



ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER

No. 21, SUMMER 1964

President: A. Scandurra, 22 Monett Pl., Greenlawn, N.Y.  
 Vice-Pres.: R. Brewington, 240 W. 129th St. Apt. 5C, NY, NY 10027  
 Sec-Treas.: R. Clapp, 114 Gordonhurst Ave., Upper Montclair, N.J.  
 (Please keep the Secretary informed of address changes)

ELECTION RESULTS--Our officers for 1964-65 are: President Aldo Scandurra, Millrose AA; Vice-President--Ron Brewington, United AA; and Sec-Treas.--Dick Clapp, Millrose AA (re-elected). Aldo Scandurra becomes our third president. He was preceded by Ted Corbitt and John Conway, both of the NY Pioneer Club. In our next NEWSLETTER we will review the history of the RRC movement and of the RRC, NY Assn in particular.

WRITING CLINIC--On July 12, 1964, a single session writing clinic was conducted for RRC, NY Assn scribes by Mike Lester. It was held at Van Cortlandt Park. The presentation ended with a question period. Those attending included: Joe Kleinerman, Ted Corbitt, John Sterner, Bill Wiklund--all of whom have written for our NEWSLETTER--plus several others. John Chodes, currently working to establish himself as a professional writer, showed up but failed to locate the meeting site.

A LIST OF RECORDS FOR ROAD COURSES REGULARLY USED FOR RACES IN THE MET. AAU AREA--Compiled by Joe Kleinerman, Millrose AA

Course	Record Holder	Time	Date
Harlem River 1 lap 4.02 miles	Moore NYPC Winrow NYAC	20:17.0	9/15/63 4/26/64
Harlem River 2 laps 8.04 miles	Winrow, NYAC	40:40.4	4/26/64
Harlem River 3 laps 12.06 miles	Moore, NYPC	1:01:17	9/15/63
Harlem River 4 laps 16.08 miles	Gruber, NYAC	1:30:56	2/16/64
Harlem River 5 laps 20.1 miles	Gruber, NYAC	1:53:11.6	2/2/64
Harlem River, long & short loops 0.8 mile Yankee Stad.	Foulds, Pitts. Pa.	2:25:25	2/23/64
4 x 5.34 mi laps 1 x 4.02 mi lap Cherry Tree Marathon			
Harlem River long lap 5.34 miles	Winrow, NYAC	27:44.4	5/10/64
Harlem River 2 long laps 10.68 miles	Kelley, BAA	57:02	2/19/61
Harlem River 3 long laps 16.02 miles	Kelley, BAA	1:26:55	2/19/61
Harlem River 4 long laps 21.36 miles	Kelley, BAA	1:55:52	2/19/61
Harlem River, 15 Kilo 1 x 4.02 & 1 x 5.34	McKenzie, NYPC	52:25	2/11/61
Harlem River, 20 Kilo Macombs 0.4 mile & 3 x 4.02 mile laps	Moore, NYPC	1:03:27	9/15/63
Harlem River, 25 Kilo 0.8 mile Y'kee Stad. & 2 x 5.34 & 1 x 4.02 mi laps	McKenzie, NYPC	1:26:15.2	2/11/61
Harlem River, 30 Kilo 2x5.34 & 2x4.02 mi.	McCarthy, GAAC	1:41:32.8	3/8/64
Yankee Stadium Walk 9 laps, less yards 4 miles	Terry, EBC	20:36	2/25/61
Yankee Stadium Walk 11 laps 5 miles	McArdle, NYCity	24:10.4	3/17/63

p.2 COURSE RECORDS

Stadium + Market course 8 laps, 1.2 miles	Gruber, NYAC	1:06:51.2	4/9/64
Market Course by the Stadium 4 x 1 mi & 110 yards, 4 miles	Lorenz, Una.	21:25	2/22/64
Market Course by the Stad. 5 laps, 5mi 550yards	Winrow, NYAC	26:48.8	4/12/64
Market by the Stad. Fastest 1 lap in race 1 mile 110 yards	Winrow, NYAC	5:07.2	2/9/64

Cross-country and Van Cortlandt Park

4 Mile Jr. Met. AAU Course, 2 laps over Cemetery Hill	Iglesias, NYPC	20:45.0	11/10/63
6 Mile Sr. Met. AAU	McArdle, NYCity	30:34.2	12/8/63
9 Mile RRC	Moore, NYPC	47:30.6	12/1/63
10,000 Meters	Kidd, Canada	30:47.2	11/30/63
5,000 Meters Open	Sander, GAAC	15:18.8	8/16/64
	McArdle, NYCity	15:18.8	8/30/64
5,000 Meters Junior	Zane, BTC	16:20.8	8/12/62
5,000 Meters Veterans	Dr. G. Sheehan CJTC	18:37	8/16/64

Staten Island

3 Mile Junior	Obletz, LIS	15:14.4	8/9/64
3 Mile Open	Moore, NYPC	14:17.0	6/30/63
3 Mile Vet.	Sheehan, CJTC	17:08	8/9/64
6 Mile Open	McArdle, NYCity	29:45.0	8/20/61
6 Mile Vet.	Scandurra, Mil.	35:39	8/20/61

SUBSCRIBE to the LONG DISTANCE LOG, a monthly magazine devoted to results of distance runs all over the world. \$3.00 per year. Order from Mr. H.B. Ross, 306 W. Center St., Woodbury, New Jersey.

