

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER
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(Please keep the Secretary informed of address changes)
Ninth Annual Meeting, RRC of America by Bill Marot

The 1966 National meeting of the RRC was held at Boston April 18, 1966. Fifty members represented 10 of 12 RRC Associations. President Jascourt reported on the US team the RRC gathered together for the international cross-country races. Our Oscar Moore was considered for this 9 man team but he was not available. The Age Group Records Committee pointed out that runners have not been forwarding results of their efforts on tracks and certified courses (road races).

A number of new RRC Associations have been formed and the Organization Committee is working to increase the RRC membership. Joe Kleinerman and Jascourt reported on the Run For Your Life Program. Ron Daws reported on the road race courses which have been certified as having been measured with reasonable accuracy. It is expected that RRC FOOTNOTES will be published again when a new editor is found. Mrs. Sarah Berman was elected 5th Vice-President and became the first woman officer. The RRC has become more strongly involved with long distance running for women. The 10th Annual RRC of America Meeting will be held April 18th, 1967 at 1 PM at the Hotel Lenox, Boston, Mass.

"Distance Running in the 1890's and Earlier" by Sid Gendin United AA

I wrote the following article hoping it would give the "distance nut" some pleasure. The following two books are out of print and probably not available in local libraries but I'll lend them to anyone interested in reading them.

Rowing and Track Athletics by Crowther and Ruhl, published in 1905. This book is primarily a history of rowing and track. It contains some incidental tidbits on training. I will discuss the chapter on the history of long distance running.

Modern running in England with organized clubs and official record keeping began in the 1850's and in U.S. colleges in about 1870. Stories of running feats, however, come down from the 1840's. In those days running was mainly a professional sport in which the crack runner of one town was matched against the best of another usually for a large bet. There is no reason to suppose that the times that were established were authentic but for a few exceptions. The most famous runner of the 1840's was George Seward, a sprinter who competed both in the U.S. and in England. His $9\frac{1}{4}$ sec. 100 yards dash was not considered legitimate, however his $11\frac{1}{2}$ sec. 120 yards time is still listed in record books.

The first great distance runners appeared in the 1860's. Two stand out--Deerfoot, a Seneca Indian, and William Lang, a Britisher. Deerfoot went to England and beat Lang. Lang did $9.11\frac{1}{2}$ for 2 miles, a professional record. Lang was reputed to have done 4.02 for the mile but this mark was never accepted. He ran 12 miles in $62.02\frac{1}{2}$ and 11 miles 970 yards for the one hour run.

By the late 1870's amateur marks on tracks were well authenticated. Lawrence Meyers is considered the first great American amateur distance runner. Meyers excelled at the sprints in which he won many championships but he competed in events up to 1000 yards, and in those days that qualified you as a distance runner (among amateurs). He ran 1000 yards in 2.13. He ran from 1878 until 1885 and when he retired a benefit dinner was held at Madison Square Garden and \$4000 were presented to him. Now there's a practice that should never have gone out of style!

The greatest professional distance runner of the 1880's was W.G. George of Great Britain whose best was $4.12\frac{3}{4}$, done in 1886 and still a record when this book was published. The best amateur time was set in 1895 by T.P. Conneff at Travers Island-- $4.15\frac{3}{5}$. The first great long distance runner as we understand "long distance" today was E.C. Carter who competed in the 1880's and 1890's. Carter set up

p.2 times of 25.23 3/5 for 5 miles and 50.25 2/5 for 10 miles. These are some of the highlights and I hope it whets your appetite for more.

Track Athletics In Detail was published in 1896 by the Harper Round Table Library and its author is anonymous. This book is a training manual. The mile run is the longest race considered because at the time of publication that was the longest distance on the standard intercollegiate program. Even in club racing longer distances were not common. For example, the 3 mile run was an "on again, off again" affair in the amateur championships. The author of Track Athletics lays out a typical training schedule for the mile. Here it is:

Preliminary training begins in the winter. It consists of mixed walking and slow jogging for 4-5 miles every day. The proper gear: sweater, knickerbockers, heavy shoes, and flannel shirt. Training is done across country. The second (and final) phase of training begins when the weather gets warm. Then one switches to the track:

Monday--1 1/2 miles easy jogging.

Tuesday--1/2 mile "at a good pace" of about 2.45. Gradually, as the season wears on, one reduces this to 2.30 or better.

Wednesday--1/4 mile at top speed.

Thursday--3/4 mile easy jogging.

Friday--1 1/2 miles again, "very leisurely."

Saturday--Repeat Wednesday's workout.

"Always lay off on Sunday for one day's rest a week is necessary when training for any event." Time trials should be taken once every ten days but never within ten days of a race. Rest the day before a trial and rest 2 or 3 days before a race. Run trials on Monday so that its unnecessary to take any days other than the regular Sunday rest.

