

## CHAPTER II

### TRANSITION AND GROWTH: 1955-1957

#### 1955

The Seminoles entered into their era of transition and growth with a new coach at the tiller. Ken Miller had assumed the position of assistant director of men's physical education and chairman of the graduate program; and Mike Long, after a year as assistant track coach, was appointed to fill the head coaching vacancy.

The athletic career of FSU's new head coach was a collage of sport experiences. Mike Long was a football, basketball, and track letter recipient at Luverne (Minnesota) High School in 1933. With track and field as his primary focus, Long won district championships in five events. A fire had destroyed all of the district track records; thereby making his victories in the 100-yard dash, 220-yard dash, long jump, high jump, and pole vault all new district records. His speed and leaping ability made Long a dangerous end in football and although only 5' 8" in stature, the jumping center on the Cardinal basketball team (Long, L.S., 1976).

Upon graduation from high school, Mike Long entered Macalester College in St. Paul, Minnesota. He narrowed his athletic endeavors to football and track. The talented athlete was the starting right end on the football team. With a winning vault of 11' 6", Mike Long

copped the Minnesota Inter-collegiate Track Meet, and also placed in the low hurdles (St. Paul Pioneer Press, 27 May 1934).

After two years at Macalester College, Long transferred to the University of Minnesota. Concentrating only on track, the versatile performer won the 1936 Olympic regional pole vault.

In 1937, Mike Long graduated from the University of Minnesota with a bachelor of science degree in physical education. With the depression at its height, Long managed to land a teaching position at Clinton (Minnesota) High School at a salary of \$110.00 per month for nine months. Long remembers there being literally hundreds of applications for the job (Long, L.S., 1976).

Coach Mike Long had decided to try coaching for five years before reevaluating his future. With a desire to rise in the coaching ranks, he decided to change schools every two years. In keeping with his strategy, Long stayed at Clinton High School for two years before shifting to Sherburn (Minnesota) High School in 1939. On the athletic fields, Long's responsibilities included football, basketball, wrestling, and track and field. Two years later, Farmington (Minnesota) High School was the next stop for Mike Long. He was charged with the responsibility for the football, basketball, and track programs. His success was expressed in school superintendent C. J. Wall's statement concerning Mike Long's resignation in the winter of 1943.

The resignation of Coach Leighton S. Long, Farmington High School athletic coach and history teacher for the past 1-1/2 years was accepted Tuesday night by the Farmington school board. Mr. and Mrs. Long and two sons will leave for Florida about March 15 when the resignation becomes effective. His plans are at present indefinite. Coach Long, one of the few athletic mentors who can teach discipline in athletics in a

pleasant way, will be greatly missed. It was under his guidance that the Farmington basketball team last year defeated Red Wing to win the district, and go all the way to the regional tournament where the Tigers were runners-up. It was also under his coaching that the Tigers started a new brand of football last year, winning a majority of their games. (Rock County Star, 18 February 1943).

The next coaching stop for Mike Long was Sarasota (Florida) High School, as the head football, basketball, and track coach. Unrest in the local community with Long's losing inaugural football season led to his replacement as the head football coach and eventually to his decision to resign. After announcing his plans to leave Sarasota, Long's basketball charges went to the semi-finals of the state tournament and his track team won the state title (Long, L.N., 1976).

The announcement of Mike Long's resignation brought surprise plaudits from Ray Norton, sports columnist for the Tampa Tribune.

Resignation of Mike Long as athletic director at Sarasota High comes as something of a surprise, as the soft-spoken efficient young man had many friends within the South Florida Conference, and in Tampa.

I met Mike for the first time at the South Florida Conference Basketball Tournament in Sarasota where he went out of his way to make the visiting firemen welcome and helped us in a dozen ways during the three days of the tournament.

His plans for the future haven't been announced, but I'm sure he'd like to live in Florida, and would prove an asset to any high school sports staff. (Tampa Tribune, 28 March 1946)

Coach Mike Long entered the Lee County School System as the Ft. Myers Senior High School head basketball and track coach, and an assistant in football. The Greenies' basketball and track programs prospered under his guidance.

Coach Long related how the position at FSU came his way.

Floyd Lay, the Florida Activities Association head, had told me of an opening at Florida State, but I had not made any contact with the university when Howard Danford called

and asked if I could come to Tallahassee for an interview. At the conclusion of the visit, Danford said that I would know if I had been hired within three weeks. That was early May and by the time I left for our vacation home in North Carolina in June, I had not received any word from FSU.

Our summer home is located in Glenville, North Carolina, a small farming town tucked in the beautiful Smokey Mountains. We were without a phone and no one in Ft. Myers knew how to get in touch with us. When Danford attempted to locate me, he was frustrated at every turn. Convinced that I was avoiding him, Danford became determined to find me and offer me the job. When he finally found me, I accepted the job. (Long, L.S., 1976)

The reflection of a man can be found in the image he leaves behind. The press release by athletic director "Jock" Southerland expressed the feelings of the Green Wave athletic staff for Mike Long.

All of us at Fort Myers Junior-Senior High will miss Mike, but we are glad to see him get the chance to better himself as it will mean a great deal, not only to him, but to his family also. (Ft. Myers News-Press, 1 August 1953)

The coaching versatility of Long was a key consideration in his hiring. Dr. Howard Danford explained:

We believed the appointment of Mike Long on our staff fills a need of long standing. He has had wide experience in Florida at the high school level. He is a competent worker, well-known and respected over the state. (Florida Times-Union, 1 August 1953)

With Mike Long's 1954 coaching schedule including only football and basketball, the track program again inherited a well qualified coach who had not been hired directly for the track coaching position.

