks of a long line of super weight men at Los Altos High School, watch him go.

RICK ROSSI - Has great quickness and is a dedicated shot putter. Could very well put 60 feet this spring. Was a consistent point getter on last years squad. Has a fine competitive attitude and is the top senior weight man in this event. A good one.

GEORGE FORD - A junior weight man with outstanding ability. Has size, strength and speed to be an outstanding weight man. Goes in both the shot and discus. With more experience he could challenge anyone in school this year. A bright future in the weights.

JIM LOWE - Has size, speed and strength to become a top college prospect in the weights. With more throwing experience and weight training top marks can be expected. Follow his progress.

TODD YOUNG - One of our brightest young weight prospects in recent years. Has all the attributes to become a great weight man. Watch him.

KEN BAUGH - A fine athlete who could score high in the league this year in the high jump and pole vault. Was coming on strong last year before an injury slowed his progress. A solid performer.

GORDON BEEG - One of the schools all-time bests in the pole vault, could go well over 14 feet as a junior. Has the traits necessary to be a college vaulter. A good one.

RON OWEN - A solid performer in the hurdles. An intense competitor with great drive. Follows in the footsteps of his older brother Bob who was one of our all-time great hurdlers a few years back. A darkhorse this year who could challenge the leagues best as a junior.

DAVID TAYLOR - Could be the areas best 880 mile performer this spring. Is only a two year track performer but already has established himself as the man to beat in the 880. A tough competitor. Led his teammates to the league championship in cross country last fall.

Others to watch in the distance events are; Jay Rutherford, Gregg Hover, Tony DeAguer, Ken Cone, Bill Parente, Jeff Parks, Fred Behrmann, Dick Mueller, Bill Jackson, Bob Schmutz and many others.

Others to watch in the weights are; Doug Long, Don Bergis, Jerry Bergis, Craig Brown, Haig Norwood, Mike Phillips, Tim Wiltjer and others.

STEVE CLARK - A top prospect in the high jump. Could go well over 6 ft. this season and challenge the school record in this event. A top competitor.

BLAKE SMITH - Has been injured in the past two years. If he holds up physically he could be the best jumper in the schools history. Has great talent.

Others to watch in the hurdles; Brian Vais, Mark Golston, Marty Gothberg.

DAVID NATWICK - A top sprinter as a freshman. Could go under 10 flat in the 100 yd dash as a sophomore. Has the potential to be a great sprinter. Has a bright future ahead of him in the sprints.

*NOTE: No freshmen are included in this brochure, also this brochure does not purport to be a complete list. We are desirous of having another championship team this year and invite everyone who would like to join the team to come on out for track.

LOS ALTOS HIGH SCHOOL

TRACK & FIELD

1974

This year the Knights will be going after their 14th League Championship. Not only do we desire to be Local Champions, but are determined to turn this year's squad into another nationally ranked outfit.

Athletes who sign up for the track team are joining a team with a tremendous success story behind it and an even greater future ahead of it. This phenomenal record has been compiled by hard work, team spirit, pride, dedication and a desire by the athletes to be CHAMPIONS.

TRAINING PROCEDURES

1. Get your physical and insurance requirements taken care of. See the Bookkeeper for forms.
2. Uniforms will be checked out the final week of practice.
3. Practice starts February 1st. All boys out for winter sports will join the team after the completion of their season.
4. All athletes will be expected to be punctual to practice and complete their prescribed workouts.
5. If you have a valid excuse to miss practice check with one of the Track Coaches.
6. No one will be cut from the Track Team, as long as they display a good attitude and willingness to work hard.
7. All workouts will be posted daily.
8. Train hard...late hours work a tremendous hardship on the body. No smoking or drinking.
9. Try and get at least eight and one half hours of sleep each night.
10. Follow a sensible diet.
11. Dress properly...always dry your hair well after showering.
12. Keep your grades up. Conduct yourself like a gentleman around campus.
13. The way to be a champion is to push yourself in practice. Set your goals high and strive to achieve them.
14. Develop a desire to win... We're not working to lose.
15. Strive for perfection.
16. Think of success in terms of team success.
17. Representation on and off the track should be courteous and gentleman like. Remember, you are students of Los Altos High School.
18. Go to all classes. If you miss a day be sure to see your teacher and make up the required work.
19. No swearing or foul talking.
20. Think like a champ, act like a champ, be a CHAMP!

