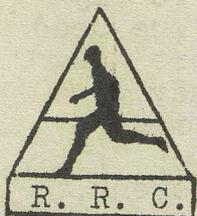


R O A D R U N N E R S C L U B, NEW YORK ASSOCIATION NEWSLETTER
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ELECTION results will appear in the next Newsletter.

THE HOLYOKE "MASSACRE"---Congratulations to the heat resisters who made the Pan Am Track Team as marathoners:

Ron Daws and the National 50 Mile Champion Jim McDonagh. Ed Winrow is the Alternate and a victim of the 2 man limitation per event. At least 6 of the top 10 finishers at Holyoke are RRC members and including the above trio.

It was 37 months since the great Yonkers "Massacre" under even tougher conditions when Buddy Edelen chopped up the field and ran a sensational 2:24. That effort may have cost Edelen the Olympic Championship and very probably did cost him another "world record" 13 months later against Shigmatsu in London. He hasn't been the same since Yonkers.

All of the top marathoners in the country were "wiped out" in the excessive heat during the USA Championship and Pan Am Games tryouts at Holyoke, Mass. Most of the top marathoners were "finished" before reaching the 15 mile mark, some of them no longer able to run at all that day. The vacuum was filled by several very good men who weren't under much outside pressure compared to those who fell apart as favorites. Certainly more than heat was operating as a stressor agent. And let us recall Jim Peters' unforgettable ordeal at Vancouver Canada in 1954. The Pan Am marathon is scheduled for 2 PM and so lets wish our "heat resisters" successful hunting.

SUBSCRIBE to the magazine DISTANCE RUNNING NEWS which features articles on mens and women's distance running, race walking and steeplechasing. Published 4 times a year \$1.50 from Distance Running News, P.O. Box 4217, Overland Park, Kansas 66202.

IF YOU MUST RACE IN HOT WEATHER by Tom Osler, USA 30 Kilo Champion

Ever since the Yonkers Marathon of 1964, I have seriously wondered about the advisability of holding important trial races in very hot and humid weather. There seemed to be almost nothing that could be done about it, as it is very difficult to change the starting time of a race at the last minute, and then, what if the actual race such as this years Pan Am is run in the heat. Should not our best Hot Day Men go? Also I was personally prejudiced as I have always been a poor hot day runner, that is until I learned some valuable lessons this year. They are:

1. Do not use table salt in the preparation of food, or at the table at any time.
2. Start very slow.
3. Keep yourself soaked with cold water. Look like you just emerged from a swimming pool.

At the ten mile mark at Holyoke I asked Aldo Scandurra if the temperature had dropped, for I felt quite good, and was actually cool. He informed me that it was 92! I knew then that I had at last licked this problem. I noted also that the many runners I passed, all far better than I, were dry as a bone. THEY DID NOT KNOW HOW TO HANDLE THE WATER. I did not drink a drop during the race and was not thirsty at the finish. (Osler finished 4th in the Holyoke race.)

MY OPINION by Igor Ter Ovanosyan (Athletics Weekly May 6, 1967)

The training of an athlete is a continuous experimentation. It is wrong to copy the training plans, load and intensity of a champion. Training plans can be helpful for comparison but everything in a training program is relative and individual.

HIGH ALTITUDE REHEARSAL--Sept. 10, 1967, the second Alamosa Colorado Marathon will be held at 10 AM. The altitude is 7540 feet. The course has been measured by Buddy Edelen using the calibrated measuring wheel method. The course is flat. Are you game?

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BOOK REVIEW--by Sid Gendin United AA

Book: GOLDEN GIRL: The Autobiography of Betty Cuthbert, winner of 3 Gold medals (sprints, relay) in 1956 Olympics in Melbourne. Won 400m in 1964 Olympics in Tokyo.

Perhaps it is a mistake to review this book seriously. Is it really intended for adults? It reminds one of that series of books one used to read in one's junior high school library. You remember, there was Jesse Owens and Glenn Cunningham, Lou Gehrig, Joe Louis, etc. They were meant to be "inspirational"--the great athlete surmounts the insurmountable obstacles on his way to fame and glory (and sometimes fortune). The case of Miss Cuthbert, however, is a little different. Her obstacle was a bone out of joint in her second toe which caused her to lay off training for awhile. Afraid to tell the Australian Olympic Selection Committee of her injury because it might have removed her from the Olympic team, she informs the Committee that she can't work out for awhile due to a mild case of influenza. Later, she wins a gold medal and all ends happily. The value of telling little white lies is brought home nicely.

The book is another one of those "as told to" autobiographies. It has all the drawbacks such "autobiographies" usually have but it also has the one virtue such books would otherwise not have--it got written. Actually, the book is neither a close study of Miss Cuthbert's private life nor a detailed account of her training methods. Mostly it is a dull itinerary: We went to such and such city, ate at the so and so restaurant, walked around the beautiful such and such and had a marvelous time. The next day we went to the track and set some world records. We had a wonderful time and returned home.

