

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER

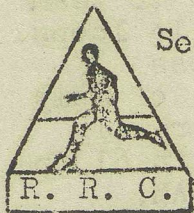
No.29, SUMMER 1966

President:Nat Cirulnick,241-10 132 Rd.,Rosedale 22,N.Y.(United AA)

Vice-Pres.:Bill Taylor,48 Church St.,Greenwich,Conn. 06830.

2nd Vice-President:Ron Brewington,"C" Co.,3rd Bat.,NATTC,NAS,  
Memphis 55,Tenn.(United AA).

Sec-Treas.:V.Chiappetta,26 Madison Park Gardens,Port  
Washington,New York (NYAC).



(Please keep the Secretary informed of address changes.)

NEWLY ELECTED RRC,NY ASSN. OFFICERS FOR 1966-67

President--Nat Cirulnick,United AA.Formerly represented Brooklyn College,NYPC,and Millrose AA. Spends many hours each year assembling the Marathon Guide which is sold to raise funds for the RRC Travel Fund.Teaches school.Ran London-Brighton 52 $\frac{1}{2}$  mile race twice.

1st Vice President--Bill Taylor,Greenwich,Conn. Attended Springfield College and Teachers College,Columbia University.Teaches chemistry in the Greenwich public school system.Has been running road races one year.

2nd Vice Pres.--Ron Brewington, United AA, re-elected altho still on active duty with US Navy. Has worked hard for long distance running.

Secretary-Treasurer--Vince Chiappetta,NYAC. Vince is 33. He is a Teaching Fellow in Biology at New York University where he is completing requirements for a PhD degree.Formerly lectured in Biology at Queens College.He has competed successfully in races up thru 50 miles. He has a 30:49.2 six mile track time.

The MACCABIAH GAMES by Abe Assa CCNY/MILLROSE AA

Last summer I competed in the Maccabiah Games. In case you don't know the Maccabiah Games are an international games of 20 sports similar to the Olympic Games, held the year after the Olympic Games and only for Jewish athletes. The Games are held in Israel.The U.S.A. sent a 200 man team of which about 26 were for track and field. Traditionally there is no marathon, but in 1965 an effort was made to include one. In mid-July I was notified that there was a marathon and due to my 2:39 at Boston I was the number one man. What followed was the hardest month of training I ever had. I heard stories of the heat in Israel and I don't mind telling you I was afraid of it.My best months are January through April when it is frigid. Three days before we were to leave, I was told there was no marathon but I was still going and could run 10,000 meters. In a way I was happy. I would be spared a marathon in Israel's heat, and the 10,000m is usually early so I would get it over with early. But later I was sorry there was no marathon because I felt I would have won and I had no chance at all in 10,000 meters.

So my training suddenly changed for the 3 days left to that more suited to 10,000 meters. In Israel I was further told that I was to run 5,000 meters and not the ten and that Alan Alter the other marathon man would run the 10,000. Although I had trained more for a marathon I felt I was in good shape even for 5000 meters and would run decently.

Now let me comment about competing far from home.Acclimation was something I did not think too much about, but found out about when I got there. At first the heat bothered me. I would take a workout and be dripping wet immediately. And little bugs would stick to the sweat and go in your throat and eyes. I had very little incentive at first because I felt so lousy while working out. I was lucky I was not in the 10,000 because I still was not feeling the old zip yet.Apparently neither were the other athletes as performances were generally below par in the 10,000 and better later in the 5,000. The food is not what we were used to back home and the weight event men suffered the most. Some lost as much as 15 pounds. The toilet was the most popular room around as almost everyone was hit. I was lucky and only had a slight touch and didn't lose any weight from the food. But it seems the guys who complained the most did the worst. In Israel it gets dark very early, at about 6:30. After a while I would train in the dark, and it was much cooler then and that made things much easier.