LOS ALTOS VARSITY TRACK AND FIELD RECORDS

100	B. Lyman	9.6	1968
220	B. Lyman	21.5	1968
440	R. Brown	47.1	1970
880	R. Brown	1:50.6	1970
Mile Run	D. Boone	4:17.0	1950
Two Mile	J. Norton	9:11.0	1973
High Hurdles	V. Brooks	14.5	1970
Low Hurdles	Boice Pearson	19.4	1964-66
440 Relay	Tarman, Thompson, Brooks, Andrew	42.8	1970
Mile Relay	Andrew, Davis, Brown, Thompson	3:15.0	1970
Discus	S. Overton	205'5"	1972
Shot	C. Adams	62'9½"	1970
Pole Vault	T. Peterson	14'4½"	1967
Long Jump	D. Rogers	23'10½"	1966
Triple Jump	D. Rogers	48'43¼"	1966
High Jump	A. Pauli	6' 3"	1971

LOS ALTOS JUNIOR VARSITY RECORDS

100	D. Hill	10.1	1972
220	D. Kimball	23.1	1971
440	E. Austin	52.9	1971
880	S. McClure	2:04.9	1972
Mile	C. Berka	4:27.0	1970
Two Mile	R. Allen	10:05.0	1973
120 High Hurdles	E. Christensen	16.7	1972
180 Low Hurdles	R. Owen	21.5	1973
440 Relay	Kimball-Long Whitmer-Troidl	45.9	1971
Mile Relay	Bryson-Parks McClure-Seed	3:39.1	1972

LOS ALTOS JUNIOR VARSITY RECORDS

Discus	S. Overton	156'6 $\frac{3}{4}$ "	1970
Shot Put	B. Long	55' 8"	1973
High Jump	K. Baugh	5'10"	1973
Long Jump	R. Chestnut	20'6 $\frac{1}{4}$ "	1972
Triple Jump	R. Chestnut	46'3 $\frac{1}{4}$ "	1972

LOS ALTOS FROSH RECORDS

100	D. Jakle	10.1	1972
220	D. Hill	23.4	1971
440	M. Sanford	53.3	1970
880	B. Powers	2:00.1	1971
Mile	J. Jackson	4:48.6	1968
Two Mile	J. Jackson	10:29.4	1968
70 High Hurdles	B. Smith	9.4	1971
	R. Owen	9.4	1972
120 Low Hurdles	C. Murray, Natwick	14.2	1969
440 Relay	Natwick, Holoway, Marek, Alexander	46.5	1973
Discus	R. Patterson	126'6 $\frac{3}{4}$ "	1969
Shot Put	S. Overton	50'1 $\frac{1}{4}$ "	1969
High Jump	B. Smith	5' 7"	1971
Long Jump	D. Jakle	21' 7"	1972
Triple Jump	D. Jakle	44' 3"	1972
Pole Vault	G. Berg	11' 0"	1972

BLUE SUIT STANDARDS

When an athlete meets a certain standard in an event he is entitled to wear a Blue Suit. This great honor has been achieved by many of Los Altos High School's former Track Stars. We hope a good number of athletes can make it this year... Set your goals high and join the Blue Suit Club for 1974.

-STANDARD-

100	9.9
220	22.2
440	49.8
880	1:58.5
Mile	4:28.0
Two Mile	9:38.5
High Hurdles	14.8
Low Hurdles	19.8
Discus	164'0"
Shot Put	54'6"
Pole Vault	13'6"
High Jump	6'2"
Long Jump	22'0"
Triple Jump	45'6"
440 Relay	43.0
Mile Relay	3:25.5

TOP 5 ALL-TIME MARKS

<u>EVENT</u>	<u>MARK</u>	<u>NAME</u>	<u>YEAR</u>
100	9.6	Brad Lyman	1968
	9.8	Chris Adams	1970
	9.8	Walt Lamb	1962
	9.8	Doug Hill	1973
	9.9	John Olson	1965
	9.9	Brad Lewis	1965
220	21.5	Brad Lyman	1968
	21.6	Bill Frost	1962
	21.6	John Olson	1965
	21.6	Doug Hill	1973
	21.8	Jim Andrew	1970
	21.8	Brad Lewis	1965
440	47.0	Rick Brown	1970
	47.8	Jim Andrew	1970
	48.3	Larry Davis	1970
	48.3	Bill Chapman	1965
	49.8	Steve Boice	1964

TOP 5 ALL-TIME MARKS

<u>EVENT</u>	<u>MARK</u>	<u>NAME</u>	<u>YEAR</u>
880	1:50.6	Rick Brown	1970
	1:52.7	Larry Davis	1970
	1:52.7	Dale Bennett	1965
	1:53.0	Robin Ruble	1960
	1:55.2	Paul Graham	1963
Mile	4:17.0	David Boone	1960
	4:17.5	Jeff Norton	1973
	4:18.4	Dale Bennett	1965
	4:19.0	Jeff Norton	1972
	4:23.0	Dan Slavin	1971
NOTE: Robin Ruble ran a 4:12.0 in 1960 against outside competition prior to graduation.			
2 Mile	9:11.0	Jeff Norton	1973
	9:26.5	Bob Smith	1971
	9:26.6	Paul Graham	1962
	9:26.6	Chris Berka	1971
120 H. H.	14.5	Vic Brooks	1970
	14.5	John Foster	1972
	14.6	Bob Owen	1961
	14.6	Bob Stoecker	1962
	14.6	Bob Feero	1962
180 L. H.	19.4	Steve Boice	1964
	19.4	Steve Pearson	1964
	19.6	David Jakle	1973
	19.6	Bob Feero	1962
	19.7	Chris Adams	1970
Pole Vault	14'4½"	Todd Peterson	1967
	14'0 "	Peter Brunn	1971
	13'3 "	Mike Kamrar	1962
	13'2 "	Larry Hill	1965
	13'0 "	Steve Berg	1971
High Jump	6'3 "	Andy Pauli	1971
	6'2 "	Clayton Anderson	1960
	6'2 "	Mark Anderson	1963
	6'2 "	Neal Anderson	1970
	6'1½"	Duncan Edwards	1962