The new mentor, Mike Long, would have a talented squad with which to work. Nine returning lettermen headed by the multi-talented Carlos Fraundorfer bolstered the prospects for a successful season. The group of returning lettermen included four individual school record-holders: Lawrence Hountha (880-yard run), Ron Weaver (javelin),

Jerry Jacobs (shot put), and Carlos Fraundorfer (discus and broad jump). The 1955 track brochure described Carlos Fraundorfer as a man "who's been setting a series of Seminole track and field records for the past three years. At one time or another in his career, Carlos has held FSU school records for the shot put, discus, and broad jump. In addition he's thrown the javelin, high jumped, run the 100-yard dash, and sparked three different relay teams" (FSU Track Brochure File, Spring Sports, 1955).

A wealth of newcomers swelled the ranks of the Seminoles, eliminating the chronic depth problem that had plagued the 1954 Seminoles. Vernon Duce, two time Florida state class "A" prep champion in the mile run, and Ken Segner, class middle distance runner, were the best of the new additions in 1955.

By the beginning of the season, the loss of two valuable members of the Tribe squad jolted the Seminole hopes for a successful rebuilding season. Jim Casteel decided to drop out of school to join the army. The powerful ground covering stride of the premier quarter-miler would be irreplaceable.

The second loss was Larry Hountha. The personalities of the half-miler school record-holder and sophomore Ken Segner clashed bitterly during the fall of 1955. A rivalry had sprung up between the two men during Segner's transfer year in 1954. Neither man wanted to lose to the other in any situation. Practice workouts turned into fierce competitive battles. The all-consuming competitive attitude was unhealthy and destructive. It led them to pay little attention to workout conditions in their desire to achieve dominance.

The day arrived that called for a maximum practice effort in the mile run. Neither man wanted the lead and the result was a very slow paced run with a strong finishing kick. This race strategy did not lead to optimum performance. The utter disregard for the workout was not to be condoned by Coach Long. He called his feuding athletes together and gave them two options. They could run the workouts as prescribed as teammates or leave--just that simple. Lawrence Hountha left; Kenneth Segner stayed (Long, L.S., 1975).

The first meet of the season was an ideal situation for a team on a six-meet losing string. The Seminoles met Mercer College on April 5 in Tallahassee with the outcome never in doubt. The Tribe cruised to a 101 to 30 victory over their outclassed opponents from Macon (FSU Track Office Files, 5 April 1955).

The Seminoles completely dominated the meet by winning every event except the high jump. Florida State had four men account for eight individual victories. Vernon Duce opened the meet with a win in the mile run and then swept through the two-mile in 10:32.5. His winning time in the two-mile was only three-tenths of a second off the existing school record.

Charles Watson captured the improbable double of the 440-yard dash and the 220-yard low hurdles. Freshman sprinter Jack Terwilliger copped the century dash in :10.2 and the furlong in :23.2. Although well off his school record form, Fraundorfer captured the broad jump (20' 8-1/4") and the discus (136' 8-1/2").

The meet provided a baptism of fire for the win-starved Seminoles. The victory snapped a six-dual meet losing string and gave a boost to the Tribe's rebuilding efforts.

The Seminoles flexed their newly found muscles in the Florida AAU Championships on April 16 and came away with the championship (FSU Track Office Files, 16 April 1955). The Tribe won five individual events, tied for first in another, captured the mile relay, and showed surprising overall strength in their 51 5/6 to 47 3/4 win over the runner-up Florida Gators. The 1955 Florida AAU meet marked the first time Florida State University had ever beaten the University of Florida in team scored track and field competition.

Ron Weaver captured a school record and the javelin event with his toss of 193' 6". Although Tenny Brown failed to win the high jump, his leap of 6' 1/4" established a new Seminole high jump standard and made him the only Seminole over six feet in the history of the program. The Tribe garnered two victories when Charley Watson breezed through the quarter-mile in :51.3 and Carlos Fraundorfer threw the discus 137' 5-1/8".

Vernon Duce highlighted the Seminole effort with his dramatic victory in the two-mile run. His school record setting performance of 10:20.1 provided the Tribe with a slight 3 1/12 points advantage over Florida going into the mile relay.

Long the dominant track power in the state, the University of Florida was not interested in losing on their home track to the young upstarts from Tallahassee (Long, L.S., 1976). Disregarding Florida's home track advantage, the Florida State University "A" team ran the

third fastest mile relay in FSU track history with a first place clocking of 3:27.0, eliminating any chance of a University of Florida victory.

The lead-off leg by Ken Segner almost never materialized. Segner had not run well in the half-mile and was standing talking to a friend prior to the race:

Coach Long came over and grabbed me rather forcefully. He asked if I was ready to do this job or not--if not, he would get someone else. I said I was ready. (Segner, 1975)

Coach Long remembers the "bad race" of which Segner spoke. Ken Segner was the class of the half-mile field and had a commanding lead in the race when he stopped on the backstretch and walked off the track. The half-miler could not be found for about 45 minutes. "I know that he disappeared, because I was looking for him," stated Coach Long (Long, L.S., 1976). "Segner was slated to lead-off the mile relay, but I wanted anyone on the squad but Segner to run. Several team members approached me and asked for Segner to have another chance to run" (Long, L.S., 1976). The second chance was granted.

Bumper Watson was the lead-off runner for Florida. The 1954 Southeastern Conference sprint champion grabbed an early commanding lead. Segner remembers Watson hitting the proverbial "stonewall" in the final turn (Segner, 1975). He passed the faltering Gator and gave the Seminoles a big lead.