Finally the day of the 5,000 came and I was so nervous I couldn't eat. In the race Bill Morgan of the U.S. won, as he did the 10,000 and Bill Silverberg of the U.S. was second. I was eighth in about 15:40, a personal best for me.It was a great trip and I was lucky to make it.



p.2      "The Sunrise Marathon"

After much patience testing work by AAU Long Distance and Road Running Committee Chairman Aldo Scandurra, the ultra-marathon became "official" with the first annual USA 50 Mile Road Running Championship July 17, 1966. The "day in the sun" occurred on Staten Island, NY City and the winner was Jim McDonagh, who also led the Millrose AA to team honors. The certified course is flatish except for two 3.3 mile loops thru the hills of Clove Lakes Park and the runners had to cross streets only 4 times during the race. The fantastic heat wave of July broke just in time to permit the race to come off but it apparently scared off some of the expected opposition. The race was run in 61 up to an official 81°F temperature. The race started about 7:05 AM.

McDonagh's 5:52:27 bettered the RRC's 1st class standard time (6:04) for 50 miles. T. Corbitt, V. Chiappetta and J. Kelly beat the 2nd class time limit (6:57). Aldo Scandurra reached the Veterans time standard of 7:34 with a time of 7:12:55. J. Garlepp and K. Steiner also finished. Nat Cirulnick and Al Williams were among the leaders early in the run but like most of the starters, they did not plan to go all the way.

-----  
SUBSCRIBE to Distance Running News. This interesting new magazine features articles on men and women's distance running, steeplechasing, and race walking. Printed twice a year. \$1.00. Order from Dave Zimmerman, Box 4217, Overland Park, Kansas 66202.  
-----

A MUSCULAR DYSTROPHY\* FUND DRIVE

Note: One night several months ago your editor had the radio on about 2:30 AM and heard the announcer describe a relay race between a Queens College Professor and a large number of students. The Professor was Biology lecturer Vince Chiappetta, NYAC distance runner who wrote the following account for us.

The Run: Since I was the faculty advisor of Phi Epsilon Pi fraternity at Queens College, I had to supervise their functions. The fraternity was in charge of the Muscular Dystrophy\* fund collection. They decided to challenge the Alpha Epsilon Pi fraternity to a relay race from the Empire State Building to the campus a distance of 11-12 miles, plus a loop on the campus making it 12-13 miles. The point of the race was to kick off the fund campaign. The theme was--"We Run so they can Walk."--Buttons bearing this motto were sold and the proceeds were sent to the Muscular Dystrophy Fund. Almost \$300 was collected. Since I had to okay and oversee the relay, I challenged both teams, enabling me to get a workout and to supervise the race at the same time. Each team consisted of 40 men. Most of the legs were approximately 400 to 500 yards, with the longest 1½ miles over the Queensboro bridge. A good number of ½ to ¾ mile legs were also part of the race.

I led once we got to the bridge and onto Queens Blvd. Then they started running more guys in the race and the teams pulled away from me in the 2 blocks and sometime one block legs. But I gained most of it back on the hills up to the campus when the fellows walked. The two final runners ran the loop on the campus. I didn't because I wanted the "official" finish to be theirs. I was just having some fun. I ran the course in 67 minutes which I estimate was about 11½ miles at the pace I was running. The Muscular Dystrophy people were very happy over the whole thing. It got good press coverage for them. TV and radio also. NBC in New York, Westinghouse TV in Boston Also. The Muscular Dystrophy people were very much impressed with the school spirit of the fraternities and sororities that participated. At least 250 students participated or followed the whole thing in cars. I had a chance to talk about our RRC Program and the R.F.Y.L. Program which impressed them. Both from its goals and realities: that in me being able to run the whole way. (Funny?). The student body really went for the whole thing in a big way. What was good too was the training the fellows put in to finish their legs. It may be done again next year.  
by Vince Chiappetta

\*Muscular Dystrophy--A wasting disease of the muscles characterized by progressive muscular weakness and progressive helplessness.

