

Attention	At ease	Facings: Right, Left
Dress	Quick Time	Double Time
Halt	Mark Time	Side Step
Face in Marching	Change Directions	

Running develops endurance, and some forms given here develop ability and specific skills in getting over, or around obstacles. Where pupils are required to run one hundred yards or over, special care must be exercised. Before permitting pupils to run any of the longer distances, several weeks of preliminary training should be demanded.

Training in long distance running should be preceded by a medical examination by a properly qualified physician. Where such an examination is impractical, the teacher should administer the Pulse Rate of Recovery Test before the training period begins. After one week of training the test should be given again. Unless the second test shows the pupil's pulse returns to normal more quickly than at the time of the first test, serious consideration should be given to the failure of the cardio-vascular system to respond to training before permitting the pupil to continue with the training program. Advice of a qualified physician should be secured if possible. No boy in the ninth grade should be permitted to train for or attempt to run distances greater than 220 yards. The younger boys in grade 10 as well as those who appear to be less mature physically, should either be barred from running 440 yards or longer distances, or be given more careful attention than the older more mature pupils.

In general, the training program should be characterized by starts, short bursts of speed, and jogging on the grass during the preliminary training period. In no instances should pupils be permitted to run 100 yards at top speed before the end of the second week. In the 440 yard run and 880 yard run, if the full distance is covered, only the first half should be run at top speed and the second half jogged.

Road Work

Road work is a combination of hiking and running to develop the ability to cover long distances in the shortest possible time. The starting distance should be between three to five miles. This hike is a brisk walk, interspersed with running (not jogging). At each practice the distance should be covered in less time, and gradually increased until boys are able to cover eight to ten miles in fast time.

Cross Country

The course may be over hills, through woods, across brooks, over open fields, or parks and golf courses. It is not running on city streets or highways.

Steeple Chase

Steeple chase is a set form of obstacle racing using hurdles and water jumps. The National Collogiate Athletic Association and the Amateur Athletic Union publish rule books that describe these events and give the rules for them.