

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER

No. 33, SUMMER 1967

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(Please keep the Secretary informed of address changes)



RRC MEETING--There will be an RRC Meeting at Van
Cortlandt Park Stadium, following the RRC 9 Mile
Cross-Country Race, Sunday Nov. 26, 1967.

DUES for 1967-68 are payable now. Send check or money
order (\$3 regular; \$1.50 for students) to: Road Runners Club, N.Y.
Association, P.O. Box 467, Port Washington, New York

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ABSTRACT: The Athlete and the Flu (Medical World News, Aug. 26, 1966)
(Courtesy, Vince Kern, Millrose AA)

It is claimed that athletes are more likely to fall victims of minor
infections than non-athletes and are less able to cope with them.
Athletes are particularly likely to be felled by attacks of flu and
colds. Nervous excitement contributes to some of this illness, but it
is usually due to physiological reasons brought on by the hard train-
ing programs that the athlete must use to get in shape.

Often the athlete bundles up before the start of his event. The
capillaries no longer react properly to temperature changes and the
heat regulators of the body react less efficiently. When the athlete
then takes off his sweat clothes to compete, his legs cool off
quickly and the circulation in his throat is affected. This provides
ideal conditions for cold and flu viruses to take over.

The athlete should be concerned with preventive measures. Using anti-
biotics as a preventive is not good because they have a bad effect
on vitamin metabolism; they inhibit the best use of oxygen in the
lungs, and; they often don't work against viruses. It is best to
strengthen the athlete's resistance physically by conditioning him to
temperature changes and stress factors, just as he is conditioned to
run. Thus the various adaptation systems of the body can be trained.
The runner may resist advice to take off his sweat shirt early and
cool his body, fearing that his muscles will tighten up, but it is
to his advantage to do just that.

READ "The Long Distance Log" magazine for all domestic and foreign
distance running results. Also other interesting information. Get 12
monthly issues for \$3 from H.B. Ross, 306 W. Center St., Woodbury, N.J.

BOOK REVIEW--by John Chodes, NYPC

PROBLEM ATHLETES AND HOW TO HANDLE THEM by Dr. Bruce Ogilvie and
Dr. Thomas Tutko Pelham Books Ltd., London, W.C.1, England 1966

Although primarily designed as an aid for coaches, this book could
strongly benefit any athlete, whether he be at the novice or inter-
national level.

The authors attempt to expose many of the disruptive, destructive and
negative personality types who hamper their own athletic growth and
those who tend to interfere with the functioning of their teams.

The authors are firmly convinced that many runners are afraid to win,
despite their natural talent, and spend most of their energies
devising ways of avoiding victory and the emotional commitment it
entails. Whole chapters are devoted to studying and dissecting men who
are chronically injury prone, who resist coaching, who are "psyched
out," who fear success, etc.

The chief value of this book, is that an athlete will unwittingly see
some of the negative forces at work within himself, even though he will
try to avoid it. It may be an insightful and productive moment when
he realizes that some of his training or attitude patterns which he
thought were correct and healthy, suddenly loom up for what they really
are: namely, approaches to the sport which are designed to stifle
and actually prevent him from winning, or in some cases to keep him
from actually competing.

p.2 RRC WOMEN'S MILE RECORD PROGRESSION (Athletics Weekly,
21:20:2 5/20/67)

Anne Oliver	5:11.0	GB	14 June 52
Enid Harding	5:09.8	GB	4 July 53
Anne Oliver	5:08.0	GB	12 Sept.53
Diane Leather	5:02.6	GB	20 Sept.53
Edith Treybal	5:00.3	RUM	1 Nov.53
Diane Leather	5:00.2	GB	26 May 54
Diane Leather	4:59.6	GB	29 May 54
Diane Leather	4:50.8	GB	24 May 55
Diane Leather	4:45.0	GB	21 Sept.55
Marise Chamberlain	4:41.4	NZ	8 Dec.62
Anne Smith	4:39.2	GB	13 May 67
Anne Smith	4:37.0	GB	3 June 67

(Doris Brown, USA ran the mile in 4:40.4, indoors in 1967)

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Keep up with running news by subscribing to the magazine: DISTANCE
RUNNING NEWS which features articles on running, walking and steeple-
chasing. Published quarterly for \$1.50 from Distance Running News,
P.O.Box 4217, Overland Park, Kansas 66202.