=====

MY OPINION by Charles A. Robbins, M.D. (Former National Champion Road Runner)

"My theory about 'circulations maturing before muscles' is being born out by the comparison between high school two mile times with college times."



NEWS--Bob Campbell, author of "Long Distance Chatter" in the Amateur Athlete, has given up that writing chore...Abe Assa, Millrose AA, is revisiting Israel this summer...Clarence Richey has cut down on racing and stepped up his college studies and he is fighting for a straight A average...Dick Clapp scheduled to move to New England...Joe Keller also moving out of this area...Rudy Mendez, victimized by lack of competition and by illness before the Central American and Caribbean Games, ran the half marathon in 1:18 for 7th place. Teammate Abe Fornes scored in the 10,000 meters and then ran 1:25 in the half marathon...Vince Kern, Millrose AA, has been hampered in racing by an injured foot...Stu Adams, BAA road runner is President of a bank in New England...Sam Brown is a new poppa; its a girl...Tom Osler has measured a number of road courses in the greater Philadelphia area. He uses the calibrated bicycle method and the courses are being certified for accuracy by the AAU Sub-Committee on Standards...Bob Scharf entered the 50 mile championship but failed to show up...Mike Hannon reportedly killed recently in a California auto accident...John Jewell, RRC of England, reports that the 1966 London-Brighton race is likely to be the last race on the main London to Brighton road. Traffic has doubled in the last 10 years. The RRC is thinking of an alternate route for the 1967 race which will still finish at the Aquarium in Brighton. The new start may be on the southern outskirts of London (instead of at Big Ben) and the route will be in the country the entire distance. Athletic contests have been held on the Brighton Road for the past 70 years...Gooff Watt who recently ran 2:31:51 for 8th place in the Australian Marathon, is currently doing about 160 miles a week running preparing for a 100 miles run on Sept. 11. The 100 miler will be run on a 2 miles circuit footpath with no traffic worries, no hills. In a special trial run he ran from his home town to Melbourne doing 30 miles in 3:30, 50 miles in 6:09 and 60 miles in 7:37:30....Olympian Gordon McKenzie underwent an emergency appendectomy this spring...On Jan. 23, the 8th annual around-the-city race was held in Peking, China. There were 1,300 runners for the 13 kilometers race. Tsui Yunhai won in 41:25.8. Twenty thousand runners entered the preliminaries...Engineer Tom O'Brien spent about 8 hours working out three classes of standard times for distances from 9 miles thru 50 miles including the metric events. The information will be used by the RRC USA Certificates Committee headed by Ron Daws of Minneapolis. O'Brien used a computer...

\*\*\*\*\*

KEEP INFORMED by reading the LONG DISTANCE LOG. \$3.00 for 12 monthly issues. Order from H.B. Ross, 306 W. Center St., Woodbury, N.Y. Read race results, news, training information, etc.

+++++  
ABSTRACT

"Stress and Exhaustion" by E.L. Bortz, M.D.

Jo. AMA, Aug. 31, 1957, Vol. 164 #18 p. 2059.

The aphorism "adapt or perish" emphasizes Hans Selye's suggestion that adaptability is the most distinctive characteristic of human existence. Adaptation to stress is a gradual building up of resistance of the tissues to adverse factors. Stress always manifests itself by a syndrome. It is impossible to conceive of living without stress.

For many authorities the terms stress, strain, and striving are practically identical. Stress implies combat--combat with oneself against some circumstance in general. The stress itself is not so important as the depletion of energy leading to exhaustion.

Fatigue, like stress, is a many-sided experience. Fatigue refers to the condition of a body weakened by prolonged stress. This may set the stage for many clinical syndromes. The majority of these are referable to the circulation, the digestive tract, and the central nervous system. Fatigue is subjective; the individual has difficulty in performance. There is a drag and increasing unwillingness on the heart, the brain, and the nervous system to respond to demand. A tired person is unlikely to have any enthusiasm about anything. When he is enthusiastic the fatigue disappears.

