

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER

No. 26, FALL 1965

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(Please keep the Secretary informed of address changes) = = =

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NEWS

Tet Suito reports that spectators on the West Coast are paying more attention to the steeplechase, 5000 meters and 10,000 meters now days.. NYAC's Ed Winrow, Irvington, NY schoolteacher, was part of a 9 man US track and field team that toured and competed in Argentina, Chile, Peru, Brazil, and Venezuela. The squad also participated in clinics and demonstrations for coaches and athletes... Elliott Denman, NYPC, walking specialist, finished 28th in 5:32:14 for the 52 1/2 mile London-Brighton walk, Sept. 4, 1965. Italy's Abdon Pamich led 97 starters home in 7:37:42 with D. Thompson of G.B. 2nd in 7:45 and Hazle of S. Africa 3rd in 8:03. Denman hit 3:28 for 20 miles, 5:21 for 31 miles, and 6:59 for 40 miles, but weakened a little later... George Radcliffe, Millrose AA is attending Angelo State College, San Angelo, Texas. He is majoring in physical education. He read about the L-B race in a San Angelo newspaper... Do you remember Charles Biddle who was active in the Eastern races in the mid-fifties? Biddle has been in the Far East (Bangkok, Hongkong and New Delhi) for the past five years. He is coming home for a visit. He will return to the Far East for another 10 years. He is based in Hongkong which has an eight month track season. The big deal there is walking. Recently 541 started in a round-the-island 42 mile walkathon, won by Olympian So Kam-tong... RRC National Treasurer Scott Hamilton spent 3 months of travel and study of Architecture and Planning in Europe (and marathon competition). He writes: "I think something should be done to publicize the 'open' marathons in Europe and whom to write to. For example, surely out of several hundred marathoners of reasonable times, one could arrange to be in Europe (at his own expense) to compete in the July 26th Szeged, Hungary, Marathon. They simply want American representation to help them be an 'international' race but they can't afford to bring an American across. The reception will be overwhelming. Certainly, from my own experience at Kosice, 'track suit diplomacy' behind the iron curtain is most important. The USSR team had a conflict and could not compete at Kosice, but even so, I doubt if the spectator response would match what Messrs. Higdon and Hamilton received. Pavel Kantorek, with whom I stayed in Prague, has explained to me how important it is to have an American present, whether lame, halt, or dying doesn't matter much. Buddy Edelen is still their hero, with a picture in about every shop window during the Marathon days."... The fleet Hal Higdon is now Long Distance Running Committee Chairman in Indiana... John Flamer is working with the Job Corps in Kentucky... Gordon Dickson, former NYAC ace, now in Hamilton, Ontario finished 8th in 2:33 in the Enschede Marathon and then visited Paris where he saw the Tokyo Olympic film... John Kelly encountered rain and flooded roads while visiting Newcastle before his 100 mile walking race. He later wrote from Dusseldorf after the 100 miler: "...I am just getting my legs straightened out after the 100 mile walk. I did suffer in that. I had nothing to eat for the first 70 miles. I got a good handler for the last 10 miles and I learned a lot from him. The course was like the Cherry Tree course with 10 laps and very hilly."... Dr. Charles Robbins still active training, racing and encouraging newcomers... Bernard Gomersall, the tough 33 year-old Yorkshireman who set a new record in the 1965, 54 Mile Comrades Marathon from Durban to Pietermaritzburg in 5:51:09, was honored at a dinner on Sept. 23 in London. Americans attending the affair at "Ye Olde Cock Tavern" (Menu: Cream of Tomato Soup, Beefsteak, Kidney & Mushroom Pudding, Brussels Sprouts, Potatoes, Fruit Salad and Ice Cream and Coffee) included: J. Kelly, Aldo Scandurra, Ted Corbitt, and Vince Kern. Scandurra responded for the Americans. The Road Runners Club of England, whose membership has reached 2500, raised Gomersall's fare to South Africa. Former Olympic marathoner Tom Richards headed the fund raising campaign... US Airman Al Meehan injured his foot

