ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER

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(Please keep the Secretary informed of address changes)

ELECTION RESULTS: RRC,NYAssn officers for 1963-64 are--JJ Conway, President; Aldo Scandurra, Vice-President; and Richard Clapp, Secretary-Treasurer.

Note: The National RRC Postal 2 Man 10 Mile Relay will be run off Sept. 8, 10 AM, Van Cortlandt Park track.

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*For news of long distance runs, plus other interesting information, read the LONG DISTANCE LOG. Get 12 monthly issues for $3.00. Order from H.B. Ross, 306 W. Center St., Woodbury, N.J.

JIM BEATTY, Los Angeles Track Club, spent a week in New York City after his successful European tour in 1962. He trained in Central Park and at the Macombs Dam Park track. Beatty is 27, 5'6", and has a weight range of 125-129. He loses 3-4 lbs in a race. He smoked at one time but gave it up. He enjoys a beer after a race.

Beatty moved to California to be near the best coach in the business, in his opinion. He lives in Los Angeles and works as an auto claims examiner for an insurance company. Later he hopes to do public relations for this company.

Beatty trains twice a day: one hour every morning and roughly two hours in the evening, for a total of about 100 miles a week. He says that he might quit after the 1964 Olympics where he expects to reverse his sub-par performance at Rome. He takes his wife along to meets whenever possible.

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

The NY Assn phase of the RRC National 10 Mile Postal Track Run was contested in very hot weather which reduced the field to 8 starters...Adolf Gruber is back in Austria to defend his national marathon title. Kurt Steiner will also compete in that race. Kurt will visit his mother whom he hasn't seen in many years...Big John Garlepp laying off for awhile, but helping out at all the races and also recruiting new RRC members...Aldo Scandurra is handling the securing of prizes for the MILK RUN this year. There were 50 starters in the Yonkers Marathon who live in our area and with the MILK RUN at about 16 miles we should get a larger entry. All members not competing are invited to help out at water stations or in some other capacity. Gus Kotteakos/ to handle the refreshments after the race...Nick Bilotta tells me that our courses on the Harlem River will be available for next winter's races. It will be a little tight in width, but when the job is done on the Hamilton Bridge we will have a dandy course...Bilotta and Frank Brown are running over the Van Cortlandt Park courses every week end...The big job of staging a race is getting enough help at the race. We have been lucky to have such members as Sam Schwed, Rudy Schwartz, Harvey Lichtenstein, Jim Borden, Henry Isola Sr. & Jr., and Ted Corbitt's son Gary, helping conduct our races. We need more help. The wives of runners have also helped with encouragement and in giving out water...Had fine trips to Binghamton,NY, Holyoke, Mass.,South Bridge Mass. and Needham, Mass. the past month where our boys did well... The news of the RRC is getting around and with a little work on the part of the national body we may soon double our associations...Mike O'Hara still hindered in his running by a bad leg...Next big marathon for our boys is in Canada, Sept. 1. I hope to make the trip and help the boys out...Big race on our schedule is the National RRC Marathon Championship ,Nov.3 at Atlantic City. There will be a special meeting by the RRC the night before the race...Sept. 8 Aldo Scandurra expects to hold the final try out for the London to Brighton race with a 45 mile run staged either in New England or in the Metropolitan area. Scandurra and Vin Kern plan to compete in the London-Brighton race on their own. Thus with a third man picked from the trial we will have a team of 3 runners in the race...Word from Lou Gregory, former Millrose AA distance great, that he is looking for runners for his Junior College team: Pensacola Florida Jr.College. Contact me for details (Joe Kleinerman,2825 Claflin Ave.,Bronx 68,N.Y.)...Pete McArdle on tour with the USA team in Europe. Many young runners are observing Pete and planning their training on his work...Gordon McKenzie still out with a bad knee but will resume running soon...Oscar Moore has been chosen by the AAU to run in Jamaica,West Indies,Aug.8-10. Moore missed the European tour by one place...Tom McCarthy, Bill Wiklund, Gary Corbitt, and Mike Frankfurt have made recent contributions to the RRC Fund to send a runner to the London-Brighton race but we need many additional donations to reach our target. Make check payable to Ted Corbitt (Fund Raising Chairman) 5240 Broadway,N.Y. 63,N.Y.

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TRAINING FOR THE ULTRA MARATHON by William (Bill) Wiklund

Training for the ultra marathon races, namely the 40 to 60 mile distances is a vexing problem, chiefly due to the athletes lack of sufficient preparation time. To get in enough miles daily and to get the required amount of sleep to recuperate nightly, is the enigma of every road runner.

