

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER  
No. 28, SPRING 1966

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Vice-Pres.: Nat Cirulnick, 241-10 132 Rd., Rosedale 22, N.Y. (Unattached)  
2nd Vice-President: Ron Brewington, "C" Co., 3rd Bat., NATTC, NAS,  
Memphis 55, Tenn. (United AA).



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

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ANNOUNCING ROAD RUNNERS CLUB MEETING

DATE: Sunday June 5, 1966

TIME: 11 AM

PLACE: Van Cortlandt Park Stadium

We will hold annual elections, present a summary of activities in the past year and discuss other points of interest toward promoting long distance running. All members please attend.

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MY OPINION by Teddy Roosevelt

Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory nor defeat.

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NEWS--Arne Richards now represents the West Kansas Track Club...Jim Beatty, a native New Yorker now working in North Carolina, is a candidate seeking a Democratic nomination for a seat in the State House of Representatives from Mecklenburg County in North Carolina...Millrose John Kelly is now a CENTURION. He qualified following the 1965 London-Brighton running race by competing in the London Metropolitan Police 100 Mile Walking race which must be completed in 24 hours or less. Since the club's inception, 380 have qualified for membership in this exclusive body...Abe Fornes is in San Sebastian, Puerto Rico. He recently trailed Luis Torres in a 21-kilometer race in 1:15:37. He sends regards to all...The Chippewa's John Flamer is with the Breckinridge Job Corps Center at Morganfield, Kentucky. The center is operated by Southern Illinois University for the Office of Economic Opportunity. John is hopeful of setting up a Road Runners Club in western Kentucky...Former Millrose AA great, Mel Porter, Civil Engineer with the Port Authority, teamed with Bill Wiklund and Pat Dengis to form the nucleus of a great road running team in the 1940's. Porter set a record running from the Pacific to the Atlantic Ocean in 1940. The course was the 55 mile stretch across the Isthmus of Panama. He started at 3 AM carrying a lantern as he ran through jungle roads. He set a record of 6½ hours, breaking the previous record of 8½ hours. ...US Air Force man Al Meehan has signed up for another 3 years and he will serve in England. He had planned to reside in England after his discharge this year and run in races and work...In the RRC 20 miler, Canadian Paul Hoffman was picking out dry spots and John Garlepp was picking out snow spots late in the race. Garlepp ran the race in spikes and snow plow crews took away much of the snow as the race progressed. Hoffman has a high tolerance for "bad weather." ...From midnight to 6 PM the day of the Cherry Tree Marathon, 2.3 inches of rain fell, much of it during the race, turning the brave runners into near human icicles...Ed Winrow is the new USA 30 Kilometer Champion. He trailed a "hot field" at Silver Spring, Maryland, March 27, and came on in the closing miles to cut down three reigning national champions. Winrow's power finish has been called the "Winrow Blitz" by Abe Assa...Pete McArdle still unable to train because of sciatica. He is apparently playing a waiting game, hoping that the condition clears up sufficiently to allow him to enter the lists again...Gaelic American J McDonough recovered from the flu in time to take the April 3 45 mile handicap race in the Bronx...Billy Share drove a car load of RRC men down to the Silver Spring 30 Km. On the way he stopped and helped save a pick up truck and its cargo from destruction by fire...World traveler Scott Hamilton is the new national president of the RRC of America...Oscar Moore reportedly doing well with the books as well as on the cinder paths...Watch for details of the USA 50 Mile Road Running Championship in July...Vote in the elections and volunteer your talents for one of the RRC Committees...Bob Campbell writes: "Co-operation is the keynote to all successful programs. It assures the success of your road racing program, but co-operation is a two-way street and all contingents of an organization must be involved."  
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Our President has received a number of requests for information on how to train. The first of two series of articles on the subject appears below.

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 I D E A S O N T R A I N I N G by Sid Gendin, United AA

The reader has a right to know what my qualifications are for writing on this subject. He should know that after sixteen years of running I never bettered 4.45 for the mile, 60 minutes for ten miles, and I unflinchingly finished in the bottom half of every long distance race I ever ran in. Yet I am unashamed to state that I know as much about long distance running as any man alive. Socrates was said to be a wise man because although he knew nothing he knew he knew nothing. I claim the same sort of wisdom about running. After sixteen years of close study of this sport I don't think I have met someone who can legitimately say he does know something. I am not saying that no one's methods are better than anyone else's. I am saying that if they are better it is by sheer luck. With the introduction over, I proceed to document the case.

