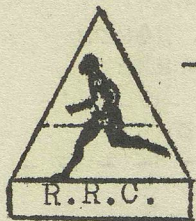


ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER
No.37, SUMMER 1968

President: Vince Chiappetta, 278 E. 7th St., N.Y., N.Y. 10009--Unatt.
Vice-President: Bill Taylor, 48 Church St., Greenwich, Conn. 06830
Secretary: Joe Paz, P.O. Box 6, Wharton, New Jersey 07885--Millrose AA
Treasurer: Glenn McCarthy 203 N. Walnut St., N. Massapequa, NY--United AA
(Please keep the Secretary informed of address changes.)



ELECTION RESULTS: Your officers for 1968-69 are:
President--Vincent Chiappetta former NY University and N.Y.A.C. star. He previously served as Secretary-Treasurer of the RRC, NY Association. Currently he is a candidate for a PhD in Biology at N.Y.U.

Vice-President--Bill Taylor, re-elected.

Secretary--Joe Paz, Millrose AA runner who aided the Sec-Treasurer during the past year. This is the first year that the job of Sec-Treasurer has been split between two men.

Treasurer--Glen McCarthy, a collegian who competes for the United AA.

PAST PRESIDENTS: Nat Cirulnick, United AA (Immediate Past President)
Aldo Scandurra, Millrose AA (Currently President RRC of America)
John Conway, NYPC
Ted Corbitt, NYPC (Former President RRC of America)

JIM PETERS who retired after his fantastic "crack up" in the 1954 Vancouver, Canada Empire Games Marathon at age 35, had planned the following workout program with his friend and coach Johnny Johnston as a prep for the 1956 Melbourne Olympic Games. Peters and Johnston felt that an Olympic prospect at 5,000, 10,000 metres and the marathon should train 18 times a week: three times a day Monday through Friday, then race or run 1 1/2 hours on Saturday, and do 2 long runs for a total of 30 to 35 miles on Sunday. The weekday program involved one hour of slow running (in Peters' case this would be under 6 minutes a mile) plus deep breathing exercises, in the morning. Lunch time was to involve 30 minutes interval or speed running (5 minutes a mile or faster). And in the evening 1 1/2 hours at just over 5 minutes a mile. However, Peters, the man who brought on the sub-2:20 marathon era, retired to concentrate on earning a better living for his family. In this he succeeded. When he retired, he was faster than ever before at all distances from 2 miles upward, and was training 12 times a week.

NOTES--Gus Kotteakos was featured in an article, "Tracking Down A Private Eye" by Jerry Mitchell, in the July 1, 1968 issue of the NEW YORK POST. The 60 year old Gus came to the USA at age 18. He fought in over 60 boxing bouts. At one time he ran a luncheonette. He began long distance runs at age 48 and became a private detective.

On November 16, 1967, University of Cincinnati freshman football team's top scorer, Steve McKee, age 18, died in a freakish accident on the stadium track. He collapsed and died while running in sweat clothes with other members of the frosh team. The medical report said death was caused by breathing in emetic wastes from the stomach. McKee had apparently eaten a large lunch and his stomach became upset while he was running. In trying to regurgitate and gasp for breath at the same time, he sucked the material from his stomach into his windpipe and then into his lungs.

Andrew Barnett of England ran one mile in 4:49.0 on May 4, 1968 for a best on record for a 12 year old. He is 5'4 1/2" and weighs 96 lbs. His previous best was 4:57. He has done 58 for 440 and 2:13 for 880. He runs 15-20 miles a week: Sunday, 5 miles easy; Monday 4 x 440; Tuesday, 3 x 660; Wednesday, 5 x 330; Thursday, 2 x 880; Friday, rest; Saturday, race. He jogs and strides 1 or 2 miles before each workout (ATHLETICS WEEKLY, May 18, 1968 Vol. 22, No. 20).