THE 1964 HOLYOKE MARATHON by Ron Brewington, United AA  
 A field of 81 answered the gun in 80° weather in the annual New England AAU Marathon. Sponsored by the Mountain Park AA, the race went thru Chicopee and into Springfield, then reversed its route. Long John Kelly, Millrose AA, immediately took the lead. He was followed closely by a large group headed by JJ Kelly, Ralph Buschman, and Gonzales Scotto. After 4 miles Buschman took the lead, but by 6 miles, JJ Kelly started to take over the race. At the 12.5 mile checkpoint Kelly had a 23 second lead over Buschman. After this point JJ Kelly steadily moved away from everyone. He finished at the amusement park in 2:22:15. His time was almost 2 minutes slower than last year, but good enough to beat his teammate Jimmy Green by almost 5 minutes. Jim O'Connell, SABC, came on in the closing miles and caught Buschman and Jack Coons to finish 3rd. Millrose John Kelly finished 5th. Ted Corbitt, NYPC finished 6th. Aldo Scandurra and Gary Murcke, Millrose AA, came in hand in hand in 2:49:36. Herb Navarro, SABC, surprised all by finishing 8th in 2:41:37. Mike O'Hara, SABC, finished in 3:24:19 in completing his 109th marathon! Walter Childs, Joe Kleinerman, and Bob Campbell headed up the officials.

ATTENTION RUNNERS---Learn accurate methods of measuring your road training courses. Order your copy of MEASURING ROAD RUNNING COURSES, PRICE \$1.00 from Ted Corbitt, 5240 Broadway, NY 63, NY.

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MY OPINION by Jerome Weiland, Loyola Univ., Chicago, Ill.

(Athletic Journal, Vol. XLIV, No. 8, April, 1964)

"Distance runners do not appear overnight, because age and physical maturity are important. Work develops the capacity for more work, and each season must build upon what has been accomplished previously ... There is no shortcut to becoming a good distance runner. A great deal of running is required."

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p.3 NEWS of the ROAD RUNNERS CLUB, NEW YORK ASSOCIATION  
by Joe Kleinerman, Met. AAU Long Distance Running Chairman

Best wishes to our new officers--Aldo Scandurra, president; Ron Brewington, vice president; and Dick Clapp, sec-treas. I wish to thank outgoing president John Conway for his fine co-operation in helping me carry out our running schedule. He has done a fine job laying the foundation for the future progress of our organization.

The months of July and August were the busiest ever seen in the Met. AAU area for long distance running. Starting July 7th with our SPEED PROGRAM and ending August 30th, a total of 910 runners have competed in races held during that period. The SPEED PROGRAM, sponsored by Radio Station WINS, saw a total of 244 runners compete in the races held at Victory Field, Queens, and War Memorial Field, Yonkers, NY. In the week-end runs, there were a total of 666 starters in the races. The RRC, NY Assn sponsored races on July 12th, August 16th and 30th. Each date had two separate races: one for Juniors (under 19 years of age) and one open. The July 12th date saw 57 runners in the open section and 43 in the junior section. The August 16th run had 42 in the junior and 40 in the open. The August 30th race had 35 in the junior and 38 in the open. There were a total of 255 starters in all the races, but 173 different runners with 36 runners competing in all three dates, 8 in two, and 139 in just one race. Thus the program reached many runners. Despite all the races in our area, some runners found time to travel to races in other areas. Vince Chiappetta, NYAC finished 2nd in the Junior National AAU Marathon at Rochester, NY on August 15th while Millrose's John Kelly finished third. Abe Fornes, John Long, Joe Kirby and Abe Assa did well in races in New England. Our men also did well at Culver City, Calif. in the Olympic marathon tryout. Peter McArdle won the race and made the US Olympic marathon team. Gordon McKenzie, the injured '56 and '60 Olympian, finished 7th. Abe Assa was 24th, Don Lindaur was 28th, and the still slumping Jim O'Connell in 37th place. On Labor Day week-end our runners competed in races all over the country including Dennisport, Mass., Columbia, Missouri, Westport, Ct., and also at St. Hyacinthe, Canada.