TOP 5 ALL-TIME MARKS

Long Jump	23'10"	Denny Rogers	1966
	23'7½"	Steve Ory	1963
	22'6 "	Andy Tammur	1971
	22'5½"	John Glyer	1965
	21'11½"	Bill Chapman	1964
Triple Jump	43'4½"	Denny Rogers	1966
	45'8"	Steve Arkley	1968
	46'3"	Roy Chestnut	1972
	45'11"	John Glyer	1965
	45' 6"	Kelly Walker	1971
Discus	204'5"	Scott Overton	1972
	201'3"	Chris Adams	1970
	196'3½"	Bob Stoecker	1962
	187'9 "	Jay Pushkin	1972
	183'6 "	Chuck Smart	1964
Shot Put	62'9½"	Chris Adams	1970
	61'9 "	Chuck Smart	1964
	60'11"	Scott Overton	1972
	60'6½"	Randy Schneider	1962
	59'11½"	Bob Stoecker	1962

There are many stories about super-human efforts in track and field as well as in other forms of athletics. We know that man is just scratching the surface when it comes to understanding the psychological aspects in athletics in regards to performance. Coaches have long realized the very valuable phase of getting a team or an individual psyched up for a supreme performance. Some people feel that being mentally prepared for the supreme test is 80% of the battle. It could be higher or it could be lower. We don't know. We do know for certain that being mentally geared to an explosive effort is vital to better performances in track and field. The athlete who gets himself up for a meet finds that his performance usually improve. We don't want to leave one stone unturned in our quest to find a better way to improve marks in track and field. We want to continue to turn out CHAMPIONS here at LOS ALTOS.

Training knowledge is actually in its infancy and so is the knowledge in the psychological field. Time and time again we will see an athlete performing at a certain level and he seems to indicate that he is near his potential and then something will happen that moves him to an emotional state and ZAM his mark improves drastically!

Los Altos has gone into many many meets where the outcome was going to be in doubt in the eyes of the experts only to see Los Altos athletes come through with truly outstanding improvements in several events to make the contest a runaway victory for the Knights.... Why does this happen? Because the athletes here at this school think like CHAMPIONS and then go out and act like CHAMPIONS.

In order to become a CHAMPION one must possess a great desire to work hard to reach a worthwhile goal. An athlete who doesn't look for excuses will be a winner. And what a thrill it is to have reached a goal that is difficult to attain! We are constantly striving to upgrade our track program here at the school. As long as we have young men who see the value in doing a job to the best of their capability we will have progress.

Coaches all over America have been striving to find the key to bringing an athlete or a group of athletes to peak condition and peak mental preparedness for important athletic contests. We have just started to find some of the answers and we hope to keep building upon our knowledge. Los Altos athletes think like champions and are willing to put in the WORK to be champions.

In running races of 440 yards and up, athletes are in a position to really exploit the mental aspect of training and competing. The athletes in the race will all reach a point in the race where the terrible pain of fatigue comes in to play. Some athletes will start to wilt when the pain hits, whereas others will keep on running like nothing is wrong. They fight off the pain factor and then go on to win.... Athletes who are mentally tough are hard to beat. Twelve track championships in 14 years indicate that Los Altos Athletes have this mental toughness.

THE TRAITS OF A CHAMPION

Psychologists have conducted intensive studies on thousands of athletes to determine the characteristics of champions. Studies have shown that fewer than 10 out of a thousand athletes have all the traits to be a great champion. This is to be expected or the world would be full of great athletes and champions. If everyone could achieve success without the hard work and dedication that are essential, then accomplishing goals and reaching heights of greatness would not be so meaningful. Of course this is not the case and man still seeks to improve himself in all kinds of fields.

Over the years here at Los Altos High School we have had many champions in track and field. We hope to have many more in the future. Any boy who would like to make every conceivable effort to reach a worthwhile goal will find the coaching staff here at Los Altos willing to help him reach this goal. We constantly strive to improve the sport and when young men commit themselves to a goal in athletics, excellence is the end result. To be sure a boy doesn't have to set a national record or turn in a fantastic mark to be considered a champion. When a boy reaches his potential or improves upon his previous best performance he is a "champion" in his own realm. Los Altos has won many league championships because boys improve or come through in the big meets!

The factors that make up a champion or a winner are:

1. Desire
2. Dedication
3. Confidence
4. Loyalty

Now let's break these four categories down and see what these words mean....

DESIRE..... Without the basic desire to excel it is hard to get anything accomplished. A person should look forward to challenges, always aspiring to do his best. You have to have that burning desire inside of you in order to achieve your goals. Always set a goal that is realistic and can be obtained with work and effort. Think big and have the desire to put in the work and effort to reach your goal.....

