

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER
No.36, SPRING 1968

President: Nat Cirulnick, 241-10 132 Rd., Rosedale 22, N.Y. (United AA)
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Please keep the Secretary informed of address changes.



RRC General Membership Meetings:

1. June 2, 1968 after Met. 15 km, Cloves Lakes Park, Staten Is.
2. July 14, 1968, at Van Cortlandt Park
3. Nov. 24, 1968, after cross-country meet, Van Cort. Park. _ _ _

RRC ROSTER--Corrections:

Pataky, Milt should be listed as an "honorary member."

Address Changes (new addresses as listed)

Bennett, Craig, 18 Diane Drive, New York, New York
Blauvelt, Tim, 140 Prospect St., New Haven, Conn.
Lucy, Arthur T., 425 Livingston Hall, Columbia University, NY, NY
Malkasian, Ben, 2709 Heath Ave., Bronx, N.Y. 10463--Millrose AA
Tourigny, Philip, 9 Suydam Place, Yonkers, New York 10701--Millrose AA
Meehan, Al, 119 W. St. Nicholas, Eureka, Kansas, 67045--Unattached
New Members--Doherty, Chet, 110 Riverside Drive, New York, NY 10024
Spanel, David, MD, 171 Ridgewood Ave., Glen Ridge, New Jersey 07028
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Report on Feb. 25, 1968 RRC Meeting--It was again proposed that the date of the annual Cherry Tree Marathon be advanced to March for more favorable racing weather. The question will be decided at the June 2 meeting on Staten Island.

Past President Aldo Scandurra, standing in for President Nat Cirulnick, presided during the discussion of the proposals in reference to the New York Athletic Club made in Winter Newsletter No. 35. It was decided that we respect the right of members to state what they wish. However, Scandurra pointed out that the constitution states that we can't interfere with the inner workings of other clubs. This eliminated consideration of proposal #1 in the Winter Newsletter. Previously the AAU, in response to requests from two civil rights organizations, had indicated that it couldn't take any action in the NYAC controversy. This had already made proposals 2 and 3 academic. Thus, none of the proposals was acted on at this meeting.

Scandurra (Vice-President of the Met. AAU), in his role as liaison between the RRC and AAU, asked for some indication of what the members felt about how the RRC should lean on the controversy of the NYAC. A motion was passed favoring a re-examination of the athletic aspects of the NYAC on the basis of AAU rules.

Finally, the membership voted to amend the constitution to require members of the Board of Directors or Officers to refrain from making statements about a club or controversial issue or taking any specific action on a controversial issue (political, social, etc.) on behalf of the RRC, NY Association without a 2/3 vote in approval of members present at a meeting in which the issue is raised.

HIGH ALTITUDE RUNNING AND WALKING ADVENTURES by Ted Corbitt, NYPC

Two other RRC members and I got our first taste of high altitude activity last summer. My first race was the Alamosa, Colorado Marathon Sept. 3, 1967, 10 AM. Course: 5 laps, 5.19 miles each, plus run to Adams State College Gym. Course flat except for 40 yard rise and a steeper 100 yard rise at bridges as the road crossed the Rio Grande River twice each lap. Altitude 7546'. Temp. 61-68° (last year 88°). Two refreshment stations per loop stocked with drinks and sponges. Merchandise prizes, New England style.

I passed 2 miles in 12 minutes and completed the first 3 laps in 33:1:08, and 1:42. I passed 6 men on the 4th lap and 2 on the final lap but felt weaker in the last 3 miles. I did 2:55:20 for 5th place. Generally speaking, nothing happened that doesn't happen at sea level. The same classical fatigue symptoms develop. One surprise was that I always ended up in a state of breathlessness when I took liquids and sponges. Ron Daws noticed the same thing the previous year and concluded that it was because he had stopped breathing while refreshing himself. He thinks it may have been better to stop and drink fast and go on since it took him 1/4 mile to straighten out again.

Muscle cramps was the most common complaint. Fatigue symptoms which are felt at sea level appear to cause more concern or alarm at

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high altitude. Buddy Edelen, America's all time fastest marathoner and director of the race, advises not starting the race too fast and avoiding rapid changes of pace during altitude races.

Comments on Alamosa Marathon race:

John Brennand, Santa Barbara AC, talking to a teammate, said, "We shot our wads too fast. We started too fast." Brennand got a stomach ache, slowed, recovered and faded again.

Ed Winrow, NYAC, ran just over 12½ miles. Walked a bit and ran on and called it quits. He got cramps in the hamstrings.

