

# Perfect Mile

by Neal Bascomb (2004)

He followed Roger Bannister (England), John Landy (Australia) and Wes Santee (US) in their pursuit of the 4-minute mile. Improvement in speed comes from subjecting the body to periods of high stress at a fast pace while reducing the recovery time between these periods. Sante would shake his competitor's hand after a race to see how tired they were. The best coaches had the ability to make a man go beyond the point at which he thinks he is going to die.

The Amateur Athletic Union struggled losing their power over the athletes as they became more professional (ability to earn from their sport). Athlete's can be so focused (in the zone) that they do not hear the crowds, but can tune in to their coach's voice. A time will come that if we forgo this chance, would we ever forgive yourself?

Soon after Roger broke the 4-minute barrier, Landy broke the record. The great face-off between Roger and John (Wes was grounded by AAU) would be at the Empire Games in Vancouver. This would be Sport's Illustrated inaugural issue. If Landy had only known how much he had exhausted his competitor, he might have found the strength to go faster, but he didn't know (the front-runner never did). John set a blistering pace, but Roger stayed close enough to win. He ran the perfect mile.

It is given to very few people to do something in this world which will be forever remembered. Jim Ryan was the first high school student to run a mile under 4-minutes.