DEDICATION..... Putting in time above and beyond the required amount to get the job well done...go the extra mile and believe you can really do something outstanding. Work tirelessly and constantly strive to be the very best.....

CONFIDENCE..... Acknowledge your talents and believe that you are good enough to develop them. You have to have a genuinely firm belief that you can do what you set your mind to

LOYALTY..... Be loyal to yourself and your teammates. Put the teams' welfare in front of your personal goals. What is good for the team is good for you. Make a commitment and then be willing to see the job through. Be proud of your school, your team, and yourself. A champion is a champion until he is beaten and we don't intend to be beaten.....

WINNING AT LOS ALTOS IS A TRADITION.... LETS KEEP THIS TRADITION ALIVE!

A GREAT EXAMPLE FOR ALL OF US..... It is extremely difficult to be a State Champion in California. Los Altos has had five (5) State Champions in the discus throw! Why? Because we have young men who have high goals and are not afraid of hard work! Set your goals high and then be willing to put in the necessary training. Think Big!

WINNING STATE OF MIND

In order to get the most out of life and reach your full potential in track and field you need to set up some guidelines. "You are just as good as you think you are" is a true statement. Believe in yourself and establish a positive outlook on life and you will find success.

GUIDELINES TO HELP YOU BE A BETTER PERSON AND SUCCESSFUL TRACK MAN:

1. Set a specific goal for yourself this year. Determine exactly what you want and when. Write down a short summary of your goal and the achievement date. Read it aloud before you go to bed and when you wake up each morning.
2. Develop a burning desire to reach your goal. Nobody can put this hunger into you. You must have a clarity of purpose and constantly strive to reach your set goal.
3. Expect to pay the price. If you set a high goal, you will have to pay a high price. You will have to work long and hard, endure setbacks and make sacrifices to reach your goal. You won't be able to afford the luxury of laziness or the frequent delights of distraction.
4. Send the correct signals to your unconscious mind. Don't send thoughts of doubt, fear and failure to your unconscious mind. If a clear, purposeful goal is held in the conscious mind, the unconscious will eventually accept it and begin to supply the conscious mind with plans, ideas, insights and the energy to enable you to reach your goal.
5. Be willing to accept failure - Temporarily
Take this example for instance: This man failed in business in '31. He was defeated for the state legislature in '32. He failed again in business in '34. He had a nervous breakdown in '41. He hoped to receive his party's nomination for congress but didn't in '43. He ran for senate in '55 and lost. He was defeated again for the senate in '58. A hopeless loser, some people said. But Abraham Lincoln was elected president in 1860. He knew how to accept defeat - Temporarily.
6. Believe in the power of thought to change things. Don't think about failure, think about success. You can if you think you can. Create a success image. Have confidence in yourself.
7. Don't have ready-made alibis - don't say I can't, or if I only had this or that, etc. Go out and start today. Think big and success can be yours.

*Written by Norman Vincent Peal

SMOKING AND SPORTS

NOTE: Comments by the National Federation of State High School Athletic Associations and the Committee on the Medical Aspects of Sports of The American Medical Association.

The ability to produce maximum effort and to build endurance for sports is related to the capacity of the athlete to take in and utilize oxygen. This raises a serious question as to the effects of tobacco smoking on pulmonary function and consequently, on athletic performance.

Obviously, performance in any athletic event that demands a maximum effort, for even a brief period, would be adversely affected by impairment of ventilatory capacity. After reviewing clinical and experimental evidence on this question, the Committee (above) recommends that athletes should be strongly advised against smoking.

Ten inhalations of cigarette smoke have been shown to materially reduce airway conductance to the lungs. The decrease amounted to as much as 50% and lasted as long as an hour. The reductions were attributed by the investigators to obstruction of the air ducts resulting from muscle contraction, and nervous reflex. The change occurred in smokers as well as non-smokers and were reproducible.

In another study of pulmonary function and capacity, it was shown that the expiratory capacity, total lung capacity, and maximum breathing capacity were all significantly decreased in heavy smokers. Conversely, the ratio of residual volume (unexpired air) to total lung volume was increased in smokers. Decrease in maximum breathing capacity and increase in residual volume are particularly important to athletes since both changes impair capacity to take in oxygen and make it readily available to the body.

Other studies indicated a lower vital capacity in smokers and less efficient pulmonary function in even moderate exercise. Although athletes generally were found to have an increased vital capacity as compared to non-athletes, this was not so pronounced among athletes who smoked as it was for non-smoking athletes. Another significant finding is that pulmonary diffusing capacity (ability to interchange oxygen and carbon monoxide in the body) of smokers is markedly reduced.

