



# ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER

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President: J. Conway (NIPC) 37-33 80 St. Jackson Hts., L.I.; NY  
Vice-Pres.: A. Scandurra (Millrose) 22 Monett Pl., Greenlawn, NY  
Sec-Treas.: R. Clapp, 114 Gordonhurst Ave., Upper Montclair, NJ  
(Please keep the Secretary informed of address changes)

## WATCH THE DOG by John Garlepp, Millrose AA

Many road runners who train hard develop a disliking for dogs not on a leash. The runner is never certain whether or not he might get chewed up or tripped by a dog. The runner might equalize things in some cases by wearing an extra leather belt around his trunks, sweatpants, or trousers. This belt may be quickly unfastened and used to ward off a dog coming in to attack. This may discourage the average dog who seems unable to resist charging in on a moving figure (runner). However, use discretion since it may be safer and more practical in some cases to just stop and wait for the owner to take the dog away.

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## ABSTRACT STRENGTHENING THE LOWER BODY by E.E. Liederman

From the standpoint of health, the abdominal (belly) muscles are the most important of all the muscles in the body--except the heart muscles. In exercising the abdominal muscles, perform the exercise until the area feels uncomfortable. Rest. Repeat until the muscles ache again. If you are fat you lose fat before putting on muscle in a month or two. If you are thin you start to develop after a few weeks. The same exercises that will reduce the waist will build it up. This applies to every part of the body as well. Discontinue a movement when the aching point is reached.

Some people have fairly well developed legs without any exercise whatever. By following a system of progressive resistive exercises one can reach any needed level of leg strength.

## ROAD RUNNERS CLUB, NEW YORK ASSOCIATION TRAINING CLINIC: "Developing the Flat Back for Faster Running"

Our first training clinic since Percy Cerutti was in town in 1958 was held Sept. 29, 1963. It was conducted by Milton Feher, a posture training teacher.

Concern with posture may be regarded as a "training extra" like circuit training or weight training. Three coaches have published articles or books in which the development of a flat back was stressed as an aid to better performances. Going into the flat back posture leads to numerous other changes in body alignment. The coaches referred to include Robert Epskamp of Miami University of Ohio; D.B. Slocum, M.D., and William Bowerman, University of Oregon; and Percy Cerutti of Australia.

The purpose of the training clinic was to offer first hand instruction in how to achieve the flat back position and so most of the session was devoted to movement rather than talking. Feher, who has taught the flat-back posture for years, stated that if you stay relaxed when you run you will be very strong. The flat-back posture promotes relaxation and efficient use of the body. In running, come down on the ball of the foot and drop to the heel which gives a great support allowing you to rest. When you run, every part of the body should be quiet except the legs. When you are all in one piece, you look graceful. If your head bobs, put your hands on top of the head for a few strides to quiet it. Work for the flat back at all times. The back should remain flat throughout the entire running stride. Good body alignment gives one strength, thus strength building becomes secondary.

A few examples of exercises follow:

1. STAND--Deliberately arch your back (this is an exaggerated version of the "wrong way" to use the back or to stand or run or use the body). Now reverse and flatten the lower back (this is the "right way" to use the back: promotes relaxation and powerful use of the body).
2. RUN IN PLACE without lifting feet from the floor: do lift heels, alternately, but not the toes. Arms folded across chest. Back flat (see "how" in #1 above).
3. LEAN AGAINST WALL--Stand with back to wall, feet flat and 18" or more from the wall. Let knees bend and let back slide down wall 6 to 8 inches and stop. Next, flatten lower back against the wall. Stay there long enough to get the feeling of the back being flat. Straighten up. Repeat.
4. SWIMMING is ideal for developing good back posture if you know what to work for.

## MY OPINION by Robert Frost

"The world is full of willing people; some willing to work, the rest willing to let them."



