

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER
No. 15, WINTER, 1963



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Sec-Treas.: H. Murphy (Millrose AA) 4111 Ave. I, Brooklyn 10, N.Y.
(Please keep the Secretary informed of address changes.)

THE 6th ANNUAL NATIONAL ROAD RUNNERS CLUB CONVENTION was

held at the Paramount Hotel, NY City, Feb. 23, 1963. The treasurer reported \$59.65 on hand.

There are 13 RRC Associations organized now, an increase of 4 in the past year. They are: New England, New York, Middle Atlantic, District of Columbia, Virginia, Maryland, Detroit, Minneapolis, Chicago, Denver, Hawaii, New Orleans, and Austin.

A special plaque was presented to Ted Corbitt of the NY Assn., by H.B. Ross (RRC, USA founder and editor of the LONG DISTANCE LOG) in co-operation with Dr. W. Ruthrauff and others in the Middle Atlantic RRC, in recognition of his being the first RRC representative in the London-to-Brighton run.

It was decided to elect a separate secretary and treasurer, making 4 national officers instead of 3 as in the past. ELECTION RESULTS: Candidates for President: Gar Williams (Mid-West Assn), Hugh Jascourt (DC Assn), and Bob Campbell (NY Assn.)--Elected: Jascourt (second term). Candidates, Vice President: Jim Ferris, Bob Campbell, Joe Kleinerman (NY Assn) and Arne Richards (Mid-West Assn)--Elected: Kleinerman. Candidates, Secretary: Bill Marot (New England Assn.), Hal Higdon (Mid-West Assn), and Dick Clapp (NY Assn)--Elected: Marot (second term). Candidates, Treasurer: Hal Higdon, Dick Clapp, and Bob Harris (Minneapolis Assn) Elected: Clapp.

Fund raising methods were discussed. Aldo Scandurra suggested a \$10 minimum yearly fee per Association for the national treasury, discarding the \$0.25 fee per member, and this was adopted. H.B. Ross proposed that surplus entry fees from national postal matches be turned into the treasury after purchase of prizes. Mrs. Bill Karavassily, wife of the Middle Atlantic RRC president, donated \$100 to the national treasury.

It was agreed that strong RRC Associations would assist new or weaker groups to get started, specifically those nearby.

For the first time an AAU representative, Mr. C. Robert Paul, attended the RRC convention. Mr. Paul made an informal talk on the AAU-RRC relationship. The representative from the Track & Field Federation was ill and did not attend.

It was reported that the special 3-man sub-committee of the National AAU's Long Dist. Committee had decided on a one race tryout for the Olympic marathon team with details yet to be worked out. The final tryout may be held in NY City in connection with the World's Fare.

The RRC went on record as being in favor of not setting limits as to what temperatures racing should be permitted in; in favor of removing age requirements for racing (but investigating training done); and in favor of removing current medical requirements.

The RRC voted in favor of assisting women's AAU track & field committees in sponsoring long distance races for women. The RRC will not take the initiative in this matter because of current restriction or limitations but offers to co-operate in putting on races.

It was decided to continue sending a runner to the London-Brighton race. Aldo Scandurra, Met. AAU Long Distance Running Committee Chairman described the new program now in operation to uncover suitable ultra-long distance runners to take part in such runs. Two 30 milers have been conducted and a 33 mile run is set for Washington, DC March 17. A 35 miler will be held in June. The 44 mile Providence to Boston race will be revived by New England RRC President John Dicommandrea, possibly in July and this will serve as a tryout for the London-Brighton race at the end of September.

The RRC also set a goal of sending the winner of the national RRC marathon to the Athens, Greece International Marathon. A special committee of Jascourt, H.B. Ross, and Scandurra will decide on this. The RRC Fund has \$109.00 on hand. Contributions will be taken up at various marathon races. However, many additional contributions will be needed. Make checks or money orders, any amount, payable to Ted Corbitt, 5240 Broadway, NY 63, NY. Acknowledgements will be made in the LONG DISTANCE LOG.

RRC CHAMPIONSHIPS--10 Mile Postal 2 Man Relay must be conducted by the end of Sept.; 10 Mile Postal track run by the end of July; and the Marathon will be held the first Sunday in November, Atlantic City, NJ.

p.2 RRC CONVENTION

The Annual meeting will be kept the day of the national AAU indoor track meet and will be held at the Paramount Hotel, NYC, 11 AM.

Each RRC Assn is to send a copy of its program (distance and date) 6 months in advance to each RRC Assn and to the national RRC president.

A special committee of T. Corbitt, N. Cirulnick, and S. Gendin will make recommendations on a program of national standards certificates.