Theories about diets. The number of theories about proper diet is roughly equal to the number of people who care to open their mouths up on the subject. Consider a typical issue of that "scientific" journal called Track Technique. Glancing through the Dec. 1960 issue I find Arthur Lydiard, the famous New Zealand coach and Warren Guild, an M.D. offering us their opinions. Lydiard tells us to have scrambled eggs in the pre-event meal. A half-hour later we should have some tea. Guild advises us that the worse thing we can do is eat eggs in the pre-event meal. He also says there is no justification for the tea tradition. Who is right, Guild or Lydiard? Which do you prefer, medical expertise or practical experience? No matter which you prefer there is no reason to think either of these gentlemen can provide one or the other. On what experience do you think Lydiard bases his opinion? Has he done controlled experiments and found, as he claims to, that eggs "assist the body to recover from the exertion of a hard race"? If he has, he never mentions any. I venture to guess that Lydiard is addicted to what is known as the "fallacy of the dramatic instance." That is, he probably knew of a runner or two who ate an egg before running and felt fresh afterward and of a runner or two who didn't eat an egg and complained of tiredness. From such cases he announced his generalizations to the world. As for Guild, I know nothing of him. I do know, however, that the study of nutrition plays a very small role in the training of M.D.'s in our medical schools and none at all with respect to the (alleged) special needs of athletes. On the subject of nutrition the average M.D. knows little more than what he learns from observing the staff dieticians when he is doing his internship and residency. The onus of proof lies with Guild to tell us why we should believe his apparently obiter dicta pronouncements.

Or take the case of special supplements. Who knows how many athletes in their desperate attempts to find the key that would unlock the door to the secrets of fantastic success have spent fortunes on wonder foods? Many of you will remember Louis Schiavo, a fairly competent runner of a few years ago who ran for the NYPC and Queens College. Louis' father, Angelo, personally told me that his wonder food bills alone came to \$20/month. Was it worth it? Who knows? Perhaps he would have been good, anyhow. Perhaps not. Your guess is every bit as good as Carlton Frederick's or Adelle Davis'. Since no biochemist has suggested that Viobin Wheat Germ Oil or Tiger's Milk is likely to be dangerous to your health and if you can afford an extra \$20/month, go and give it a try if you want.

French athletes drink wine and British athletes drink large quantities of beer. In America these are supposed to be taboo. I am not saying this proves it really doesn't matter. I am saying no one knows whether it matters. For all I know Jazy would be ten times better if he didn't drink wine or smoke cigarettes (he does both). Some people who don't like what they call "fads" are fond of the cliché, "So long as you use common sense you can eat what you like." This cliché is worthless. It's possible athletes do need special diets (and, of course, just as possible that they don't). And just what is common sense, anyway? Is eating an egg before running common sense? All we know is that some people never give a thought to diet and are successful; others who never give a thought to it are

unsuccessful; some are concerned about diet and are successful; and finally, some are concerned and are unsuccessful. "You pays your money and you takes your choice."

Theories about training. There is no need to detail the contradictory nature of these theories--a brief sketch will do. Gost Holmer swears by fartlek but Stampfl uses interval training exclusively. Lydiard tells us to take tremendously long runs but Cerutti advises us to run on the dunes, preferably naked, and to swing from the trees like Tarzan as we pass them by. He also tells us to squeeze our middle finger against the thumb for additional power. Forbes Carlile tells us we are in danger of dropping dead if we run when we have colds. Rompotti thinks we should check our hemoglobin count after each workout while Gerschler is very big on pulse rates. (By the way, my resting rate of 40 beats per minute never helped me.) Yancy used to advise runners to "dry out" by taking a very hot bath the night before a meet but other coaches are telling you to get plenty of fluid. Most coaches say you should warm-up thoroughly even in hot weather because, they say, although the skin may feel warm the muscles may not be. Gustaf Laurel gives an elaborate set of twenty-two exercises to do during the warm-up. On the other hand, Charlie Robbins has expressed doubt about the value of the warm-up altogether. Do you think you know from your own experience whether you need one? When you experimented with and without warm-up did you make sure the conditions were otherwise the same so that differences of performance couldn't be accounted for because of some other factor? How often did you try the experiment? And are you now ready to give some young athlete the benefit of your wisdom on the basis of your single experience? We all know of the allegedly fabulous success of Mihaly Igloi. How many of us know of his fabulous failures? When Jack Rubin lived in California he had an opportunity to get to know some of the lesser lights training under Igloi. Some of these men trained as faithfully and tenaciously as Beatty ever did. And while he strained to break four minutes they strained for five. What conclusion do you draw from this? That these runners weren't naturally gifted? That Igloi's methods weren't suitable for them? That they would have done even worse under some other method? Take your choice. For my own part I will stick to what I base my wisdom on--I haven't the foggiest idea of what was wrong.