ABSTRACT--"Improving the Physical Fitness of Youngsters"
by Thomas K. Cureton, Univ. of Illinois, Scholastic Coach
36:7:70, March 1967

Boys between ages 7 and 13 can develop remarkable endurance and rebound from fatigue with amazing ease. Youngsters adapt readily to daily runs. They get tired but they recover quickly. By gradually increasing the load in duration and intensity, you can develop the small arteries of the heart. Young boys recover from fatigue amazingly well and show no apparent damage from the stress of athletic effort.

Use a gradual build up of the training program thru the growing years, remembering that the boys must be challenged in order to develop endurance.

It has amazed us to see how small boys will stop before developing a large oxygen debt. They seem to be much more aerobically capacious than adults, who develop high oxygen debts rather easily. The minds of youngsters are untrained to bear long continued distress, but they have more resilient arteries and probably more capillaries and less total peripheral resistance.

"Endurance is also related to reserves in the central nervous system that resist exhaustion, and to mechanical efficiency, mental perseverance, lean body mass and body build."

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PASSAIC VALLEY MARATHON RELAY RACE FOR CEREBRAL PALSY--Bill Wiklund and several other RRC members took part in a 33 day continuous relay at Little Falls, N.J. this summer. Kurt Steiner ran 53 miles around the quarter-mile track in 10 hrs 10 minutes. Ted Corbitt ran 50 miles in 6:11:14. Both efforts were hampered by poor footing on the track repeatedly soaked by rain.

PAN AMERICAN GAMES MARATHON--Millrose man Jim McDonagh ran a good 2:29:24.6 race for 5th place in the Winnipeg, Canada marathon. The race was held at 8.00 a.m. on August 5, 1967. The race started and finished on the all weather "Tartan" track and was held on a flat out and back course. There were 14 entries in the race.

DISTANCE COMPARISONS

3,000 Metres	=	3,280.80 Yards
5,000 Metres	=	3 Miles 188.32 Yards
10,000 Metres	=	6 Miles 376.64 Yards
20,000 Metres	=	12 Miles 752 Yards
42,195 Metres	=	26 Miles 385 Yards (the Marathon)
50,000 Metres	=	31 Miles 120 Yards

Add 17 seconds to the runners 1,500 metres time to find his probable time for 1 mile.

Subtract 30 seconds from 5,000 metres time to find probable 3 mile time.

Subtract 60 seconds from 10,000 metres time to find probable time for 6 miles.

MY TRAINING SCHEME by Al Meehan

(Al Meehan is now in the US Armed Forces and is stationed in England. He will return to the USA in October, 1967 for discharge. He recently broke one hour for the first time for 10 miles with 57:51 on the fast Holbeach course.)

Because of a decline in my running performances and health, I was forced to alterate my training schedules. These changes have improved both my performances and health to a larger extent than I ever dreamed possible. In an effort to put more variety, enjoyment and speed into my training, I invented the Meehan 3 Day Cycle.

Some of the ideas are my own, and others were suggested by Bernard Gomersall and other ultra-long distance runners. The new methods have produced fantastic results. Examples: 36½ minutes improvement on the Isle of Man 40 Miler; 7½ minutes and 25 positions improvement in a London 20 Miler; and the most shocking improvement to myself and to everyone else was a 6 minutes 23 seconds improvement in a local 5 ¾ miler.

I've also found that the following conclusions have helped me:

- 1) 15 miles a day are better than 20 miles.
- 2) 80 miles a week are better than 100 miles.
- 3) 6 days a week are better than 7 days training.

The CYCLE includes: First day= Hills.
Second day=Interval running.
Third day =Cross-country running.
Every 4th day, the Cycle starts over again.

Details:

First Day--Hitch-hike 7½ miles to the only decent hill in the area. Run one hour up and down the hill. Run back to the Base and finish up the two hour time limit by running up and down the stairs in the barracks.

Second Day--Run 4 miles to a horse steeplechase course. Sprint from one hurdle to the next, then jog to the next one. Keep alternating between each hurdle with a sprint and a jog. This gives variety because each hurdle is a different distance apart. One hurdle may be 300 yards apart and the next one might be 200 yards apart, etc. I just try to tag the hurdles and naturally wouldn't attempt to clear the horse hurdles. After 1/2 hour on the horse track, I run back to the Base. The rest of the two hour workout is finished by doing sprints of various distances on grass at the Base.