Coach Long qualified their spectacular win by stating that Coach Percy Beard did not pull out all of the stops in an all-out effort to win points. The Gators had not entered their quality people in more than one event in the early going. Coach Beard had underestimated the strength of the Seminoles until too late (Long, L.S., 1976).



The Seminoles journeyed to Atlanta to kick-off the fourth meeting between Florida State, University of Georgia and Georgia Tech. April 23 was a very satisfying day for the streaking thinclads from Florida State. The Seminoles won seven of 16 events and placed in every event, except the 880-yard run, as they improved their record to three wins and no losses (FSU Track Office Files, 23 April 1955).

As often happens in big meet competition, the times were not spectacular, but the Seminoles competed hard. The Tribe fought fiercely for every available point. Several FSU trackmen delivered personal best performances in nonwinning efforts.

Jack Terwilliger won the 100-yard dash and then turned in a personal record :22.5 clocking for third in the 220-yard dash. Charles Watson placed a very close second in the quarter-mile behind the winning performance of teammate Ken Segner (Long, L.S., 1976). Watson's personal best time of :25.1 in the 220-yard low hurdles only placed him third. Ron Weaver bested his own school record in the javelin with a toss of 194' 11-3/4" but had to settle for second.

Vernon Duce was the only double winner for the Seminoles as he captured both the mile and two mile runs. Joe Davis was the remaining FSU victor with his winning jump of 21' 7" in the broad jump.

The mile relay team composed of Segner, Terwilliger, Davis, and Watson cemented their 67 1/3 to 56 2/3 victory over the University of Georgia by sweeping to a 3:28.8 triumph. Their splits were Segner (:50.7), Terwilliger (:51.0), Davis (:52.3), and Watson (:54.8).

Florida State University conducted their last home track meet ever on their West Campus facility on April 30 against the Jesuits

of Loyola University. Loyola had ruined FSU's home track debut in 1949, and again played the spoiler in the Tribe's finale in 1955. The Jesuits parlayed speed and endurance into a 72 1/3 to 58 2/3 defeat of the Seminoles of Florida State (FSU Track Office Files, 30 April 1955).

The :25.1 effort by Joe Davis in the 220-yard low hurdles was the lone Seminole victory in the running events. The Seminoles kept the margin of defeat within respectable bounds by winning three of six field events and tying for the top spot in another. Jerry Jacobs and Carlos Fraundorfer won the shot put and discus with throws of 47' 3/4" and 141' 1/2", respectively. The javelin was won by FSU's Ron Weaver with a toss of 183' 5". Tenny Brown tied for first in the high jump with Diez of Loyola at 5' 10-1/4".

The Seminoles rolled into Miami on May 5 looking to regain their winning ways. Catapulted by two new school record performances and a sweep of all three places in the 220-yard low hurdles, the Seminoles overcame the Miami Hurricanes by a 73 to 58 margin (FSU Track Office Files, 5 May 1955).

Ron Weaver became the first Seminole to ever throw the javelin over 200 feet as his throw landed just five inches beyond the 200-foot mark. Carlos Fraundorfer continued his assault against the record book by shattering his own school mark in the discus with a throw of 146' 4".

Jack Terwilliger spent less than 33 seconds on the track while winning two events. The Dade City sensation snatched the 100-yard dash in :10.2 and then used only :22.4 to win the 220-yard sprint. Terwilliger's time in the furlong was a personal best.

Charles Watson led the sweep in the low hurdles with a :25.2 effort. Joe Davis finished second and Tenny Brown's third completed the hat trick. These unanswered points put Florida State in an impregnable position. Miami conceded the mile relay and hence the meet after the two-mile run.

The Seminole thinclads wound up their 1955 season in Hattiesburg, Mississippi, with a dual meet against Mississippi Southern College on May 14 (Tallahassee Democrat, 15 May 1955).

The Tribe used its field event strength to good advantage and ran up a 38 1/2 to 15 1/2 edge in the off-track events. Ron Weaver led the Seminole charge with a school record shattering throw of 205' 1-1/2" in the javelin. Jerry Jacobs and Carlos Fraundorfer split the weight events. Jacobs copped the shot put with a 45' 2" effort as Fraundorfer hurled the discus 138' 1" to register his victory. Carl Grenn used a personal best vault of 12' 0" to win the pole vault.

Florida State employed its depth superiority in the running events to off-set a determined effort by four Southerners. Mississippi Southern's Axelson, Faggard, Franzen, and Ellis captured five of seven contested running events.

Jack Terwilliger gained a measure of revenge in the 220-yard dash over Franzen and Faggard of Mississippi Southern with a personal best time of :21.3. It was the first loss of the day for both Southerners as Faggard had previously copped both hurdle events and Franzen had nipped Terwilliger in the 100-yard dash.

The second and third place finishes in the two-mile run by FSU's Vernon Duce and Jimmy Harrold mathematically eliminated

Mississippi Southern. With the score resting at 68 to 58, the mile relay was cancelled by mutual consent.

Summary. The Florida State University thinclads finished their first season under the tutelage of Mike Long with a 5-1 record and an impressive victory over the University of Florida in the 1955 Florida AAU meet. The lack of a true superstar was overcome by strong individual and team desire to win. The team refused to concede any place and fought fiercely for every available point. This is corroborated by the fact that two school records and numerous personal records were established in nonwinning efforts.

Team spirit and cooperation were the most important virtues espoused by the coaching staff and those who could not accept these concepts were invited to run elsewhere. This spirit and cohesion soon became the trademark of track and field squads fielded by FSU's Mike Long.