An interesting claim is that there is no strategy in miling except to run one's pace "regardless of what one's rivals are doing." Apparently what the author had in mind was the case in which all the runners in the race are of vastly different abilities. Advice on technique is terse. There are just two things to bear in mind: breathe through the mouth the whole distance and carry the arms straight down by your sides. A photograph of Conneff shows that he did carry his arms straight down. Conneff is also wearing a modern-style jersey, longish shorts coming down to about 4 inches above the knees, and a civil war style hat. His shoes are spikeless. The author suggests that the shoes should be heavier than those worn for short races. By the way, anyone who has read James Joyce's Portrait of the Artist as a Young Man will recall that Stephan Daedalus, the Young Man, is himself a distance runner and that he remarks that he has been taught that the proper way to run is to carry the arms straight down and not let them swing.

Both books are lots of fun to read and a welcome relief from all those "scientific" books and articles that take themselves so seriously.

SUMMARY OF 3rd ANNUAL SUMMER SPEED PROGRAM 1966 by J. Kleinerman, Mill. Total 16 meets held at 4 sites during June to September. Sites:
1. Victory Field, Queens--Tues. nights. Directors: M. Pataky and Jim Borden.
2. Staten Island, Clove Lakes Park. Alternate Tues. nights. Directors: Joe Keller and Bill Welsh.
3. Van Cortlandt Park, Bronx, NY. Director: Joe Kleinerman.
4. Freeport, L.I. Directors: Joe Bessel and Gary Murchikre.

The Road Runners Club, NY Association sponsored meets at the first 3 sites, with the Freeport Track Club sponsoring meets at Freeport, L.I.

Site	Teenage Starters	Open Starters	Total
1. Victory Field	98	36	134
2. Staten Island	79	33	112
3. Van Cortlandt	56	39	95
4. Freeport, L.I.	90	33	123
Final Totals	323	141	464

Fastest 2 Mile Teenage Time during program--B. Dyce, United AA 9.17.5

Fastest 2 Mile Open Time during program--Ed Winrow, NYAC 9.12.8

Fastest 3 Mile Teenage Time, Staten Island--B. Selman, St. Ant. BC 14:51

Fastest 3 Mile Open Time at Staten Island--Ed Bowes, NYAC 14:49

Result of Final Invitation 2 Mile Run:

Teenage: Joe Quaderer, NYAC 9.31.6

Open: Howie Ryan, Chiappewa Club, 9.22.2

p.3 MORE FOR YOUR MONEY--The new magazine Distance Running News will now be printed 4 times a year instead of twice. Price \$1.00 from Dave Zimmerman, Box 4217, Overland Park, Kansas 66202. Interesting articles on distance running, women's running, steeplechase, walking.

"MORAT TO FRIBOURG ON THE ROADS" by Norb Sander Jr. GAAC/STADE LAU.

(Norb Sander, studying medicine in Lausanne, Switzerland, spent the summer studying and so limited his training to 40 miles a week on an average, running 6 days a week. He won 13 of 17 races and he reached 30:34.8 for 10,000 metres on the track (60.8 final lap). Sander wrote the following report on the famed Morat to Fribourg road race).

"The course National Pédestre Commemorative" is run each year in Switzerland starting at the château of Morat, in the village of Morat and finishing in the city of Fribourg in front of "Le Tilleuh," a tree over 700 years old planted to commemorate a Swiss Army victory in 1275. The distance of the race is 17 km (10½ miles). The elevation changes 300 metres up from the start to the finish and the terrain is quite hilly after a relatively flat first ¾ mile. En route, 7 km from the finish is a huge series of hills called "La Sonnaz" stretching from 2 to 2½ miles the best description of which is nightmarish. My sojourn on the Beast proved to be the slowest form of running I have ever experienced.

The start itself is interesting. This year (Oct. 2, 1966) over 1,000 entered and all showed up to run (nobody wastes an entrance fee). "Le Depart" is at 10:30 AM and at 10:10 the runners line up in a school yard 1 mile from the start. Ten to fifteen runners who are considered to have a chance of winning are placed in the front line. The rest compete "privately" for position. This huge group is led through the wall enclosed village of Morat by three drummers who increase the tempo as the starting line is approached. The starting line itself is a rope, electrically charged, strung across the road. As the line is neared things get a bit sticky with 1,000 runners surging forward and by the time the rope goes up everyone is already in semi-stride. The first 1/2 mile was very fast, about 2:10-2:15 pace and the pace didn't ease off afterwards as much as I hoped it would. After 3 kilometers there were four runners together in the lead: 2 Swiss, one of which, Werner Doesseger is the strongest distance man in the country and who finished 4th last year at the New Years Eve run at San Paolo, Brazil. The third man, Frenchman Jean Burgy had run 29:20 for 10,000 metres this season and had to be considered a favorite. I was the fourth man in the lead pack.

The course after 4 km heads into the hills and it was there that Burgy first departed to finish 5th. Shortly afterwards I lost contact and finished an exhausted 4th. Doesseger went on to win in 54:09, well off his record of 52:30 but generally considered a stronger performance due to what the Swiss called a "hot" day. (I don't think they would believe a warm summer afternoon in New York.) I finished in 55:56. With 905 of the starters completing the course only 22 runners broke 1 hour whereas over 100 did last year.