IN SUMMARY, acute impairment of pulmonary function in young smokers as compared to non-smokers has been demonstrated. Significant decreases in maximum breathing capacity, which is most important to athletes, have also been disclosed probably due largely to obstruction of respiratory in flow. Efficient utilization of oxygen in the body is greatly hampered by decreases in its diffusibility in smokers. THERE IS NO LONGER ANY ROOM FOR DOUBT THAT ATHLETES SHOULD NOT SMOKE

FROM: California Interscholastic Federation and C.I.F. Protection Fund
State Office, 525 East Hyde Park Place, Inglewood, California

THINK LIKE A CHAMPION, ACT LIKE A CHAMPION. B E A C H A M P I O N

"TRY TRACK IN 74"

ATHLETICS AND ACADEMICS

Los Altos High School's primary function is to turn out well educated citizens. Never lose sight of the importance of maintaining good grades. Track athletes at Los Altos have a very high academic standing over all. The Coaching Staff is advising all of the school's athletes to excel in the classroom as well as on the athletic field. It is necessary to have good grades to enter the outstanding colleges and universities. So budget your time and develop good study habits. Sports can go hand in hand with getting good grades.

BE SUCCESSFUL!It's Fun!

LOS ALTOS HIGH SCHOOL

(Tips on how to be a Champion)

"IMPROVE YOUR ATTITUDE"

If you want to be a champion you have to decide to WORK. Set a goal & strive to reach it. Success never comes easy.

Think that you are something special. Constantly think positive thoughts. Believe in yourself and develop a confident attitude.

Dr. James Counsilman of Indiana University who has coached scores of champions says, "No boy ever became a champion unless he went through hurt, pain and agony."

You get the most from going all out in practice. A boy should give 100% every day, its the difference between an All-American and a boy who doesn't make it. Champions come from guys who are great every day, not just once a week. Pete Elliott ex-Illinois football coach, when asked why Dick Butkus made all-american while others with as much talent fell by the wayside answered, "Because Butkus is the 1st man on the field and the last one off. He goes all out each day".

Believe in dedication. Be willing to pay the price by working through minor pains, aches and setbacks. Let nothing turn you away from your goals.

Be humble, let your performance on the field speak for you. Be seen not heard. The sun is mighty powerful but it doesn't make much noise.

Think positively all the time. For example if the weather is miserable here in Los Altos, use a statement similar to this. It's 40 degrees below in Nome, Alaska, isn't it great to be in Los Altos!

Have character and good manners. Don't let the world mold you. Mold yourself into a winner! If you are going to excel in athletics you have to pay the price. Outwork your opponent. Think big and do the "Extra Mile" to attain your goal.....

You must aim for the top. Never set your sights low.

Think team pride & individual pride all the time. Sometimes the difference between a good athlete and a great athlete is pride.

Remember, nothing is successful until it is accomplished.

Emil Zatopek said, "It doesn't matter whether it is hot or cold, rainy or sunny footpaths or concrete roads, run until the question of running just never arises any more than not sleeping or not eating.

In my coaching experiences ranging from the high school to olympic levels I'm convinced that HARD WORK is far more important than natural ability. Talents we possess will never grow unless we are willing to pay the price of working hard.

Do you want to know the secret of success in sports? Well here it is - work up to your capacity every day !!! Take pride in going all out to excel. Do not take pride in merely completing the work-out, this is no achievement. We can no longer honor participation - anyone can participate. What I'm saying simply boils down to this; develop a fighting heart, always give your best effort, and strive to achieve the impossible. If you do this your accomplishments will reach beyond your wildest dreams.

SOMETHING TO THINK ABOUT

"The bumble bee cannot fly" according to theory of aerodynamics as may be readily demonstrated through laboratory tests and wind tunnel experiments, the bumble bee is unable to fly. This is because the size, weight and shape of his body in relation to the total wing spread, makes flying impossible. However, the bumble bee, being ignorant of these profound scientific truths, goes ahead and flies anyway -- and manages to produce a little honey every day!!

"The measure of a man's real character is what he would do if he knew he would never be found out."

There is more than one kind of success. And the greatest success of all is the success of the spirit that keeps itself undefeated and still aspiring whether life is easy or hard, successful or unsuccessful, happy or unhappy.

Thank God every morning when you get up that you have something to do that day which must be done, whether you like it or not. Being forced to work, and forced to do your best, will breed in you temperance and self-control, diligence and strength of will, cheerfulness and content, and a hundred virtues which the idle never know.

-Charles Kingsley

After the Super Bowl Game an interviewer asked Vince Lombardi how his Green Bay Packer team was able to come up with so many great plays in the clutch, and Lombardi answered: "Because they have respect for one another. . . They have a great deal of love for one another." He was speaking on network television, and I'll bet he confused a lot of the big tough ho-men around the country, talking about the Packers running on love. But they do. Every pro team does. I've never seen any place in the world, any human activity, where love is more exemplified than on the pro football field. You go through so much together. There's the physical torture of training camp, where you give everything you've got to punish your body, to get yourself into shape for 14 weeks of war. An you watch your teammates get hurt, cut, broken. You watch them lose their jobs, you watch them go to the heights of victory together and the depths of despair together. You share every conceivable emotion. A great tradition like the one we have here at Los Altos High School didn't develop accidentally... strong, dedicated coaches and athletes have paid the price in the past for this success. Let's keep giving our best and we will win... think like a champion... don't settle for second best. WINNING IS FUN!