p.2 RRC and then suffered from blisters,neuritis of the foot,ner-
vous exhaustion, heat exhaustion, dysentery, hypertension,insomnia,
etc.,all acting to prevent him from training properly for this year's
London-Brighton race.Meehan hopes to get a transfer from North Africa
to England.He has already joined the South London Harriers Club...
John Jewell who showed films of English road races while in New York
City in October, ran six marathons while working in India, and ran the
London-Brighton race five times.He has also climbed in the Himalaya
and Peruvian Andes mountains...Abe Fornes recently returned from P.R.
...Arthur Hall, former Hughes High ace plans to enter New Mexico Univ.
in February...John Kelly saw the Olympic (Tokyo) movies in London...
Coleman Mooney recently returned to the States but is not running...
Nat Cirulnick hosted the John Jewells during their stay in NY City as
a reciprocation for courtesies shown US runners during their visits to
London in 1964 and 1965.Aldo Scandurra and Ted Corbitt also received
the Jewells...Vince Chiappetta and family visited Europe this Summer
but the travel schedule prevented his competing. He did get a close-
up look at the Berlin Olympic Stadium track, tho prevented from jogg-
ing a lap...The redoubtable Adolf Gruber is reportably in Vienna re-
covering from a bone fracture in one leg...Basil Harrison, South Africa
long distance runner suffered a heart attck this year.He had been
training hard for the Comrades Marathon but does not attribute the
attack to his running. He expects to race again...Mavis Hutchinson, a
woman,finished 219th in the 54 Mile Comrades Marathon,in just over 10
hours, as 107 men dropped out of the 1965 race....

- - - - -1965-66 Dues now payable - - - - -
MY OPINION by Yuriy Vlasov (from "The Cossack with Arms of Steel"
"Envy not the careful ones by Jim Riordan.World Sports
Who keep trouble at bay. Oct.1965,Vol.31,No.10.
If burn you must,burn hot.
Don't smoulder life away."

TRAINING CLINIC--Recorded by Ted Corbitt,NYPC

During our pre-RRC days the road runners of New York City organized at
various times to sponsor races,make awards,and to arrange training
clinics.An abstracted report on one such clinic follows.
Speaker:Dr.William M. Ruthrauff, of Philadelphia,Dec.10,1956 at the
369th Reg't.Armory,NY City, thru the courtesy of the NY Pioneer Club.

There is a close relationship between the stride rate and stride
length and the speed of the runner.Dr.Ruthrauff has spent many hours
in close study of runners.One of his favorite observations is a study
of the stride rates of runners.His checks at the Yonkers Marathons for
Nick Costes (1954) and JJ Kelley (1956) were:

NAME	STRIDE RATE	STRIDE LENGTH	SPEED RATE/MILE
'54 Costes	2.60 per second	5.86 ft.	5 min. 54 sec.
'56 Kelley	3.26 " "	4.81 ft.	5 min. 27 sec.

Compared with two great sprinters		100 yards
E.Tolan	5.05 per second 6.25 ft.	9.5
E.Peacock	2.87 " " 11.0 ft.(at 60yds)	9.5

A runner may increase his speed by either increasing his stride rate
or by increasing his stride length or by increasing both factors. The
stride rates are uniformly about 3 per second.It doesn't change much
with change of speed (for instance,between front and rear runners)--so
the faster runners apparently change the amplitude of their strides.*

Dr.Ruthrauff next demonstrated the pendulum theory.He continued,re-
porting how Peacock used his powerful buttocks muscles to get a
powerful piston leg stride to defeat Jesse Owens.Peacock extended the
foreleg and pulled to get a Pull and Push action.

Coach L.Robertson stated that "Running is a series of falls." This
idea probably started with the development of the crouch start by Mike
Murphy.

Hans Kolehmanian of Finland tried running with a heel first landing.
Heel landing is a natural way of running.Children and old people
mostly land heel first.If the runner reaches forward with the foreleg
he almost has to contact the ground first with the heel. If the knee
is bent then the runner is able to land ball first.The natural style
includes swinging arms diagonally across the chest.It is essentially

*Jack Barry who dropped out of the '56 Portchester Mara'n
got a ride to the finish and had a chance to watch the men running at
the tail end of the field.Barry was shocked to see these men apparent-
ly running fast and yet so far behind.The difference in stride length
could explain the difference in speed.

p.3 RRC Newton's Second Law of Motion tells us that a body will fall 32 ft per second. Each stride lasts about 0.3 seconds.

In 0.1 second the body will fall 0.16 ft.

" 0.2 second the body will fall 0.64 ft.

" 0.3 second the body will fall 1.44 ft.

