

101 Methods" is a celebrated multi-volume book series written by the legendary Belgian pigeon fancier **Jules Gallez**. Released primarily throughout the 1970s and 1980s, it serves as an authoritative masterclass in the sport of competitive pigeon racing, compiling strategies from the world's most successful lofts. [\[1, 2, 3\]](#)

The series is broken down into specific volumes, each targeting distinct elements of breeding, conditioning, and racing strategy:

Breakdown of the 101 Methods Volumes

- **Part I: 101 Methods:** The foundation manual covering general loft management, basic health regimens, and foundational training loops. [\[1, 2, 3\]](#)
- **Part II: Racing Pigeon Potpourri:** Co-authored with Theunis F. Venter, this volume serves as a comprehensive anthology of miscellaneous tips, health secrets, and feed mixtures. [\[1, 2, 3, 4\]](#)
- **Part III: Methods and Secrets of Gerard Vanhee:** An in-depth case study analyzing the exact methods utilized by champion racer Gerard Vanhee. [\[1\]](#)
- **Part IV: Successful Methods with Young and Old Birds:** Focuses heavily on the distinct training differences, motivational tactics, and recovery needs for different bird age brackets. [\[1, 2\]](#)
- **Part V: How to Become and Stay a Champion:** Covers elite-level mastery, including extensive deep-dives into the psychology and logistics of the **Widowhood Method**. [\[1\]](#)
- **Part VI: Diary of John Lambrechts:** Edited by Gallez, this operates as a chronological, real-world case study tracking a season through the eyes of elite fancier John Lambrechts. [\[1\]](#)