



ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER  
No. 16, SPRING 1963

President: J. Conway (NYPC) 37-33 80 St., Jackson Hts. L.I., NY  
Vice-Pres.: L.C. White (NYPC) 5 W 63 St., N.Y. 23, N.Y.  
Sec-Treas.: H. Murphy (Milrose AA) 4111 Ave. I., Brooklyn 10, N.Y.  
(Please keep the Secretary informed of address changes.)

+++++ VOTE +++++

RRC MEETING--The next RRC meeting will be held June 30, after the 3 mile race series at Barrett Park, Staten Island, starting at 1:00 PM.

THE 1963 PAN AMERICAN GAMES MARATHON by Gordon McKenzie, NYPC

A knee injury hampered my training in March and April. During this time I could only jog at 7 to 8 min./mile, doing about 50 miles a week. In late April the leg cleared up 100% and I got in 120 miles the last week. This was even paced running (6-7 min./mile) on grass. I also missed two days of training, four days before the race, because of dysentery.

Before describing the Pan Am Marathon adventure, I might note that Pete McArdle blasted through the 10 kilo, 67,68,70...hitting 29:52, leading all the way, winning by 1/2 lap. Pete said that this race didn't fatigue him, but the two days before the marathon he had dysentery. He had had it a few days before the 10 kilo but got over it.

Nine men started the Pan Am Marathon, in ideal weather. Having been driven over the course, I knew this was the hilliest course I had ever encountered and it had many cobblestoned streets and many turns. I started off conservatively (5:45/mile), but found myself leading for 1 mile. McArdle, two Mexicans and two Brazilians joined me until we hit the worst of the hills, from 3 to 5 miles. A Brazilian forced the pace and McArdle and the Mexicans followed as I trailed this trio by 10 to 40 yards. McArdle and Negrete had 50 yards on me at 5 miles as the Brazilians faded, but Doug Kyle (Canada) joined me for the next 7 miles. We lost another 400 yards on McArdle and Doug quit.

I kept thinking that McArdle and Negrete would "crack" and I ran very strongly. They opened up about 1 mile on me by 19 miles, but I weakened in my solitude and deteriorated to about 6:00/mile pace. At this point, McArdle thought he was 3 miles from the finish and strode out to a 60 yard lead on the Mexican, but at 20 miles he saw a landmark and realized his error. He slowed down and Negrete passed him easily. McArdle jogged to the finish, walking about 20 yards once to ease leg soreness.

When I knew I was 3 miles from "home" I picked up the pace to 5:45 and felt pretty good. I passed McArdle 3/4 mile from the Stadium and thought I might be able to win. I finished very strongly, but Negrete was 1/2 mile ahead in 2:27:55.6, missing JJ Kelley's record by 1.4 sec. McArdle jogged in at about 8:00 min. a mile pace.

THE FINISHERS:	1. Fidel Negrete, Mexico	2:27:55.6
	2. Gordon McKenzie, USA	2:31:17.2
	3. Pete McArdle, USA	2:34:14.0
	4. Jose Campos, Brazil	2:42:44.8
	5. Dorival Silva, Brazil	2:45:05.0
	6. Pedro Alvarado, Mexico	2:49:05.8

McArdle and I trained on the track and we were leg sore for a week from those hills. I think that we would have run 6 minutes faster on the Boston course. Our escorts were marvelous. Each athlete had his own scootered policeman, and cruising motorcycles blocked the traffic. A flag-decorated car preceded each of the first 3 runners also, to mark the course.

===== Congratulations Gordon and Pete ! =====

READ the Long Distance Log for news of long distance runs, plus other interesting information. Order from H.B. Ross, 306 W. Center St., Woodbury, N.J. You get 12 monthly issues for \$3.00.

=====

RUDY MENDEZ, a "charter member" of the RRC, NY Assn will be attending summer school at the University of Puerto Rico this year instead of returning to NY City. Rudy trains 5 days a week, about 6 miles a day.

Rudy has done 1:56.5 (800m) and 4:05 (1500m) this semester. This former Metropolitan marathon champion is currently doing 50.4 for 400m

In training, Rudy is doing 8 x 400m all under 60 seconds (some days as fast as 56 sec.), and 3 x 800m (2:01) x 800m jog. He is beginning a weight training program for the off season in an attempt to lower his times next season.