Parallel to the diet-cliche there is a training-cliche: "The important thing is regular training over a long time. It doesn't matter whether you use fartlek, intervals, or anything else. Just do it regularly and build up gradually." Do I disagree with this? No. Why should I? For all I know that is all there is to it. But remember, it is a theory just as much in need of proof as Cerutti's, Doherty's, Igloi's or anyone else's. Bear in mind that in adopting that maxim you expressly contradict a theory of one of the above men. Maybe you're thinking, "Look, it's obvious. All these techniques work. And what have they got in common? Good, hard regular work." Yes, maybe they do have that in common but is that what is responsible for whatever success they have caused? For all you know Lydiard's men succeeded despite him, not because of him. And what of the failures who used the "good, hard, gradual build-up method"? And how many years was Bruce Kidd doing regular, hard work when we first heard of him at the age of fifteen? Look up the training of Joe Binks in Wilt's Handbook and get a shock. Binks ran once a week for a maximum of thirty minutes. He did 14.10/ 3 miles. But beware the trap! Don't think I'm arguing against the "hard work" school of thought. If you think a couple of examples disproves the theory then you have fallen victim to the fallacy of the dramatic instance.

But now you are thinking, "Good grief! Does he think there is absolutely nothing at all known about training? Ridiculous!" You are right, I have exaggerated, yet I take nothing back. The question is: What do we know that isn't so obvious that a young runner cannot find it out by himself? Is the common core of good sense that Bill Wiklund and Bob Campbell and other "volunteer advisors" (they think of themselves as advisors instead of coaches) have to offer too difficult for an intelligent young man to dig out himself? And as for the rest of their theories, God knows why they want to assume the responsibility for making or breaking someone's career.

Shall I go on? Everything I've said can also be said about theories on the advisability of weight-training, on the causes of leg cramps, on racing tactics. You name the subject: there is sure to be as many "experts" offering conflicting opinions as there are possible

conflicting opinions to be offered. If coaching is an art or science then why does every veteran runner think he knows as much as the next fellow? Its always the newcomer who needs the help. Indeed, that is supposed to be the purpose of this article.

THE MORAL OF THE STORY: There is none. I don't know whether to tell the young athlete to trust totally in the judgment of a veteran coach, to tell him to follow someone's advice only so far as his intuition tells him to, or to strike out on his own and listen to no one. All I can say is this: know the facts and make your choice with eyes wide open.

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HOW TO TRAIN FOR THE MARATHON by Nat Cirulnick

The first thing that the prospective marathon runner should check before he embarks on marathon, or any other type of racing, is his form while running. Form is very important. The best form is that recommended by Dr. Ruthrauff: see the Newsletter Fall 1965 for further information.

The runner should be prepared to train every day regardless of weather and or tiredness. Attempt to run twice a day, but occasionally only once if excessively tired. Some weight-training is necessary especially if the arms and shoulders are not well-developed. My favorite exercise is to use two dumb-bells and work the arms as if running. Calisthenics should be done at the conclusion of every workout in order to stretch the muscles; the muscles tend to tighten from slow workouts.

During the developmental stage spend approximately two to four months building up stamina. Long, slow runs should be done frequently. Runs of 15 to 30 miles at 8:00 minutes per mile, or slower. This very slow training strengthens tendons and ligaments.

After several months of the above the body should be strong enough so that the long, slow runs only have to be done once a week, or once every two weeks. On these runs forget about the distance to be run and instead run for a minimum of 4 hours. This helps to psychologically condition the mind for continuous running in addition to keeping the stamina on a high level.