Wayne Van Dellen, a quiet, tough olive farmer from California, won in 2:39:13. He spent several weekends mostly hiking and doing a little running at 8 to 10,000' and feels that this helped him. He had cramps in the hamstring muscles. They came on gradually. He attempted to speed up in the last few hundred yards and got into cramp trouble.

K. Weisner, third place, had leg cramps, slowed up doubting he'd finish.

Fred Hurd, North Carolina, got severe cramps in the hip adductors hamstrings and belly muscles. He was "beat" after the race.

Martin Andes, Nigeria, a student at Adams State College, Alamosa, got cramps in the calves and felt very tired. Walked and ran last lap.

Jim Van Manen, Santa Barbara AC said, "I could feel cramps coming on, but that is not why I stopped. I stopped because I was just plain tired." He had driven 22 hours to get to Alamosa the day before the race. He dropped out after 21 miles. He had run 3:01 the year before.

Mike Kimball, Santa Barbara AC, US record holder at the One Hour Run, got dizzy and his arms went to sleep. He always gets tired this way in the late stages of a race. In this race these feelings came on earlier and got worse and worse but he finished 4th. Afterwards he felt that if a runner got in some long training runs over a period of time and got really fit he could run a good race at high altitude.

Six days after the Alamosa Marathon I finished 16th in 1:40:21 in the National AAU 25 Km Championship at Albuquerque (5,314 ft), N.M. Defending champion Ed Winrow passed up this race to get settled in graduate school at Ball State University, Muncie, Indiana. The day before the 25 kilometers race I spent 86 minutes hiking and a bit of running at 10,678 feet in the Sandia Mountains. I felt normal until we ran the last steep trail and this left me very breathless. Recovery was rapid. The race was held outside of Albuquerque. The out and back course started at 6860 feet, dropped to 6300 feet followed by the return trip. A breeze accompanied the strong sun. Kerry Pearce won in 1:22+ altho he was about to drop out after experiencing hamstring cramps. He was coned into running the last 1/2 mile with most of his 700 yard lead evaporating to Pat McMahon who had been fearful before the race and who with Pearce had worried for 3 days before the race. Afterwards McMahon said, "all the worry was for nothing." Once again, muscle cramps was the most prevalent complaint. More men mentioned tiredness than did the Alamosa marathoners.

Dan Fuselier of New Orleans, who happened to be in Mexico City at the time, ran the marathon and finished 23rd (2:51:33) after encountering difficulty breathing and inability to hold the pace. Part of his problems was apparently due to lack of adequate training. Roelants took this Mexico City Olympic rehearsal in 2:19:37.

Millrose John Kelly went to Mexico City just before the 20km walking race. His workouts in New York City had been 16 x 440 x 220. In Mexico City he could do only 8 x 440 x 440. During the walking race, Kelly tried to speed up but he got a feeling that he was going to faint, and his legs got wobbly. He felt sick after the race, as did several Europeans. He had no problems with food or drink.

SUGGESTIONS: For those planning to race at high altitude: get into the best shape possible; get in much running in the hot sun and lick the heat problem (if race day turns up extra hot, further alter your time goals); if possible, get acclimatized to altitude before the race, if not possible, go to race, conceding nothing, but do plan to race hard and sensibly including even paced running at an "adjusted" pace that will achieve your goal; and including the liberal use of sponges, water and other liquid refreshments taken internally. Survive! Run! (See April 1968 DISTANCE RUNNING NEWS, 40¢ from Distance Running News, 730 Vattier, Manhattan, Kansas 66502 for excellent article by Buddy Edelen--"Training And Racing At High Altitudes: Guides & Considerations

p.3 Part III IF YOU MUST RACE IN HOT WEATHER

by Ted Corbitt, Sub-Committee on Standards, AAU LDRRC

In the RRC, NY Association Spring and Fall 1967 NEWSLETTERS, the sometimes conflicting views of runners Tom Osler and Milt Pataky were presented on how to train and race in hot weather. Pataky suggested a third round with the views of doctors familiar with the subject. These views and some reference from the literature follow a summary of the previously presented material.

Views of Tom Osler, 1967 National 30,000 meters and 50 mile road running champion.

- SURVIVAL TECHNIQUES:
1. Avoid using table salt in the diet.
 2. Start the race slowly (relatively).
 3. Use water liberally, externally during the race. (He didn't drink water during his 4th place finish in the notoriously hot national marathon at Holyoke, Mass. in 1967)

Views of Milt Pataky, runner who suffered a "heat incident" several years ago.