TRACK & FIELD NEWS will publish an RRC Annual and sell it to members and others if there is enough interest. It would contain results, addresses, etc.

Each RRC Assn will be permitted one voting delegate for every 25 members...Members at large will be "national members"...The National RRC president is authorized to go to the national AAU convention or to delegate someone else to attend. He will be allowed \$25 toward costs.

"RRC FOOTNOTES" will be published 4 times annually by the RRC vice-president: this year by J. Kleinerman with the assistance of J. Bessel, NY Assn. Members present contributed \$16.25 to cover rental of the hall with the excess going to the national treasury. The Paramount Hotel gives the RRC a very nice deal for this meeting.

The new constitution will be submitted for final approval the day before the National RRC Marathon next November in Atlantic City.

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PETER McARDLE'S FIRST FULL LENGTH MARATHON

McArdle's tremendous marathon debut at Culver City, California, Dec. 9, 1962 established him as one of the world's great versatile long distance runners. The NY City transit worker served notice that he will be a factor in the US Olympic Marathon Team showdown in '64.

McArdle was kind enough to answer a questionnaire giving the following information.

"The greatest amount of mileage I did in one week in preparing for the marathon was 120 miles. Two months prior to the marathon I was running 70-120 miles a week. On a few occasions I ran up to 30 miles.

"I first felt fatigue in the Culver City Marathon coming up to 18 miles. The last 3 miles were really tough. Actually, I found my first marathon easy. The course was very flat with no hills as far as I could see. I am sure I won't be able to say the same about Boston and Yonkers.

"The week before the marathon I injured my leg and I did not know at what time my leg would give out on me during the race. I was worried up until about 15 miles. I knew I could bear the pain for the remainder of the race.

"No, I do not think that I can eventually run the marathon as fast as 2:10. Somebody may be able to do so, but not me.

"I did have a swollen left ankle in the hours and days following the marathon. Otherwise I felt o.k.

"My advice to the novice marathoner would be that he should run all distances from 6 miles up to 30 kilometers for 3 or 4 years previous to his first marathon attempt.

"It was a wonderful experience to be able to finish my first marathon. I have often wondered what those 26 miles 385 yards were like. Now I know! I have always had the utmost respect for marathon runners since I was a boy. I knew that some day I would be one of them. I have been reluctant to compete in marathon races because of the old age notion that it takes away speed. During this indoor season I think that I have proved otherwise."

===== Have you paid your dues ? =====
THE OLYMPIC MARATHON TRYOUTS--Unofficial preliminary reports hint that there may be a single run to determine the US Olympic marathon team in '64, in contrast to multiple trials in the past. A single trial changes the game. To remain a contender for the team the candidate must plan to run much faster. A man who could do 2:32 anyplace, anytime could have made any post World War II US Olympic team. Under a single tryout system this is not likely to happen, even if the race is held in unfavorable weather conditions. Can you run an 80 second 440 y? If you wish to be a contender for the '64 team, train yourself to put together 105 successive 80 sec. quarters. Do not despair, but get to work.

For all the news of long distance running, subscribe to the LONG DISTANCE LOG magazine, \$3.00 a year, 12 issues. Order from H.B. Ross, 306 W. Center St., Woodbury, N.J.

MY OPINION, by Jackie Mekler (Johannesburg, South Africa)--"...If the world's greatest miler (Elliott) can run occasional 30 mile training runs without losing his speed, why can't, or shouldn't, 26 mile specialists run occasional 40 or 50 milers?"

p.3 rrc,ny assn.

THE SHANAHAN MARATHON--Five RRC,NY Assn members ran and finished the '63 Shanahan Marathon at Philadelphia Jan.27. The NY RRC took the first 4 places with A. Gruber (Unattached) 2:39:49, T. Corbitt (NYPC) 2:48:25, N. Cirulnick (Millrose) 2:56:02, E. Medaglia (Millrose) 2:57:49. The Pioneer's K. Steiner took 6th in 3:29:55 after getting lost.

Initially the course was in relatively good condition considering the heavy snow fall. However, the rapid drop in temperature created new sheets of ice to trap the unwary. Cold blasts of wind occasionally stopped the runners in their tracks. Weather conditions not only set up the slowest winning time in the history of the event but proved a real menace as runners were sometimes in danger of being blown into the path of vehicular traffic. Ernie Medaglia's cracking 3 hours was the surprise of the meet. He has been doing around 100 miles a week in training and thus he became one of the heaviest men in history to beat the 3 hour barrier.

