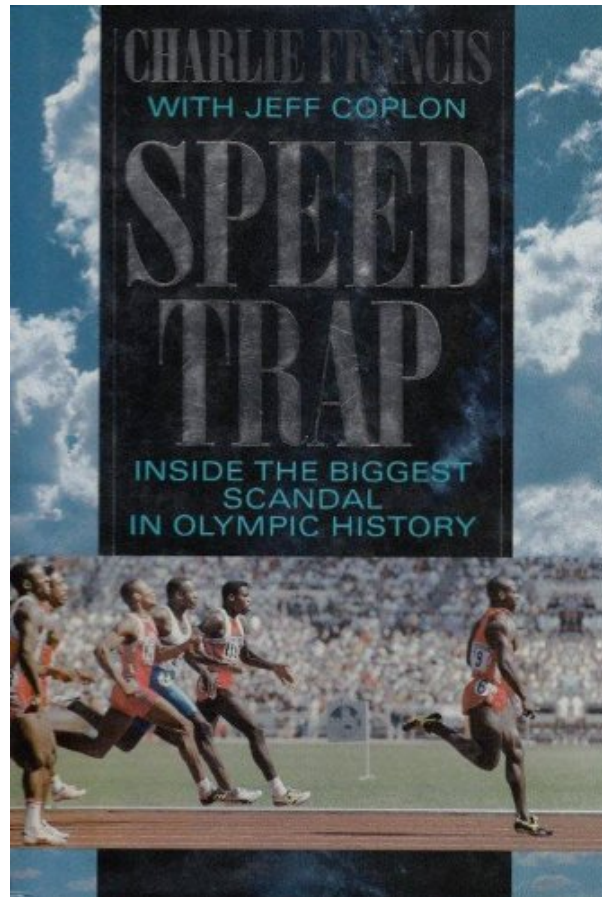
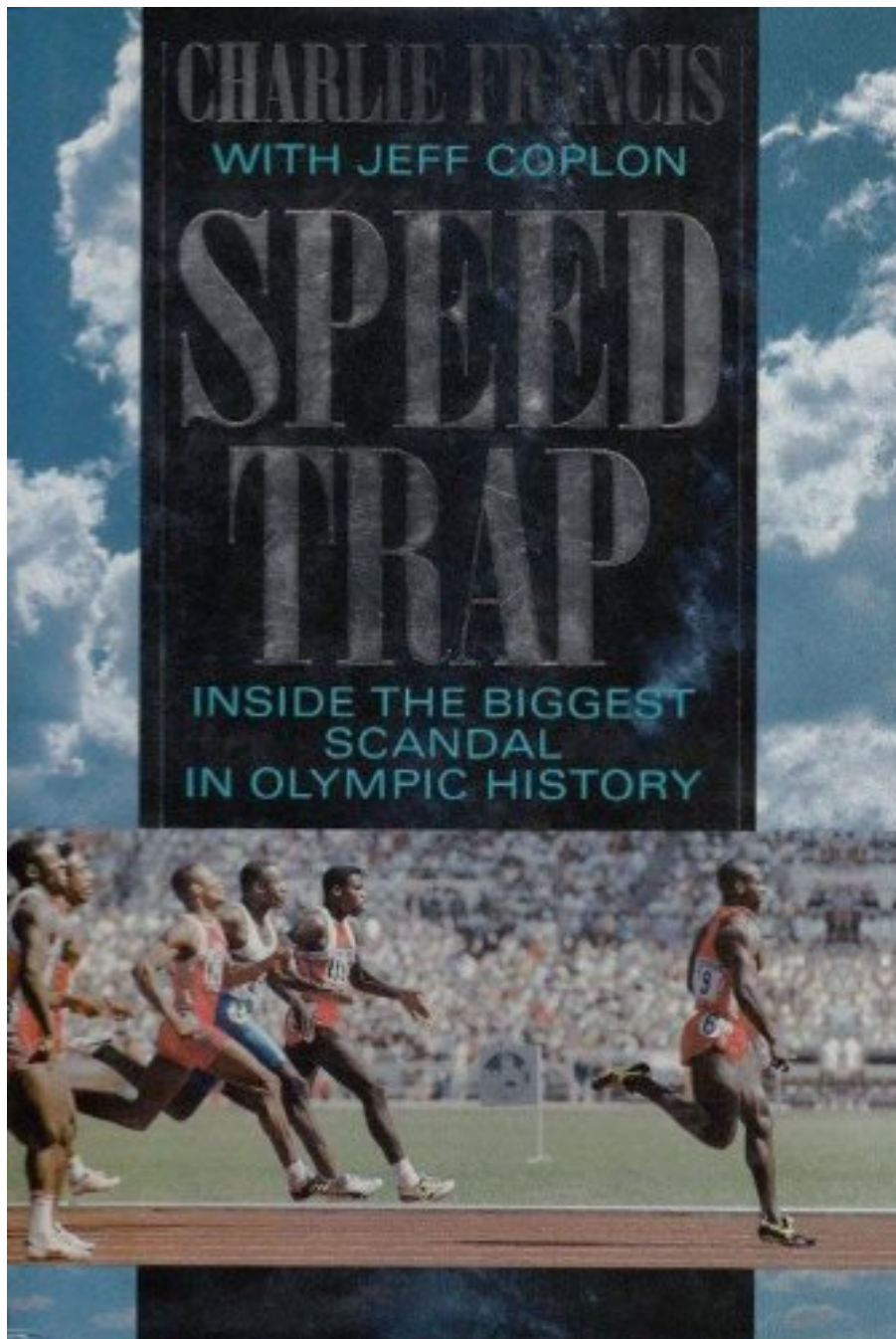


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## **SPEED TRAP BY CHARLIE FRANCIS PDF**

In *Speed Trap*, His first Public Revelations to go beyond his dramatic testimony before the Dubin Inquiry, Charlie Francis presents an insiders account of the world of international track and field.

