



ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER
No. 25, SUMMER 1965

President: Aldo Scandurra, P.O. Box 467, Port Washington, N.Y.
V.P.: Nat Cirulnick, 241-10 132 Rd., Rosedale 22, N.Y.
2nd V.P.: R. Brewington, "C" Co., 3rd Bat., NATTC, NAS, Memphis (55),
Memphis, Tenn.

Sec-Treas.: Nat Cirulnick (serving at this time).
(Please keep the Secretary informed of address changes)

ELECTION RESULTS--Our OFFICERS for 1965-66: President--Aldo Scandurra, MillroseAA (Re-elected); Vice-President--Nat Cirulnick, MillroseAA; Second Vice-President--Ron Brewington, UnitedAA & US Navy; Secretary-Treasurer--Dick Clapp, MillroseAA (Re-elected). Secretary Clapp has resigned his office. N. Cirulnick is performing the sec-treas. duties.

IMPORTANT--Road Runners Club Fall Meeting.

Please attend the RRC Meeting, Sunday Oct. 3, 1965, at 4:30 PM in the D.A.V. Hall on Hudson St., between Riverdale & So. Broadway, Yonkers, N.Y. (In the Getty Sq. area). Guests invited. Refreshments.

Note: There will be a 3 mile Open Road Race (AAU) at 3 PM. Report to DAV Hall. Post entries accepted. Sponsored by Marine Corp League. Trophies & medals. (There is also a 3 mile x-country race at Van Cort.Pk. earlier in the day.)

The PROGRAM in the D.A.V. Hall at 4:30--

1. Presentation of prizes.
2. Talk on RRC Movement by John Jewell, RRC of England. Jewell is former President of the RRC of England.

3. Films of road races in England. 4. RRC Meeting. Attend!

THE ROAD RUNNERS CLUB IN ACTION

The RRC, NY Assn is now a full member of the Met. AAU. We have a delegate to the AAU. We can conduct "closed events" of our choosing, altho our philosophy is in favor of "open events" with few exceptions. President Aldo Scandurra announced that we will try to get a meeting room of our own, and that eventually we will have monthly meetings. All members are urged to seek new members for the RRC, and remember that they do not have to be active runners since we have a non-competitors section. All members are urged to pay their dues now since our program depends on these funds. It is expected that the RRC of America will become an allied member of the AAU of the USA, to match the relationship of the RRC movement in other countries. RRC, NY Assn members who are members of the National AAU Long Distance Running Committee includes the following: Ted Corbitt and John Sterner, Sub-Committee on Standards; Kurt Steiner, Athletes' Representative; Ron Brewington, Member at Large (Assists in development of specific areas which need awakening); Joe Kleinerman, Advisor to National Chairman and Chairman of Met. AAU Long Distance Running Committee; Bob Campbell, Vice-Chairman of National Committee and Chairman New England AAU Long Distance Running Committee; Dr. Charles Robbins, Connecticut AAU; and Arne Richards, Vice-Chairman National Committee.

ROAD RUNNERS CLUB AIMS

The RRC was organized in England April 16, 1952 to promote the 52½ mile London-to-Brighton race as an annual event and to encourage running, especially road running. The AIM was to bring together all those interested in long distance running, to stimulate interest in running, to serve as a forum for all enthusiasts, and to further the interests of road runners everywhere. (Specialists clubs in several other events have now been established by the concerned athletes and again with the idea of self help.) The Road Runners Club of America has the same aims. To activate this objective of encouraging running, the RRC may hold championships and other races on the Road and Track, time trials, Social Runs (e.g., a Run after a meeting), Lectures, Demonstrations and Social Events, Print and Publish Books, Magazines, Gazettes and Newsletters.

MY OPINION by Bob Campbell (RRC Coach) "The runner who tries not to train too much frequently ends up by doing too little... Quality races and performances should be placed before quantity."
(Amateur Athlete 36:7:29, July 1965)

A B S T R A C T

"Diets for Strength" by Alan D. Haas
SCIENCE & MECHANICS, Vol. 36, No. 7, July 1965.