In a running race of consequence, the lungs are the first organ to show signs of weakness. Their inability to perform adequately starts the breakdown of energy and the buildup of fatigue. The utmost efficiency of the muscular and the respiratory systems of the body is realized only when their functions are coordinated and synchronized. Since the body is often referred to as a machine, then the nose can represent a part of the carburetor. Mechanically, too much fuel or air in the carburetor mixture will result in the motor spitting and jerking. Humanly, too much air in the lungs, air coming in and going out at the same time brings about gasping and struggle breathing. When the air and fuel are properly mixed, when the respiration is synchronized with the stride, then the best efficiency is obtained.

Breathing is the function of the respiratory system. This is comprised of air passages and lungs that are utilized to exchange oxygen and carbon dioxide between the body and the atmosphere. The importance of respiration lies in the fact that life processes depend principally on the release of energy from food substance and the mixture of gases. Glucose (sugar) plus oxygen yields water plus carbon dioxide plus the release of energy. Because the tissues cannot store any appreciable quantity of oxygen, as it can fat, any decrease of respiratory activities or interference with the distribution of oxygen to the organs and the tissues results in the malfunctioning or deterioration of the organs and the tissues. Complete stoppage results in death.

The principal respiratory organs are the air passageways and the lungs. The nostrils contain hairs that screen the air which is also warmed on its way through. The mouth cannot do this. Special muscles open and close the glottis, a trap door, during breathing. The lungs serve essentially as structures which permit the interchange of oxygen and carbon dioxide between the blood and the air. Each lung contains a network of air tubes that funnels oxidized air to the blood stream and expels the waste carbon dioxide. The normal rate of breathing is about 14 to 18 times per minute. In women the rate is 16 to 20 per minute. The rate drops to 12 to 14 times per minute when sleeping or lying down. The rate increases with muscular activity; the greater the effort, the higher the rate. Breathing is accomplished thru the action of the respiratory muscles including the diaphragm which is a dome shaped muscle which forms the floor on which the lungs rest. Contraction of the diaphragm causes it to flatten and allows the lung capacity to increase and its internal pressure to decrease which causes air to rush in: inspiration. For expiration no active muscular effort is needed because as the diaphragm relaxes, the pressure is increased expelling the air from the lungs. In forced or labored breathing such as is experienced during strenuous activity, expiration becomes an active process involving muscles such as the abdominals. Polypnea is the name applied to the type of respiration that interests and involves athletes who run, for it describes rapid breathing, a common symptom of which is panting. Air inhaled during normal breathing averages about 500 c.c. for the adult male. Of the 500 c.c. taken in with each breath, 150 c.c. remains in the breathing passageways. This is the dead air space which is unavailable for exchange. Vital capacity is the total amount of air that is expelled following the deepest possible inspiration. This averages 4000 c.c. for the normal adult. This measurement serves as an index to the general physical fitness of the individual. It is higher in athletes and others engaged in strenuous physical activity and lower in persons leading a sedentary life. Improper posture, disease, obesity are among the conditions that decrease vital capacity. Residual air or the air that remains in the lungs after the most forcible expiratory effort averages 1500 c.c.

In the lungs, oxygen is taken up by the blood and carbon dioxide is given off. In its passage throughout the body, the blood surrenders its oxygen to the tissue and takes on the carbon dioxide. Oxygen is carried in the blood in two forms: in solution in the plasma or fluid and in combination with the hemoglobin or cells. At rest, the body uses about 250 c.c. of oxygen per minute. The total oxygen capacity of all blood is roughly 1000 c.c., which amount is consumed in about 4 minutes at rest or within one minute during strenuous activity. There is no human mechanism for the storage of oxygen.

The rate and depth of breathing movements are controlled in the respiratory center, located in the midbrain. Automatic, involuntary respiratory movements are due to the rhythmic discharge of nerve impulses from this center to the respiratory muscles. The respiratory center may be influenced by chemical, physical and nervous factors. The chemical factors involve mainly oxygen and carbon dioxide. The carbon dioxide stimulates the respiratory center. The physical factors influencing the respiratory center include temperature, blood pressure and air pressure in the lungs. Increased body temperature due to fever or muscular activity increases the respiratory rate while a drop in body temperature will decrease it. The nervous system is responsible



p.3 not only for the normal quiet breathing but also for the fluctuating respiratory needs of the body.