On August 16, 1964, Tom McCarthy, Sam Schwed, Larry Lesser and myself measured our Stadium Market Course which we used during last winter and called "a little over a mile per lap." After two hours of back breaking with a 100 foot steel tape, the course was found to be exactly 1 mile and 110 yards. We marked the 1/4 mile point, the 1/2 mile point, the 3/4 mile point and the mile point. Thus we have a 4.02 mile, 5.34 mile, 1 mile and 110 yards, and an 801 yards measured courses. Thus we will be able to use them all next year with the knowledge of the correct distance of a race. At this time I also wish to say if anyone wishes he can go out and break his back measuring those courses if he disputes our measurements. I can see why so few courses are measured. It takes plenty of time and people that are in good condition for the job of bending for hours.

Ron Brewington, our new V.P., doing a fine job recruiting new members. Larry Lesser and Sam Schwed are great aides at all the runs. Old Timers' Day at Staten Island a huge success with Lou Gregory and Mel Porter in attendance. We should try and make this event an annual affair with more old timers showing up.

Our section of the RRC National Postal Ten Mile Championship was held at three tracks--Midwood H.S., Van Cortlandt Park and Wagner College. Abe Fornes turned in the fastest time in the local series. We had a total of 30 runners in the final results.

Aldo Scandurra busy completing his ultra-marathon program as he heads toward the goal: the London-to-Brighton race. Nat Cirulnick is being sponsored by the national RRC for that trip and John Kelly and Gary Murcke by the Millrose AA. Scandurra will make the trip on his own. Ted Corbitt will make the trip on his own if he thinks he is in good enough shape. We wish them all the best of luck. I also received word that Al Meehan, now with the Air Force in Holland expects to make the race.

The Milk Run saw a fine time had by all as a result of an excellent turnout of RRC runners from all over the East and officials to help out. The Metropolitan Dairy Institute promised that they will have food for the runners after the race next year. This year's lack of food after the race was due to a last minute mix-up. I wish to thank all concerned for helping me as Met. AAU Long Distance Running Chairman to make our summer schedule successful.

Striding is the act of putting one foot in front of the other to move the body forward. The stride or step length depends on the leg length, the power of the push off of the foot, and on the flexibility the runner maintains in his hip joints.

Often the tired runner is advised by a coach or other bystanders to "stretch those legs, lengthen that stride." This advice is of no value under those circumstances. A long, off balance stride results in wasted energy and premature fatigue. A perfect stride is acquired the same way a dancer learns new steps and routines. This involves knowing what is required and then practicing it until it is perfected. First efforts at changing one's style will feel awkward. Constant practice will give a feeling of ease and naturalness. Begin by running with short strides, frequently dropping the arms limply at the sides as fatigue sets in.

Run on the entire sole of the foot and not merely on the ball of the foot. Thus more muscles share in the work load of striding and this results in delaying the onset of fatigue. The foot is constructed to handle heavy work loads. This function is often spoiled by poorly fitting shoes.

Each runner should experiment with various stride lengths until he acquires the proper rhythm. Hugo Quist's favorite exercise was to have his charges train with their hands hanging limply at their sides and take the smallest strides possible without falling. To do this they had to resort to hip action. Constant practice developed a rhythm that helped the runner to run faster and farther with the quickened stride. Eventually, Quist would allow them to raise their arms to get better body balance.

Poor posture and lack of good body balance affects the stride by causing undue strain on the spine and bringing on premature fatigue. While running, the body should be relaxed, fairly straight with the arms either dangling, gently swaying or bouncing.

To save energy the feet should be placed in a parallel position landing on the heel, then cradling the sole so that the weight rolls over the toes before swinging to the heel of the other foot. Short, quickened strides generated by hip action will give the user the feel of gripping the ground and of pushing off with power strides.

Most runners vary their stride length and their pace with different length races. The stride rate may or may not vary appreciably.

Theoretically, the runner should achieve progressively better marks as the years of training and racing add up. Progressively stepped up training is the way to accomplish big things. Thus proper striding, coupled with synchronized breathing, the ability to maintain and to increase pace during the "pain" of a race is the shortest and easiest way to becoming a champion.

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DUES--If you have not paid your 1964-65 dues, please do so now. We need the money to run the Fall and Winter racing program. Contributions towards prizes also welcomed. Pay dues of \$3.00 (\$1.50 for students) to treasurer: Richard Clapp, 114 Gordonhurst Ave., Upper Montclair, N.J.

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COACHES--You will want to own a copy of the manual MEASURING ROAD RUNNING COURSES. It describes 11 methods which have been used to measure distances and evaluates their accuracy. Use this information in establishing reasonably accurate road or cross-country training courses or road racing courses. Order from either Ted Corbitt, 5240 Broadway, NY 63, NY, or from H.B. Ross, 306 W.Center St., Woodbury, New Jersey. Price \$1.00.

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MATTER