It has been observed that muscles can be toned by diet. Adequate

p.2 protein nutrition is a key to this achievement. Studies of virile groups of people throughout the world revealed that they had one thing in common: they all consumed much protein foods.

It has been reported that the muscle mass of the body can be increased by up to 25% without increasing body weight. Biochemist Dr. Lelord Kordel reports that protein plays an important part in man's sexual vibrancy, in the confidence, inward feeling of power, enthusiasm, energy, vitality and mental alertness, stamina and sense of assurance.

Proteins should be chosen from a variety of foods including: meat, poultry, fish, eggs, whole milk, cheese, shell fish, nuts, vegetables, soy beans, brown rice, yogurt, wheat germ and yeast, all of them protein rich foods. Protein is not stored in the body as such.

The Food and Nutrition Board of the National Research Council states that the average moderately active man needs about 70 grams of protein daily; youths from 16 to 20 need about 100 grams daily. Real athletes in training need twice as much protein.

Of some 22 amino acids found in proteins, about 8 are essential since they cannot be synthesized by the body. All are found in foods of animal origin: meat, eggs, skim milk. Many foods of plant origin contain incomplete protein that cannot be utilized by the body except in combination with protein supplied by other foods.

For good health, protein should be used along with other food groups, namely fats and carbohydrates. Fat is a good source of energy, but too much of it lowers physical efficiency and makes it difficult to control body weight.

Those working to build up their bodies and who are not overweight should eat larger than normal amounts of carbohydrates in order to prevent the body's metabolic process from drawing its energy needs from muscle protein during long workouts. The slim person can increase carbohydrate intake, but the overweight person should decrease it. Both types may increase protein allowances during physical training. Any food that causes digestive stress should be avoided. Avoid greasy foods, salad dressings, pastries, starches, artificial or concentrated foods, sugar and sweets.

SAMPLES OF PROTEIN RICH FOODS

FOOD	AMOUNT	GRAMS PROTEIN
Beef	3 oz.	20
Chicken	4 oz.	22
Kidney	3 oz.	13
Lamb chop	3 oz., no bone	20
Calf's liver	3 oz.	16
Sirloin steak	4 oz.	26
Whole milk	1 qt.	34
Dried skim milk	$\frac{1}{2}$ cup	22
Yogurt	1 qt.	40
Cottage cheese	$\frac{1}{2}$ cup	22
Cream cheese	1 tbsp.	1
Egg	1	6
Salmon, canned	3 oz.	22
Shrimp 6 medium size		8
Peanuts	2 tbsps.	5
Peanut butter	2 tbsps.	8
Lima beans	$\frac{1}{2}$ cup	4
Navy beans, cooked	$\frac{1}{2}$ cup	6
Soybeans, dry, raw	$\frac{1}{2}$ cup	37
Lentils	$\frac{1}{2}$ cup	9
Peas, dried raw	$\frac{1}{2}$ cup	28
Buckwheat flour, dark	$\frac{1}{2}$ cup	6
Rice, brown	1 cup	4
Wheat germ	$\frac{1}{2}$ cup	8
Yeast	1 tbsp.	3

From an unknown wit:
"Duty is a task we look forward to with distaste, perform with reluctance, and brag about afterward."

MY OPINION by Dr. Charles Robbins, Former National Champion, N.Y.P.C. - "I expect that the 'Run for Your Life' movement will be bigger than the RRC one of these days."

BE INFORMED--Keep up with domestic and foreign long distance running results by subscribing to the magazine: The Long Distance Log. You get 12 monthly issues for \$3.00. A must for all runners and fans. Order from Browning Ross, 306 W.Center St., Woodbury, New Jersey.