The exchange of oxygen and carbon dioxide between the blood and the body cells and the utilization of oxygen is called internal respiration. The rate of oxidation in any tissue is an index of vital activity. The amount of oxygen used by the tissue depends on the extent of its activity. Muscles and glands consume the greatest amount of oxygen during activity. Vitamins play an important role in the oxidation process. The quantity of oxygen involved in internal respiration will determine the amount of energy the runner turns into speed and endurance. Also the larger the diameter of the arteries conveying blood, the greater the quantity of oxygen carriers which rush fuel to the leg muscles to be converted to energy. The capacities of the lungs and arteries determine the oxygen available for exercise.

How do we go about acquiring this larger supply of air and blood? Let us start with the lungs. Take two unblown balloons and set one aside. With the other, start a series of blow-ups, each a little greater than the other. The result will give a stretched balloon of large size which if you try to match with the set aside balloon in a single blow-up will burst in the process. The second balloon was not stretched safely. The analogy here is to show that the lungs can become stronger and more elastic only with use applied slowly and daily. This analogy is also true with the arteries. Give the arterial walls frequent doses of increased blood pressure as is done in daily training and their linings too will stretch and increase in size. Thus frequent training adds up to more blood, more oxygen, and more energy which leads to more speed and endurance.

The open sesame to championship running is based on daily sensible training, training that will build up for a race and not tear down. Many athletes indulge in too strenuous training while others do not train enough. Because of differing physical statures (strength, growth or age) each must find for himself a daily routine that will help in growing stronger slowly but steadily; a schedule that will enable him to approach a race with the feeling of strength and confidence. Training should be a build-up for the race in which stored up energy is used. This distinction should be familiar to each athlete for he will have to know how to train "slowly" to be in shape for a fast race rather than train too hard each day, using up his strength and not having anything for the big event.

Exercises combining breathing and striding to gain synchronization will be explained in a later NEWSLETTER.

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NEWS of the ROAD RUNNERS CLUB, NEW YORK ASSOCIATION

by Joe Kleinerman, Metropolitan Assn. AAU Long Distance Chairman

It is June and we have just about completed our races in the Macombs Dam Park area. This has been a year for trying something new. We put on two races nearly every Sunday. We ran them first separately on different courses and then tried running them concurrently. During the next few months I hope to get opinions from all the runners who competed in the races so that next year either myself or whoever may be the Met. Long Distance Chairman will have some idea of what the runners want. It's not enough to say the Met. area has had a dandy program, active participation (competition) in the program will do more to show it. Some runners like the program and some don't. My committee has tried the best ideas given to us...The annual summer series of RRC runs is waiting for approval of our body at the next meeting. The site and time will be agreed on at that meeting...Our vice-president and national long distance chairman has signed up Radio Station WINS to sponsor 38 runs in the Met. area this year. They will include 6 regional championships and our summer speed program. I hope that all the runners in our area will back the program by entering the races...With summer here, the college and high school runners will be back with us. It is up to every member to try and sign up new members. We need the support. The new member will get the benefit of our program...I wish to thank Bill Share, Larry Lesser, Ron Brewington and Gary Corbitt for their help on the Sundays when we were short of officials. They jumped in and did a great job. Billy Share has been of great help by supplying me with material for recording the results of our races and by being out on the course at all the races. Thanks from myself and the RRC...June will be a month of traveling for our runners. There will be the New England Marathon at Holyoke, Mass. on June 14th, Staten Island on June 21st, and Binghamton, N.Y. on the 28th. The turn out should be good for all the races as we have received the best treatment from



p.4 these sponsors over the years...Coleman Mooney going back to Ireland for a visit. He probably will bring over some more runners for the Galeic-American AC. This team will be in all the team fights now. Most of their men will have passed their one year unattached status. A big team fight for the team championship should develop at the 15 Kilometer Mets. and Regional Championship at Yonkers July 19th

On behalf of the RRC NY Assn I wish to thank Bill Karavassily, President of the Middle Atlantic RRC, for his fine gift to our club. He is a true sportsman and just like our Gus Kotteakos an honor to know and to call a fellow sportsman...We in the Met. area and the RRC know the fine job that our Gus did at the past CHERRY TREE MARATHONS and the MILK RUN last year. Thanks again BILL and GUS. The sport could use more true sportsmen like them and could do without the "phonies who just come out for the big races."