FOOD FOR THOUGHT

"All life is based on the fact that anything worth getting is hard to get. There is a price to be paid for anything. Scholarship can only be bought at the price of study, skill in any craft or technique can only be bought at the price of practice, eminence in any sport can only be bought at the price of training and discipline. The world is full of people who have missed their destiny because they would not pay the price. No one can take the easy way and enter into any kind of glory or greatness."

William Barclay

"It is not the critic who counts; not the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with the timid souls who know neither victory or defeat."

"Fame is a vapor, popularity an accident, riches take wings, those who cheer today will curse tomorrow. Only one thing endures - character!"

Horace Greeley

"'The road is always better than the inn.' These words by the great Spanish writer, Cervantes, means a way of living. In my younger days I often tried very hard to reach some goal, finish some job. 'When this is done,' I'd say, 'I shall find real satisfaction and reward.' But later I came to realize that each achievement, like each inn, is only a point along the road. The real goodness of living comes with the journey itself, with the striving and desire to keep moving. Now I find that I can look back on my 84 years with pleasure and what is even more important to me - that I can still look to the future with hope and desire. I have learned to take each inn along the way with a traveler's stride - not as a stopping point, but a starting point for some new and better endeavor."

Maurice Maeterlinck

"Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not; it is the first lesson that ought to be learned; and however early a man's training begins, it is probably the last lesson that he learns thoroughly."

Thomas Henry Huxley

"A boy or girl are not prepared for the higher reaches of mathematical inquiry or philosophical speculation until they are first of all toughened in spirit by athletics."

Plato

"THE CHAMP"

Conditioned for the track supreme
Confident in coach and team;
Courageous when the going's rough
Champions never say enough.

Heart, to meet the game's bad breaks;
Heads, to know just what it takes;
Hands, that work through thick and thin;
Honest champions play to win.

Ambitious to develop now;
Abilities that God endows;
Aiming high to meet the test;
A champion wants to be the best.

Marked and watched where'er he goes;
Model traits he has to show.
Manliness, if in defeat,
Modest in the victor's seat.

Practice, practice, ever on the move,
Plugging daily to improve.
Perfection? That he'll never see,
Peerless champs just try to be.

Anonymous

E G O

Sometime when you're feeling important
 Sometime when you're Ego's in bloom
 Sometime when you take it for granted
 You're the best qualified in the room;
 Sometime when you feel that you're going
 Would leave an unfillable hole,
 Just follow these humble instructions
 And see how they humble your soul.
 Take a bucket of water full to the top,
 Put your hand in it up to the wrist
 Pull it out, and the hole that's remaining
 Is a measure of how you'll be missed.
 You can splash all you wish when you enter
 You may stir up the water galore;
 But stop, and you'll find that in no time
 It looks quite the same as before;
 The moral in the quaint example
 Is just to do the best that you can,
 Be proud of yourself, but remember
 There's no indispensable man.

Author Unknown

THE MAN WHO THINKS HE CAN

If you think you are beaten, you are;
 If you think you dare not, you don't;
 If you want to win but you think you can't,
 It's almost a cinch you won't.
 If you think you'll lose, you're lost;
 For in the world we find
 Success begins with a fellow's will,
 It's all in the state of mind.

For many a race is lost
 Ere even a step is run,
 And many a coward fails;
 Think big and your deeds will grow,
 Think small and you'll fall behind;
 Think that you can and you will--
 It's all in the state of mind.

If you think you're outclassed, you are,
 You've got to think high to rise,
 You've got to be sure of yourself before
 You can ever win the prize.
 Life's battles don't always go
 To the stronger or faster man,
 But sooner or later the man who wins,
 Is the fellow who thinks he can.

Wisley Outlook

BRAIN FOOD

1. There never was a champion who to himself was a good loser. There is a vast difference between a good sport and a good loser.
2. Never sacrifice a principle for a temporary gain.
3. Keep learning. Don't think you know all the answers.
4. Pay special attention to weaknesses and correct them.
5. It takes patience to endure the monotony of repetition.
6. Prefer team victory to personal victory.
7. When you make a mistake be the first to admit it.
8. The beginning and the end are always the most important.
9. Every participant should know the rules.
10. Always treat your opponent with respect.
11. Hard work can be fun.
12. Make all the mistakes you want but don't repeat them.
13. Have confidence in yourself and respect for your opponents.
14. Do your best to make yourself and every other member of the squad the best possible athlete.
15. Study your sport and learn all there is to know about it.
16. Constant practice and training produce skill which may offset mere physical power.
17. Talk the sport up and show your enthusiasm -- it's contagious.
18. Don't ever be caught doing nothing.
19. Never lose confidence in yourself.

HIT IT HARD

The temper of life is to be made good by big, honest blows; stop striking and you will accomplish nothing; strike feebly, and you will do almost as little. Success rides on every hour -- grapple it, and you may win; but without a grapple it will never go with you. Work is the weapon of honor, and who lacks the weapon will never triumph.