While telling a profoundly human story, Francis shatters the conspiracy of silence maintained by the international sports community surrounding drug use and addresses the central issues arising from the events at the Seoul Olympics. Was his star pupil, Ben Johnson, the exception – or are performance enhancing drugs commonplace among the world's track stars? Is it possible to beat the world's elite athletes without using anabolic steroids? And what – if anything- can be done to make the sports arena fair, safe and honest?

*Speed Trap* traces the history of performance-enhancing substances from ancient Greece to present, and explains how steroids came to be entrenched within modern track and field by 1972, when Charlie Francis himself competed in the Munich Olympics. Francis reveals the corruption within the drug control bureaucracy and the hypocrisy leading to the occasional hunt of scapegoats- like the one that shocked the world by stripping Ben Johnson of his gold medal.

The book also provides a window onto the riotous international track circuit and illustrates the clash of egos that makes and sustains the great rivalries- first and foremost the series of high stake showdowns between Ben Johnson and Carl Lewis.

Charlie Francis has both the knowledge and the freedom to speak candidly about track and field. *Speed Trap* is the product of that candor, a book that will surprise Canadians.

Charlie Francis, three times a Canadian Sprint champion, served as a national sprint coach for 9 years. He developed athletes who won nine Olympic medals, and who set 23 world records, and more than 250 Canadian records. Four of his stars were ranked among the top ten in the world in their respective events.

Jeff Coplon's writing has appeared in *The New Yorker*, *New York magazine*, *The New York Times Magazine*, and *Rolling Stone*, among other publications. He is the coauthor a dozen memoirs, notably with Tina Sinatra, Sarah Ferguson (the Duchess of York), and Cher. He is the author of *Gold Buckle*, the definitive treatment of rodeo bull riding (HarperOne, 1995). He resides in Brooklyn.

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Most helpful customer reviews

10 of 10 people found the following review helpful.

The Definitive Book on Sprinting

By C. O'Hagan

I purchased this book when it was first released in late 1990 and have read it cover to cover several dozen

times over the years. Unfortunately, most of the attention and commentary regarding this book give a false impression of its content. Though the narrative does culminate in the drug scandal in Seoul, the topic of drug use by athletes (and by Charlie's sprinters in particular) is really of secondary importance and only constitutes a small portion of the book.

Speed Trap is primarily an autobiography of Charlie's career as an athlete and coach. In the course of reading about Charlie's training as an Olympic sprinter himself and the subsequent evolution of his coaching methods, the reader is treated to perhaps the best education on the technical aspects of sprinting ever put into print. From his early training with Percy Duncan and Harry Jerome to his subsequent tutelage under legendary sprint coach Gerard Mach, Charlie describes what he learned from these greats as well as how he synthesized and adapted their methods in developing his own training system. I know of no other book on sprinting that comes close to providing the quality of technical insight found in Speed Trap. To a certain extent, Speed Trap is a technical treatise on sprinting masquerading as an autobiography. While the description of the careers of athletes such as Ben Johnson, Angela Issajenko, Desai Williams, et al., is entertaining in its own right, it also serves to provide anecdotes that illustrate many of the technical concepts discussed throughout the book. Anyone who has met Charlie in person knows this is exactly how he teaches. In her own autobiography (Running Risks) Angela Issajenko describes how Charlie always seemed to have a story to explain any point he was trying to get across to his athletes.

Even on the topic of drugs, Speed Trap offers insights not found anywhere else. Most if not all of the literature related to anabolic steroids is dominated by the field of bodybuilding and to a lesser extent powerlifting. Charlie explains how steroid use by sprinters and similar athletes is a world apart from bodybuilding. As an example, in her first year of steroid use, Angela Issajenko's total dosage for the entire year was about 700mg, an amount many bodybuilders would use in a couple days. Much of the discussion of drug use by athletes is part of the larger topic of how sport is administered by the various governing bodies around the world. Charlie provides a very sobering insight into the bureaucratic and often corrupt nature of international sport.

Lastly, in addition to the quality of its content, Speed Trap is also remarkable for the quality of the writing. The narrative is written in a very conversational style that makes it very easy to read. Having met and trained with Charlie on a couple of occasions, I can attest to the fact that the book reads pretty much the way Charlie talks. I cannot recommend this book more highly for those interested specifically in sprinting or just training in general. If you can find a copy, it is well worth buying.

4 of 4 people found the following review helpful.

Charlie Francis, one in a billion

By HRC

In an era where more is better, Charlie Francis gives a candid view on his methods of training some of the worlds best athletes. He was always looking for ways to improve his "system" with his athletes reaping the benefits. His unselfish approach and intellect were once in a lifetime. This book can be applied to any individual or team sport, not just track and field. A must for any current coach or aspiring coach.

1 of 1 people found the following review helpful.

Makes a good story, and some fine insight into better sprint training

By Dunte H.

Charlie Francis, like any elite coach taken out of the sport by drug controversy, lays out a good story about Ben & the Canadian sprint team's rise to international success. He brings up a lot of sound points from the world of sprint training that endure in the most successful camps and he makes what is probably a fair description of drug use at the elite level.

Sometimes it sounds like he paints everyone but his sprinters as the bad guys, and maybe that's true, but it is a fun read - especially if you honestly love international track & field. There are some interesting anecdotes slipped in throughout the book, including his experience at the Munich Olympics, the impact of Olympic boycotting on the athletes forced out of competition, and troubles bringing support to big meets.

Good story, fun to read, and there's some good stuff in there for any sprinter or coach to pick up on.

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