



ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER
No. 18, FALL 1963

President: JConway (NYPC) 37-33 80 St. Jackson Hts., L.I., NY
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== Join the R R C ==
THE ULTRA-LONG DISTANCE ROUND UP by Ted Corbitt, NYPC

On May 31, 1963, the "Comrades" Marathon of 54 miles from Maritzburg to Durban, South Africa, was won by Jackie Mekler in a record 5:51:20. The 11 hour standard was reached by 149 out of 224 starters. The first six win gold medals and those who finish in 11 hours or less win silver medals. The oldest finisher was 62 year old half-blind Ian Jardine who was guided on the course to 67th place in 9 hrs 55 sec. Mercer Davies won the Pieter Korkie 34 mile run in 3:28:59.

On Aug. 25, 1963 the Victorian Marathon Club of Australia held a 50 mile run. Ten starters, five finishers. Globe-trotter Geoff Watt and Bob Rial (1:50.4 half miler of Cerutti's camp, out for 20 mile workout) passed 10 miles in 61:14 and 20 miles in 2:01:20 where "Stace, the Ace" (so called) who has lived at Portsea for years, joined Watt. They passed 30 miles in 3:05:28 where they began to deteriorate. Watt had 70 y on "Stace" at 35 miles and increased it to 200y. "Stace" passed Watt at 40 miles in 4:19 where Cerutti exhorted him to "put in a 200 yard sprint", which he did, leaving Watt floundering. It looked all over at 41 miles. Incidentally, the night before the race Watt became engaged to be married to a tennis player and had asked "Stace" to be Best Man---"but at the wedding not in the 50." So at 41 miles Cerutti called to Watt: "He'll take the race, and he'll take your woman as well." Watt became angry enough to reply, "I'll murder the b....." and forgot pain, fatigue and blisters and took off intent on catching "The Ace" & strangling him. However, after catching him, Watt remembered that he had waited 12 years to actually win a marathon and figured "The Ace" could wait a little longer. Thus Watt won his first marathon in 25 starts. Perhaps a 100 mile run will be organized next. Results: Watt 5:37:40; Stacey 5:42:42; Crawford 6:12:18; Vinall 6:54:43; Bird 7:03:52.

In the USA ultra-long distance running was revived under the guidance of Aldo Scandurra, Met. AAU Long Distance Running Chairman and RRC member. A series of races designed to produce a corp of 50 milers began with a 30 mile handicap run (won by Nat Cirulnic, Millrose AA) in December 1962. In Jan. 1963 another 30 mile handicap run was won by Gary Murcke, Millrose AA. A handicap 33 miler was held in March at Bethesda, Maryland (won by Eric Segal, Harvard AA in a "brutal" 88°F). Summer heat found T. Corbitt, NY Pioneer Club, winning a 35 mile scratch run in NYCity. These runs led up to the finale to select a candidate for the '63 London-Brighton race. Five RRC, NY Assn marathoners met in Alexandria, Va. Sept. 8. The weather was the best encountered in the 5 race series altho it was hot before the run ended. Starting early in the morn, the five ran as a group for several miles. Then Scandurra put on a beautiful exhibition of controlled power running as he rolled away from the cautious group. On his way to a run-away victory, Scandurra pulled up at 28 miles after aggravating an old leg injury. Corbitt, 11 minutes down when Scandurra checked out, went on to win in 5:36:31.9 after several difficult periods. Promising Al Williams, running a strong second, also went out at 34 miles after aggravating an old injury. Murcke, like Williams, showed great promise with a tremendous comeback after being nearly exhausted at one point. He finished in 5:40:15. Kurt Steiner, NYPC, finished in 6:06:32 without any distress. None of the candidates felt ready to take on the Brighton Road. The development program will continue and the USA will eventually get a winner on the Brighton Road.

A visitor from New Zealand told of an ultra-long distace "craze" in that land but no details are available.