J. Frank McCaffrey, editor of THE AUSTRALIAN HARRIER, ran in the Boston Marathon and in the Worlds International Veterans Marathon at Baarn, Holland, May 25, 1968, finishing 11th in 2:51:26 in a field of 158 men from 14 countries. At age 49 McCaffrey can do 27:30 for 5 miles. He runs mainly for health's sake. He was a prisoner of war in Germany for 4 years in World War II and nearly died twice. He says, "The starvation and privation suffered in those years have given me a wonderful appreciation of life since and I'm as fit as can be thanks to the sport of athletics, and, of course, the good food and wonderful

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Climate we have here in Australia. Fit as I am, I got a shock and a half when I came up against those European guys in Holland. Tom Buckingham from England, a young fellow of 50 ran 2:44! And he wasn't the only one with such great condition. A lot of them looked years younger than they were...Next time I go in this race I will make sure that I have had enough solid preparatory work 'under my belt.' The next one will be in Sweden in '70 as far as I can make out."

MY OPINION by H.Browning Ross,Olympic Steeplechaser

"You have not done your duty to your sport until you have introduced someone to distance running. Why suffer alone?(LONG DISTANCE LOG8/67)
* * * * *

World Records Listed in the 9th Edition of the Encyclopedia Brittanica
Submitted by Sid Gendin,United A A

120 yds - 11 $\frac{1}{2}$; 200 yds - 19 $\frac{1}{2}$; 440 - 48 $\frac{1}{4}$; 880 - 1.53 $\frac{1}{2}$; 3/4 Mi - 3.07;
1 Mi - 4.16 1/5; 2 Mi - 9.11 $\frac{1}{2}$; 3 Mi 14.36; 4 Mi - 19.36; 5 Mi-24.40;
10 Mi - 51.06 3/5; 20 Mi - 1.56.38; 30 Mi - 3.15.09; 40 Mi-4.34.27;
50 Mi - 6.08; 100 Mi -13.26.30; 200 Mi - 35.09.28; 300 Mi-58.17.06;
400 Mi - 85.52; 500 Mi - 109.18.20; 600 Mi 137.25.10;610 Mi
140.34.10.

The 9th edition of Encyclopedia Brittanica is supposed to have been published in 1775 but these records obviously date from later than that.The record holders are not listed nor are the dates when the records were set. All of them are definitely before 1885. A good guess says they are records set up between 1850 and 1875.

It's probable that the 600 mile record is a "going out" record en-route to the 610 mark, although it sounds ridiculous to treat 600 miles as an intermediate split. 610 is probably as far as the guy could go. Brittanica reports these as authenticated marks to distinguish them from the many questionable performances reported in those days. It doesn't say whether these are road or track times but given their alleged authenticity I suppose they are track times.

Notice that the last ten miles were covered in 3 hours 9 minutes--even worse than my ten mile clockings!

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PAY DUES for 1968-69--If You haven't paid your dues,please do so since the upcoming program depends on this money. Send \$3.00 to Road Runners Club,New York Association,P.O.Box 467,Port Washington, New York.

READ:

- 1)The "Long Distance Log," 12 monthly issues \$4.00,from H.B.Ross
306 W.Center St.,Woodbury,New Jersey 08096
- 2)"Distance Running News",4 issues/year \$1.50 from Distance Running
News,P.O.Box 1082, Manhattan,Kansas 66502

NOTES--RRC member Soren WINGE just missed qualifying for the final in the Swedish National Championship 5000m with 14:59.5. He finished 11th in the 10,000m with 30:48.4 (passing 6 miles in 29:40.6). In a later meet he ran 8:35.0 for 3000 metres. He is concentrating on track runs until late in the year. He hopes to study political science and history and race in the US at some later date. Soren reports that 47 year old Erik Ostbye of Sweden has recorded these marathon times in 1968: 2:20:54.8, 2:26:30.3; 2:28:22, 2:28:33 and 2:29:24.

FAST MARATHON--Eamon O'REILLY zipped over the Santa Rosa,California Marathon course in 2:16:39.8 in a great first effort.This is part of the so called new trend wherein fast track men go out and run fast marathons. The course was re-measured after the race by the sponsor and by an independent measurement. It was confirmed that O'Reilly ran a full length marathon. O'Reilly looked great during his Santa Rosa blast but he failed in the high altitude marathon--but he had lots of company as expected.

OTHER MARATHONS--In the International Veterans Marathon at Baarn, Holland, USA representatives were: P.S.Jarret 3:08:54, Dr.R.E.Ratelle 3:18:28, and S.A.Smith 3:29:02.

Millrose speedster Norb Sander made his marathon debut in the Annual Swiss International Marathon. He stayed on a 2:25 pace until fatigue and big blisters defused him with less than 6 miles left. He finished in a fine first effort 2:30:25.