Rudy reports that Emil Zatopek spent about 6 months in Cuba working with that island's distance runners.

\*\*\*\*\*



P.3 finished fifth.

The highlight of the day for the New York Road Runners was the Millrose AA's Team victory, through the outstanding efforts of Gary Muhrke, John Garlepp and John Kelley, who finished fifth, sixth and eighth, respectively, in the team scoring, for a total of 19 points, defeating the Los Angeles Track Club entry of Nick Kitt, Ned Sargent, and Peter Mundle by one point.

Another highlight of the day was the John Flamer's nipping Garlepp at the finish for eighth place. Flamer has been a consistent winner in the weekly road races sponsored by the Road Runners Club and proved himself to be one of the potentially outstanding marathon runners in the country. His finish thrilled the crowd of 300 at the finish line, since Flamer represented the host town in the race.

The starting gun went off promptly at noon, with 100 entries on the starting line, the largest contingent in this race to date. Running conditions were ideal. Kelley immediately took the lead and was followed closely by Higgins and Sargent of the Los Angeles Club. At the halfway mark the pace began to tell on the Los Angeles entries and O'Connell and Gruber were moving up fast. There was no question at this point that Kelley had the race well under control. He finished a mile and a half ahead of O'Connell.

The name of Kelley not only brought cheers with victory but also brought cheers with the eighteenth place finish of 56 year old John A. Kelley, who had won this race in 1935.

Another highlight was the guts of the long distance runner which was displayed by Don Lindaur of the St. Anthony's Boys Club, when upon collapsing 100 yards away from the finish because of a twisted leg, refused any assistance and walked in to finish his race.

Hats off went to the Members of the Chippewa Club, who sponsored the race for the excellent supervision all along the course. The new course ran from the Chippewa Club's Lake Ave. headquarters through Yonkers, Hastings-on-the-Hudson, Greenburgh, Ardsley, Elmsford, Tarrytown, Irvington, Dobbs Ferry and back to the starting point. Many interested spectators turned out along the way and water was supplied to the runners every few miles. Of great encouragement to the runners was the tremendous turn out of spectators that gathered to see the race in recognition of the sport. Everyone is looking forward to next year's race which may well be the 1964 Olympic tryout.

The outstanding work of the Road Runners Club was evidenced by the increased number of competitors and the great improvements over prior years' performances. The outstanding team victory of the Millrose A.A. is evidence that hard training and weekly competition is the best food for successful distance running.

THE LEADING FINISHERS: 1. J.J. Kelley BAA, 2:25:17.6, 2. J. O'Connell, St. ABC 2:33:14, 3. A. Gruber NYAC 2:36:25, 4. B. Scharf, Baltimore OC 2:36:58, 5. Lt. A. Breckenridge, USMC 2:37:47, 6. N. Kitt LATC 2:39:10, 7. G. Muhrcke Millrose 2:39:49, 8. J. Flamer, Chippewa Club 2:42:15, 9. J. Garlepp Millrose 2:42:16, 10. Ned Sargent, LATC 2:42:51, 11. J. Kelly, Millrose AA 2:42:52.

NEWS of the ROAD RUNNERS CLUB NEW YORK ASSN by J. Kleinerman, Millrose AA

After a tough winter, all of our officials are back at the races. Sam Schwed is back after a battle with the Flu... Nick Bilotta is ready to move up to the open spaces of Van Cortlandt Park for the weekly workouts... The RRC puts physical fitness into action with the three groups of runners: those under 19, the 19-44 group and the veterans 45 years of age and over. We also have our senior members, such as Bilotta and Frank Brown, working out whenever possible.

We played host to two RRC members from England a few weeks ago as they passed thru NYC on the way to Colorado to work on the railroad. They will compete in the Pike's Peak Run and the Missouri Marathon. Next September on their way home, they may compete in some of our races... We met Brian Kilby at the BAA marathon. The RRC of England raised funds to send him over. I had a photo of Ted Corbitt and Kilby taken by John Chodes to show the international aspect of the RRC.

Apparently the most "exercise" some people do is throwing remarks at the road runner... Mike O'Hara has been laid up with a bad leg this year, but he is on the comeback trail now... Next marathon is the June 16 NE and Open at Holyoke, Mass; then July 4th a marathon at Bridgeport Ct. The Canadian marathon is set for Sept. 1st and the RRC Nat'l Marathon will be at Atlantic City Nov. 3rd.

The Providence, R.I. to Boston race will be held by the NE RRC. This will probably decide the runner to be sent to the next London-Brighton race... Garlepp's membership committee should land some new members for our Assn with the college and high school runners hitting the

p.4 roads. The young runners will benefit from the 2 and 3 mile runs we have set up for the summer...Post entries in RRC races will have to pay a late entry fee in the future. Spend 5¢ for a stamp and save 45¢ on the entry (there is no entry fee for RRC races in the NY Assn area)...Spread the word about the RRC to active and inactive runners as we need all the help we can muster...Our RRC Harlem River course is being paved and should shape up nicely...New England has a fine summer schedule of ten mile runs. Contact Al Hart, Hotel Lennox, Boston, Mass. for blanks, etc.

\*\*\*\*\*  
THE BOSTON

Sports International, Inc. in a good will gesture imported 33 athletes from 17 countries for a 100 days training and competitive experience in the USA. Olympic marathon champion Abebe Bikila and Mamo Wolde of Ethiopia were among the group. Marathoner Dr. Warren Guild (author of HOW TO KEEP FIT AND ENJOY IT, published by Harper and Row Publishers Inc., 49 E. 33rd St., NY 16, NY, 1962. \$3.95) hosted the Ethiopians during their eastern stay while preparing for the Boston marathon.

The 1963 BAA Marathon, with 247 starters, certainly was the most exciting of the post war runs. Bikila and Wolde roared toward Boston at a check point wrecking pace but finally the distance, 26 miles 385 yards, re-asserted itself, even in this day of superbly trained men, and both Ethiopians wilted due to fatigue symptoms or other infirmities. Some observers feel that Bikila would have won with a slower pace. Possibly. Bikila has always used this tactic: a fast, front running pace. Winner Vandendressie of Belgium in a record 2:18:58 and second place JJ Kelly profited from Bikila's "crack up" and from the lack of pressure on themselves.

The RRC, NY Assn had a good representation at Boston with Adolf Gruber, NYAC, leading the Metropolitan pack.

The English RRC raised funds to send British Empire and European Games Champion Brian Kilby to Boston where he copped third.

The RRC FUND needs the assistance of RRC members in sending an American marathoner to England's London to Brighton race. The 1963 Fund is being collected now from individual runners, and we hope from track clubs. The goal is to get another man on the Brighton Road the last Saturday in September. To achieve this, we need small donations from all active members. If you have made one donation, please make another so that we may confirm this trip for the runner selected for the trip after the special tryout this summer. Send contributions to fund chairman Ted Corbitt, 5240 Broadway, NY 63, NY.

\*\*\*\*\* RRC FUND: Give! \*\*\*\*\*

NOTES...Jackie Mekler did a 40 mile training run before breakfast, while training for the Comrades 54 miler, then went to work...The Victorian Marathon Club plans to hold a 50 mile run this year... A visitor from New Zealand tells us that running up to 100 miles is the "rage" in New Zealand right now. Seems this was triggered off by Lydiard who has a new book out on training...Please inform RRC officer especially the Secretary when you change address...Join one of the RRC committees and help to promote distance running. The RRC has just scratched the surface and much can be done to help runners reach a higher level of performance and to advance the sport. All it takes is interest and work...We had our last "training clinic" in 1958 with the colorful Percy W. Cerutti. Are you interested in resuming clinics? It is possible to set up same and if you are interested, let the President know by mail or in person.

-----  
NEED A COACH? If so contact any of the following men. They are interested: Bob Campbell, 39 Linnet St., West Roxbury, Mass. Or, Dr. W.M. Ruthrauff, 211 So. 46th St., Philadelphia 39, Pa. Or, William Wiklund, 25 Cliff Hill Road, Clifton, N.J.  
-----

ROAD RUNNERS CLUB, NY ASSN.  
Newsletter Committee  
Ted Corbitt  
Apt. 15 C  
5240 Broadway  
New York 63, N.Y.

TO:

PRINTED MATTER