The London-Brighton 53 miler was held Sept. 28, with 31 finishers out of 41 starters. B. Gomersall won in 5:47:55; 2nd P. Dyer 5:49:20; 3rd W. Don Turner 5:50:11; 4th T. Buckingham, 5:57:46. Six men made 1st class time and 14 made 2nd class time including Guy Goodair who finished 18th in 7:15:32. Goodair had walked the London-Brighton Walk Sept. 7, finishing 11th in 8:59. He was "drafted" by his team for the run altho he had not really trained for running. His running mileage had been: June 22½ miles, July 66; Aug. 34½; Sept. 38. Everything went well for 30 miles when fatigue hit him and "it was agony from then on" as he helped his team to second place. Pre-race favorite Don Turner

p.2 experimented with lighter training this year, after averaging over 5000 miles a year the past 13 years. He did win the 37 3/4 mile Isle of Man Run and the 48 1/2 mile Liverpool-Blackpool run. Turner was 3rd in the South London 30 in 3:05. He suffered a leg injury and missed the special RRC 30 mile track run which was won by Fred Howe in 2:48:0.8 seconds. Barry Sawyer passed 25 miles in 2:17:10. Both latter performances are world's best.

There were several solo performances in the USA. On Feb. 17 John Macy ran 50 miles from Galveston to Houston, Texas in 5:30. Macy was alternately paced by two collegians. In March, Rev. O'Neil Shannon of Boston ran from Boston to Providence and back, 100 miles. The effort took more than 20 hours. This was probably the longest run in the US since New York policeman Edo Romagnoli ambled 118 miles in a vain attempt to outrun several horses in Utah several years ago. Finally, the NY Pioneer steady, Kurt Steiner unloaded a double marathon, 52 1/2 miles in the Connecticut hills, Oct. 26, 1963. Starting at 7 AM he ran from North Branford to Deep River, Conn. and back, in 7:34:49. Kurt recovered rapidly and ran a regular marathon 8 days later.

NOTE: Recent contributions to RRC Travel Fund: Joe Kirby \$2 and K. Steiner \$5. Your aid is also needed for this fund.

ENDURANCE---In this day of 50 mile hikes and 50 & 100 mile runs, we might look back and realize that it has all happened previously. New York was once the center of interest in ultra-long distance running in the USA. In 1926, Earle E. Liederman of NY City wrote a book called ENDURANCE. In the book he listed some endurance records of that day.

Running records listed included:

- 15 miles, 1:20:04.6, F. Applegarth, Stamford Bridge, London, July 21, 1902.
- 20 miles, 1:51:54, G. Crossland, Stamford Bridge, England, Sept. 22, 1894.
- 25 miles, 2:18:57.6, Hank Zuna, Boston, April 19, 1921.
- 26 miles, 385 yards, 2:32:35.8, Hannes Kolchmainen, Antwerp, Aug. 22, 1920.
- 30 miles, 3:17:36.2, J.A. Squires, England, May 2, 1885.
- 45 miles, 5:32:02, E.W. Lloyd, Stamford Bridge, England, May 12, 1913.
- 50 miles, 6:13:58, E.W. Lloyd, Stamford Bridge, England, May 12, 1913.
- 100 miles, 17:36:14, J. Saunders, New York, Feb. 22, 1882.
- 100 miles, 13:26:30, Charles Rowell, New York, Feb. 27, 1882.
- 200 miles, 35:09:28, Charles Rowell, New York, Oct. 24, 1882.
- 300 miles, 58:17:06, Charles Rowell, New York, Feb. 28 to March 2, 1882.
- 400 miles, 84 hours, 31 min. 18 sec., James Alberts, New York, Feb. 9, 1888.
- 500 miles, 109 hrs., 18 min 20 sec., P. Fitzgerald, New York, week of May 2 and 3, 1888.

In a 142 hour go-as-you-please running race distances are: George Littlewood, England, 623 miles; James Alberts, U.S., 621; P. Fitzgerald, 610; Charles Rowell, 602; George Norence, 566; Frank Hart, 565; E.P. Weston, 550; H.O. Messier, 526; P. Hogelman, 526 miles.