THE ROAD RUNNERS CLUB STANDARDS CERTIFICATES PROGRAM by Ted Corbitt

The RRC USA adopted the RRC of England's Standards Certificates Program in 1964. This had been preceded by much communication between the two groups. There is an agreement to work toward common goals and to promote common standards as much as possible.

The Standards Certificates program involves running three separate races at a certain time or better within a 12 months period. Originally there were three classes: the First Class, Second Class and Veterans Class. The term First Class caused some confusion and misunderstanding. It doesn't refer to the super runner's marks or times. Instead it refers to the good club runner. An inspection of the time list shows that a runner will have to hustle to achieve three such marks in one season or year and the scheme was so designed.

The champion and super-runners had course records and championship and national and "world" records as potential time targets. Many observers didn't understand this. Thus there was some sentiment in favor of making the First Class times tougher. Instead, it was decided to leave the original times alone and cooperate with the RRC of England with the hope that other countries will adopt the same standards. At the moment one runner in Germany is working on just this idea, in cooperation with the RRC of England.

In 1967 two additional classes were added to cater to the top runners: the "World" and the "Champion." First Class time standards are based on the 2:40 marathon. Remember the scheme was set up for the good club runner and 2:40 is a real challenge over a full length course. The Second Class times are based on the 3:10:00 marathon. The Veteran Class (age 48 and up) is based on the 3:25 marathon. The World Class is based on the 2:23 marathon and the Champion Class is based on the 2:30 marathon. The three times needed to earn a particular class certificate are all based on marks comparable to the basic marathon time for the class.

Another benefit is that the Standards Certificates program promotes accurate road course measurement since to be considered, a mark must be made on a track or a road course that has been certified by the AAU Standards Committee as "reasonably accurate." The Standards Committee collects information on the measurement of a course and studies it and determines if acceptable techniques have been used to measure the course. Courses found to have been measured by the standards adopted by the National AAU Long Distance Running Committee in 1964 are certified as "reasonably accurate."

The Certificates Committee of the RRC of America, under the chairmanship of Olympic Marathoner Ron Daws keeps a list of all certified courses in the USA. It has taken a number of years to get a sizeable list of certified courses in the country. However, some RRC, NY Assoc. members earned certificates running on certified courses in 1965 and since. Due to a series of delays the certificates were not printed until 1967 when the first ones were awarded. The RRC of England's certificate was modified or "Americanized" by RRC member Rod MacNicholl, an artist who competes for the Millrose AA.

Currently all Junior and Senior National Championship race courses are supposed to be certified before the race. Since 1965 most of the courses have been certified. If the distance is correct and the timing is accurate the race results are meaningful and will give the runner an idea of how he stacks up with others throughout the world. The list of certified courses in non-championship events grows slowly but steadily. For example the Denver, Colorado Marathon course was the first course certified in the US in 1964. Recently the 25th marathon course was certified. It was the Grandfather Mountain, North Carolina Marathon, one of three certified marathon courses in North Carolina. Courses have been certified from Massachusetts to Hawaii and from Minnesota to Louisiana.

The areas where multiple course measurements have been made includes: Metropolitan, N.Y., Philadelphia, Minneapolis, California, and North Carolina. Other involved areas have one to three courses certified. Runners should ask race sponsors to get their courses certified so that they'll know exactly what distance they're running--no more short or long courses is the goal--and they'll have another shot at achieving a standard time. (To contact the Standards Committee, write Ted Corbitt, 5240 Broadway, N.Y., N.Y. 10463).

A race of any distance from 9 miles upward to 100 miles will count towards a standard time as long as it is on a certified course (road) or track and the time is within the specific class times listed below. The runner must be an RRC member in good standing (dues paid etc.) at the time the mark is achieved. The runner will have to display all around ability as a distance runner to earn a certificate whatever the class. The speed runners will have to run at least as far as 30 kilometers and the ultramarathoner will have to run not less than the standard marathon to make it.