Marathon runners have always been puzzled with this problem and that some do solve

 it is apparent by their results as they constantly set new records.

The answer is reached by an individual who has found a routine that will help him to finish a race and also to improve with it. Few men in the United States can qualify as candidates for running 10 miles per hour for 5 or 6 hours. There are some, who after 6 months of intensive training, could make a good showing as did Ted Corbitt in England last year. Also there may be others amongst our present men who could maintain their 6 minute per mile pace a lot further. With these men, it would not be a matter of increasing their speed, but of adopting a policy of endurance training that would enable them to run a fair second marathon after completing the first one.

To run the upcoming 44 mile race from Providence to Boston and the 53 mile London to Brighton jaunt, the perspective candidates should initiate a program to improve two functions of his body and a re-disciplining of the mind. The chief organ to begin with is the respiration system, for a runner is only as good as his bellows. It is the lungs that break down first in any race. As the breathing efficiency diminishes so does the supply of oxygen in the blood stream. The decrease of this energy burning element in the lower extremities results in leg cramps, for the muscles are not being sufficiently fed for the work they are doing. The spasms are a warning that more fuel is required or the pace must slow up. It is for this reason that special care must be given to the lungs and this can be accomplished by specific breathing exercises carried out on a daily basis, in addition to the usual running workouts.

The next important function is the strengthening of the leg and stomach muscles. Again, this can be accomplished by longer work-outs (at least a hundred miles a week done with Fartlek or interval training) and supplemented by calisthenics performed daily in the home. There are many types of exercises that can do wonders for the anatomy and coupled with synchronized breathing will help in the accumulation of reserve power in the body.

At this point I would like to expound a little on some simple body theory, and what affects training has on its development. As one starts to run, the leg muscles demand more oxygen which has to be supplied by the blood stream and in turn by the pumping of the heart. The faster one runs, the more frequent he must breathe in order to supply the needed air. The stronger the lungs; the greater the intake of air; the larger the arteries, the more the quantity of blood to carry the oxygen to the working muscles. The daily workouts serve to increase the volume of the lungs by filling them with air which in turns makes them expand. This is also true of the blood, build up the pressure in the arteries and their walls also expand. Thus the lungs and arteries grow in proportion to the work done by them, the more one works the greater becomes their volume. This process of daily growth is the secret of the reserve strength that is stored up in the body for the supreme effort: the big race. During action, tissue is also destroyed but this is daily replaced by the protein in the food, usually during sleep. This constant daily muscular teardown and build up makes the muscles stronger as a pick and shovel makes first blisters, then later, callouses on the laborer's hands. Exercise done daily becomes a cycle of fluctuating circulation which plays an important part along with sleeping and eating in the storing of vitality in the human body.

The question has often been asked,"how do you keep your mind busy during a marathon ? Doesn't the long race become monotonous ? What do you think about ?" The answer is, "yes" to monotony and discipline to the other two questions. This discipline is acquired during the long daily workouts; when the mind is tuned to the rhythm of running, akin to that of dancing.

Inhalation and exhalation becomes the beat which gives stimulus to the athlete. The partner in the race becomes your opponent with whom you can run, or pass in your surge of strength and his moment of weakness, to find another partner up ahead. Concentration on relaxed striding and efficient breathing with an occasional sizing up of an opponent, keeps the mind busy and away from your own problems. These daily habits properly executed and controlled will result in an all powerful heart, body and mind. To what limits they will grow, no one can tell any more than the experts can predict the time records will cease to be made.

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LONG DISTANCE RUNNING CLINIC

Session #1, Oct.7,1956,Van Cortlandt Pk.,Bronx,NY.

Guest: Helmut Gude, Age 31. Personal Record: Steeplechase 8:50 (was 2nd best performance in history); 10,000 meters 30:17; 5,000 meters 14:10 (was 9th best performance on All-Time List when made). Competed for Germany. Retired in 1954 and moved to Philadelphia, Pa. where he works as a cabinet-maker.

PROGRAM: Lecture and Practice period.

It makes little difference whether you want to run 1 mile or 10 miles or the marathon, if you want to run, make up your mind that it is going to be hard work. It is not like going to a movie. The most important thing is to make certain that the body is kept warm. Use 2 complete sweat-suits.

The warm up taken by the runner dilates the blood vessels and so the heart has an easier time doing its job. After years of training, the heart beats 40-45 times a minute. It pumps more blood each beat and so does less work. The whole story is dependent on how the heart works. You cannot become a good distance runner in a year. It takes 2 or 3 years of training.