Among Walking records:

- 100 miles, 18:04:10.2, T.E. Hammond, London, Sept. 12, 1908.
- 97 miles, walked in one day by James H. Hoeking, New York, Times Square to Philadelphia City Hall.
- Dan O'Leary walked 100 miles in 23 hrs 54 min on his 79th birthday.
- Skating: 100 miles, 7:11:38.2, J.F. Denohue, Stamford, Conn., Jan. 26, '93.
- Bicycle Riding: 100 mi, 2:50:17.4, F.C. Armstrong, Aug. 16, 1898, at London.

THE ANALYSIS OF RUNNING by Wm Wiklund, Clifton, N.J.

I've witnessed many sins, faults and stupid performances at track meets and road and marathon races. After a hard and discouraging race a runner is not in the mood for advice or criticism. For this reason, I am writing a series of articles hoping to help the novice and the forgetful athlete to correct his faults and to guide them to better results.

For introduction, I have been associated with running for over forty years. I learned much from my former coach Hugo Quist who trained the 1924 Finnish Olympic Team which won most of the flat races. His prize pupils were Paavo Nurmi, the Phantom Finn and Willie Ritola, the Flying Finn. I started training for marathons in 1935, after having run high school cross-country and a few local road races. I was a top marathoner in two years. I finished over 50 marathons and covered over 50,000 miles in training and races. Today, I still run 2 miles a day, 5 days a week to keep fit. In 1929 I was trainer for John Salo, who is rated the greatest long distance runner of all times. Salo finished 2nd in the First Trans-Continental Foot Race from California to New York in 1928 and won the race in 1929. I spent three months with this group of the world's best long distance runners; they taught me many things that I now hope to pass on to you.

Many facets of running remain to be discovered and solved. "Am I too old to run, too young, too weak, too skinny or too fat?" These questions puzzle prospective runners. Parents question, "will my boy

p.3 get an enlarged heart?" Well, I have seen men run 50 to 80 miles daily over mountains, through the desert, over concrete roads and through mud in rain and snow without body injury. I have never heard of anyone who suffered permanent injury of any kind as a result of running and training properly. Rather it has helped many to become active, virile, sleek males. No one knows what talents you possess, but you can find out by trying conscientiously. However, you must be "hungry," willing to suffer the pangs of body growth, fatigue and to subject the mind to a strict discipline program.

The basic rules for running apply to all races ranging from quarter miles to 26 mile marathons. Perfect running is moving the body from point to point in the minimum amount of time. This time varies in proportion to stamina and overall strength, which is not the same type of strength as that of a weight-lifter. The single forward movement is the stride and its action is dependent on three mechanisms of the body, namely the legs, the heart with its system of arteries and veins, and the respiratory system. As a person starts to run, an alarm is set off. The leg muscles wire the brain that they urgently need more blood with oxygen. The brain notifies the heart to start pumping harder, and the diaphragm to increase its bellows action to get more air into the lungs and oxygen into the blood stream. This oxygenated blood is rushed to the distressed areas. The beginning pace determines the demands on these organs. If the start is too fast, the lungs and heart cannot cope with the demand and the pace must be slowed down. Thus a fast start and its continuance is dependent on the ability of the three body actions: striding, breathing, and circulation.

If you want to run faster and farther, you must build up these individual dynamos and teach them to work together for synchronized action. The more powerful the organs, the better you can synchronize them. This is how winning form is acquired. Form is the result of "pleasing to the eye synchronization." Form is the body in perfect rhythm.

Building up the organs and acquiring form are dependent on one action: work. Good training, in time, must bring a good result, so therefore exercise. Time and patience are the weapons that overcome fatigue, the mortal enemy of the athlete.

How to train, what results to expect and when, and the answers to your training and physical problems I hope to explain in these articles. The desire to get what you want, the understanding of what is necessary to get the winning form and strict application to the proper method is the best and quickest way to success. The Greats: Paavo Nurmi, Zatopek, Elliott, Beatty, Snell and others and the future champions are what they were, are and will be only because they followed a systematic method of training, done daily and faithfully over a respectful number of years. It is a fact that marathon champions are in their 30's or are approaching it. It is the approximately 12 years of work on the scientific order that enables them to average a 5:20 mile for 26 miles. There are exceptions to every rule and there are cases where 17 year olds have been able to do what another at 23 had to work for years to accomplish. This rare, exceptional person "disturbs" the overall required routine for the masses and causes the novice to seek the magic formula that will convert him overnight to the cinderella runner. Unfortunately few find it and so for the majority, work, time and patience are their only hope for success.