SURVIVAL TECHNIQUES:

1. Take salt during a hot weather training or racing event.
2. Take water internally and externally during the race.
3. Have responsible officials learn the signs of heat stress breakdown and monitor the race course and remove runners who are "in trouble" before total collapse.

COMMENTS on the Survival Techniques of Osler and Pataky.

John S. Welton, M.D., Carmel, California. A "Sunday Runner," who has run several marathons. Specializes in internal medicine and hematology. Dr. Welton said, "If the race is held in hot weather (90° or above) and the participant is an average or liberal 'sweater', he may be able to enhance his performance by one or two salt tablets taken with breakfast the day of the race. For the individual, this may only be determined by the experiment of trying to observe the effect of tablets... In cooler temperatures, no added salt may be needed... Regarding the use of table salt, the average American diet probably includes too much salt and this relates to hypertension in older age, but with the presence of any family tendency toward high blood pressure, table salt can be avoided."

Charles Robbins, M.D., Middletown, Conn. A "lost" Olympian of World War II, and when in shape, he was one of the "gentle killers" in competition. Winner of 12 national road running championships. Dr. Robbins said, "Salt or no salt is a detail and should be mentioned last in discussing heat acclimatization. The main thing is training. Run in good hot weather at noon, etc. The body learns to adapt to this. Hot weather races are won by proper pacing and usually by men who have trained in the heat since this is one of many mechanisms the body uses to cut the concentration of salt in the sweat. The trained man sweats mostly water. I suppose that the untrained person might benefit from taking salt, but he couldn't compete well enough to race, anyway. It is no joke for untrained people to exercise in heat: heat stroke can kill. Recall the two kids who died in that Virginia 10 miler and also football and military training deaths."

William G. Andberg, Veterinarian, Anoka, Minnesota. Started running in 1966 at age 55 and is considered very tough. He has competed in several marathons and shorter races. In the 1967 National 20 Kilo he failed to finish because of "heat exhaustion," however, later in the Minnesota AAU One Hour Run he ran 9 miles 148 yards on a humid 82°F day. In the latter race he threw water on his head because he can't swallow water while running. He looked drenched when he finished. He has never used salt tablets and doesn't use salt on his food.

Gabe Mirkin, M.D., Silver Spring, Maryland. Specialist in asthma, hay fever and skin conditions. Enthusiastic distance runner and fighter for the right of women to run long distance races. Dr. Mirkin said, "We do know that excess salt inhibits acclimation. We do not know whether salt restriction hastens acclimation. Also, I am afraid to advise salt deprivation in a non-experienced runner. It may have catastrophic results. It may be that salt restriction does make you run better in the heat. I do not know."

p.4 Ernst Jokl, M.D., University of Kentucky, Lexington, Kentucky. Specialist in Sports Medicine and Rehabilitation. Dr. Jokl said, "Nobody needs to take salt tablets provided he has had a normal diet during the preceding days. Extra salt is not advisable, no evidence that it helps...It is advisable to drink as much water as one wants, not more and not less, during the race. Of course, if you feel hot you are more comfortable if you pour water over your shirt."

William M. Ruthrauff, D.Sc., Philadelphia, Pa. Chemist, Physicist, Teacher, Coach: football, track, figure skating. Dr. Ruthrauff stated that the presence of salt in sweat has led to its administration in hot weather to replace the salt lost. My own research beginning in 1920 disclosed that calcium is also excreted in the sweat. Next to water, calcium is one of the most important chemical substances for body functioning. In fact calcium has a stimulating action on the body's function while sodium has a toxic action. It is advisable to avoid taking extra salt in hot weather. However, you should replace the calcium lost in sweat. One way is to use unsulphured molasses plus cod liver oil which makes it easier for the body to process the calcium. Other foods high in calcium include: milk, cheese, orange juice, cabbage, and carrots.
(Dr. Mirkin states that calcium is also available from the bones.)

George A. Sheehan, Jr. M.D., Rumson, New Jersey. Experienced runner now well into his second "career" as a runner. Tom Osler's low salt regimen seemed ridiculous at first glance but it could be the first application in athletics of Hans Selye's revolutionary theory of stress. Selye's work on excess salt and the resultant continuing investigation of the Mexican cardiologist Sodi-Pallares on the beneficial effect of low salt-high potassium diets have the potential of a breakthrough in physical performance. Osler's diet may produce superior performance under any climatic conditions. Dr. Sheehan added, "Osler's Survival Technique obviously apply only to the acclimated individual who has been on a consistent low salt diet. Starting the race slowly takes into consideration the decrease in performance at wet bulb temperatures. Through experience a 2:30 marathoner at 45° temperature and 45% humidity should be able to estimate what his maximum performance is say at 90° and 90% humidity and run his race accordingly. Pataky's schedule is safer but will not give maximum performance. A runner on a high salt intake cannot give his best performance in any weather. I agree with precautions about runners getting into trouble. It would probably be the best or worse runners who would have to be watched."