THE WARM UP--The middle distance runner should warm up at least 3/4 hour before racing. The marathoner can take 15 minutes. Sweating is important. You need to sweat a lot but keep moving. Generally, "PLAY" (a special,vigorous,but slow running) and

p.3 calisthenics (done when no race is in site) make up the warm up. This is followed by INTERVAL RUNNING.

The warm up used by H.Gude when he was at his best: (1) Run for 60 minutes including easy running, spurts, and easy running (this did not result in any loss of power for the race); (2) Lying down 5-7 minutes, relaxing all over, and with legs elevated slightly; (3) Change to running suit; (4) Jump up and down for 5 minutes; (5) On field, walk and take a few "quick-steps" before going to starting line.

TRAINING: It involves Interval Running. That is, run a distance FAST, then run a distance SLOW. After the runner begins to train, he must learn to think for himself and find out what he himself can do. He must understand his body. It takes years of training to reach this state. Training is not a time for talking to fellow runners, you should concentrate on running. The runner should compete from May thru October. The other 6 months are used to "build up." The main thing in running is training.

ON GUDE'S PERSONAL TRAINING ROUTINE: Gude did 10,15 or 20 "quarters" with a similar recovery run. The interval need not be a "quarter," but do a fast then a slow run, repeated. He never ran on a track in training and never clocked himself, but ran according to how he felt inside. (Jack Barry, Philadelphia area runner who did some training with Gude, stated that while just playing at training (since he was already retired at the time) Gude did his quarters in 65-75 seconds. The speed fluctuated but Gude averaged 6 minutes a mile while doing this interval running on a track in Philadelphia. Barry also stated that the recovery quarter was not wholly spent jogging since Gude accelerated before the quarter and gradually eased up after the fast quarter so that nearly 600 yards out of every 880 was run hard).

MARATHON TRAINING--Do some interval running. Run a quarter hard then one mile easy (in about 6 minutes--repeat up to 15 times. This is in addition to the warm up which includes some PLAY running. The fast 440 is not run too hard (in his demonstration, the speed of the fast burst appeared to be about that of a 5000m racing pace). Gude recommended that the marathoner refrain from doing long steady runs (too much like racing) but break it up into some form of fast-slow intervals.

BODY MECHANICS: The runner must swing the arms to drive the body along. The higher the knee lift the longer will be the stride as the trailing leg drives the body forward. The body cylinder or trunk should be inclined forward to some degree, not perpendicular or leaning backwards--gives better control of body.

"PLAY", a form of running in which there is an exaggerated arm and leg action. Run hard but do not travel fast. The arms are bent sharply at the elbow and then completely extended as the arm is pulled backwards (no shoulder roll in this action). The thighs are raised high on forward swing with the heel snapped up toward buttocks and then dropped. While doing this running, en route you can occasionally raise the arms, shake the hands, and let them drop, or use other shoulder and arm relaxants.

HILL RUNNING WITH "PLAY"--You can run on any terrain while using "play" running. On a hill, run at same ground speed as on flat ground. On going up hill, shorten the stride but pick up the stride rate with a greater knee lift. Go back to normal "play" form once you get to the top of a hill. Hill running is not done the week of a race. Keep knees in good alignment, not out to the side. It takes 2 years for this training to take full effect. (Jack Barry stated that you can cover a mile via "play" in 8-12 minutes with an average of 10 minutes a mile).

BREATHING--Inhale 4 steps, exhale 4 steps in "play" running. In competition inhale 2 steps, exhale 2 steps.

QUESTION PERIOD

Q. Is it good for a runner to wear heavy shoes in training ?
A. If he likes it. (Gude trained in spikes)
Q. If the runner is working all day on his feet, how does he train ?
A. Try to relax as much as possible, including some walking. REST during the day if possible. Ten to 15 minutes sleep or just lying down in the middle of the day will help a lot.
Q. Where should you train at ?
A. Always train in the woods or on grass. Go on the track only to compete. If there is no grass, then train on the track or whatever is available.
Q. How should the runner dress in cold weather ?
A. Wear warm clothing including long underwear--even in racing. In summer wear shorts.
Q. How about foot landing ?
A. In track distances, there should be a ball landing with light touching of the heel. In the marathon most men can't run the distance on the ball of foot so they use a heel first landing.
Q. How about foot posture ?
A. The feet should point straight ahead, thus enabling the runner to get full power from the thrust of leg extension. If the foot is pointed out on an angle, it weakens the stride. You get a final push-off from the big toe.
Q. How does one make himself train hard ?
A. The desire to get better drives the man to training hard--to be top man.
Q. We hear of some Europeans training up to 8 hours a day. Just how do they run this much ?
A. They start off in the morning and take several workouts with sleep between workouts.
Q. Did you have injuries ? How did you handle injuries ?
A. I often had aches and pains but I ran. Some injuries require rest from running.

p.4 Q. If a runner feels tired on a particular day, should he rest or workout that day ?

