

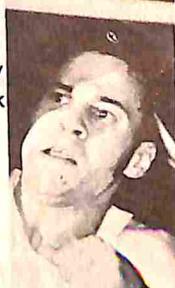
JOHN SMITH. . .PAT MATZDORF HOW THEY TRAIN



The latest issue of **TRACK TECHNIQUE** (No. 48, June 1972) is now in the mail to subscribers. Among the thirteen excellent articles are two pieces on the training programs of two of America's foremost athletes: world record holders John Smith and Pat Matzdorf.

In addition there is an extensive comparison of Matzdorf's jumping form with Valeriy Brumel's by the Czech coaches Kerssenbrock and Spilar. Gabor Simonyi has contributed another of his authoritative studies on how to coach the triple jump. Dr. Gideon Ariel of the U. of Massachusetts offers further information on the effect of anabolic steroids on contractile muscle force. English AAA coach Tom McNab discusses the training of the young decathlete. Other articles deal with sprint training in France, female sprinters' stride length and frequency, cryotherapy in treating athletic injuries, and a seven-stride hurdle approach. Two series continue: Peter Lay's on fundamental weight training and Ken Doherty's on Power-Skill Training in Field Events. Order your copy of TT 48 today and read these articles soon. TT 48, \$1.00. One-year Subscription, \$3.00. 4 years \$10.00.

TRACK TECHNIQUE, BOX 296, LOS ALTOS, CA. 94022



TRACK & FIELD NEWS

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MAILING SCHEDULE

T&FN is mailed on Fridays. No issue should require longer than two weeks delivery in the US, proportionately less in areas closer to printing and mailing site of Omaha, Nebr. Current schedule: II July-July 21; August (*Olympic Preview*)-August 22; September (*Olympic Coverage*)-October 5.

NEWS, FEATURES & PHOTOGRAPHS

All news and highlights, features, and photographs should be received by T&FN at least nine days before mailing dates, except summaries and action photos of important competitions occurring the weekend before publication date, which may be received no later than Monday noon when prearranged. Prospective volunteer correspondents are invited to request details; everyone is encouraged to submit results. Unsolicited material becomes the property of T&FN.

SUBSCRIPTIONS

18 issues per year, including statistical annual edition. United States only-\$7.00 per year, \$13.00 two years, \$19.00 three years, \$30.00 five years. Add \$5.50 per year for first-class, \$7.50 per year for air-mail. All other countries-add \$1.00 per year to US rates. Foreign air-mail rates on request; no first-class available. Change of address-include old and new address with zip codes; allow three weeks.

ADDRESSES, TELEPHONES

The editorial and business departments are quartered in separate structures and are served by different telephone numbers. All mail, however, may be addressed to P.O. Box 296, Los Altos, Calif., 94022 USA. Editorial offices are located at 343 Second St., Suite L, Los Altos, and may be reached at 415/948-8417; business offices are at 401 First St., Los Altos, and may be contacted at 415/948-8188. Calls cannot be transferred from one office to the other; no business matters or public relation inquiries will be handled by the editorial department.

IN THE FUTURE

US	9	Pre-Olympic, Munich
July	9-10	Poland-France, Warsaw
28-29	15-16	Pre-Olympic, Munich
INTERNATIONAL	20	International, Garmisch, WG
July	21	International, Innsbruck, Austria
14-15	21-22	International, Oslo
17-20	23	Pre-Olympic, Munich
19	31-9	Olympic Track, Munich
19-23	September	
21-23	12	International, Berlin, WG
August	13	Zauli Memorial, Rome
6	30-1	France-GB-USSR, Paris