p.3 RUNNERS ON THE MOVE--Pioneer man Earl Foster attended the National Coaches Clinic this year...Our President Aldo Scandurra once received a Commendation for work done on certain electronic units of space probe PIONEER V...Percy Cerutty, master mimic of runners reportedly has a rival in BAA ace Al Confalone...It took one runner 25 years to beat Fred Brown Sr. It happened in the 1960 Danvers twilight 6 mile scratch race...King Sol "massacred" the field in the 1964 Yonkers Marathon, with only the winner Buddy Edelen performing relatively well. One teenager sitting in the shade of the stands of War Memorial Field during the 24 minute wait for the second place man to show was over-heard to say, "Where are those bums ?"...Norb Sander, Gaelic-American AC, has volunteered for the NEWSLETTER COMMITTEE. He will attend the University of Lausanne in Switzerland this fall to study medicine. He will continue running...Oscar Moore led fellow frosh and Olympic teammate Gerry Lindgren for 6 laps before losing to the teenphenom 8:39.0 to 8:45.6 in the West Coast Relays two miles, 1965...John Flammer, Chippewa Club, proud father of twin boys, has been working on a Master's Degree at Southern Illinois University. He misses the road racing in the East...RRC, N.Y. Assn member Arne Richards, University of Chicago Track Club, has been appointed to the sub-committee on RULES of the National AAU Long Distance Running Committee. Any suggestions you care to make regarding (1) need for new rules, (2) need for revision of old rules, (3) need for expansion and or clarification of present rules, may be submitted to Richards. Here is your chance to put your constructive criticisms and suggestions to work. If you have anything to say write to Arne Richards, 120 N. Deleware, Manhattan, Kansas 66503.... Percy Wells Cerutty still has fond memories of his visit to New York City in 1958. He sends warm regards to all runners he met during that trip. On his 70th birthday recently he ran a mile on his 110 yard circuit track in 6:36 in answer to Joie Ray. He had run less than 40 miles in the previous two months...Eire's Olympian Jim Hogan ran in the Tokyo 10,000m and in the Marathon but failed to finish in either race. The RRC of England's NEWSLETTER quotes Hogan on the marathon: "...As you will know by now it was only a two man race for 20 miles and I am sure if I had run one 20 mile race before I would have been second...The winner, Abebe...went out after 5 miles and won like a great champion...I was surprised that all the runners who had run a number of marathons, were too scared to have a go at him. I know I took a gamble and lost; the Gold Medal is the one to win, the others mean nothing. I hope to do another marathon with most of the people who beat me in Tokyo running. Then I hope to be able to prove to myself and the rest of you people how a marathon should be run."... WANTED: Volunteers to serve on the RRC, NY Assn. NEWSLETTER Committee. Typists and writers needed. Contact editor: Ted Corbitt, 5240 Broadway, NY, NY 10463...Millrose AA's John Kelly recently won the Jr. National AAU 40 Kilo Walking Championship and finished 4th in the concurrently held Sr. Nat'l. AAU 40 Kilo Walk with a time of 4:30. He took up the sport a few weeks prior to the race...The Millrose AA is headed for another rendezvous with South Africa and several English clubs in the 1965 London to Brighton race. The "show down" is Sept. 25, 2 AM New York time. Team members going to London are: Aldo Scandurra, John Kelly, Nat Cirulnick, and the novices Vince Kern and Big John Garlepp...UCTC runner A. Richards is now working in the Reference Department Library, Kansas State University. He lives in Manhattan, Kansas and has access to a golf course where runners are welcome and an indoor track where he can beat those snow storms. He is considering organizing a Missouri Valley RRC. He has room for overnight guests passing through his area... ...Tet Suita, St. Anthony's BC and a "charter member" of the RRC, now based in Culver City, California, is in Phoenix, Arizona about 3 days each week. He writes: "I don't see how George Young ever trains in Casa Grande, Arizona which is about 50 miles south of Phoenix. It is over 100° even at night."

FOR SALE--"Guide to Long Distance Running," by Ed Dodd and Tom Osler. Gives maps, course records, lists of best times on the most frequently run road courses in the Middle Atlantic AAU area. Profits will be used to sponsor an ultra-marathon. Price \$1.00, from Thomas J. Osler, 2010 Broadway, Camden, New Jersey 08104.