Prior to the 1924 Olympics, Hugo Quist, Coach of the Finnish Team, because of the size of his country (approximately the size of California) was able to install a progressive system of running promotion. All youths of 17 and 18 years, excluding sprinters began training for quarter-miles and then at 19 years advanced to the half-mile. At 20 they were promoted to the mile. The theory here was that at 18 they were possessed with speed and this stride could be carried upward to the longer distances. Once a fast stride is mastered it can be used further as one grows older and stronger with age and experience. I still believe this to be the best method and if it were carried out in our High Schools and Colleges the results would prove it. This system can also be used by those who have finished school and are interested in eventually running the marathon. Experience has shown that the speed of youth diminishes with time but is replaced with endurance.

Most champions were not exceptional in their first attempts at their sport. The desire for excellence, the help and encouragement of others, hard work and strict discipline propell them to the top. No one can predict the extent of a person's ability, including himself.

There is no greater joy to an athlete than a good performance. The beginner experiences this only amongst other beginners but as he grows in experience, strength, and understanding and application, he moves up with a more proficient group. Additional experience, advanced training, better diet and techniques will in proper time bring him to

p.4 the winner's circle. Once he becomes a champion, he becomes a marked man and must train harder and longer to retain that crown against the "hungry" contenders. A good example is John J. Kelley, former Boston University miler, who has been US marathon champion since 1956. This result can be achieved only through work, love of sport, desire and application. Without love of sport, no one can absorb its bumps and still come back for more. The hunger keeps burning within the perspective champion and this flame cannot be extinguished, rather it keeps smoldering until it bonfires into the championship pyre. The great Clarence DeMar once aptly summed it up for me when he said, "I make my own luck." (Other articles to follow.)

= = = = = Thanks Bill Wiklund = = = = =
MY OPINION by Robert Frost

"Always fall in with what you're asked to accept. Take what is given, and make it over your way. My aim in life has always been to hold my own with whatever's going. Not against: with."

On Friday night November 8, 1963 the RRC NY Association lost one of its best supporters when HENRY E. ISOLA passed away. Isola had done a wonderful job creating interest in the Road Runners Club and in long distance racing. We will miss him and personally I just can't express my feelings at his loss. We hope to carry on his work with his son Henry E. Isola Jr. We hope our fellow RRC members will remember Henry in their prayers. We have lost a big asset for the Road Runners Club, New York Association.
Joe Kleinerman, RRC, chairman

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

December will see the RRC NY Assn switch its operations to McCombs Dam Park with its fine hospitality. Runners will be there every Sunday, regardless of weather for our usual AAU and RRC winter runs. At a meeting of the Long Distance Committee of the Met. AAU it was suggested that we have a short race and a long race each week. After the Nat'l AAU convention in Dec., chairman Aldo Scandurra will work out the schedule. I suggest that the RRC sponsor our annual 20 Mile., "Cherry Tree Marathon" and the Bob Preston 5 Mile runs. I suggest that the day before the "Cherry Tree Marathon" there be a 4 or 5 mile run at 10 AM and then our annual convention at 12 noon at the Paramount Hotel. We need the complete co-operation of every member in our club. We especially count on our old timers Sam Schwed, Rudy Schwartz, Lou White, Nick Sirakos, Harvey Lichtenstein and Ed Peterson.

The NY Assn was well represented at the Atlantic City marathon and turned in a fine performance. Besides our runners, we had all our officers at the constitution convention the night before and at the race. President John Conway accepted the trophies for our winning two man ten mile relay of Bill Brenen and Jim McDonnell of the NYAC.

