



# ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER

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## THE GREAT ABEBE BIKILA, Two Time Olympic Marathon King.

With Bikila's comeback after his disastrous trip over the Boston Marathon course, interest has arisen again in his training methods. It is not known what he did in 1964 but we got a report on his training as of 1961 from globe-trotting Australian marathoner Geoff Watt. Watt ran against Bikila in the 1961 Kosice marathon. Watt stated that Bikila was a magnificent runner who holds himself up in great style and who runs with such a nonchalant ease that he appears to be "out for a stroll." Bikila's coach is Onni Niskanen who speaks English. The coach reported at that time that Bikila was doing 80-90 miles a week. This included four sessions of cross-country, two on the road, and one on the track each week. Example of a track session: 6 x 1500meters in 4:15, altho some of the 1500's were under 4:10. The other sessions are fast runs, or very fast runs, or Fartlek type workouts. Some of this running is over very hilly terrain.

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## WHO ARE THOSE GIRLS ?

For nearly four years, two pretty girls have been persistent fans and cheerleaders at numerous track,road and cross-country races in the greater New York City area and quite often hundreds of miles from the Big City. What is the lure ?

Both girls are employees of the Sinclair Refining Company in New York City. One, Pacita Orpiano, a black haired beauty, tells us how she became a track fan. She says, "I was a normal working girl, happy as can be and I met Jimmy O'Connell." O'Connell is the all around champion runner from the St.Anthony's Boys Club,attending City College N.Y.

O'Connell also worked at Sinclair and Pacita saw him frequently in the course of their duties.She became curious as to why such a young man should appear tired and exhausted all the time. She finally asked him. O'Connell explained that he was a runner. At that time Pacita and fellow employee and friend,blonde Mary Ellen Dyer were football fan(atic)s. Finally O'Connell invited the girls to watch a track meet at Van Cortlandt Park on July 15,1961. They accepted and Pacita says,"It was a terrible day. It rained and was thundering. But we made the big mistake of our lives. We attended the meet and were thoroughly confused. We just couldn't understand anyone enjoying running on a muddy track. We met the other members of the St.Anthony's Boys Club. Jimmy ran badly that day and tried to explain everything to us." Pacita and Mary Ellen decided that they didn't go for track. However, once again they yielded to an O'Connell invitation to watch a run, this one sponsored by the Pacoy Club of Yonkers. At this 6 mile race, Pacita and Mary Ellen gave out water and splashed water on the runners. Pacita says, "We never had so much fun! After the race, the boys thanked us for handing out water and we felt 'needed' and from that time on we've been 'true blue' fans. I have never met in my life a nicer group of boys more devoted, conscientious and dedicated to a sport. I really have high regards for the runners. I am very proud to be part of this 'group by themselves.'"

At one point,for about four months,Mary Ellen and Pacita donned sweats and running shoes for three mile runs before going to work. With the arrival of the cold season these runs were abandoned. Now that women's cross-country is officially here maybe they will give it another try ?

Last Summer Mary Ellen worked as a Guide at "Sinclair's Dinoland" at the World's Fair and thus missed most of the Summer races. After the Fair closed she spent 21 days in the Middle East,mostly in Egypt where she was able to indulge her interest in Archaeology.

These lovelies have offered to help out the RRC and or the AAU with typing or other duties in the field. In the meantime they confine their activities to improving our scene by: "cherring on" the runners; giving out water to drink and splashing water on the runners in hot weather; giving out hot tea in cold weather; giving the boys a lift to and from the sites of races; giving lifts to those who are unable to complete the course; and taking care of the equipment of runners during races.Sounds too good to be true,but it is so. Cheers to these friends.



p.2 IRON MAN OF THE ROADS: Can You Top This ?