Carlos Fraundorfer closed out his outstanding career at Florida State University in the style to which his coaches had grown accustomed. He regained his shot put record, lost to Jerry Jacobs in 1954, with a monumental throw of 48' 3-1/4" which surpassed the old record by two full feet. He still held the school mark in the broad jump at 23' 3-1/2", remaining the only Seminole to have ever jumped over 23 feet, and the discus mark at 146' 5". Fraundorfer established a new career scoring record by compiling 278 3/4 points during his four year stint at FSU (FSU Track Brochure File, FSU Spring Sports 1956).

Undoubtedly the most unlikely weightman to ever throw at Florida State University, Carlos Fraundorfer stood 6' 4" and weighed

only 165 pounds. He had the ability to run a :10.0 hundred and was a valuable runner on the sprint medley and 440-yard school record setting relays. There was no doubt that he was, as the 1955 FSU track brochure described, "FSU's best all-round performer in history" (FSU Track Brochure File, Spring Sports 1955).

Ron Weaver was an FSU footballer who turned to the javelin in the off-season and found a latent faculty. He was the product of talent, good coaching, and hard work. Weaver won his first meet on April 3 against Mercer College with a throw of 159' 1". He eventually parlayed a strong throwing arm into a school record of 205' 1-1/2".

Vernon Duce was a high school champion before coming to Florida State (Long, L.S., 1976). Living up to his reputation, Duce strode through a 10:20.1 clocking to win the Florida AAU two-mile run and establish a new Seminole standard for that distance.

Tenny Brown stood only 5' 11" tall. Although short for a high jumper, he became the first man in seven years of track at Florida State to clear six feet. The rule requiring victory as a prerequisite for establishing a school record had been rescinded (Long, L.S., 1976). Therefore, Brown's second place jump of 6' 1/4" in the Florida AAU meet became a new school mark.

### 1956

The Florida State University track schedule was steadily becoming tougher as Mike Long had added several of the better names in southern track to the 1956 schedule. FSU was attempting to make the transition from small college competition to running the best track

schools in the South. The rivalry with the University of Florida was expanded by scheduling the first FSU-Florida dual meet in the history of the two schools (FSU Track Brochure File, Spring Sports 1956).

With only two school record-holders returning for the 1956 campaign, the Seminoles were short of veteran performers. The record holders were Tenny Brown in the high jump and javelin thrower Ron Weaver. The multitalented Carlos Fraundorfer had been lost via graduation, and Vernon Duce, the freshman sensation in the two-mile, had left school abruptly without explanation. These two men had played key roles in the successful rebuilding efforts of 1955.

Despite the losses in personnel, FSU faced the 1956 season confidently. The Seminoles were again without the legitimate superstar, yet were strong in every event. The chances for a successful season had been brightened by the return of two ex-Seminole track men after a hitch in the military service. Wes Minton, school record-holder in both hurdle events, bolstered a thin corps of timber-toppers. Depth was added in the middle distance events with the arrival of Pete Fraschetti, a former record-holder in the half-mile. Sophomore speedster, Jack Terwilliger, headlined the sprinting corps as his :09.9 clocking in 1955 had made him the second fastest Seminole in FSU track history.

The 1956 season began with the Atlantic Coast Conference Indoor Championship in Raleigh, North Carolina, on February 24 (FSU Track Office File, 24 February 1956). Competing in the nonconference division, the Tribe did not fare well. The Seminoles took only two fourth places--the mile relay, and Joe Davis in the 70-yard low hurdles. The

resulting two points left the Seminoles a very disappointing tenth in team standings.

The outcome of the meet had not made many people happy; yet it was not without its humorous aspects. Bruce Jacob described what happened to him in the mile run.

I had been on the basketball team in the winter of 1955-56 and had deliberately gained a lot of weight for basketball (up to 194 lbs.). Consequently, when I went out for track, I was overweight (my running weight was 168 or so). I had difficulty losing the weight. Other team members nicknamed me "Porky" for this reason.

On February 28, we went to Raleigh, North Carolina, for an indoor track meet. Even though I was not yet in shape, Coach Long entered me in the mile run to help me get into condition. The mile consisted of 11 laps. After a few laps, the runners were spread out all around the track, and you couldn't tell who was in the lead. After I had run what I thought was nine laps, the starter, who was calling out the laps, yelled, "ten," just as I passed him. I thought this meant I had only one more lap, so I sprinted the last lap and stopped. Someone came up to me and asked why I'd only run 10 laps. Apparently, when I heard the starter yell, "ten," he was yelling to the leader who must have been lapping me at that time. From that time on, my teammates called me "ten lap," instead of "Porky." (Jacob, 1975)

With the entire squad competing, the Seminoles flexed their collective muscles by thumping Mississippi Southern College 89 to 42 in Tallahassee on March 28 (FSU Track Office File, 28 March 1955). This was the earliest opening dual meet date for the Seminoles, yet the spring time air obviously agreed with the Tribe.

Jack Terwilliger displayed May form on this March afternoon. The Dade City flyer streaked through the 100-yard dash in :10.0, and registered his second victory in the 220-yard dash with a clocking of :22.4. Ron Weaver led teammates Jimmy Harrell and Mike Guerra to a sweep in the javelin with his throw of 198' 2". The former school

record-holder in the shot put, Jerry Jacobs copped his specialty, flipping the iron ball 45' 4-1/4". The mile relay of Terwilliger, Mike Conley, Charlie Watson, and Doyle Ruff capped off a successful opening day performance with a victorious 3:28.8 clocking.