The RRC NY Assn is helping the Women's Met. AAU with their cross-country program. The Mid-Atlantic RRC is doing the same. The Wash. DC RRC has also helped out in promoting long distance runs for the distaff.

The Met. area was a big factor in long distance races in the USA in 1963. The Millrose AA won the USA Sr. Marathon and 20 Kilo championships; Pete McArdle won the national 6 mile and 25 Kilo titles; L. Furnell of the NYAC won the USA Sr. 15 Kilos; Oscar Moore recorded a fine performance in the senior 3 mile USA championship. McArdle and McKenzie were members of the Pan-American Track Team, and Oscar Moore was chosen for a trip to Jamaica but due to the illness of his wife, had to turn it down. The RRC's program played a role in these successes.

Adolf Gruber returned from Austria in time to win the National RRC Marathon at Atlantic City... Hats off to Kurt Steiner for his 52 1/2 mile run in Connecticut... Lt. Jerry Jones is now in Vietnam. Jones ran 50 miles at Olmstead AF base before he left... The National RRC Convention in Feb. should be a must for all members... Take part in our Cherry Tree Marathon either by running, or officiating or donating financially to it... Among new RRC NY Assn members is Homer Latimer, teaching in Northport LI, and a former member of the Mid-West RRC. Latimore, a fine cross-country runner, will run the longer distances now. He is a graduate of Cornell College of Iowa. His ambition is to coach after he gets his master's degree... Another new face is Hugh McElency, former member of the RRC of England and marathon champion of Ireland in 1958 and 1961. He is training to resume competition... Nick Bilotta and Frank Brown have been out every Sunday running the various courses around Van Cortlandt Park... Aldo Scandurra is making the super-marathon races his pet project with the goal of sending 3 men or at least 1 good man to the 1964 London-Brighton race... In

p.5 spite of rumors, there was no plan to send the winner of the Atlantic City Marathon to a foreign marathon: lack of money.

Bob Campbell named Chairman of Long Distance Running Committee of New England to replace Al Hart. We extend sincere thanks to Al Hart for the fine job he did for so many years in New England, and we wish Bob Campbell good luck.

* * * * *

ROSTER--RRC NEW YORK ASSOCIATION

NON-COMPETITORS

1. BILOTTA, Nick 1104 Clay Ave., Bronx, N.Y.--Unattached.
2. BROWN, Francis J. 2721 Heath Ave., Bronx 63, N.Y.--Unattached.
3. CAMPBELL, Robert 39 Linnet St., West Roxbury, Mass. (FA 7-5817)--Una.
4. FRANKFURT, Mike 2121 Grand Concourse, Bronx 53, NY--Hunter Co. Sp.S.C.
5. LEVY, David, 2523 Aqueduct Ave., Bronx, NY (FO 4-5495).
6. SCHWARTZ, Rudy 1491 Westchester Ave., Bronx, N.Y.
7. SCHWED, Sam 1726 Davidson Ave., Apt. 514, Bronx 53, N.Y.
8. SHARE, W.L. 1301 Thieriot Ave., Bronx 72, N.Y.--Glenco AC.
9. WALL, Horace F., 640 A Monroe St., Brooklyn 21, N.Y. (GL 3-2033) NYPC.
10. WHITE, Lou 5 W. 63rd St., NY, NY--NYPC.
11. YANCEY, JJ 420 W. 130th St., NY 27, NY (MO 2-3736)--NYPC