In the recent past there were 4 to 5 marathon races in any given year in the USA, with one other marathon in Canada. The picture has changed much even tho there is no "marathon craze" such as followed the 1908 Olympics. One marathoner who is taking advantage of the increasing list of marathons is the Millrose ultra-marathoner Nat Cirulnick who roamed far and wide in 1964 with the following results:

EVENT	DATE	TIME	POSITION	RACE SITE
1) 37½ Miles	1-11	4:20:20 (3:01mar.)	2	Macombs-Tappen Zee and back.
2) Shanahan	1-26	2:48:10	6	Philadelphia
3) 40.5 Miles	2-8	5:03:13 (3:06:08)	2	Alley Pond, Queens
4) Cherry Tree	2-23	3:00:01	23	Bronx, N.Y.
5) Windy City	3-15	3:20:12	14	Chicago, Ill.
6) 40.5 Miles	4-4	4:38:51 (2:51)	2	Alley Pond, Queens
7) Boston	4-20	2:53:32	59	Boston
8) USA Champ.	5-24	3:52:45	33	Yonkers, N.Y.
9) NewEng.Ch'p.	6-14	3:11:45	28	Holyoke, Mass.
10) 40.5 Miles	7-11	3:35:38 dropped out at marathon mark		Alley Pond, Queens
11) USA Jr.Mar.	8-15	2:55:15	9	Rochester, N.Y.
12) Canadian	9-6	2:53:20	12	St. Hyacinthe, Can.
13) 52Mi876Yd	9-26	6:43:44 (3:06 3:37:44)	14	London to Brighton, England
14) RRC Ch'p.	11-1	2:48:11	15	Atlantic City, N.J.
15) 40.5 Miles	11-14	4:45:18 (2:54)	2	Alley Pond, Queens
16) Pearl Harbor Memorial	12-6	2:54:03	9	Ozone Park, New York
17) Indiana Mar.	12-14	2:36:51 (24.2 miles)	5	Cayuga, Ind.

This may be a record number of completed marathons for a single year. Cirulnick has now completed over 70 marathons and ultra-marathons.

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THE 1964 R.R.C. 9 MILE CROSS COUNTRY RUN by Gary and Ted Corbitt  
 Millrose AA coach Mike Devaney started the 83 man field for the 1964 9 mile cross-country race at Van Cortlandt Park, Bronx, N.Y. In sunny, windy, 50° weather, Olympian Oscar Moore led at the mile mark in 4:44 with Boston AA's Larry Damon, an Olympic skier, and Jim Nichols of Tarrytown S.S. Club in pursuit. Moore led all the way, passing 3 miles in 15:07, 4 miles in 20:05, 6 miles in 30:45, 7 miles in 35:35, and on home in a record 46:19.6, scoring his second successive record victory in this event. Moore had been feeling ill the four days prior to the race but came thru to score a 700 yard victory over Damon. Olympian Abe Fornes moved up thru the field but was nipped at the finish for third place by Nichols who set a new Junior Division record with 49:52. Dr. George Sheehan, Central Jersey TC, held off Aldo Scandurra, Millrose AA, to win the Veterans Division in 60:15. Tom Siggins, NYAC was the first service man home. The NYAC won the team title with 33 points. The Millrose AA won team honors for finishing the most men with 10 finishers.

News of the Road Runners Club, NY Assn. -----

by Joe Kleinerman, Met. AAU Long Distance Running Chairman  
 Lady Luck seems to have turned her back on the long distance runner in early 1965 with a lot of horrible weather. Snow, sleet, rain, low temperatures, and high winds have been our lot, but we conducted six races in the first four sundays in January. We hope that one of our three race courses will be usable in all cases... Rudy Mendez, home for a visit from Puerto Rico, competed in one of our races. Rudy expects to start an RRC in Porto Rico... Runners from the North Medford Club have come down to Macombs Dam Park for several of our sunday races... Larry Berman of the Metro Club has been elected President of the New England RRC with Dick Mosely vice-president, Pete Burkhart secretary, and Don Fay treasurer... Walter Childs writes thanking Aldo Scandurra and me for helping to get the Jr. National Marathon for Holyoke Mass. on June 13th... Larry Lesser, now in San Antonio, Texas, keeping active by officiating in long distance races. Jim McFadden who is in the Army down there has helped in getting things moving... I've been handicapped in conducting our races by the absence of our vice-president who is at the Naval Air Station for several weeks training. Ron Brewington is the name and he sure is a help... We also appreciate the help given



p.3 by Bill Share and Harry Jamison at the races. Share and Nick Sirakos go all out in taking care of the runners out on the courses... The Yonkers Marathon will return to the course used two years ago with the start and finish at the Chippewa Club house. Larry McCrudden has replaced Ed Peterson as secretary of the race because Ed is overburdened with other duties... The Regional 10,000 meters will be held May 2nd at Yonkers War Memorial track. The new fieldhouse is expected to be ready by that time. And Aldo Scandurra will have a super-marathon finishing at the track on that date... If anyone wishes more information on races, write to Joe Kleinerman, 2825 Claflin Ave., Bronx, N.Y. 10468. Please enclose a self-addressed, stamped envelope... Bernie Egan is home on leave from the US Marines... Gus Kotteakos is preparing a repeat of his usual fine job with the Cherry Tree Marathon post race affair... Nick Bilotta's sister's recent injury has curtailed Nick's weekly tours of the Bronx with the runners... Frank Brown is now stationed in Brooklyn with the Police Dept.... Congratulations to Mike Devaney, Millrose AA coach for fifty years service with the club.. St. Anthonys Boys Club is loaded with talent with coach Pataky's fine stable of ex-St. Johns University runners. How about getting the boys to join the RRC? The RRC offers a vehicle for the runner to have a say in the way the sport is conducted... The National RRC's annual Convention is scheduled for Feb. 20th at 11 AM at the Paramount Hotel, N.Y. City. Please attend... Some national championships will be held with the '68 Olympics in mind, stressing elevation and climate... Both Dr. George Sheehan and son George Jr. have been recent victims of leg injuries... Lets make 1965 an RRC year. Pay your dues (\$3.00 to treasurer Dick Clapp 114 Gordonhurst Ave., Upper Montclair, N.J.), donate funds towards prizes, and attend all races you can.

===== Attend the RRC, USA National Convention =====  
 Buy your copy of THE SECOND ANNUAL MARATHON GUIDE just out. Covers world wide results of marathon and ultra-marathon races. Price 25¢ or 35¢ mailed. Obtain from Nat Cirulnick, 241-10 132 Rd., Rosedale 22, N.Y.  
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MY OPINION by Robert Frost

"How many times it thundered before Franklin took the hint!  
 How many apples fell on Newton's head before he took the hint!  
 Nature is always hinting at us. It hints over and over again. And suddenly we take the hint."

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 ABSTRACT: "Endurance Training For Athletes" by Philip J. Rasch, Ph.D., J.A.P.M.R., Nov.-Dec. 1959 13:6:182.

There are three principal ways in which training programs may develop endurance:

1. Increase efficiency of movement.
2. Increase oxygen intake and transport.
3. Develop ability to ignore the discomforts associated with fatigue and oxygen debt.

REDUCING ENERGY EXPENDITURE--"The physiological justification for the development of strength as a means of improving endurance lies in the fact that with increases in strength fewer motor units need to be mobilized to effect a given movement. Since more units may then be used alternately, muscular endurance is increased. This may be offset to some extent by muscular hypertrophy, which means that the athlete has a bigger load to carry, and training for strength does not produce an equivalent improvement in the circulatory-respiratory system. In spite of the fact that strength and endurance are to some extent related, no single type of exercise appears capable of simultaneously developing both qualities to the maximum, although circuit training, to be described later in this paper, perhaps approaches this ideal. Probably more important to the endurance athlete than strength is the ability to relax the antagonistic muscles. Where this is not completely achieved, strength in the agonists helps in overcoming such latent resistance."

INCREASING OXYGEN TRANSPORT--More efficiency in oxygen transport is a natural by-product of engaging in systematic, sustained, progressively harder training. See these references:

Robinson, S., "Influence of Fatigue", Jo. of Applied Physiology, March 1958, 12:197-201.