The Seminoles managed only two fourths in the 13th running of the prestigious Florida Relays (FSU Track Office File, 31 March 1956). Jack Terwilliger garnered one of the Seminole places with a :10.3 performance in the 100-yard dash, while Ron Weaver captured the other with a toss of 193' 2-1/2" in the javelin.

A hot and windswept Georgia afternoon (Tallahassee Democrat, 8 April 1956) was the setting for the running of the Mercer College-Davidson College-Florida State University triangular track meet. The Seminoles did not find themselves particularly sharp, but had enough firepower to ease out an 83 1/3 to 70 2/3 win over Davidson as Mercer tallied only two markers (FSU Track Office File, 7 April 1956).

Field event men provided the main thrust of the Seminole victory. Florida State copped six out of seven field events. Lloyd Lassen's school record and event winning leap of 6' 2" in the high jump highlighted the Seminoles' efforts.

Jerry Jacobs and Joe Davis turned in sterling winning performances in the shot put and broad jump with efforts of 45' 9-3/8" and 22' 9-1/2", respectively. Davis' leap in the broad jump was the second best ever by a Seminole. Competing in his third event of the day, Joe Davis sped over the barriers in the 220-yard low hurdles in only 25 seconds.



April 14 marked the beginning of the Florida-Florida State dual meet series. With Florida possessing the home track advantage, the Seminoles did not create an auspicious beginning. Florida's track men completely dominated the meet as the Tribe managed to win only two events in the lopsided 90 to 41 Gator victory (Tallahassee Democrat, 15 April 1956).

The lone Seminole winners were Ron Weaver and Joe Davis. A toss of 194' 4-1/4" in the javelin earned Weaver his first place spot. Davis' broad jump of 23' 6-3/4" topped the field, breaking Carlos Fraundorfer's FSU record.

Mike Conley was bested in the mile by West of Florida in a near dead heat finish. With the two runners matching stride for stride through the final lap, the winning time of 4:29.9 was awarded to both men. Thus Conley dropped his personal best in the mile over 12 seconds, also setting a new FSU standard. This race marked the only time during the 1956 season that West was able to beat the Seminole miler.

The Seminoles brought their damaged track ego back to the friendly confines of the FSU track. The frustrations generated by the Tribe's first loss of the 1956 season were vented against the Jesuits of Loyola University on April 28 (FSU Track Office Files, 28 April 1956). The thinclads of Florida State captured 10 of the 15 events on their way to a 87 to 44 beating of Loyola University.

Jack Terwilliger sped to a :50.2 triumph in the quarter-mile and doubled back in the 220-yard dash for his second win of the day with a spectacular time of :21.3. Terwilliger's time was a track record for the new Seminole facility.

Bruce Jacob had his finest point scoring binge as a Seminole against the Jesuits of Loyola. The senior middle distance runner captured the half-mile (2:03.0), placed second in the discus, and ran the third leg on the victorious mile relay (3:29.5). He tells how it all transpired.

My recollection is that the discus throw was only 105 or 108 feet. I entered the discus only because Carlos Fraundorfer (who was a graduate student) told me shortly before the meet that Loyola only had one or two discus throwers, and I would probably place if I entered that event.

In the mile relay the person who was timing my leg forgot to start the watch and he did not time me. I was upset that the watch did not work because I was trying hard to break :50.0. (Jacob, 1975)

The Seminoles received superlative performances from Jerry Jacobs, Warren Strickland, and Ken Segner. Jerry Jacobs, the burly shot putter, unleashed his second best throw in his track career, heaving the shot 46' 2-1/2". The 12-foot barrier in the pole vault was scaled for the second time by a Seminole vaulter as Warren Strickland copped the acrobatic event with a jump of 12 feet even. The FSU standard in the two-mile run, held by Vernon Duce, remained in jeopardy until the final clicks of the watch, as Ken Segner's winning time of 10:22.2 fell only 2.1 seconds shy of the record.

The Seminoles received their second chance to challenge the University of Florida in the Florida AAU on May 5 (Tallahassee Democrat, 6 May 1956). The home track advantage enjoyed by the Seminoles was not enough to offset the overall power of Florida, as the Gators raced to a 67 to 45 1/2 win. The University of Miami was third with 18 and the Florida Frosh finished fourth with eight points.

Ron Weaver was the only Seminole to win an individual event as he captured the javelin with a throw of 187' 6-1/2". Sophomores Jerry Henderson and Jimmy Harrell finished second and third with throws of 176' 5-1/2" and 171' 0", respectively.

Two unsung Seminoles had impressive performances during the Seminoles' unsuccessful bid for victory. Bobby Bryson jumped a career best of 21' 9-3/4" for third in the broad jump. Don Ayers became the third Seminole to vault over 12 feet with his jump of 12' 1" in the pole vault. His efforts gained him a tie for second place.

The Seminoles responded to their second defeat at the hands of the Florida Gators with renewed motivation for victory. On May 8 in Tallahassee, the Florida State Seminoles turned "Hurricane hunters," as they defeated the University of Miami by a whopping 92 3/4 to 38 1/4 margin (FSU Track Office Files, 8 May 1956).

Jack Terwilliger had a spectacular day as he whipped through the quarter-mile with a winning time of :50.06, and returned in the next event to win the 100-yard dash in :09.9. His day was far from over. After a short respite, he turned the furlong in :21.6 and anchored the mile relay for his third and fourth triumphs of the afternoon. Lloyd Lassen equalled his own school record by winning the high jump with a leap of 6' 2".

Two Seminoles broke into the victory column for the first time during the 1956 campaign. Pete Frascetti handled the half-mile field with a respectable time of 2:05.0. Ron Weaver relinquished the top spot in the javelin to Jerry Henderson, as the improving sophomore threw 181' 1".