Most of the other runs during this period are moderate to hard steady runs of 5 to 12 miles per workout. Once or twice a week do interval training concentrating on short sprints of 110 or 220 yards; also concentrate on maintaining correct form--do not lapse into poor form.

No special diet is needed if well-rounded meals are eaten. The only recommendations are wheat germ and Vitamin C pills.

Sleep is very important so that the body can recover for the next day. Seven to nine hours of sleep and rest are necessary.

Since loads of road running tend to build up calluses on the feet, it is important that these calluses are filed from time to time. Never let anyone cut the calluses; it has formed to protect the feet, just file off the excess. Use zinc oxide or cold cream occasionally to prevent excessive dryness of the feet due to the oils lost in sweat and in showers. Dryness leads to cracking of the skin and callus.

Above all, do not get discouraged. Whatever method you use stick to it and don't be afraid to experiment.

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ASK YOURSELF : I N V E N T O R Y T I M E by Bill Wiklund

Now that Spring is here and the full cycle of a heavy running schedule is beginning to swirl, it is time for road racers to take an inventory of themselves and their training. Many have been training stoically through the snow and cold and there is no better way to lay the needed foundation. However, now is the time to add structure to this foundation and to build for the strenuous running ahead.

As the days lose their dreariness and the sun gives out with the warmer glow, so should the body feel the desire for more intensive activity.

Here are a few analytical questions each runner should ask himself. How is my stride, is it too long and off balance or do I run with the short, hip motion step that churns with power? My body balance, is it strained and tense or loose and swaying with the stride? My hands, are they swinging naturally to aid my balance or are they rigid and

p.5 adding to body weight? The breathing, is it synchronized with my hands and stride; am I emphasizing my blow off at the mouth rather than the intake at the nose? Do I feel an overall body synchronization as I lope through the daily miles of my workout? How do I think as I run, how firm is the step as I arch off the ground, feel the rhythm of good hip action, the wonderful taste of the air as it is sucked into the lungs, the rolling over the surface as though I was a ball?

If your thoughts are of getting your daily training over as soon as possible so you can forget about it, you will be in trouble in the races to come. If one does not enjoy training, he should not start races.

Have I been doing my daily supplementary exercises? Are they getting easier and increasing in number? How is my diet, am I eating good wholesome food full of vitamins? Am I getting at least 8 hours of sleep with occasional naps on the side? Satisfactory answers to these questions will have a bearing (roller I hope) on your future races and will also be the answer to injuries that follow too strenuous races without sufficient training and the proper mental attitude.

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### EARLY IMPRESSIONS OF RUNNING "EUROPEAN" STYLE

by Norb Sander Jr. GAAC/STADE LAUSANNE (Jan.10,1966)

My wife and I (a new addition also on the way) now live in Lausanne, Switzerland while I attend the medical school here. Lausanne is about 35-40 miles East of Geneva along the Lac Lemane and directly across the lake from here lies France. Germany, Italy and Austria are easily accessible to Lausanne with Budapest only 450 miles away. Switzerland has beautiful tracks, stadiums and facilities for running, Lausanne having a large "Olympic Stadium" and a smaller one: Vidy Track where I train occasionally. There is not much road running activity here and although the facilities are excellent in Switzerland, there is not a great abundance of good runners on the track either. Few runners here take training in a serious manner, yet I have met some who train reasonably hard. They have several important road races in Switzerland each year, but only one marathon.

Swiss marathoners usually travel by car to Germany or beyond for competition. The two leading philosophies of training employed for running here are those of W.Gerschler and A.Lydiard. A Swiss runner, Yves Jeanotat (Swiss Champ 10,000m twice, Fribourg R.R. Champ twice and also made Olympic team in the marathon but came up with late injury) whose club I have joined here called the "Stade Lausanne" trained with Gerschler System for the past 6 years and has met some success with it. He spent 3 weeks with Pirie at Gerschler's in 1960 and goes back occasionally. I have hopes of going there this summer for some possible advice and testing.

As opposed to Switzerland, France and Germany take to running quite seriously. France has a system of road running similar to N.Y. RRC comprising weekly competition on the road ranging from 10 to 30 Km, then a race at the marathon. Unfortunately, in keeping with the French mentality all this competition is closed to anyone but Frenchmen. They do allow foreigners in isolated open competition but never in development programs. Germany is very accommodating and allows competition for anyone interested.