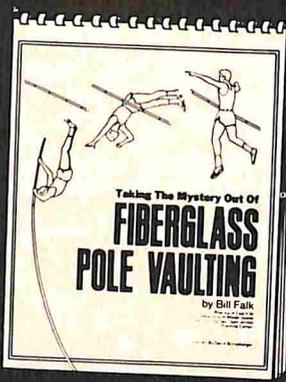
UP FRONT

The 1972 edition of the US Final Olympic Trials was as high-powered, competitively and emotionally, as ever. There was misfortune and dejection, such as Bill Koss falling in the steeple (upper left) and breaking a foot bone. /Don Chadez/ There was elation, too, like 400 hurdle winner Ralph Mann (lower right) happily hugging runner-up Dick Bruggeman. /Bob Kasper/ There were records, like Bob Seagren's soaring 18-5/4 vault (upper right). /Kasper/ And there were surprises, like Dave Wottle's 1:44.3 800 (lower left). In this case, it was a record besides as Wottle matched the global mark to beat (l-r) Ron Phillips, Ken Swenson, Rick Wohlhuter and Jim Ryun. /Chadez/

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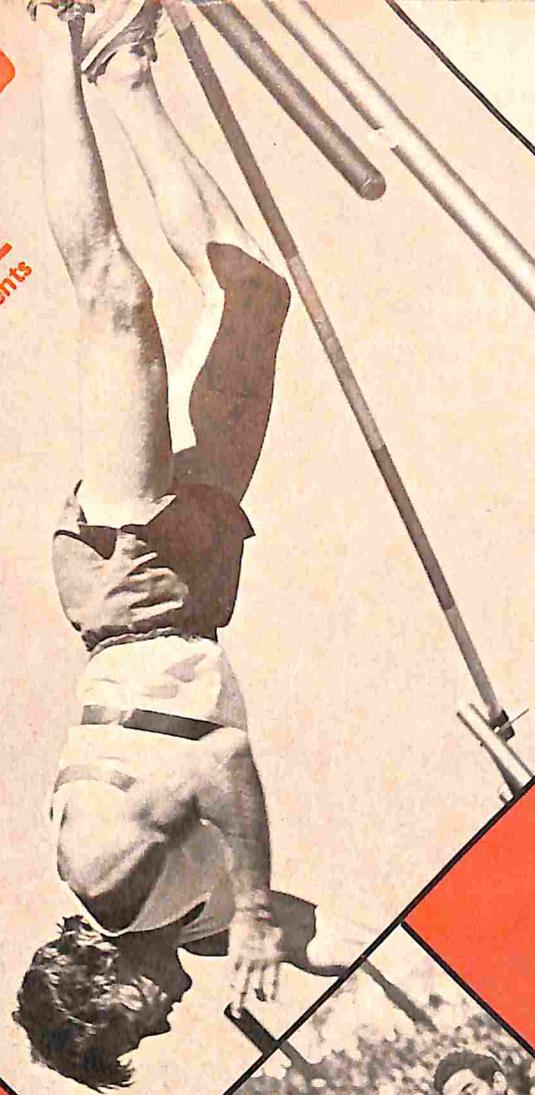
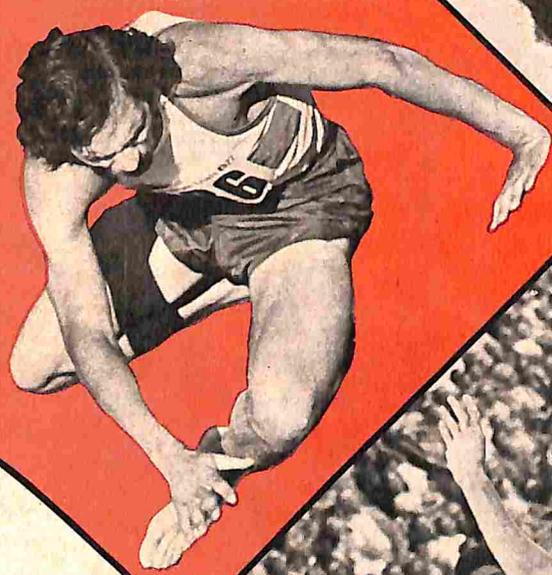


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Misfortune
Upsets

US OLYMPIC TRIALS