The RRC NY Assn misses the full St. Anthony cheering squad, the pretty duo of Pacita and Mary Ellen. Mary is working at the World's Fair and is forced to miss our races. We will have her back again with us in Oct. when the fair closes...Gruber to leave for Austria in the next few weeks. Best wishes for a fine trip and we are all rooting for him to make the Austrian Olympic team...The sport needs more men like Aldo Scandurra who devotes much time to the sport and especially to his ultra-marathon program. He deserves praise and not a mis-informed letter published in the LOG which stated that the London-Brighton try-out was being kept a secret...The tough heat at Yonkers on May 24th brought back memories of the 1948 National Marathon on Long Island when on a tough course, in hot weather John A. Kelley won. The old timers will recall the great prizes in that race. I'll close with a wish that we can all unite into one strong body and work for the success of the RRC NY Assn.

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#### THE MARATHON TRAIL

The Eastern marathon season opened with the annual Shanahan Marathon Jan. 26, Philadelphia. Adolf Gruber, NYAC won in a disputed 2:20:05 in 40° temperature, to erase the 1955 JJ Kelly record of 2:25:43. New Yorkers dominated the race.

Dick Haines ran a record 2:32:40 in the Washington Marathon, Feb. 23 with less than 2 months of training after a layoff.

The great JJ Kelly who had lost the BAA and Shanahan course records in the last 10 months, dropped another to former Pioneer flyer George Foulds in a 2:25:25 Cherry Tree Marathon. All previous winners have been Olympians. Kelly fell in a face to face showdown with Foulds who with the sensational Coleman Mooney ran to win. The final four miles by the leaders (Foulds 22:49) were spectacular on the hilly course. Mike O'Hara returned to the wars and completed marathon number 105. It was a fine race and the winter weather cooperated again.

Hal Higdon took the third Annual Windy City Marathon March 15, in 2:35:04.2 (in preparation for a sensational 2:21:55 at Boston). Nat Cirulnick found himself fatigued after the trip out to Chicago and was far off form with a 3:20:12.2 and 14th place.

Aurele Vandendriessche who was an early pace setter for Bikila and Rhadi at Rome, led a record 302 starters (211 finishers) home in 2:19:59. This was the year of the Canadians who dominated the race. A number of promising young marathoners made Boston Marathon debuts. Two men broke 2:30 and failed to make the "big 10." The harsh cold weather ruined many runners in this great field. New Yorkers under three hours include: A. Gruber (13th), H. McEleney (14th), John Kelly (21st), G. Mureke (23rd), Wm Schwab (24th), Ted Corbitt (26th), N. Marincic (30th), A. Assa (33rd), Abe Fornes (38th), Al Williams (39th), J. Garlopp (42nd), D. Clapp (51st), R. MacNichol (53rd), J. O'Connell (57th), J. Nolan (59th), N. Cirulnick (60th), and Aldo Scandurra (69th).

The durable JJ Kelly, caught having an off year, had his streak of 8 successive USA marathon championships temporarily cut by Buddy Edelen in the Yonkers Marathon, May 24. A record 128 strarters braved 91° temp in the "Yonkers Massacre". Edelen met the challenge in 2:24:25. The new out and home course is the easiest of the 5 courses used in the past 15 years but only 5 men cracked 3 hours.

RRC, NY ASSN, Newsletter Committee  
c/o Ted Corbitt, Apt. 15 C  
5240 Broadway, NY 63, NY

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