Robinson, S., Amer. Jo. of Physiology, 132:757-769, April 1, 1941.

Robinson, S., Science, 85:409-410, April 23, 1937.

RESISTANCE TO FATIGUE--"Abrahams has emphasized that determination, stoicism, ability to withstand discomfort and fatigue and to endure the miseries of heat, cold, hunger, thirst, monotony, and boredom are inseparable from resistance to fatigue."



p.4 TRAINING PROGRAMS are numerous and they may be used in turn at different stages of training or combined in a master schedule. The following are some of the possible training programs.

Fartlek Training involves untimed variations of pace. Use short sharp sprints, fast middle distance runs, and sustained efforts over longer distances. Train over a given time period rather than a given distance. Interval Training involves planned changes of pace over given distances. A series of Fast and Slow segments are run in a given time. A recovery run, generally 2 or 3 times as long as the fast run, is used to extend the training period and it is decreased in length with improved conditioning.

Circuit Training uses a series of all purpose activities to condition the body. General fitness is determined by four qualities: (1) Muscular Strength, or the ability to exert force against resistance; (2) Muscular Endurance, or the ability to continue the performance of heavy activity making relatively small demands on the circulatory-respiratory system; (3) General Endurance, or the ability to continue the performance of activity making relatively large demands on the circulatory-respiratory system; and (4) Muscular Power, or the ability to develop horsepower. It further assumes that there must be a progressively increased loading of the circulatory-respiratory system over long periods if general endurance is to be developed. To improve his fitness the athlete must either do more work in the given training period or must do the same amount of work in a shorter period.

Nine to twelve different exercises may be set up, one at each of various exercise stations on a circuit. The series of exercises is so planned that the athlete can complete the circuit without undue fatigue. Once he has become familiar with the procedure at each exercise station, he is given a time trial to determine how long it takes him to complete three laps of the circuit without a rest pause between activities. He is then given a "target time" one-third lower than his recorded time. A training level of about one-half his maximum ability at each exercise is established and the athlete is retested when he appears to have achieved his target time. It will be recognized that it is actually a form of interval training.

Repetition Training consists of running a given distance a given number of times at a given speed, with a complete rest between each run. This can be exhausting. The repetitions will usually be set at less than racing paces. Stampfl recommends that when the runner reaches racing speed the individual repetitions should never exceed more than one-half of the racing distance.

The key to the development of endurance appears to be work, WORK and MORE WORK, with progressively increased exercise loads.

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COACHES and RUNNERS you can learn how to measure your road courses accurately. Obtain copy of the booklet MEASURING ROAD RUNNING COURSES, \$1.00 per copy from Ted Corbitt, 5240 Broadway, N.Y. 63, N.Y. or from the LONG DISTANCE LOG, c/o H.B. Ross, 306 W. Center St., Woodbury, New Jersey.

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RRC TRAVEL FUND--The 1965 Fund Raising Chairman is Nat Cirulnick. If you wish to contribute funds or ideas, or both, contact Cirulnick at 241-10 132 Road, Rosedale, New York 11422.

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SHOULD ONE TRAIN AND RACE BAREFOOTED ? by Fred Wilt (From the new book, RUN RUN RUN by F. Wilt, published by Track & Field News, 1964, Box 296, Los Altos, Cal. Price \$3.00.) "The main objections to running barefooted are freezing weather, slipping and intermittent lack of traction and running over surfaces which may conceal sharp stones, rusty metal such as nails, broken glass, etc. that may cut or puncture the feet. In the absence of these objectionable features, running barefooted may well be faster than running in shoes. The feet may be toughened for barefooted running, and the best way to do this is by running without shoes a few minutes daily, gradually increasing the distance until the feet can tolerate the entire workout without shoes. A few international-class athletes have raced barefooted, but not exclusively so, since they wear shoes when conditions underfoot are not favorable to barefooted running."

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