--Ike Marvel--

DON'T QUIT

When things go wrong as they sometimes will
 When the road you're trudging seems all uphill,
 when the funds are low and the debts are high,
 And when you want to smile, but you have to sigh,
 When care is pressing you down a bit,
 Rest if you must -- but don't quit.
 Life is queer with it's twists and turns,
 As every one of us learns,
 And many a failure turns about
 When he might of won had he stuck it out.
 Don't give up, though the pace seems slow --
 You might succeed with another blow.
 Often the goal is nearer than
 it seems to a faint and faltering man.
 Often the struggler has given up
 When he might have captured the victor's cup.
 And he learned too late, when the night's slipped down,
 How close he was to the golden crown.

--Anonymous--

WHY MEN RUN

I have heard many and varied reasons for the above statement but somehow, for me, Brutus Hamilton, head coach of the University of California and the 1948 Olympic team said it best of all:

People may wonder why young men like to run distance races. What fun it is? Why all that hard, exhausting work? Where does it get you? Where's the good of it? It is one of the strange ironies of this strange life that those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things in order to achieve a goal, are the happiest men. When you see 20 or 30 men line up for distance race in some meet, don't pity them, don't feel sorry for them. Better envy them instead. You are probably looking at the 20 or 30 best "bon vivants" in the world. They are completely and joyously happy in their simple tastes, their strong and well-conditioned bodies, and with the thrill of wholesome competition before them. These are the days of their youth, when they can run without weariness; these are their buoyant, golden days, and they are running because they love it. Their lives are fuller because of this competition and their memories will be far richer. That's why men love to run. That's why men do run. There is something clean and noble about it.

AXIOMS

1. Don't expect perfection in others unless you are perfect.
2. An athlete won't get far who isn't honest with himself.
3. You can't win today on what you did in the last race.
4. Never stop fighting.
5. As you think so you run,
6. Practice makes perfect.
7. Winners are workers.
8. Knowledge makes for confidence.
9. Common sense is not so common.
10. A job poorly done stands as a witness against the man who did it.
11. Sow early and you will reap early.
12. A little impatience spoils great plans; Haste makes waste.
13. Well begun is half done.
14. Nature gives talent, but it is for man to make it work.
15. Inches and tenths make a champion.
16. Win or lose, never be satisfied - one can always improve.
17. Think big, do big, be big.
18. There are no miracles to men who do not believe in them.
19. Weak men wait for opportunities; strong men make them.
20. It's hard to get ahead if one spends all of one's time getting even.

WHAT MAKES A CHAMPION?

The thing that makes a champion is obvious enough:

It isn't any mystic prestidigitator's stuff.

It's nothing more than giving to whatever be the chore,

The power that is in you - and a small scintilla more.

It isn't any wizardry, it's not a magic gift;

It's merely lifting honestly the load you have to lift;

Or, in the game you're playing, it is using all your store

Of grit and nerve and energy - and just a trifle more.

The thing that makes a champion is simple, plain and clear:

It's never being "almost", "just about", or "pretty near",

It's summoning the utmost from your spirit's inner core

And giving every bit of it - and just a little more.

"That little more-how much it is". As deep and wide and far

As that enormous emptiness from molehill to a star,

The gulf between the earthbound and the eagles as they soar,

The champions who give their best - and one iota more.

THOUGHTS OF CHAMPIONS

We don't want excuses - we want results.

Nothing is successful until it is accomplished.

It is so easy for all of us to more or less justify our own inefficiencies by criticizing others.

The first characteristic a boy must have is a tremendous desire to excel. He must have the belief and desire to do something better than anyone else - to be the best who ever lived.

It is very easy to be ordinary, but it takes courage to excel, and we must excel.

Nothing great was ever achieved without enthusiasm.

A winner never quits and a quitter never wins.

He who knows and knows he knows, he is wise - Follow him.

It is better to wear out than to rust out.

Genius is one percent inspiration and ninety-nine percent perspiration.

Give me five men who hate to lose and I'll give you a winner.

Associate yourself with men of good quality if you esteem your own reputation; for it is better to be alone than in bad company.

Have ideals and live them.

Strong men criticize themselves.

When you're through improving, you're through.

A good competitor never underestimates his opponent.

There is no defense for the unexpected.

A runner may be more clever than one, but no more clever than all.

The cheers of athletic contests soon pass away, but sincere friendships live forever.

Knowledge makes for confidence.

If you did your best, you won.

The team that won't be beaten can't be beaten.

Persistent people begin and succeed where others fail.

Give the game the best you have and the best will come back to you.

Think.

Mediocrity is excellence to the mediocre.

The right angle to approach any problem is the try-angle.

We are never so good or so bad as we imagine.

The boy who never is criticized is the one who should worry.

Anything green grows; even athletes.

What you eat today runs, hits and throws tomorrow.

No price is too high to pay for a good reputation.

Nature gives us talent but it is for man to make it work.

If it is worth doing at all, it is worth doing well.

Hard work can be fun.

Sleep is a priceless treasure.

A job poorly done stands as a witness against the man who did it.

Sow early and you will reap early.

Doing a thing nearly right and doing it exactly right is usually the difference between success and failure.

A team is only as strong as its weakest runner.