As for myself, with a heavy schedule of classes and studies, I have been able to train only 5 times per week. I competed in 4 races here and won two: the Lausanne and Swiss University x-country championships I finished 2nd in a cross-country race at Annecy, France and finally a fairly close 5th in a 4.5 kilometer road run at Evian, France. The last race had a very good field of French runners, all sub-4:10 milers and 14:00 5,000m men, including M.Jazy (1st) and Vervoet (3:59 miler) (2nd).

I have been keeping in touch with Gaelic-American coach D.Weiss and train mainly on the road at 8-10 miles with a good bit of Fartlek. I hope to run 10,000, 5,000, 3,000 and 1,500 meters this summer, with visions of the marathon when I can put in more mileage.

(Note: Norb Sander and family plan to return to NYC for the summer of 1967. He is a member of RRC, NY Assn Newsletter Committee)

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A GOOD BUY: New magazine--"DISTANCE RUNNING NEWS". Two issues/year \$1.00. Order from: Dave Zimmerman, 7538 Mackey, Overland Park, Kansas.

PROFILE #6: Harry Jameson

Harry Jameson joined the RRC in 1964 after discovering that it provided a vehicle by which he could serve the long distance runner. Service adds zest to living. He is 78 years old and he lives in the Bronx, N.Y. He worked 45 years as a milkman. He had hoped to become a jockey until his mother put him back in school.

Harry Jameson competed for 3 years with the Glenco AC, coached by Emil Von Elling. He then ran for the Mohawk AC. After 12 years of running cross-country and road races, he retired. Harry got started in running by doing several 12 second 100 yard dash time trials (B. Wefers held the world record at 10 seconds). Someone suggested that he run cross-country and Harry replied, "What! Do you want me to die?" Nevertheless he did finish 4th in a 125 man field 5 mile scratch race a week later. This was 1909. He trained after that race: twice a week, running 5 miles on tuesday and thursday. He raced 5 to 6 miles on weekends.

Foreign visitors have been shocked to learn that there are so few running clubs in the New York City area. Harry remembers when there were more than 52 active long distance running clubs in the Metropolitan area. He remembers when the Glenco AC had 200 starters in a 5 mile road race starting at 126th St. and First Ave. in N.Y. City.

In 1962, Harry Jameson read of a cross-country race scheduled for Van Cortlandt Park and decided to attend. During World War I he had camped on the Parade Grounds (flats) while in the Army. He decided to walk over the cross-country course which had been altered since his running days. He was shocked at the amount of loose rocks and debris on the running path. He decided to pick up and clear off some of the stones, broken glass, beer cans, etc. as he walked over the course. He spent 5 hours at it the first day. As he went about this task he saw a runner approaching and he was "moving." This runner who ran over the course several times was Peter McArdle. Harry had read of him but did not know him and so it was that McArdle was the first person he got to know in Van Cortlandt Park as it is today.

Harry has continued to try to improve the cross-country course, now in the name of the RRC. He still picks up debris on the course. He uses a shovel, crow-bar and rake to make the running surface safer for the runner. In 1962-63-64 he made a count of 145 boys hurt on the course, mostly falls because of rocks. Some of the rocks sticking up out of the ground have now been painted white, by our benefactor, for greater visibility.

In addition to improving the running situation at Van Cortlandt Park, Harry has officiated at RRC and AAU races, and he has saved some of his money to buy prizes for races. At times he has helped to divert riding horses off of the cross-country path during races. None of this has come about easily, but he rates himself a fighter for what he believes to be right and good. Harry has also been working to get some sort of permanent memorial set up for General Douglas McArthur. He is now working to get a "General McArthur Memorial Race" established as an annual event. Previously he was unsuccessful in an effort to get the Van Cortlandt Park cross-country course named after McArthur. Thus our man Harry Jameson has dedicated himself to serving the cause of the long distance runner, not for credit, but to help get some of the work done. // by Ted Corbitt, NYPC

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 Subscribe to the monthly LONG DISTANCE LOG. \$3.00/year, for race results training info, etc. Order: H.B. Ross, 306 W. Center St., Woodbury, N.J.

Buy your copy of the Third Annual Marathon and Super-Marathon Guide. Read world wide results. Determine how you rate. \$1.00 for 1966 edition. From: Nat Cirulnick, 241-10 132 Road, Rosedale, N.Y. 11422

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TO:

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