

**Starting.**

In all sprints the start is of utmost importance. Many races are practically settled during the first second after the pistol shot.

Two things are necessary for a good start: first, to respond as quickly as possible to the report of the pistol, and second, to get under full speed as soon after starting as possible.

A man might be able to make a movement with exceptional quickness after hearing the pistol and still be quite unable to get into his stride rapidly, and he might be beaten in the start by a slower man who understood the art of getting up speed quickly.

The first element that was mentioned, that is, to respond quickly to a stimulus, has reference to certain processes that go on inside a man, and which are partly mental and partly physical. A man hears a pistol shot, in other words the vibrations of air strike on the drum of his ear. They set up a nervous current which at once travels to the brain. Currents are at once dispatched to the muscles, which contract soon after receiving the stimulus. This takes time, currents travelling rather slowly over nerve fibres, and not nearly so fast as electrical currents. These nervous operations are performed quicker in some people than others, so that some people are naturally quicker than others. But practice will quickly lessen the time required to respond to the pistol shot. It must, however, be practice of a certain definite character. Do your best every time. This is imperative. Give your whole attention to it, clinch your hands, set your teeth, think of nothing else but the action you are about to make. Do not think of the pistol shot, think of the movement to be made. There are good reasons for this both practical and theoretical.

There is another matter where effort and practice will accomplish much, that is, in regard to the actual contraction of the muscles themselves. There is a small fraction of a second after a muscle gets its stimulus to contract before it actually does so. This is called the "latent period." A large stimulus to a muscle will make it contract not merely harder, but quicker than a weak one. That is, this latent period is shortened, so the start is quicker. Then, too, practice will shorten this period.

Never practice long consecutively, it does more harm than good. A half dozen starts are enough. A great fault with amateurs is that they practice too long, so that their nerves get tired and they consequently get into bad habits and do careless work. Never practice when you are tired or stale, it is injurious and will only make you slow. To sum up what is under this head, practice! practice!! practice!!! Do your best every time. Do not practice when you are too tired to do your best work. Think only of the movement you are going to make. Make it with tremendous effort.

We now come to the second part, getting up speed. Under this head we must consider the different styles of the starts.

**JUMP START.**



No. 1.

Cut No. 1 represents the position taken both for the ordinary "Jump" start and for the so-called "Yale" start. The objection to the position is that it is very difficult to hold, the base being very small. A runner is so liable to lose his balance while waiting for the pistol, and thus not be prepared to go when the right time comes, or step over the line and be put back a yard. If one could stand flat-footed, it would enlarge the base, but this cannot be done. This position is especially risky for a



No. 1 a.

nervous man. Cut No. 1a. represents the first stride of the jump start. Note the difficulties: First, the arms are not used in the start, for they are found

in the same position as before. Second, the runner must jump from both legs to make up for this deficiency, most of the effort being thrown upon one part of his body, viz., the legs. Third, the possibilities of jumping too far or not far enough, and thus not secure a balance. Other things being right, the second stride will be a good one.

**YALE START.**



No. 2 a.

To meet these difficulties and yet use the same position, the "Yale" start was designed. Cut No. 2a. represents the first stride. The front leg has advanced about eighteen inches, and arms are swinging as in a regular stride. The balance is never lost as in the first one, and the start does not simply depend upon the effort of the legs.

**HARVARD.**



No. 3.

Cut No. 3 represents the so-called Harvard start. It is the same position except that the opposite arm is forward. Hence the arms and legs are in their proper relation from the beginning. The effort of "getting off" is



not nearly so great as in No. 1. Cut No. 3a. represents the stride.

**FULL CROUCH.**



No. 4.

Cut No. 4 represents the full crouch. Advantages: First, a large base. Few false starts are made from this position. Second, the arms are used. Cut



No. 4 a.

No. 4a. will show their position in the first, but you will notice that there is a tendency to bend the one coming forward, hence shortening the lever. Third, the snap of the back. A new element is brought in here, in that the

**HALF CROUCH.**



No. 5.

body is flexed upon the legs. Thus the powerful muscles of the back are

brought into play in raising the trunk.

To give more leverage with the arms, cut No. 5, known as the half crouch, has been designed. Here you have all the advantages of base, spring of legs, swing of arms, and snap of back. Cut



No. 5 a.

No. 5a. represents the first stride. It is proving very popular and is surely very safe.

A person who expects to sprint next year ought to be practicing in the gymnasium during the winter. It is a bad thing to practice with the same starter all the time, for you will get used to his method, and so will be thrown out when you come to a new man. One of the best ways to practice is to have some one light a firecracker and hold it where you cannot see it, or light it yourself and drop it on the floor behind you, then wait for it. There is absolutely no element of certainty in this and there is no such thing as beating the pistol in this way. This might be a good way to start races, using a cannon cracker, of course.—From the Physical Educator, by permission.



**TWO TRAINS DAILY**

BETWEEN

**LINCOLN**

—AND—

Auburn, Falls City, Atchison, St. Joseph, and Kansas City.

City Ticket Office, 1201 O Street.

H. C. TOWNSEND, Gen'l P. & T. A. F. D. CORWELL, C. P. & T. A.

**The Funke Opera House Block**

is the place to get your Choice American Beauty and Roses of any shade. Carnations and all floral work guaranteed. Decorations a specialty.

FREY & FREY, Florists.

**THE... NEBRASKAN**

FOR THE SECOND SEMESTER

...40 cents

Burlington's personally conducted excursions to Utah and California. A Pullman tourist sleeping car will leave Lincoln every Thursday at 12:15 p.m. for Denver, Salt Lake, Ogden, San Francisco and Los Angeles. Only \$5 for a double berth Lincoln to Los Angeles in one of these cars. Remember there is no change of cars. For full information and tickets apply at Burlington & Missouri depot or city ticket office, corner Tenth and O streets.

G. W. Bonnell, C. P. & T. A.

**PATENTS**  
CAVEATS, TRADE MARKS, COPYRIGHTS.

CAN I OBTAIN A PATENT? For a prompt answer and an honest opinion, write to MUNN & CO., who have had nearly fifty years' experience in the patent business. Communications strictly confidential. A 24 issue book of information concerning Patents and how to obtain them sent free. Also a catalogue of mechanical and scientific books sent free. Patents taken through Munn & Co. receive special notice in the Scientific American, and thus are brought widely before the public without cost to the inventor. This splendid paper, issued weekly, elegantly illustrated, has by far the largest circulation of any scientific work in the world. \$3 a year. Sample copies sent free. Building Edition, monthly, \$1.50 a year. Single copies, 25 cents. Every number contains beautiful plates, in colors, and photographs of new houses, with plans, enabling builders to show the latest designs and secure contracts. Address MUNN & CO., NEW YORK, 351 BROADWAY.

This space is reserved for H. H. Pierce, bicycles and bicycle repairs. 144 No. 13th street. Halter Block.

...THE...  
**CAPITAL CAFE**  
HAS BEEN RE-OPENED BY  
**Francis Bros.**  
THE MOST CONVENIENT PLACE FOR STUDENTS  
—OPEN ALL NIGHT.—  
Oysters and Game in Season.  
121 North Eleventh Street.

SHORT ORDERS OUR SPECIALTY. — GIVE US A TRIAL.

The  
Lincoln  
Salt Baths.  
Cor. 14th & M Streets.  
LINCOLN, NEBRASKA.  
OPEN AT ALL HOURS DAY OR NIGHT.  
**SULPHO-SALINE BATH HOUSE AND SANITARIUM**

ALL FORMS OF BATHS—Turkish, Russian, Roman, Electric, with special attention to the application of NATURAL SALT WATER BATHS, several times stronger than sea water, for the cure of Rheumatism, Nervous difficulties, and many other diseases. The Bath House is the most complete in the world. SEA BATHING may be enjoyed at all seasons in our large, magnificent Salt Water Swimming Pool, 50x150 long, 2 to 18 ft deep, heated to a uniform temperature of 88 degrees.

**Elite Studio**  
226 So. 11th St.—Ground Floor.  
Special Rates to Students.  
**30 CENTS OFF.**

FOR TEN DAYS Francis Bros. will sell \$1 10 commutation tickets to the students for 80 cents. We want to introduce our new piece of business to the University students. Every thing is first class. Our coffee is delicious.  
Open all Night. 127 No. 11th.

IF YOU KNOW that I have the apparatus  
**Walter Hoge**  
... PRINTER  
1115 P Street, Lincoln  
CARDS, PROGRAMS, INVITATIONS.  
Good Work. Prices Reasonable.