Summary. Coach Mike Long's Seminole track men had completed the 1956 season with the highest total of dual meet victories in the eight year history of track at Florida State University. The Tribe captured seven wins with only one loss, and finished second in the Florida AAU. After inheriting a talented, yet immature, team that had won only once while losing six in 1954, Coach Long had run up an outstanding 12-2 record in only two years at the helm. The schedule had been steadily upgraded to parallel the Seminoles' improvement. The Tribe was making its way into the big time in a winning fashion.

Three Seminoles had added their names to the record books in 1956. The oldest record on the board tumbled to the smooth rhythm of Mike Conley's easy strides. No Seminole had been able to surpass Bill Duncan's 4:32.0 school record set in 1950 until April 14, when Conley placed second in a near photo finish against the University of Florida with a time of 4:29.9. Although Mike Conley had won the Florida prep mile in the 1954 State track and field meet, he had decided not to run track at Florida State during his freshman year. The talented distance runner returned to the cinders his sophomore year, and rapidly honed his rusty skills. Coach Long described 1956 as "the year that marked the emergence of Conley from nowhere to one of the best milers in the South" (Long, 1976).

Lloyd Lassen erased the high jump record of his good friend and rival Tenny Brown by clearing 6' 2". The bulky high jumper cleared this height on two different occasions.

Joe Davis reduced Carlos Fraundorfer's entries in the record book to two by grabbing the broad jump mark with his new standard

setting leap of 23' 6-3/4". The jump occurred on April 14 against the University of Florida, and according to his coach, "he had picked the perfect time for his record setting performance" (Long, L.S., 1976). The attitude reflected in the quote best illustrates the importance of the Florida State-Florida dual meet in the mind of Mike Long.

### 1957

The outlook for the Seminoles was very good as four school record-holders were returning for the 1957 campaign. They were Jack Terwilliger (220-yard dash on the curve), Joe Davis (broad jump), Mike Conley (mile run), and Lloyd Lassen (high jump). In addition to owning school record marks, Terwilliger, Davis, and Conley were the leading point-getters in 1956 with 71 3/4, 56 1/2, and 34 1/4 markers, respectively.

Coach Mike Long saw only one major stumbling block in the path to success in 1957 (FSU Track Brochure File, Spring Sports 1957). The graduation of Jerry Jacobs left the Seminoles without a quality weightman for the first time since Carlos Fraundorfer's appearance on campus in 1953.

The Tribe completed their conversion to major college status by instituting the NCAA ruling that freshman athletes were ineligible for varsity competition (Long, L.S., 1976). This decision weakened the Seminole squad, but made scheduling of major opponents easier.

After seven years of slow growth, the Tribe track budget received a major boost of \$2,000 (Athletic Office Budget File, 1956-1957). The additional funds provided the ability to recruit valuable

members who would pay dividends in the near future. However, with its great manpower requirements, track and field received a total of only \$6,600.

The Seminoles unveiled their track contingent for the first time in Montgomery on February 16 in the first running of the Coliseum Relays (FSU Track Office Files, 16 February 1957). The Seminole's effort was short of auspicious. The Tribe's meager 11 2/5 point total placed them fourth behind Southeastern Conference powerhouses Louisiana State University, Auburn University, and the University of Alabama. LSU won the first Annual Coliseum Relays with 44 points.

The only Seminole victory occurred in the 60-yard dash. Jack Terwilliger topped the dash field with a :06.5 clocking. The Dade City native added a fourth in the 300-yard dash to his collection of points.

Florida State established two new indoor marks in the field events with fine nonwinning efforts. Richard Ellwood's mark came in the pole vault as he tied for second place with a jump of 12' 8". Tenny Brown and Lloyd Lassen were part of a five-way tie for second in the high jump at 5' 10".

The mile relay concluded the painful learning experience with a fourth place finish. The Tribe was made acutely aware of the improvement necessary to insure success during the outdoor season.

Florida State University served notice to its opponents that the Seminoles were a newly emerging power with which to be reckoned. The Tribe captured the independent division of the Atlantic Coast Conference Indoor Championship in convincing fashion by outscoring runner-up University of Georgia 50 to 23 (FSU Track Office File,

23 February 1957). The ACC Indoor Championship was one of the few indoor meets the Seminoles had ever attended; therefore, many of their performances established new school indoor records.

Jack Terwilliger shot to a :06.3 victory in the 60-yard dash, earning himself a spot in the FSU record books. Joe Davis earned a similar spot with his :07.9 victory clocking in the 70-yard low hurdles. Lloyd Lassen gained the indoor counter-part to his high jump record with a leap of 5' 10-1/2".

Dick Ellwood bested teammate Warren Strickland with a winning vault of 12' 0". Strickland cleared 11' 6" for second place.

The Seminole assault on the record book was concluded with a flourish as the mile relay laid claim to the FSU indoor record with a victorious clocking of 3:35.3. The relay consisted of Watson, Davis, Conley, and Terwilliger.

The two indoor meets had readied the Seminole thinclads for their premier outdoor performance. Mississippi Southern was the unlucky opponent. By the end of the day, Florida State had amassed 101 points to Mississippi Southern's 35 (FSU Track Office Files, 13 March 1957). The Seminoles swept 15 of 16 events amid many outstanding performances.

Mike Conley rewrote Vernon Duce's two-mile record with a winning time of 10:15.9. He had previously won the mile run with a good time of 4:32.2.

Jack Terwilliger came within an eyelash of John Poston's 100-yard dash record with a race-capturing :09.7. He returned in the 220-yard dash to take his second win of the day with a :21.6 clocking.