A. Gruber, Austria's Olympic marathoner survived some personal difficulties to score by a wide margin.

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RRC,NY Assn. ROSTER: New Members--

- 72. BEST, Fred 100 Valley Rd., Watchung, N.J. (PL 6-2550)--Central Jer. TC
- 73. BROWN, Kelsey 439 Belmont Ave., Newark, NJ (BI 3-3207)--CJTC
- 74. CASTLE, Bill c/o Orange County Community College, Middletown, Ct., N'C
- 75. CHIAPPETTA, Vincent J 30-44 32 St., Long Island City, NY (AS 4-2042)"
- 76. GERSHMAN, Bennett 25 E. 86th St., NY, NY (FI 8-5217)--Princetown U.
- 77. GRUBER, Adolph c/o K. Steiner 1660 E. 21 Brooklyn, NY--UNATTACHED
- 78. KOCHMAN, George 40 Highland Rd., Staten Island 8, NY (YU 4-6288) MILL.
- 79. LESTER, Michael 3119 Fenton Ave., Bronx 69, NY (OL 3-6927) CCNY/BRUCE
- 80. LEVIN, Peter 680 E. 235 St., Bronx 66, NY (FA 4-3908)--NYAC
- 81. LONG, John 360 Linden St., Bellmore, L.I., N.Y. (SU 1-0980)--St. ABC
- 82. LOWE, Robert F. Jr., 260 Engle St., NY, NY--NYAC
- 83. MCCARROLL, John 420 E. 259 St., Riverdale, NY, NY (KI 9-7033)--St. ABC
- 84. MCCARTHY, Thomas 1404 Jesup Ave., Bronx, NY (JE 8-4409)--NYAC
- 85. MUHRCKE, A. Gary 1901 51 St., B'klyn, 4, NY (CL 8-1252)--MILLROSE AA
- 86. SCANDURRA, Aldo 22 Monett Place, Greenlawn, L.I., NY--MILLROSE AA
- 87. SHEEHAN, George A. Jr. Rumson Rd., Rumson, New Jersey--CENTRAL JER. TC

TOURING THE ROAD WITH THE RRC by Joe Kleinerman, Millrose AA

The RRC NY Assn ran off its usual winter races in spite of tough weather. Gus Kotteakos our Refreshment Committee Chairman arranged a wonderful post race affair for the "Cherry Tree Marathon" at the Bronx Union YMCA. I want to thank the RRC NY Assn for the scroll designed by Harry Murphy, awarded me at the marathon ceremonies. The Boston Marathon will have Ethiopia's Abebe Bikila, Rome Olympic champion and Mamo Wolde, #3 10 Kilo man in the world last year. They will stay with Dr. Warren Guild at Lexington, Mass. RRC,NY Assn member Bob Campbell, recovering from a recent operation, is the American trainer and adviser for the Ethiopian pair. Japan's Toru Terasawa who shaded Bikila's 2:15:16 recently will also be at Boston as will the Finns and England's Brian Kilby, European and Empire champion...

Dr. George Sheehan, Rumson, New Jersey heart specialist, competed for Manhattan College in the late 30's. In the 1937 US Sr. x-country run at Newark, NJ, Bill Steiner was 28th, Kleinerman 29th and Dr. Sheehan 30th. After 25 years we all meet again as Dr. Sheehan now runs in our veterans class races. His son also runs... Aldo Scandurra's "Super Marathon" project is progressing. Thirty mile races in Dec. and Jan. are being followed with a 33 mile race in the Washington DC area, March 17. About 10 of our runners will make the trip. Dr. Packard of the New England RRC Assn has informed us that they will conduct the 44 mile Providence to Boston run either in July or Sept... Aldo Scandurra joined our RRC two months ago (after supporting the effort all along--financially and otherwise) and vows as Met. AAU Long Distance Chairman that he will try to get 100% membership for all long distance runners in the Met. area... John Garlepp is busy recruiting new members... Dues and donations make it possible to sponsor our 15 races a year, without charging entry fees...

Ed Peterson, Yonkers Marathon director and an official at our winter races, announced that the May 26th Yonkers Marathon will have a new course to avoid some of the traffic. Peterson is organizing a long distance team with John Flamer, former Southern Illinois miler and other collegians... Good to see N.E. RRC President John DiCommandrea competing in the CT Marathon... Jim Nolan, now "at liberty" waiting for a new play, has a bad knee injury which kept him out of the CT Marathon, but he showed up to help out at the race... NY Pioneer Club manager John Sterner is looking forward to building his team up to championship heights again... Note up-coming races: Hyde Shoe 12 mile

p.4 Handicap, Cambridge, Mass., March 20; Cathedral 10 mile handicap, April 6, Boston; US Jr. One Hour Run, Washington, DC, April 7th; Firestone Vets 25 Kilo, Hamilton, Ont., Canada, April 12; BAA Marathon, April 19; US Sr. 15 Kilo, Binghamton, NY, June 23; US Sr. 20 Kilo, Needham, Mass., July 4th.