The race was watched by over 30,000 spectators who lined the route and by a huge throng at Fribourg. Each finisher was presented with a clay water urn with the symbol of the course painted on the front. There were quite a few old favorites who finished, including Dr. Paul Martin from Lausanne, 5 time Olympian (1920-1936) who at age 65 ran his first Morat-Fribourg! He finished 675th in 1:28:45. He has lived in New York City for awhile in the 1930's and won the AAU 1000 yards title one year at the Garden.

The coverage of the race was excellent with the race televised Sunday night and a 3 page coverage in the newspapers. They interviewed me on TV afterwards for my impressions in a broken French, which were mainly that the race was difficult but, as is the case with athletics the experience was worthwhile.

===== Pay your 1966-67 Dues Now =====
MY OPINION by A. Holoubek (Trainer of Dr. Kantorek--RRC of England Newsletter, 1960)

"Every athletic action requires strength, speed, stamina and skill. The time has passed when, for marathon running, stamina was alone sufficient. Speed is today essential." "Every mistake in technique is repeated many thousands of times in a race. The runner must possess sufficient strength to repeat the movement very many times and sufficient skill to continue running when tired. He must also have a well trained abdomen and back muscles."

p.4 NOTICE: Send or give Secretary Vince Chiappetta, 26 Madison Park Gardens, Port Washington, NY, your zip code number so that we can reach you by mail. Important!

----- READ the "Long Distance Log"-----
NEWS---Bill Clark, Director of the Heart of America Marathon wrote to prospective starters in the 1966 race: "The Course--An attempt was made to flatten the hills with a heavy roller, but all we succeeded in doing was mashing the valleys deeper, thus making the hills steeper. At least we were thinking of everyone..."...Brighton, England was formerly known as Brighthelmstone...The boys who cycle over the 52½ mile London-Brighton course as attendants go into training before the race. The Comrades Marathon (54 hilly miles) is tougher and few cyclists complete the trip staying with their man...All road races in England are run with the traffic and cutting corners is discouraged. The runner forms part of the traffic stream...In the months before the Rome Olympics, Abebe Bikila practiced barefooted on paved roads and in shoes on roads with stones. Repeated trials showed that he would run significantly faster barefooted and that is why he ran the 1960 Olympic marathon shoeless...Partially blind runner Ian Jardine runs the 54 mile Comrades Marathon holding onto a handkerchief held at the other end by another runner in the race...The RRC of England Newsletter No.30, March 1958, describes the activities of the attendant who handled South Africa's Gerald Walsh in his record breaking London-Brighton race. The attendant describes a drink called "The Corpse Reviver" which is made of lemonade, salt and sugar...Kathy McIntyre, L.I. Mercurettes won the first Sr. Met. AAU women's cross-country championship in Van Cortlandt Park, Bronx, NY. Kathy is 17 and won the 1½ mile race in 8:50.5. Other RRC members in the first 10 included Chris and Cathy Poper, Karen Sturschurski and Cathy Eppert...Norb Sander, Gaelic American star, reports from Switzerland that there is a tremendous build up and organization of sports programs in East Germany where they already have a high altitude training camp...Dean Thackery is teaching in Tasmania. He entered the 1966 Australian Marathon but did not start...George Radcliffe has transferred to the University of Oklahoma where he hopes to take up javelin throwing...Dick Clapp now resides in Winchester, Mass....Bob Watkins, now at Fort Hays Kansas State College reports that the Run For Your Life program in Columbus, Ohio averaged 52 people per race in the summer of '66 (ages 5-71, 191 different participants)...Oscar Moore will become a Junior at Southern Illinois in the Winter Quarter. He was undefeated in the first five cross-country meets and ran 19:22 on the beautiful Miami of Ohio course. His best 1966 outdoor times: 4:03, 8:41, 13:29 and 28:26 (this included doubles of 8:41 and 4:08, and 4:03 and 13:39)...Clayton Farrar, star runner during the WW II years is out of shape now but he is an expert sailor and owns a 31 ft. sailboat. He works for the New London Day as a photographer...John Garlepp attends school 3 times a week in addition to full time work. To fit in some training, he runs on the 46th floor roof of the building he works at in mid-Manhattan. He runs 220's on a 70 yard loop (he runs 3¼ laps and jogs 1 3/4 laps recovery)...Nancy is the new addition to President Nat Cirulnick's family...Paul Hoffman spent the summers in the Arctic...Roger Bannister, first sub-4-minute miler is the father of 4 children and he looks well nourished...The Calibrated Bicycle Method of road course measurements is being submitted to the IAAF by England for consideration as the method of measuring road race courses. It is much more accurate than the measuring wheel...

----- Give your zip-code to the Secretary-----
MORE SPORTS FOR WOMEN---The American Medical Association urges more sports for women. Most women have no opportunity to take part in sports due to cultural restrictions, unfounded physiological road blocks, etc. Health benefits from exercise have been confirmed. Health is as important for the female as for the male. Women who maintain a high level of health and fitness can meet family and career responsibilities more effectively and enjoyably. Participation in sports contributes to the feminine image instead of taking away from it. Basic to a good sports program are: proper training, good coaching and officiating, and proper equipment and facilities, and adequate medical care. (Source: Jo. of A.P.T.A. Oct. 1964, Vol. 44, #10 p.890)

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