You don't put morale on like a coat. You build it day by day.

Fight fairly but furiously.

Don't tell me how good you are - let me find it out.

A fellow teammate may be faster than you. He may have more skill, and he might be stronger and have more endurance; but he should not be your superior in team spirit, fight, determination, ambition and character.

Keep on your toes and you won't get caught flat-footed.

If what you did yesterday still looks big to you today, then you haven't done much today.

It is not so much what we know as how well we use what we know.

The infinitely little have a pride infinitely great.

It requires a strong constitution to withstand repeated attacks of prosperity.

I believe the first test of a truly great man is his humility.

I desire to conduct the affairs of this administration so that if at the end, when I come to lay down the reins of power, I have lost every other friend on earth, I shall at least have one friend left, and that friend shall be down inside of me.

Monuments! What are they? The very pyramids have forgotten their builders, or to whom they were dedicated. Deeds, not stones, are the true monuments of the great.

It is defeat that turns bone to flint, it is defeat that turns muscle to gristle, it is defeat that makes men invincible.

No personal consideration should stand in the way of performing your duty.

Imitation is the sincerest form of flattery.

Luck is when preparation meets opportunity.

The greatest honor which this nation can bestow upon the "unknown hero" would be to live for the things for which he died.

When you get kicked from the rear it means you are in front.

When a man feels that the world owes him a living, he is usually too lazy to collect it.

When you call on a thoroughbred he gives you all the speed, heart and sinew in him. When you call on a jackass he kicks.

The team that makes the fewer mistakes wins.

If a break goes against you, turn on the steam.

"Fight on, my men," Sir Andrews says, "A little I'm hurt, but yet not slain; I'll but lye downe and bleede awhile, and then I'll raise and fight againe." "Sir Andrew Bartol

Winning is not everything, but it sure beats anything that comes in second.

You can soon determine the caliber of a man by ascertaining the amount of opposition it takes to discourage him.

The rest of your days depend on the rest of your nights.

The harder I work, the luckier I got.

A moral victory is like kissing your sister.

If better is even possible, good is not enough.

Success is the result of hard work and honest effort.

Be a champion in practice, that's where champions are made.

The All-American is the one who can run until he is dead tired, then he can run some more.

Don't save yourself - we have capable boys to replace you.

It's a funny thing that the "wise guys" always seem to be working for the "dumb guys"

Don't count the days - make the days count.

When you are behind, don't give up; when you are ahead, don't let up.

A house divided will fall, let's all pull together.

The daily degree of recovery from injury depends a lot on the fierce desire of the individual to fight to get well.

You get out of any sport what you put into it.

Give 100 percent all of the time.

It is better to have fought and lost than to never have fought at all.

Run hard, run tough, run rough, but run clean.

Success is measured in what the team accomplished, not how you look.

The day of the meet is the day to make good. The day after is too late.

We must taste our own words as they go out, as we taste food that goes in.

Think like men of action - act like men of thought.

Go into a meet believing you are going to do your best - then do it.

Champions are made, not born!

There isn't any substitute for a boy who will practice.

Don't get beat - it's an awful feeling.

Defeat is your punishment.

Take an interest in teammates, they will take an interest in you.

The more honor and respect among runners, the greater the team.

The best runners help others; be best runners.

Leadership is accepting responsibility.

Why gripe? FIGHT!

If you don't run to win, why keep running?

Don't let failure get you down - Babe Ruth struck out 1300 times.

Opponents will come nearer doing their worst if you are doing your best.

In union there is strength.

Were you meant to be a champion? Then WORK.

Enter the meet a gentleman and leave the same way.

Fight every second of every minute of every race.

Run your own best race, don't defeat yourself.

Set your goals high. If you aim for the gutter that's where you'll end up.

You make your own breaks by being alert to opponent's mistakes.

Obey training rules for condition. Race rules for honor and respect.

Concentrate on what you're doing - then you won't have time to tense up and worry.

Confidence, like disease, is contagious.

Act like a heel toward teammates and you'll get waled on.

Every boy has more talent than he will ever develop.

Can you travel at top speed at the close of the race?

Leaders are ordinary people - with extraordinary determination.

Hustle is the only indispensable quality of a champion.

Losing can be habit forming - let's not get into the habit.

The real test of a runner comes when things don't go to suit him.

Victory favors the team making the fewest mistakes.

There is no secret to success - it's just DIG, DIG, DIG.

Your opponent may not be speedy, but he went by while you were asleep.

It's the size of the fight in the man, not the size of the man in the fight.

Behind all upsets - a great desire to win.

An optimist: "A man fell from a hotel roof, and from each window bar he shouted to his friends above, 'I'm doing alright so far.'"

Egotism is an anesthetic provided by nature to relieve the pain of being a fool.

A person's real size is determined by the size of the thing it takes to get his goat.

One good idea put into action is worth a volume stored away in daydreams.

Courtesy is a habit with real sportsmen.

What is an ideal without a life? What is a life without an ideal?

Nothing is successful until it is accomplished.

Think like a champion, act like a champion, be a champion!