FOR SALE--"Second Annual Marathon Guide" by Nat Cirulnick. Results of marathons and ultra-marathons throughout the world for 1964, plus All-Time Lists. Price \$0.35 from Nat Cirulnick, 241-10 132 Rd., Rosedale 22, New York.

p.4 A partial list of RRC, NY Assn members who are paid up for 1965-1966 dues. If you do not find your name on this list, please send \$3 to Road Runners Club, N.Y. Association, P.O. Box 467, Port Washington, N.Y. We need your money for the upcoming racing program and we want you on the RRC Roster which we will publish in the Fall NEWSLETTER. Paid up members include:

Non-Competitors

Nick Bilotta	David Levy	Bill Share	Joe J. Yancey
Bob Campbell	Sam Schwed	Lou White	Harry Jameson
<u>Competitors</u>			
Dr. I. Abrahams	Joe Keller	Alan Nolan	
Abe Assa	John Kelly	Jim Nolan	
Craig Bennett	Vincent Kern	Daniel Pempel	
Fred Best	Joseph Kirby	Arne Richards	
Rodney Bates	Joe Kleinerman	Aldo Scandurra	
Ed Bowes	Gus Kotteakos	Dr. George Sheehan	
Steve Brown	Robert Lavelle	Nick Sirakos	
Joe Burns	Arthur Lee	Sid Smith	
John Chodes	Larry Lesser	Godfrey Stehli	
Nat Cirulnick	Gus Kikos	Kurt Steiner	
John Connolly	Dave Littlehales	William Steincr	
Ted Corbitt	Rod MacNicholl	Al Swan	
W.C. Coyne	John McCarvill	William Welsh	
Pat Foley	Arthur McCarthy	William Wiklund	
Abe Fornes	Glenn McCarthy	Edward Winrow	
Earl Foster	Thomas McCarthy	Carl Zayas	
John Garlepp	Hugh McEleney		
V. Graziano	Bill Marot		
James Harlow	Oscar Moore		
Jose Iglesias	Harry Murphy		

If you are not on this list, it indicates that you have not paid your dues for the next year.

ONE OF OUR OLYMPIANS--Oscar Moore is the latest N.Y. Pioneer Club road burner to leave the roads for the books. Former Pioneer men Rudy Mendez and Luis Torres graduated from the University of Puerto Rico and are now teachers. George Foulds also left the Pioneer Club to study for a Doctorate degree in chemistry at the Univ. of Pittsburgh. Jose Dones, former Met. marathon champion, attends Santa Barbara State majoring in French. Now former US Marine Non-Com Moore is a freshman at Southern Illinois University. He is off to a good start with a "B" average. He began running for the school while still in "poor shape". Results: April 6, 1965, won 2 mile race in 9:23; April 9, won two mile 9:09; April 23, second in Drake Relays 3 mile in the mud 14:32.4 (he was passed with 2 laps to go); May 1, ran 4:17 mile on 4 mile frosh relay team which finished second in dual meet against Kansas; May 8, won 2 mile race in 8:57.2 (60, 2:03, 4:19 en route) against Lincoln University in night meet. At Bakerfield, Calif. in June, Moore set a college frosh record of 13:32.6 in trailing Montana's Doug Brown who ran 13:29.0. Moore attended summer school and expects to be a full sophomore in the Fall, in time for cross-country. Moore's summer wins include 51:25 ten miler at Bowling Green, Ky., and a 15 Kilometer race at Springfield, Illinois. He is looking forward to the indoor season.

MY OPINION by Don Anthony (from "A Guide To Throwing," Athletics Weekly, 19:22:17, May 29, 1965).

"In Sport a man can find himself; he can achieve success and status; he can come to know his own limitations."

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RRC STANDARDS PROGRAM--The RRC of America has been attempting to get a number of road courses certified for accuracy and to put the Certificates Program into action. Most of the courses you have been racing on are short courses. It is the aim of the RRC and of the National AAU Long Distance Running Committee, under Chairman Aldo Scandurra to change this situation of short courses. Your times will then mean something.

RRC, N.Y. ASSN NEWSLETTER COMMITTEE
c/o Ted Corbitt
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