Terwilliger also anchored both the 440 and mile relay teams to victory. Richard Ellwood, Doyle Ruff, and Joe Davis teamed with Terwilliger to equal the school mark of :43.5 in the meet-opening 440-yard relay. A 3:27.5 effort was turned in by the mile relay team composed of Charley Watson, Doyle Ruff, Pete Elliot, and Jack Terwilliger.

The Seminoles copped both hurdle races in near record times. Tenny Brown sped to a quick :15.3 clocking that was only one-tenth of a second off Wes Minton's record. Watson took aim on Minton's 220-yard low hurdle record, falling only three-tenths of a second shy with a sparkling :24.3 effort.

The Tribe displayed power in the high jump and pole vault. Lloyd Lassen led a Seminole sweep in the high jump with a fine winning leap of 6' 1-1/2". Tenny Brown and Bob McDonald tied for second place. There was a four-way split of first place in the pole vault, of which three were Seminoles. Don Ayers, Richard Ellwood, and Warren Strickland all cleared 12' 6".

The increasing strength of the Florida State University track team became evident in the fourteenth running of the Florida Relays on March 30 (FSU Track Office Files, 30 March 1957). Placing in seven events, the Seminole tracksters had their best showing ever.

The best individual performances were by Richard Ellwood and Warren Strickland in the pole vault. The two Seminole vaulters claimed exclusive ownership of second place.

Dave Sime, the Duke University sprint star who had established an amazing :20.0 220 world record in 1956, copped the 100-yard dash in :09.6 as FSU's Jack Terwilliger ran a distant third. The Seminole



point gathering performances were concluded by Joe Davis' fourth in the broad jump and Tenny Brown's fifth in the high jump.

Quality performances in Florida State's first two outdoor meets had provided the Seminoles with high team morale for the upcoming confrontation with the University of Florida (Long, L.S., 1976). April 13 marked the return engagement in Tallahassee with the Florida Gators. When the dust had settled, the Gators owned a hard earned 67 to 64 victory (FSU Track Office Files, 13 April 1957).

Mike Conley opened the meet on a winning note for the Tribe by taking the mile run in 4:32.4. The results of the two-mile run delivered a devastating blow to the Seminole victory chances as Conley developed a stitch and was forced to back-off the pace (Tallahassee Democrat, 14 April 1957). The Tribe's distance sensation finished a soundly beaten second. Mike Conley explained:

All spring, under my right rib cage, I had pain anytime I ran over a mile, even on trails. I don't know why, may have been out of shape, but I never had that problem again.  
(Conley, 1976)

Florida State's weaknesses in the shot and discus events were exploited by the Gators. Florida won the top two spots in both events gaining a 16 to 2 advantage that eventually proved to be the difference in the meet.

Richard Ellwood and Warren Strickland continued their friendly personal dual in the pole vault as both men cleared an FSU record-setting 13' 2" for first place. A personal best time of 1:58.9 earned Ken Segner a victory in the 880-yard run.

Adversity overtook the Seminoles in the javelin throw, as FSU's Jerry Henderson, the overwhelming premeet favorite, threw all three of his preliminary throws out-of-bounds and did not qualify for the finals (Long, L.S., 1976). Rising to the occasion, Jimmy Harrell copped the javelin for the Seminoles with a throw of 188' 1/2". However, critical second place points had slipped away for the Tribe.

With the Gators possessing an insurmountable 67 to 59 lead, the Seminole mile relay composed of Joe Davis, Doyle Ruff, Ken Segner, and Jack Terwilliger expressed the Tribe's refusal to quit by taking the final event with a fast dual meet time of 3:25.6

Team members replayed their loss over and over in their minds, reviewing the tragedies that had befallen them in two events, in which the Tribe had figured to be solid favorites. The loss was hard to accept, and 19 years later Coach Long rated the 1957 Florida defeat as one of the toughest losses in his coaching career (Long, L.S., 1976).

The Seminoles had to live a week with the galling defeat to Florida on their mind before the heat of competition could purge their souls. The fifth running of the University of Georgia-Georgia Tech triangular was the setting of their redemption. The Seminoles fought their way to a 77 to 53 victory over runner-up Georgia as Georgia Tech finished third with 42 markers (FSU Track Office Files, 20 April 1957).

Mike Conley was in easy control in both the mile and two mile runs. He coasted to a 4:40.4 victory in the mile and a 11:08.2 laugh in the two-mile run. He then anchored the mile relay team of Elliot, Kennedy, and Brown, bringing the stick home for victory in a time of 3:31.2.

Ken Segner led all competitors in the half-mile as he erased the school record of Lawrence Hountha with a time of 1:57.6. Ken Segner had ample reason to run that night. His confidence was high from his victory against the Gators on the preceeding Saturday night, plus the fact that his fiance had driven up from Lake Wales just to watch him run (Segner, 1975).

Doyle Ruff led the race through the first quarter at 57 seconds. The strapping sophomore was still in command of the race going into the final curve. Coming out of the last turn, Segner challenged and took the lead just as a brief Georgia shower drenched the track. Shaking off the unexpected rain, Segner charged home for the win (Segner, 1975).

The 440-yard relay team composed of Richard Ellwood, Bobby Bryson, Joe Davis, and Jack Terwilliger tied the school record in the opening event with a time of :43.5. After his leg in the 440-yard relay, Joe Davis captured two more events as he took only 25 seconds to flow over the barriers in the 220-yard low hurdles and leaped 22' 3-3/4" in the broad jump.

The Seminoles took a week off from competition before returning to action against the University of Miami in Coral Gables on May 2. The Seminoles stormed to an easy 81 to 49 victory (FSU Track Office Files, 1 May 1957).