Despite the newspaper strike in NYC, our races have been covered thru the tireless efforts of Hank Isola... Sam Schwed, Rudy Schwartz, and Lou White offer great assistance in keeping our races running off smoothly... Mike O'Hara forced to drop out of the CT Marathon due to a leg injury... Jim Borden finally got some credit from the AAU for his United AA during the fight with the Track Federation when his runners helped save the meet at Boston... The RRC NY Assn went to the rescue when the New York AC withdrew its support of the Met. AAU 30 Kilo championship... Seventy-two year old Harvey Lichtenstein is out on the Harlem River course every Sunday at the narrow check point with Ed Peterson...

In closing I wish to express my personal feelings of sorrow to the Bilotta family on the passing of Jerry Bilotta, long distance runner. We will always think of him. J.K.

5th ANNUAL "CHERRY TREE" MARATHON by J. Kleinerman & T. Corbitt
Browning Ross fired off a record field of 61 in the '63 CT Marathon. Defender JJ Kelly was at home ill setting up a wide open race. After Kurt Steiner led the field away on the long journey, Gary Muhrccke (Millrose) took over as the runners headed up the river. On the second loop, Jim O'Connell (St. ABC) took over but he had planned to run only the first 3 laps. Muhrccke ran into difficulties and had to stop, leaving John Garlepp (Millrose) leading those who were going the route. Adolph Gruber, Austria's three time Olympian, also had difficulties but rallied and gradually ran Garlepp down with about 6 miles to go, after calling on his vast experience.

With an hour to go the weather became nasty with snow and strong winds. This plus poor traction under foot slowed the field down in the final stages. As Garlepp and Gruber headed out for the final 4 mile loop, the Millrose strong man tried to burn Gruber alive with a half dozen surprising, searing accelerations. Big John couldn't pull it off and the shocked Austrian road master came back to win. Gruber kept alive the streak of Olympians winning the "Cherry Tree Marathon". Said Garlepp: "It was a hell of a last 6 miles with the snow blowing in our faces." Newcomer John Flamer was 75 seconds behind the lead at 22.2 miles but fatigue dropped him. Twenty-five survived. Bob Campbell's pupil Bob Bamberger, Hartford, Ct., stormed from behind to take over third place from inaugural winner Ted Corbitt, NYPC.

This CT Marathon served as the Jr. Met. AAU marathon and Garlepp took the gold medal, with D. Clapp and R. MacNicholl taking the silver and bronze medals. The Jerry Bilotta Memorial Trophy, donated by the Pioneer's K. Steiner, was won by Sid Smith (St. ABC) the first veteran. The novice trophy, donated by D. Clapp, was won by Canada's Dave Prokop running his first marathon. Lap leaders: 1st lap Garlepp 35:43; 2nd lap O'Connell 1:07:04; 3rd lap O'Connell 1:39:44; 4th lap Garlepp and Gruber 2:13:00.

THE FINISHERS: 1. Gruber 2:37:40, 2. Garlepp 2:38:46, 3. Bob Bamberger 2:41:00, 4. Corbitt 2:41:24, 5. Clapp 2:44:20, 6. Prokop 2:45:51, 7. MacNicholl 2:51:56, 8. W. Hewlett, Harvard Univ. 2:52:57, 9. Vince Chiappetta, NYAC 3:04:32, 10. J. Kirby St. ABC 3:04:50, 11. Hal Higdon U. of Chicago TC 3:07:15, 12. Ernie Medaglia, Millrose 3:07:30, 13. John Rafferty, Boston 3:07:31, 14. D. Donahue, Del. Val. AA 3:08:59, 15. N. Cirulnick, Mill. 3:10:55, 16. Al Meehan, Stamford Ct. 3:14:42, 17. J. Sterner, NYPC 3:15:33, 18. K. Steiner, NYPC 3:20:04, 19. D. Boxmann, St. ABC 3:20:27, B. Malkasian Mill. 3:21:33, J. Counihan, BAA 3:27:21, 22. S. Smith St. ABC 3:29:48, 23. J. Gray, BAA 3:33:45, 24. A. Chamberlin C.B. NY 3:36:01, 25. T. Lyons, Groton 3:39

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TO:

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MATTER