Third Day--This is a steady run of two hours over farm country, including ploughed fields, dirt roads, cow pastures, etc.

Circuit Training--This is done about twice a week after my regular run is completed. It includes 3 sets of 6 different exercises: push ups, stretching exercises, sit ups, squats, jumping exercises and running in place.

First Set: Do each exercise for one minute with one minute rest between each exercise.

Second Set: Do each exercise for one minute with only 15 seconds rest between each exercise.

Third Set: Do each exercise for 1/2 minute but with no rest between each exercise.

There is a minute's rest between each set.

Sometimes I carry 2 1/2 pound weights in each hand on my regular training runs. I'm trying to strengthen and increase arm action.

I don't do weight training. However, I probably should. I'm usually still out running in the long summer evenings when the gym closes at 9 PM. Also, who feels like lifting weights after running for two hours?

PILLS--After a damp English winter and improper training methods, I had chronic colds and a touch of anemia. In April I got fed up with both running and the military and took some leave time. I did hill climbing in the Bavarian Alps. This was a turning point as things gradually got better when I returned. Now I take 3 separate pills a day in order to keep my health. These pills are: iron, vitamin B, and glucose. I also found that moderate amounts of stout can be both relaxing and nourishing as it contains yeast. I was feeling a bit empty before the Belgrave (London) 20 Miler and went out for a pint

p.4 one hour before the race. I had a very good run. If anything, it did me more good than harm. Also, maybe the stout will prevent me from getting too skinny.

Future Plans--I hope to improve on my London-to-Brighton time. I hope to compete in the National 50 Mile Championship on Thanksgiving Day.

NEWS--Norb Sander is spending the summer in NY City after studying medicine in Switzerland for the past two years. He ran brilliantly and looked like he might take it all in the early stages of the Eastern Section of the National One Hour Run. He was unable to sustain the attack because he wasn't able to train all out...RRC President Nat Cirulnick is still lying low on ultramarathon training...Former National Champion Lou White took in the Americas vs Europe track meet while up Canada way for Expo 67...Maureen Wilton, age 13, ran 9 miles 165 yards in a one-hour run on a flooded track in Toronto Canada, June 10...Past President of RRC of America Scott Hamilton informs us that an Annual Marathon is scheduled to be held in March at Naha, Okinawa and will be called "The Naha Marathon." The terrain is rolling. Hamilton also reports that the Enschede (Holland) Marathon, set for Aug. 26, will have about 180 runners including about 50 English runners, 30 to 40 Germans, and 60 Dutch runners as well as competitors from such countries as Japan, Czechoslovakia, Belgium, Turkey, East Germany, Finland, and others...Horace Wall was a spectator at the Pan Am Games...Bob Fitts, Millrose AA, had a recurrence of an illness in late July and this hampered him in training and racing this summer...Peter McArdle is undertaking treatments in an effort to improve his health for living and possibly to resume running...Coleman Mooney is racing again...Oscar Moore spent some time training in the Rocky Mountains this summer...Ed Winrow, NYAC will attend Ball State University, in Muncie, Indiana starting this fall...Gary Muhrcke spoiled a good run in the first section of the Eastern Section of the National One Hour Run by stepping on the temporary curb at the Franklin Field track and spraining an ankle...

For Sale:

- 1) Fourth Annual Marathon Guide, 1967--Gives world-wide marathon results for last year. Price \$1.00 from Nat Cirulnick, 241-10 132 Rd., Rosedale 22, NY.
- 2) Booklet--Measuring Road Running Courses. Price \$1.00 From Ted Corbitt, 5240 Broadway, NY, NY 10463. Learn techniques for measuring your training courses accurately.

Send your DUES now to Secretary Vincent Chiappetta. The money is needed to run the RRC program, your program. Thanks.

MY OPINION by P.W. Cerutti

"Too often it is said that 'work never kills.' Overwork carries with it destructive elements. Each person has to achieve his own balance since the amount of energy available for expenditure, the amount of exercise that can be healthily tolerated, and the maximum amount of exercise that provides the optimum fitness, will vary from individual to individual, no two persons being exactly alike."
(From Book: Be Fit! Or Be Damned!)

LATE NOTE: Both Ron Daws and Jim McDonagh, US Pan Am Marathoners, suffered disabling, untimely injuries at Winnipeg, Canada. They are not able to run at all at this time. Daws made token effort in Games.

RRC, New York Association
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TO: