

# Harriers Face Long Workouts

By JOE GRATA

Driving a car for five miles at 12 m.p.h. might seem boring, hiking that distance would probably be awfully tiring, but imagine running five miles at that speed. Whew!

Whether jogging up hills, striding through woods or sprinting with all sinew towards the finish line, the ultimate goal of a cross-country runner is to cover five miles in approximately 25 minutes—in wind, rain, sunshine or snow.

At State the harriers romp over the University golf links and through the adjacent woods north of campus to hopefully complete the course with as low a score as possible.

That's right. As ironic as it might seem, especially to those persons unfamiliar with the sport, the team with the low score is the victor of a meet. In a golf.

In last year's 17-42 opening day win over Pitt, now graduated Lion harriers Gerry Norman (1), Steve Moorhead (2), and Mike Miller (3) and present State captain-elect Howie Deardorff (4) finished in the top four places, accounting for 10 Nittany points.

Panther runners registered in fifth, sixth, ninth, 10th and 12th positions to account for their 42 markers, only eight points away

from a worst possible score of 50. The best possible score is 15.

Although seven runners from each team may place, only the first five runners to cross the finish line from any one squad can count in the scoring column. The other two harriers act as "blocks" by keeping opponents from checking in at higher positions.

New Lion cross-country coach John Lucas seems well aware of the fact that depth plays an integral part in winning and plans to begin a strenuous five-part training program Monday to "weed out" his stronger reserves.

**THIS WEEK** the ex-Boston University star put this year's edition of the Lion team through "light" workouts which included about five miles of running every day. But the new procedure goes into effect soon as the Lions prepare for an Oct. 6 opening day duel with Pitt.

The basic plan includes over-distance running, "fartlek" work, interval training, pace work and weight training.

Overdistance work will include running between six and 12 miles; "fartlek" work involves walking,

jogging, striding, sprinting and repeat "hill work."

Interval training will be held at the Rec Hall indoor track and calls for 20 laps of 220 yards and six laps of one kilometer (1100 yards).

"This is my personal philosophy of training," Lucas explained. "I think it contains all cross-country coaching techniques in a nutshell."

## Lion Matmen Face Nine-Meet Slate

An attractive home card is in store for Penn State wrestling fans this winter.

The 1962-63 schedule calls for home meets against Michigan, Lehigh, Maryland, Pittsburgh, and Rutgers, Navy, Cornell, V.P.I., and Syracuse will provide opposition for the Nittany Lions on the road.

The schedule: Dec. 8, at Navy, Michigan; Jan. 5, Lehigh; 12, Maryland; 19, at Cornell; Feb. 9, at V.P.I.; 16, at Syracuse; 23, Pittsburgh; March 2, Rutgers; 8-9 Eastern championships at Annapolis.

## Galardi — 'Mr. Versatility'

Joe Galardi, Penn State's 1962 football captain, qualifies as one of the most versatile performers ever to play for the Nittany Lions.

Galardi is the Lions' number one center this fall, marking the fourth time he has changed positions since arriving on campus three years ago.

Last year Galardi won his first letter as a second unit left guard.

In 1960, his sophomore season, he was a third string center, and the year before that he was an end on the freshman squad.

At Dickson City High School, Galardi played quarterback, and

for Memphis Naval Air Station before coming to college he was a quarterback and halfback.

"Galardi's selection as team captain is a tribute to his versatility and durability," coach Rip Engle said. "Versatility because of his willingness to try his hand—and do a fine job—at any position where he could most help the squad, and durability because I can't recall of his ever missing practice sessions because of injury."

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## ORTHODOX SERVICES

Orthodox services will be held at the Eisenhower Chapel on Sunday, September 23 at 10:45 a.m., officiated by the priest of the Greek Orthodox Church of Altoona, Pa. The choir of the church will participate.

## "A NIGHT IN ATHENS"

Sunday night, starting at 8:00 p.m. a dance will be held at the Elk's Club in Altoona, featuring the famous singer Nick Gounaris from Athens, Greece, and his trio. All are welcome.

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