Jack Terwilliger attempted to win three individual events and anchor the mile relay. The plucky sprinter almost accomplished this herculean task. The 440-yard dash became his with a :50.5 performance, but he was upset in the 100-yard dash by teammate Joe Davis.

Terwilliger bounded back to take the 220-yard dash with an outstanding time of :21.3.

Joe Davis upset Terwilliger for the first of his two victories. Davis became the third Seminole to run under 10 seconds flat in the hundred with his blazing :09.8 clocking. He also took the broad jump with a jump of 22 feet even.

On this day, Warren Strickland emerged on top in the pole vault with a jump of 13' 0". It seemed fitting that the senior should win the last dual meet of his career.

The mile relay race held a special meaning to the men running for Florida State. The Seminoles had won the meet easily, but still wanted desperately to win the relay. With the varsity letter award being based upon scoring seven points in competition, Jack Terwilliger explained why the mile relay was so important:

Bobby Bryson needed only one point for his letter and we persuaded Coach Long to let him lead-off the mile relay. Coach Long told me, "If you do that Jack, you'll have to run anchor." So, Mike Conley ran the third leg and I ran anchor. I don't know what Bobby ran, but we had to work our tails off. (Terwilliger, 1975)

Florida State got its shot at revenge against rival University of Florida in the Florida AAU championships in Gainesville on May 4 (FSU Track Office Files, 4 May 1957). The Miami Sunday News termed the meet a "regatta" (5 May 1957), as rain fell continually throughout the afternoon. However, the atrocious condition of the track did not dampen the heat of competition.

The Seminoles were paced by three school record setting performances, yet again they fell agonizingly short of their intrastate

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foe. The Gators compiled 49 1/2 points to Florida State's 44 1/2. The University of Miami was third with 18 markers.

Mike Conley broke both the one and two-mile school records in the process of winning both events. He dipped to 4:25.0 in the mile and gained a 10:08.5 revenge victory in the two-mile over Morgan of Florida. Morgan's victory over Conley in the two-mile run in the Florida State-Florida dual meet had put that meet on ice for the Gators.

Doyle Ruff set a school mark in the half-mile and ruined Ken Segner's final race as a collegian. Segner explained that he had led through the first quarter-mile before a lead grabbing sprint by Ruff, on the back straightaway, caught him unaware. He was also passed by an unattached runner before he could adjust to the sudden change in race pace. He hauled both men down and the three matched strides through the final curve. The runners came out of the curve three abreast. The unattached runner was sandwiched between FSU's Ruff on the inside, and Segner on the outside. It was a primitive battle of strength and determination down the home stretch. No one gave ground and a judges' decision declared Doyle Ruff the winner in a near photo-finish. In his own words, Ken Segner "did not take the loss well" (Segner, 1975). He was sure he had won. Passions cooled and an hour later, Segner was congratulating his teammate on his school record time of 1:57.1.

Jerry Henderson became the second Seminole in history to throw over 200 feet in the javelin. His second place throw measured 202 feet even. Jimmy Harrell finished third with a throw of 184' 9-1/2". Duckworth, throwing unattached, won the event with a new Florida AAU recordsetting throw of 207' 11-1/2".

The Seminole quartet of Segner, Conley, Ruff, and Terwilliger blasted to a 3:22.5 victory in the mile relay. The victory had pulled the Seminoles to within seven points of the Florida Gators.

With only the pole vault remaining, the Tribe needed to win both first and second place to claim their victory. The University of Miami provided the principal competition. Richard Ellwood and Warren Strickland had accomplished that feat against the Hurricanes in their dual meet, but Rosbaught and Banstone of Miami were not to be denied. Ellwood's tie for second was the best the Seminole vaulters could manage and FSU fell three points short of victory. A fine Seminole team effort had been called and beaten by a similar Gator performance.

Summary. The year 1957 had been highly successful for the Seminoles. The Seminoles of Florida State captured the independent division of the Atlantic Coast Conference Indoor Championship and finished second in the Florida AAU Championship. The Tribe was equally as tough in head-to-head competition as the Seminoles won four of five dual meets. The only loss was a very painful decision to the University of Florida.

The runners were the only Seminoles to mount an offensive on the school record board. Mike Conley continued his steady improvement, and lowered his school record in the mile run by 9.1 seconds to 4:18.8. He added the two-mile run to his record collection with an impressive 10:08.5 clocking.

The mile relay was the setting for a new school record when the foursome of Joe Davis, Charles Watson, Ken Segner, and Jack Terwilliger toppled the old mark with a 3:20.5 performance at the Florida Relays.

Doyle Ruff and Ken Segner staged a battle for the 880-yard run record. Ken Segner first topped Lawrence Hountha's record by touring the two laps of the oval in only 1:57.6. His record lasted only two weeks before Doyle Ruff narrowly bested both Segner and his record in the Florida AAU with a time of 1:57.1.

The 440-yard relay record was tied twice by two different combinations of runners. The team of Richard Ellwood, Doyle Ruff, Joe Davis, and Jack Terwilliger first turned the trick on March 16. They beat the Mississippi Southern relay team with a time of :43.5. The quartet of Ellwood, Bobby Bryson, Davis, and Terwilliger equalled the record when they won the relay in the Georgia-Georgia Tech triangular meet on April 20, 1957.

The 1957 season brought to a close three years of work by Coach Mike Long. His efforts as head coach had resulted in teams that compiled a 16 and 3 win-loss record. The Seminoles had completed their rebuilding task and were ready to assume a position of prominence among the track powers in the South.