-----  
Support the RRC Travel Fund--Buy your copy of the 3rd Annual Marathon and Super-Marathon Guide. Price \$1.00. World wide results. Profits go to RRC Travel Fund to send a marathoner overseas. Order your copy from: Nat Cirulnick 241-10 132 Road, Rosedale, N.Y. 11422



p.4 MORE IMPRESSIONS OF RUNNING "EUROPEAN" STYLE  
by Norb Sander Jr. GAAC/STADE LAUSANNE (Aug.14,1966)

We are spending a quiet summer here in Lausanne, Switzerland, mainly to remain at the studies in preparation for my examinations next March. My usual day consists of 7-8 hours at the library, 1 hour of training and the evenings relaxing. Since March I have put in an average of 40 miles a week in training with about 3 days a week on the track, the rest on the road and on a small grass field that measures about 300 yards around. Hoping to avoid injury and get the most out of limited training I have stayed away from all hill training and seldom train on the roads in Lausanne. My "long" runs are usually one hour around the 300 yard field! So far the season has been successful, winning 9 of 10 races. The only loss was at the big yearly international meeting at Zurich, June 30 when I finished 8 of 12 in a very poor tactical race. Most of my competition has been around Lausanne, Geneva and close by so the competition has really not been formidable. My best times have been:

1500 meters 3:57.5; 3000 meters 8:26.4; 5000 meters 14:32.2; and 10,000 meters 31:06. I have only tried the 10,000m once and that was in 85° temperature in early July, but I will try it again Sept. 24 and think I can do considerably better. The last race for me will be the most interesting: Oct.2, "the Morat to Fribourg on the Roads" 17 kilometers long race. It commemorates a famous Swiss military victory and the route followed by the courier who brought news of victory to Fribourg. Usually there are about 500-700 runners and it is the biggest sporting event in Switzerland each year. The method of giving times on the way is not by kilometers but by the time reached at the different villages on the way. After this race I will train lightly two times a week until after the exams in March. We hope to return to New York City around July 10, next summer.

I hope that all is going well with the Road Runners Club in New York. There is not much to report of road running here since the season is only after Oct.1 and consists mainly of 7-8 kilometer races on the road. Even 10,000 meters track races are extremely hard to come by. The Swiss have one marathon every year and it always follows a straight course. This year there was a stiff wind against the runners during the whole race with the winner running 2:34:20. Unfortunately this does not meet the requirements for Budapest so there will be no Swiss representative at this distance.

An interesting note is that Alain Mimoun of France won the French Marathon again this year at the age of 46. His time 2:25:40.6 beat a student of his who placed second in 2:25:41.8. Mimoun's job is quite interesting. He is "Le Directeur des Courses a Pieds" at the French National Institute of Sports (Director of Foot-Racing). He teaches by doing!

Due to studies I will not be able to see Gerschler this summer and will put off the trip for a bit. Greetings to all in the RRC.

-----  
DUES for 1966-67 should be paid now. Please pay the treasurer Vince Chiappetta either in person or by mail. We need your money. Thanks.

-----  
NEED A COACH?-The following coaches are available for coaching guidance for any runner needing such service. All they ask is that you be sincere in your desire for training assistance. If you need a coach, select one and write explaining your background and goals.

Mr.Bob Campbell,39 Linnet St.,West Roxbury,Mass. 02132.

Mr.Bill Wiklund, 25 Cliff Hill Road, Clifton, New Jersey

Dr.W.M. Ruthrauff, 211 So.46th St.,Philadelphia,Pa. 19139.

-----  
RRC,New York Association  
Newsletter Committee

Ted Corbitt,John Chodes,B.Wiklund,

Sid Gendin,Norb Sander

c/o Ted Corbitt,5240 Broadway  
New York,N.Y. 10463

TO:

PRINTED  
MATTER