The more you can keep the trailing foot on the ground

the less you have to lift the body against the pull of gravity. So, in running, get early ground contact (by swinging the leg forward fast) and keep ground contact (with trailing leg) as long as possible. The distance you fall (the idea of running being a series of falls) is dependent upon the time your foot is off of the ground. Keep ground contact as long as possible in driving the body forward



The American sprint style is an "artificial style" when applied to long

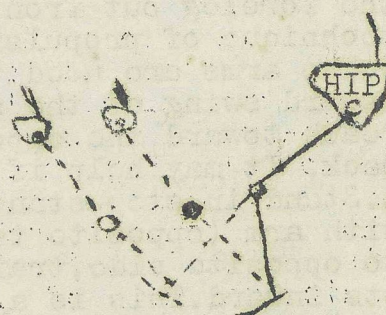
distance running. It is like the bounce of a rubber ball: wasted energy.

Like the spoke of a wheel.



Instead, cultivate efficient running form, use the principle of rolling instead of falling.

Advantage of reaching forward as compared to bent knee landing----->



The horse and dog run with a rolling action of the legs, first, second, third, and fourth leg touch ground in succession. The horse may be a pacer or a trotter in gait. The pacer is faster than the trotter. A trotter may be taught to pace, but may revert to "type." Dr. Ruthrauff has found that there are two general forms among runners which he has labelled the "pacer" and "trotter" actions. A runner may also be a mixture of these two forms. A runner may change from one form to the other without ever being conscious of it. Action photos confirm this. Dr. Ruthrauff believes that the pacer action is far superior to and more "natural" than the trotter action. Bobbles are used to teach a trotter horse the pacing action. The same method may also be used to teach runners the pacer action.

OUT WEST WITH HORSES AND COWBOYS--Dr. Ruthrauff observed that the cowboys learned to move with the motions of the horse (in the saddle). A horse using the pacing gait can run 75 miles in a day at 7-8 miles an hour with no great fatigue to horse or rider. This speed is about twice as fast as a man walks. A trotting gait would have been too rough on horse and rider for such a distance.

MOUNTAIN CLIMBING--Dr. Ruthrauff has lived and spent vacation time out West. On a mountain climbing trip while in the prime of athletic life he was "killed-off" by older men, some old enough to be his grandpa. He couldn't understand this. He discovered that he was using (leg) knee thrust action to lift body whereas the old men were getting a swinging (and lifting) hip action to propel themselves (much less fatiguing). They were economical in expenditure of energy. APPLICATION TO RUNNERS: in running up hills, you should utilize this swinging hip action.

ADRENAL GLANDS--If someone gets a runner mad, he performs better: due to glandular action: a response to Flight or Fight instinct. As an example, Dr. Ruthrauff cited the case of Dr. Robbins missing Browning Ross' Camden Street Run record by 1 second as an aftermath of the John Wernick (a runner) handicap and "insult."

DISCUSSION--In reference to the great improvement in the running of John Conway, NYPC, Dr. Ruthrauff (and Dr. Robbins) felt that Conway developed an economical style because he was initially overweight and he HAD TO BE economical in order to run. Dr. Ruthrauff felt that it might be worth trying to develop economy of motion by hanging a snugly fitting weight around the waist and running.

Dr. Ruthrauff promised to help any runners who comes to him.

Dr. Ruthrauff stated that a runner who toes-out will not be able to

p.4 RRC get the swinging hip action and the resultant longer stride (and with less work!).

Question: Why Jack Barry, a 1:58 half miler with the stamina to run a marathon is not a faster 5 miler. Opinion of Dr. Ruthrauff: "Failure" due to Barry's form primarily. He feels that if Barry adopted his form he would improve his time.

(Note: Barry did work on the Ruthrauff idea but abandoned it to try the ideas of Helmut Gude--described in an earlier NEWSLETTER. Dr. Ruthrauff has found that many athletes do not stick with the practice long enough to make the form automatic, assuming that they know it. Some men had it but lost it, lapsing back to old co-ordinations or to having been "corrected" by their school coaches.)

EXERCISES--To work for the pacing coordination, special exercises should be done repeatedly, daily until they become a part of you. Practice 15 minutes or so each day. Once the technique has been mastered, review the exercises as part of your workouts and before racing.