Glancing through the index I came across the names of famous athletes which whetted my appetite for interesting revelations. But here is a typical reference, on her being awarded a Helms Foundation Trophy: "...I felt proud to be thought in the same company as Herb Elliot, Peter Snell, Shirley Strickland, Lorraine Crapp and Dawn Fraser, who were all previous Australasian winners." Not only is there not a single revealing passage about any other sports personality but there isn't even one about herself. To be sure, she frequently tells us that she is shy (the one trait she ever mentions) but except for the fact that she keeps saying so nothing happens in the book which would allow us to draw our own conclusions. In the last chapter she also proclaims her femininity, in case you're interested. There are two slightly insightful passages in the book but they are entirely unintended. The first is that she refers to Isabell Daniels and Wilma Rudolph as the American Negresses. The second concerns a childhood incident. One day as she was about to play with the red hot coals in the fireplace her twin sister managed to stop her in time. Miss Cuthbert expresses amazement that her sister understood the danger. From that day on "Midge" always looked after her. What this tale proves, of course, is that the wrong sister wrote an autobiography. Anyone who doesn't have the good sense not to put her hands into a fire can hardly be expected to get her hands into a good book.

In addition to telling the story of her life there are excursions into the techniques of running. In one chapter, as she is recounting her introduction to her coach, she suddenly rambles off for five pages on advice to the novice runner. I suppose, however, this is more the fault of Jim Webster, the "as told to" ghost than it is hers. There is also information on training. For example, although she was always fast, she at first lacked stamina. But she learned to overcome this by doing "lots of stamina training."

Personally, I found the tone of the book disgusting. She refers to her mother and father as "Mum" and "Dad," and gives thanks to "Mum" as the true source of her inspiration. When success comes along she mutters the usual cliché about "never in my wildest dreams..." Speaking personally again, I doubt if in a thousand years runners will begin to approach the performances I have set up in my wildest dreams. Perhaps I am over-critical of the tone. Maybe the book is intended for teenagers, and for all I know this may indeed be the way one has to write for the adolescent mind in order to be sure it stays that way.

Many track autobiographies, of which there has been a surfeit in the last few years, are advertized as providing the inside (and therefore horrible) story of what the sport is really like. To its credit, this

p.4 record of 3:59.7, March 10, 1963 at Bendigo, Australia, and he is the only professional to break 4 minutes...The great Rudy Mendez, former national champion, took a bride July 8 at Ponce, Puerto Rico. He will continue running and he hopes to make the Olympic team to Mexico City...John McCarroll is finishing his tour in the Peace Corps in Uruguay. He joined the Peace Corps just after helping the Gaelic American AC win the National 30 Km Championship in 1965. He has run in the midnight race in Sao Paulo, Brasil, and in other races. He hopes to attend the University of Wyoming starting this September and he is excited about the possibilities of running at the 7,200 feet altitude at the college...Norb Sander reports that Alain Mimoun is seriously considering trying to make the French team to Mexico City...Milrose John Kelly was defused by the hot, humid weather in Chicago during the Pan Am Games 50 Kilometers walking tryouts...Joe Kleinerman has resigned as RRC Race Promotion Chairman. He will continue to assist in the program but he'll be mainly concerned with his role as Millrose AA coach...The New England RRC thru Mr. and Mrs. Larry Berman and John Booras, re-measured the Boston AA Marathon before this year's race. They used the calibrated bicycle method and found the course slightly longer than the standard 26 miles 385 yards. The course was certified as reasonably accurate by the Sub-Committee on Standards of the National AAU Long Distance Running Committee. Thru the efforts of the New England group, Boston thus provided a stage for several marathoners to try to hit the 2:27 standard time to qualify for expense money to help men get to Holyoke two months later. ...Miss Lily Yao, the Formosan sprinter and long jumper whose records have been erased from the books, has had a successful operation to make her 100% female...Mrs. Doris Brown set a women's indoor world record of 4:40.4 in Vancouver Feb. 18, 1967, at the time the fastest mile ever run anywhere by a woman...

SMOKING--Not smoking is far easier than smoking. You have to learn to like the taste of burning leaves. If all athletes refused to smoke, the image of the smoker would be greatly tarnished in the eyes of weaker persons. Smoking can detract from performance, especially in endurance-type events where the increased need for oxygen stimulates breathing. (Scholastic Coach Jan. 1967).

In 1966, 3 high schoolers broke 9.00 minutes for 2 miles.

ALCOHOLIC BEVERAGES--Some persons show signs of potential addiction to alcohol after their first drink. No athlete can afford to experiment with alcohol. Two of every three alcoholics began drinking in high school. Some started to avoid being called "square" or were pushed into drinking by society.

Alcohol: warps judgement, dulls thinking, slows reflexes, impairs vision, and blocks memory.

Even the inactive or "between seasons" athlete should refuse to drink. Injuries suffered while under the influence of alcohol can end your career. Even a small drink can cause an injury. Be strong and avoid drinking and its consequences. (Scholastic Coach, Nov. 1966)

SOREN WINGE our fellow RRC member in Sweden opened his marathon season May 7 in Germany. He finished 22nd in a field of 113 doing 2:45:50.0 for a personal and club record. We send him our congratulations.

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