COMMENTS on the best ways to survive in competition in very hot weather--from the point of view of runners and officials: pre-race preparations, en-route, and post-race.

Dr. Jokl points out that, "Some very outstanding runners have done well in hot weather. Nurmi won the cross-country race at the Paris Olympic Games in 1924 when outside temperature was 100°, no wind and high humidity. All but the first two had serious symptoms of heat disorders."

Dr. Welton: Water lost during long runs depend on the individual's sweat response. Generally, taking 3 to 4 ounces at 3 to 5 mile intervals in a race is probably valuable to the general runner. Using water externally helps to cool the body temperature--so, liberally douse the head and body with water.

Dr. Andberg: In long races the water stations could be closer together. One might place a wet sponge on his head under a soft cap and press on it when water is needed and re-soak it at the next water station.

Dr. Robbins: 1) Train in the heat. 2) Start slowly--you can always pull it out toward the end if you have it. 3) Take water to drink or pour it over your head as you feel the need.

Dr. Ruthrauff: Temperature must be considered with the humidity, not alone. Evaporation of water on the body surface will refrigerate the body. In high humidity, evaporation is hampered.

Dr. Sheehan: "The external use of water or ice will certainly cut down water loss and prevent complications of taking too much water (how much would that be?). I would say that anything less than a 5 pound weight loss should be acceptable."

p.5 Dr. Sheehan advocates: 1. Low salt, high potassium diets. 2. Increasing workouts in heavy sweats or in the hottest part of the day. 3. Avoidance of prolonged daily exposure to air conditioning. 4. Pre-race ingesting of a quart of orange juice starting about one hour before and up to 15 minutes before the race. 5. En-route: poor water over the head at every station, and take orange slices at each station. 6. Post-race: application of ice to most vascular areas (neck--carotids groin, abdomen). Dr. Sheehan added, "The fate of ingested water during exercise is not too clear to me and I would personally try to keep it to a minimum. If enough external water is applied to aid heat radiation certainly water requirements would be cut down. This is not a problem that has been solved."

Dr. Mirkin: ACCLIMATION: It takes 4 to 21 days to acclimate to hot weather.

MECHANISM OF HEAT ACCLIMATION: Evidently the process of heat acclimation is intimately associated with the kidney's and the sweat gland's ability to conserve sodium. If one takes salt tablets during the process of acclimation one delays acclimation. Now, salt deficit is regulated by taste. Thus, one should not take salt tablets during the acclimation process as the body will not learn to conserve sodium if there is excess sodium. However, on the other side of the scale, sodium or potassium deficit can have serious consequences. So, one is stuck between not taking sodium and still being able to replace the deficit. It is amazing how much salt the kidney and sweat glands can conserve.

RECOMMENDATION FOR HEAT ACCLIMATION: Guide--When you have fish or meat, salt it as you need it. If you are suffering from salt deficit, even an 1/8 inch of salt on the meat will not make it taste salty. Be sure to salt your food as heavily as your taste buds tell you. Osler's ideas are good as long as you don't get into a salt deficit. Taking salt in tablets will delay heat acclimation.

RECOMMENDATION FOR REPLACEMENTS AND LOSS:

SALT (Sodium): Salt your food as your taste buds tell you.

POTASSIUM: Drink plenty of orange juice as this is rich in potassium. Your gut and kidneys will take care of your salts as long as you present the electrolytes to them.

VITAMIN C (Ascorbic Acid): There is considerable evidence that you lose vitamin C in your sweat in large amounts and it is also used in the body. Vitamin C needs vary among people. Some can get by on 70 mgms. and others require 500 mgms. under certain conditions. I take 500 mgms. after my evening workout empirically. Take it after a workout, not before. Some people get upset stomachs from the acid.

WATER: There is no evidence that water deprivation helps in any way. Drink as much water as you want and need. Excess water will only fill your bladder and not enough will hurt you.

WHAT THE RUNNER SHOULD KNOW ABOUT HEAT STROKE AND HEAT EXHAUSTION:

This is serious and can result in death. Heat stroke is common in May and rare after that because of the process of acclimation. You don't just get into trouble, you are warned. Before one passes out, he gets a headache, chest and stomach pain, rubbery legs and a peculiar feeling of shortness of breath. Once you have had the feeling, you will never have trouble recognizing it again. The (body) temperature can run from 106° to 110°F or even higher.