1. Try swinging the leg forward like kicking a football. Try it again and let the knee bend as you swing forward, then pull thru and snap the foreleg out front. (Follow up and work to develop Pull-Push technique of propulsion. The leg reaches forward and pulls body forward)
2. The arms are used to supplement forward-downward swing and backward-upward swing of the shoulders. As the shoulder swings forward-downward, reach toward the opposite foot (on a plane about waist high) and "pull" back. It may help if you pronate the forearm (have palm down).
3. Stand in step stance: one leg forward, other foot back. Reach forward with arm (opposite to forward leg), let that shoulder drop and rotate to opposite side, trail leg internally rotates on pelvis and foot pivots inward. This is a desirable swinging hip action and makes it possible to relax hip musculature. Return to starting position and repeat a number of times. Change to other side.
4. Run with thumbs tucked in waist (belt) to emphasize shoulder motion. This may be done for brief or for long periods while running. (John Wernick ran most of the USA Sr. 20 Kilo at Yonkers in 1953 with his thumbs tucked in front of running pants.)
5. Assume crouch start position: Right leg forward and right hand on right knee. Left arm extended on ground at "starting line." Run off, put left hand on left knee. Keep hands on knees or just above the knee area. Then let the hands slowly move up the thighs to near the waist as you run. Gradually burst into a sprint. Gradually rise to a nearly erect position, the arms finally in a free swinging position but keeping the same shoulder co-ordination.
6. Using above, #5 coordination--walk it, break into run, and walk it again. Repeat a number of times. The walk fades into a run and then into a walk again. (Running should be as much like walking as possible)
7. Simulate bobbles to practice PACING action: keep hands on thighs, beginning with them just above knees and run. Kick leg forward fast on each stride. Keep eyes on ground a few feet ahead of body.

RRC, NY Assn ROSTER will appear in next issue of NEWSLETTER. If you have not paid your dues for 1965-66, send \$3 to Nat Cirulnick.

ANNOUNCING 36 Mile Handicap, Dec. 12, 1965, 11 AM, Alley Pond Park, Queens, NY. Dress at park locker room across the street from Creedmore State Hospital. Makes an excellent training run for runners at all distances. Come out and run part or all of it. For additional information contact: Aldo Scandurra, 22 Monett Place, Greenlawn, L.I., N.Y. Phone: 516 MY-2-8889.

The IAAF recognises as walking world records:

30 Kilometers, Yegerov, USSR, 2h.17m 16.8s.

20 Miles, Vedjakov, USSR, 2h 31m 33.0s.

30 Miles, Pamich, Italy, 4h 4m 46.8s.

50 Kilometers, Pamich, Italy, 4h 14m 2.4s.

ULTRA-LONG DISTANCE RUNS SCHEDULED FOR 1966 ARE:

Jan. 9, 1966, Alley Pond Park, Queens, NY 24 & 36 Mile Handicap 11 AM

Feb. 28, Alley Pond Park, Queens 24 & 36 Mile Handicap 11 AM

April 3, Van Cortlandt Park, Bronx 45 Mile Time Trial 9 AM

May 1, Peekskill to Yonkers, NY 37.5 Miles Handicap (record 3:57:40) 6:45 AM?

June 5, Tentative: 30 Mile track run. There will also be other track runs.

p.5 Ultra-long distance schedule--

July 17, Site etc. to be selected: This tentative race will be a 50 mile Sr. National Championship if approved by the National AAU Long Distance Running Committee and Awards Committee which meets in early December, Washington, D.C.

Note: If the 50 Miles Sr. National Championship is approved, then this event will become the qualifying event for the London to Brighton double marathon, set for September 24, 1966, London, England. If the 50 miler is established as an annual event, it is anticipated that the RRC of England will eventually send runners to participate.

For information on any of these races contact: Aldo Scandurra,
22 Monett Place, Greenlawn, L.I. NY. Business phone 516 PO-7-8707
* Home phone 516 MY-2-8889

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ROBERT ZALESKI

This 20 year old enthusiast from the United AA was killed by an automobile while running late at night near his home. He had run from his home to the airport in an attempt to see Pope Paul VI off and he was running back home when he was hit. He was a night student at New York Community College. He joined the Road Runners Club last Summer. His club plans a memorial race at 5000 meters in Van Cortlandt Park in 1966.

Jim Borden, in REMEMBRANCE to Bobby, said:

"I hope that each of us as members of the United Athletic Association can carry on the spirit of his dedicated sincerity to his team, his friends and acquaintances."

"I found Bobby to be very sincere and dedicated. He wanted so much to be a friend to everyone. He wanted to win a big race for me, because I was not only his coach, but like a big, little brother (he said).... I feel that within a year's time he would have been one of the best 5,000 to 10,000 meter runners in the metropolitan area."

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