COMPETITORS

1. ANDERSON, Terry 136 Hillside Ave., Newark, N.J.--Central Jersey TC.
2. BEST, Fred 100 Valley Rd., Watchung, N.J. (PL 6-2550)--Central JTC.
3. BLAUVELT, Tim 24 Capral Lane, New City, NY--NYPC
4. BREWINGTON, Ronald 240 W. 129th St., NY 50, NY --United AA
5. BROWN, Kelsey 439 Belmont Ave., Newark, NJ (BI 3-3207)--Central JTC
6. BURNS, Joseph 446 Larch Ave., Bogota, NJ--Unattached
7. CASTLE, Bill c/o Orange County Community College, Middletown, Ct. NYAC
8. CHIAPPETTA, Vincent J 30-44 32 St., Long Island City, NY (AS4-2042) NYAC
9. CHODES, John 182 E. 2nd St., NY 9, NY--NYPC
10. CIRULNICK, Nat 241-10 132 Rd., Rosedale 22, NY (AR 6-7451)--Millrose AA
11. CLAPP, Richard 114 Gordonhurst Ave., Upper Montclair, NJ (PI 4-1792) Una
12. CONNOLLY, JJ 4239 ~~Boyd Ave.~~, Bronx 66, NY (FA 4-8265)--Unattached
13. CONWAY, JJ 37-33 80 St., Jackson Hts. 72, N.Y. (HA4-4145)--NYPC
14. CORBITT, Ted 5240 Broadway, NY, NY 10463 (LO 2-7393)--NYPC
15. COYNE, W.C. 35 Harrison St., Staten Island 4, NY (GI 7-1945)--Staten IH
16. DONES, Jose 424 W. Valario St., Santa Barbara, Calif.--Una.
17. EGAN, Brendan
18. FLAMMER, John 205 N. Broadway, Yonkers, N.Y.--Chippewa Club
19. FOLEY, Pat 17A Saturn Blvd., Hauppauge, L.I., NY (516AN 5-0335) Millrose A
20. FORNES, Abe 1075 Longfellow Ave., Bronx 59, NY (KI 2-2906)--NYPC
21. FOSTER, Earl 633 Mamaroneck Ave., Mamaroneck, NY--NYPC (School year: P.O. Box 394, Halifax, Va).
22. GAGNON, Wm. L. 29 Clinton Ave., Stamford, Conn. (DA 3-9161)--Unattached.
23. GANNON, Raymond 5-23 Schroeder St., Yonkers, N.Y.--
24. GARLEPP, John 3716 10th Ave., N.Y., N.Y. (LO 9-5422)--Millrose AA.
25. GENDEN, Sid 200 Clinton St., Brooklyn, N.Y. (MA 4-4605)--United AA.
26. GERSHMAN, Bennett 25 E. 86th St., NY, NY (FI 8-5217)--Princeton U.
27. GRUBER, A., c/o Kurt Steiner, or 101-16 107 St. Ozone Park 16, NY--NYAC
28. HANNON, Michael, 10 Hunt Place, White Plains, N.Y.
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30. IGLEIAS, Jose 60 W. 104th St., NY 25, NY--NYPC
31. JOHNSON, Dewey, 555 McLean Ave., Yonkers, N.Y.--NYAC
32. KELLY, John, West Hill, 252nd St. & W. Fieldstone Rd., Bronx 71, NY--Mil. A
33. KELLER, Joe 1422 Forest Hill Rd., Staten Island, N.Y. (EL 1-4593) SABC
34. KIRBY, Joseph 36 Bedford Park Blvd., Bronx, N.Y.--St. ABC.
35. KLEINERMAN, Joe 2825 Claflin Ave., Bronx 68, N.Y. (KI-3-5140)--Mil. AA
36. KOCHMAN, George 40 Highland Rd., Staten Island 8, NY (YU 4-6288)--Mil.
37. KOTTEAKOS, Gus 325 E. 56th St., NY, NY (PL 3-4968)--Grand St. BC
38. LESSER, Laurence, 3082 Emmons Ave., Cottage 14 A, Brooklyn, NY--St. ABC
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40. LEVIN, Peter 680 E. 235 St., Bronx 66, NY (FA 4-3908)--NYAC
41. LIKOS, Gus 170 Choir Lane, East Westbury, L.I., NY--NYPC
42. LONG, John 306 Linden St., Bellmore, L.I., N.Y. (SU 1-0980)--St. ABC
43. McARDIE, Peter 64-68 Wadsworth Terrace, NY 40, NY (WA 7-2776)--Unatt.
44. McCARROLL, John 420 E. 259 St., Riverdale, NY, NY (KI 9-7033)--St. ABC
45. McARTHUR, Thomas 75 E. 165 St., NY 52, NY
46. McKENZIE, Gordon 1 Old Tree Lane, Great Neck, L.I., NY--NYPC
47. MAGGI, Joe 147 Cuba Ave., Staten Island, N.Y.
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50. MENDEZ, Rudy, Dormitorio de Varones, Universidad P.R., Rio Piedras, P.R.
51. MOORE, Oscar 88-82 E. 110 St., NY, NY (EN 9-3349)--NYPC
52. MURCKE, A. Gary 2060 53 St., Brooklyn, N.Y.--Millrose AA
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- 57. SCANDURRA, Aldo 22 Monett Place, Greenlawn, L.I., NY--MILLROSE AA
- 58. SCHWAB, Wm. 208 E. Passaic Ave., Bloomfield, N.J.--NYAC
- 59. SHANAHAN, Don 33 Coe St., Waterbury, Conn.
- 60. SHEEHAN, George A., Jr., Rumson Rd., Rumson, New Jersey--Central Jer. TC
- 61. SIMPSON, Robert 41 Willow St., Brooklyn, N.Y.--Unattached.
- 62. SERAKOS, Nick 4557 Richardson Ave., Bronx 70, N.Y.--NYAC
- 63. STEHLI, Godfrey, H. 214 Milton Ave., Union, N.J. (MU 8-9444)--C.J.T.C.
- 64. STEINER, Kurt, 1660 E. 21st. St., Brooklyn 10, N.Y. (DE 6-3025)--NYPC
- 65. STEINER, Wm. 65-50 Wetherole St., Rego Park 74, New York--Millrose A
- 66. VOGEL, David 201 Linden Blvd., Brooklyn, NY--St. ABC
- 67. WELSH, William 7 Sunnyside Terrace, Staten Island 1, N.Y.--Millrose AA
- 68. WIKLUND, Wm 25 Cliff Hill Rd., Clifton, N.J. (GR 1-9565)--Jer. Mar. C.
- 69. WILLIAMS, Alfred N. 216 W. 102nd St., Apt. 3F, N.Y. 25, N.Y.--NYPC
- 70. YUDOLOFSKY, Sol 1464 Wilkins Ave., Bronx 59, N.Y.
- 71. ZAYAS, Carl, 3900 Greystone Ave., Riverdale, Bronx 63, N.Y.--Millrose AA

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* * * * *
 NOTE: RRC Member Michael P. Frankfurt is now associated in the practice of law with the firm of Robert M. Gottschalk, Pan Am Bldg., 200 Park Ave., New York 17, N.Y.

 ABSTRACT: BOOK---STRENGTH AND HOW TO OBTAIN IT
 by Eugen Sandow London, 1897

Exercise without using the mind in conjunction with it is of no use. It is the brain which develops the muscles.

HOW TO EXERCISE--Exercise in any part of the day that suits you best, but avoid exercising immediately after meals. If possible, let 2 hours elapse between a meal and exercise. You might exercise 20-30 minutes in the AM. It is desirable to exercise before a looking glass. If weak in the legs, exercise with knees slightly bent; or bend knees one day and stand erect another. Best to stand erect.

Progress by degrees.
 Do not be discouraged because of a feeling of stiffness after the first few days of training. Perhaps the enthusiasm wears off after a few days. Then comes a period of stiffness.

HEAVY WEIGHT LIFTING requires some personal instruction.
 1. See what weight can be used without strain. Slowly raise this weight overhead from the shoulder; or if from the ground, raise it more quickly.
 2. See how many times you can raise the weight first selected.
 3. When you can raise it 10 times with comparative ease, increase the weight by 5 pounds. Continue this increase day by day.
 With careful training the bodily strength ought to increase steadily until the 45th year is reached. /

 NOTE: RRC Emblems: Wear on running shirt or sweatshirt or blue blazer. \$1.00 each. Profits to RRC's national treasury. Order from Ted Corbitt 5240 Broadway, NY, NY 10463, or from H.B. Ross 306 W. Center St., Woodbury, N.J.

RRC, NY Assn Newsletter Committee
 c/o Ted Corbitt, Apt. 15 C
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TO:

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