WHAT TO DO IF SOMEONE PASSES OUT FROM THE HEAT--Shock position immediately. Head down, legs up and buttocks elevated above the head. Pour anything wet immediately on the runner: water, coke, milk, anything you have. The evaporation will cool regardless of the temperature of the liquid. It is best to rub ice into the skin, or just run a hose full stream all over the body. In the hospital, the victim is put in a tub full of ice and the tub filled with water. NOW WATCH OUT, body temperature drops fast. Stop cooling at 101°. Don't cool past 101° as the body temperature will continue to drop several degrees after you stop the cooling process.

REQUIREMENTS FOR RACE OFFICIALS:

- 1) A generous water supply so the victim can be doused literally.
- 2) Ice supply if available to rub on the victim's skin.
- 3) Generous water supply during the race.
- 4) Familiarity with the shock position and the need to get the body temperature down fast.
- 5) Thermometer to follow the victim's temperature. Record initial temperature and stop cooling at 101°F. Alternative: Take under arm temp.
- 6) Call an ambulance.

p.6 COMMENTS on cut off point for calling off a race because of extreme weather conditions. Dr. Sheehan: "You could probably run a race at any time for the 'old pros' but a highly competitive race or one with beginners would be dangerous (in extreme temperatures). Dr. Mirkin: You need not have temperature restrictions for races, however, the following requirements for athletes must be done: 1) At least two weeks training in the heat. 2) All athletes must know the warning signs of heat stroke. Dr. Ruthrauff: Individuals differ in their ability to endure high temperatures. In prolonged running in high temperatures, take care to refrigerate the body. Dr. Welton: Generally, problems can be expected with temperatures above 90°. At 100°, racing might be discouraged. Avoid extremes of temperature

Dr. Robbins: Allow only trained men to compete (in very hot weather), then the worse injuries will be to the speed men's pride. "My last two cents worth to those who advocate races in the cool evening, on flat courses, etc. Why not just shorten the course and be done with it!! I say, run the race under all conditions--everyone runs the same course at the same time!"

Dr. Jokl: "It is a different question whether you ought to run in hot weather or whether you can run in hot weather. It is advisable to run in cool weather in as far as the body is taxed to the utmost if confronted by both the physical effort or running and the need to regulate body temperature in a hot environment. In as far as the altitude problem now also occupies attention, we have three stresses to consider: 1. Exercise (the race), 2. Heat (if so), and 3. Altitude. Thus, the desirability of avoiding races in the heat is even greater."

SUMMARY--In discussing heat acclimatization and racing in hot weather, distinguish between the novice and the experienced man, and between the fully trained and the poorly trained man. Adequate training, sensible pacing and refreshments during the race, plus deliberate efforts to acclimate to the heat are the factors to consider in planning for hot weather running. There is general agreement on the liberal use of water externally and wise water or liquid intake (to limit dehydration) during a race. The average diet contains adequate salt and the trained and acclimated runner need not worry about salt intake. The runner who is "not ready" in reference to the previously mentioned factors must watch out for a shortage of salt in extremely hot weather. Heat cramps is one of several early signs of severe water and or salt loss. The wet-bulb temperature reading is a more accurate indicator of the severity of environmental conditions than the usual dry-bulb temperature mark. Wet-bulb readings of 70° to 80°F indicate probable tolerance limits for most athletic activities of any severity.

NEWS--Rudy Mendez sends best wishes from Ponce, P.R.... Tony Simmons, 18 year old British runner with a best mile of 4:03.8, trains at only 20-25 miles a week... Norb Sander, Millrose flyer, plans to try to qualify for the pre-Olympic tryout camp by running the Poly Marathon in London... Oscar Moore, a '64 Olympian, felt great after high altitude training last year at Alamosa, Colorado (7546') and broke all of his cross-country records. Before the season ended he injured a tendon. Continued running resulted in additional tears in the tendon. He was operated on April 11 and the area scraped and sewn up. He has been lifting weights and will swim when the cast comes off. He turned 30 on March 31. His best times at Southern Illinois Univ. to date: Outdoors: 880--1:56 (double Two Miles 8:56); Mile--4:03 (double 3 Miles 13:35); Two Miles--8:41 (double Mile 4:06); Three Miles 13:29 (double Mile 4:09); 5,000m--14:19; Six Miles--28:26. Indoors: Mile 4:07 (double Two Miles 8:49); Two Miles--8:38; Three Miles--13:22.

-----VOTE for '69 Officers-----

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