

# Nittany Frosh Harriers Meet Panthers in Opener

By STEVE FRANKLIN

The Freshman cross-country squad of Coach John Lucas is staffed through and through by promising runners, who have fought consistently to produce "optimistic times." The eight man team ventures to the University of Pittsburgh this weekend, where they will meet Pitt's runners, in their season's opener.

Lucas is far more optimistic over the consistency of his newcomers than he is of his varsity harriers. "I am expecting a strong season from this group of runners, who closely rival one another in running capabilities," said the coach.

Fearing this gap of abilities in his varsity contingent, he highly exclaims the freshmen's consistently close finishes.

The frosh traveling to Pitt are: Fred Swanson, Geoffrey Webb, Mike McCormack, Steve Hayden, George McCormack, Rollin Rose, Charles Leuthold and Ed Webber. Webb is continuing a Nittany establishment of British runners representing the Lions. At the present, fellow countryman Colin Grant is competing on the varsity squad.

"Although the team is small, they store an enormous amount of vitality, which will explain my enthusiasm," commented the coach.

Lucas further explained that Navy, which is another team that the frosh will oppose, always sports a team twice our size. He said that we are able to seriously challenge the Plebes' size, mostly

on the basis of our energy.

In recent years, it was often rare that more than four freshmen might emerge at such a peak so early in the season. At Schenley Park this Saturday, against the harriers of Skyscraper U the Lion cubs will be aiming at times in the vicinity of 15 minutes.

The "tough as nails" training policy which Lucas expounds, has brought at least 5 runners into the stage of being able to produce three back to back 5-minute miles. In addition to training the frosh thin-clads extensively on hill running, Lucas has added interval 220-yard runs on the outdoor track.

As the recent assistant coach of the University of Maryland track team, Lucas figures to add some of his own ideas to the Lions' training procedures.

Running in only three meets this season, the Lion Cubs will have their first real chances to distinguish themselves at the season's climax, in the ICAA and NCAA championships.

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