A. At first the runner should run even tho tired. After several years of development he will need to take a day of rest occasionally.

Q. Are 2 or 3 workouts a day O.K. ?

A. The more you run the more you must relax each day. Rest 15 minutes lying down at noon. If you train in the A.M. and P.M. you need a minimum of 8 hours of sleep a day. You need 12 hours of sleep if you train 3 times a day. You need rest for training. You must rest even if it means cutting out movies and such. The runner must sleep and train. When in top condition "work should be just a hobby for you."

Q.How can a runner do all these things without using up all his strength on running alone (asked by a teenager) ?

A. Young boys, 15-17, don't take running too seriously. Train hard after you are 20 years old. Take part in many other sports while you are young because its likely to be your last chance for this type of fun. The hard training towards the end of your career may not be much real fun.

Q,Some coaches don't believe a runner should swim. How do you feel about this ?

A. There should be no swimming when you are in top shape. And do not take tub baths, instead use showers for cleansing purposes.

ADVICE TO SPECIFIC RUNNERS (in attendance):

Case #1 T.Corbitt--Do less running (training). Reduce workouts and do more calisthenics. "It's almost too late but there is still some time." Need to loosen the shoulders and relax more.

Case #2 T. Suito--Do some interval running. Run fast-slow quarters.

Case #3 J.Barry and T. O'Brien--PROBLEM: Good in practice, less so in competition. REASON: mental and tension. Some runners have some "factor" missing and never come thru in competition (no suggestion given as to how to overcome the problem).

CALISTHENICS are done during the runner's build up period. The hard exercises are not done when there is a race coming in 3 weeks or so. A few loosening and relaxing exercises may be done routinely as part of the warmup. Calisthenics may be interspersed with "PLAY" running for a few yards.

Examples of exercises which may be done during the warm up:

1) A sort of hop-jump in place with both arms forward flexed at 90°. Reach forward with the arms and shoulders and at the same time make the back convex and the belly concave and recover. Repeated a series of times.

2)Arms raised sideways to shoulder level and held there. Hop-jump and rotate body to left and to right. Speed it up and then slow down (sort of ins-and-outs can be done).

3. Trunk inclined forward slightly. Run in place with the knees going up almost to the chest (for the belly muscles).

4. Arms relaxed, jog dance with 2 hops on one foot as the opposite leg is raised and thrust out to the side with the knee extending; repeat with other leg.

5.Alternately elevate and lower the heels with the balls of the feet always in touch with the ground and periodically bend over and touch the ground with the fingertips--bend knees if necessary. Gradually increase the tempo.

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PRACTICE SESSION #2, Oct. 21,1956, in woods near Merchantville, N.J., conducted by Jack Barry, Shanahan CC. A car-load of NY area runners went down for this follow up session which featured a spectacular fast-slow 220 training duel between Barry and Rudy Mendez,NY Pioneer Club.

INTERVAL RUNNING--Recovery run at almost racing pace, pick up pace for fast run, ease off and resume fast recovery phase. Breathe in 2 steps and out 2 steps. With "play" breathe in 4 steps and out 4 steps.

TRAINING WITH "PLAY" RUNNING--

1. Snap arms vigorously--can drive the arms straight ahead or across the chest toward midline of the body. This helps the leg action.

2. Most of runners at this session did not lift knees high enough. Barry suggests: Lean body forward slightly. Lift thigh up almost to waist in hill climbing. The lower leg is flexed sharply as leg is brought forward. Try to extend the knee completely before driving off of the supporting leg.

3. Can run forward at an angle with body rotated first one way then the other way for a few steps.

4. To rest, run with very loose arms and only use the foot action of "play" (progress forward but with little knee action).

5. Up hill, tempo of action is increased with much higher knee lift.

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MY OPINION by P.W.Cerutty "The athlete who trains without some kind of pain or soreness is not training hard.Aches and pains are the evidence that we are working up to our limits."

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