The Sub-Committee on Standards of the National AAU Long Distance Running Committee is made up of the following men: Ted Corbitt, Chairman Ron Daws, Minneapolis, Minnesota; Norman Brand, Washington, DC; Buddy Edelen, Alamosa, Colorado; Bob Carman, Goleta, California; and Tom Osler, Collingswood, New Jersey. Consultants: Aldo Scandurra, Greenlawn, N.Y.; and John Jewell, Wokingham, Berks., England. The Standards Committee is working on a number of areas including road course measurement, conditions of competition (e.g. altitude, temperature, safety, etc.) and other standards.

Measurement in the Metropolitan area was started in the winter of 1964-65 by John Sterner, Aldo Scandurra and Ted Corbitt. The Poughkeepsie courses were measured by their city engineer. We need volunteers to help complete course measurements in the Metropolitan area.

CERTIFIED COURSES in the Metropolitan New York area:

Marathons: Yonkers, Cherry Tree, Staten Island (Cloves Lakes Park).

Ultra-Marathons: 1) 45 Miles Macombs Dam Park-Van Cort.Pk. & back loops. 2) 41.06 Miles London-Brighton Tryout Course: Bronx-Yonkers-Tarrytown, NY out and back and Van Cortlandt Park South Big and Small Loops. 3) Alley Pond Park Old Road Loop 4.31 Miles--used for ultra-marathons. 4) 50 Miles, Poughkeepsie, N.Y. 5) 50 Miles, Staten Island. Loops: BRONX--1. Market-by-the Stadium (Measured by Joe Kleiner and other RRC men with steel tape)= 1.06 miles or 1 mile 110 yds. 2. Harlem River 4 miles and 5.3 miles. These loops also includes certified 15, 25, and 30 kilometer courses. QUEENS--Alley Pond Park Old Road Loops: 1. One and Two Mile loops used for Run-For-Fun Runs. 2. Long Course = 4.31 miles used for ultramarathons.

Other Certified Courses: 1. Yonkers: Marine Corps 3 Miles. 2. Van Cort. Park South Big Loop = 4.86 Miles. 3. Van Cortlandt Park South Small Loop = 1.041 Miles. 4. Van Cortlandt Park Cross-Country courses: 4, 5, and 6 miles and 9 miles and 10,000 meters. 5. Queens 25 Kilometers (Milk Run course from YMCA). 6. Central Park : 25 Kilometers.

TIME STANDARDS

DISTANCE	WORLD	CHAMPION	1st CLASS	2nd CLASS	VETERAN
9 miles	45:15	47:15	49:00	56:00	62:15
15,000m	47:00	49:00	51:00	58:00	64:45
10 miles	50:40	53:00	55:00	63:00	1:10:00
11 miles	not set	yet	61:00	70:00	1:18:00
12 miles	not set	yet	67:00	78:00	1:26:00
20,000m	1:03:45	1:06:50	1:10:00	1:20:50	1:29:20
15 miles	1:18:00	1:21:40	1:26:00	1:40:00	1:50:00
25,000m	1:21:00	1:24:45	1:29:40	1:44:00	1:54:20
30,000m	1:38:30	1:43:10	1:49:00	2:08:00	2:20:00
20 miles	1:46:00	1:51:15	1:58:00	2:20:00	2:30:00
Marathon	2:23:00	2:30:00	2:40:00	3:10:00	3:25:00
30 miles	2:46:15	2:54:30	3:07:30	3:41:00	3:59:00
35 miles	not set	yet	3:57:00	4:36:00	5:01:00
37½ miles	not set	yet	4:18:00	5:00:00	5:26:00
40 miles	3:52:00	4:02:40	4:29:00	5:15:00	5:39:00
45 miles	not yet set		5:21:00	6:10:00	6:43:00
52½ miles	5:24:00	5:43:00	6:25:00	7:20:00	8:00:00
50 miles	not set	yet	6:04:00	6:56:00	7:34:00
One Hour	11mi, 1275y	11mi, 410y	10mi, 1430y	9mi, 1020y	8mi, 1250y
Two Hour	22mi, 720y	21mi, 785y	20mi, 440y	17mi, 1000y	16mi, 380y

(This list from RRC of England, from R. Daws and Tom O'Brien, Bruce TC).

RRC, New York Association
Newsletter Committee: J. Chodes
Bill Wiklund, Dr. S. Gendin, J. Paz,
W. Sander, T. & Gary Corbitt
c/o T. Corbitt, 5240 B'way, NY, NY
10463

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TO: