

# THE 3-MINUTE MILE

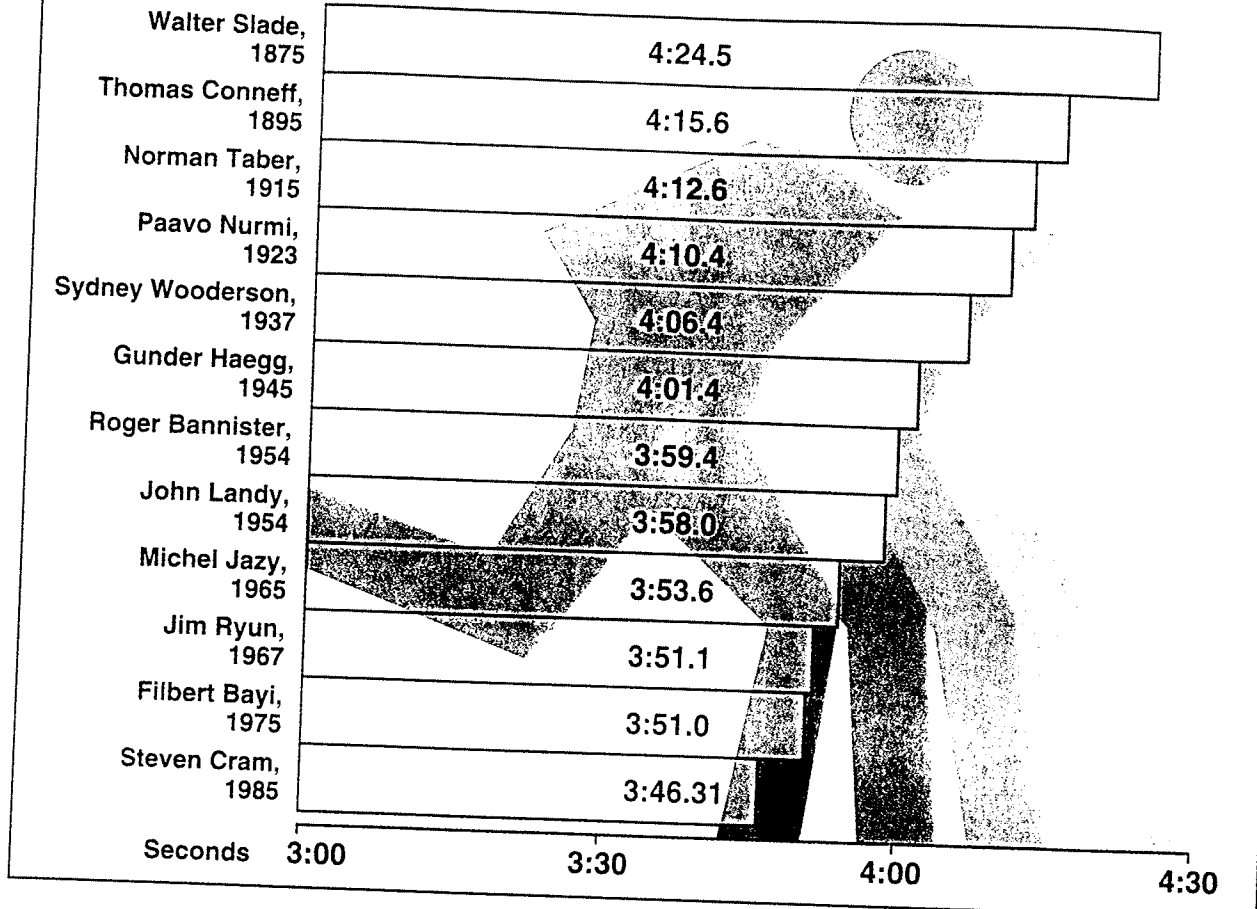


Illustration: M. Hoffert

Every winner needs a goal to strive for. For many runners that goal is the mile. The mile is based on the ancient Roman measure of 1,000 paces. Until 1954, no one had run a mile in under four minutes.

Use the graph above to answer these questions about the magic mile.

- Who was the first to run a mile in under four minutes?
- How fast did Walter Slade run the mile in 1875?
- In what year did Steven Cram run under 3:50.0?
- In 100 years, the world record has been lowered by 38 seconds. If the world record continues to lower at the same rate, when should a runner break the 3-minute mile? In 10 years? In 100 years? In over 100 years?

## DO IT

No one expects you to run a mile in three minutes. But it's a goal to aim for. Here is a way to work toward your goal. Work with some friends.

- Go to a track and find a smooth, level place.
- Use a yardstick to measure off 50 yards.
- Borrow a stopwatch or watch with a second hand.
- Take turns running the 50-yard race. Have one person time the race.
- Write down your times on a piece of paper. The more you run, the faster you should get.

### The 3 Minute Mile

1. Who was the first to run a mile under four minutes?
2. How fast did Walter Slade run the mile in 1875?
3. In what year did Steven Cram run under 3:50.0?
4. In 100 years, the world record has been lowered by 38 seconds. If the world record continues at the same rate, when should a runner break the 3 minute mile? In 10 years? In 100 years? More than 100 years?
5. How much faster is Steve Cram's time than Walter Slade?
6. Who was the fastest miler in 1945?
7. Convert Jim's time to seconds.
8. What year was the world record broken twice?
9. How did the Roman measure a mile?
10. What was the most number of years between world records of the mile?