

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER  
No.41, SUMMER 1969

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RRC,N.Y.Association Annual Meeting,Queens,N.Y. June 1,  
1969---The slate of candidates for offices for the RRC  
was announced and ballots distributed. Vote as soon as  
possible. The RRC will sponsor the cross-country run  
series this Fall in Van Cortlandt Park,Bronx,N.Y.

There was a discussion of the need for and the role of  
the RRC in the scheme of things in our sport.

Aldo Scandurra,Chairman of the Sub-Committee on Rules of the Nat'l.  
AAU Long Distance Running Committee,suggested that those individuals  
with new ideas requiring rules changes submit the proposed changes  
to him in writing.

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HISTORY:1902,Bronx,N.Y.--"In the story of cross-country runs in  
Jerome Ave. and over the hills of the adjacent country, there never  
has been quite the sensation that met the finish of the annual handi-  
cap run of the Shamrock Harriers at 177th St.,New York. John Donovan  
of the Mohawk AC had just won the long distance race when a policeman  
pounced down upon him and the seven other competitors who followed  
in his wake, and took them into custody. The arrests were made on  
complaints of citizens that the costume worn by the cross-country  
runners was immodest. The technical charge against the athletes was  
that they had violated the Sunday observance law. Charles Woodward, a  
saloon-keeper who allowed the athletes to dress in the rear of his  
saloon, was also arrested. There were 29 starters in the race. Those  
who followed the leaders were warned and fled,barelegged over fences  
and ditches. This is the first time the cross-country runners have  
been interferred with. Every Sunday half a dozen clubs have started  
their races from the corner where the event came to its peculiar end."  
(Quoted from a scrapbook owned by Tom Osher.)

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MY OPINION by Brian Mitchell (ATHLETICS WEEKLY,Vol.21,No.34,8/29/67)

The symptoms of "starting fever" are common. There are few men who  
never mention before a race that they're short of training, that  
somebody else is better than them,that it is cold, etc. With such  
pessimistic comments, he expresses doubt in himself, however good he  
may be. It is a fear of the unknown. Confidence is necessary and  
comes in part after thorough preparation. What helps the athlete to  
dominate his racing nerves is that complex of character, optimism,  
enjoyment and faith in the efficiency and purposefulness of a long  
preparation. A proper warm-up is one aid to protect one against  
"nerves" before a race.

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CAN THE STUDENT FIND TIME AND ENERGY TO BOTH TRAIN HARD AND STUDY ?

Debbie Meyer,16, female swimmer of 1968, and freestyle world record  
holder at 200, 400, 800 and 1500 meters, won 3 gold medals at the  
Mexico Olympics. She learned to swim at age 5,but wasn't very good at  
first. She now trains 3 to 4 hours a day and 2 hours on weekends.She  
still thinks well of her coach who drives her very hard. Swimming  
has taught her to budget her time wisely. The progrm causes her to  
miss out on some socializing but she gains in many other ways includ-  
ing trips abroad. She sleeps 9 hours a day. She sews in her free time.  
Debbie plans to be a teacher. Her grades are A's and B's.

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NEWS--Al Meehan is back East and fighting to regain his running  
form...Norb Sander hopes to contribute to the Millrose AA's first win  
over the NYAC in the Sr.Met.AAU Cross-country Championship next year..  
...Many English runners train in shorts the year round. They train in  
all weather except heavy fog which can produce illness...It's claimed  
that few men run the London-Brighton 52½ mile race without walking.  
South African Jackie Mekler walked up the notorious Dale Hill at 46  
miles when he set the current record. Former record holder Walsh also  
walked on the course in one of his races...Millrose John Kelly re-  
visited Mexico City recently and found it sad going through the Olym-  
pic Village. Not a soul in it...R.Glider training again after year off.

This year the 100 mile race returned to the USA. The scene was northern California. The "race" was staged in three equal legs on three consecutive days. A different course was used each day in the Sacramento area. All courses were flat. The Mather Air Force Base provided lodging for all competitors each night. However, winner Beardall commuted back and forth to Santa Rosa daily because he had to work.

There were 12 starters the first day, 10 of whom went the entire distance. Among the finishers were one teen-ager and the 71 year old wizard Fred Grace. Paul Reese, a 52 year old ex-Marine Lt.Colonel, who thot up the whole thing, was hit by a car the first day but still managed, painfully, to finish the 100 miles.

The race was sanctioned by the Pacific Association, AAU. The races started at 9 AM each day.

Darryl Beardall and several others had wanted to run 100 miles in one day, because it was difficult for many to take off from work and many thot that recovering each day would be a problem. Peter Mattei, who finished second, said that he actually felt better the third day!

The Western guys are interested in taking part in a postal ultra-marathon against the East next year. If you have any ideas on this, or if you'd like to accept the challenge, contact Aldo Scandurra, 22 Monett Place, Greenlawn, L.I., New York, and express your views.

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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 benefit any athlete, whether he be at the novice or international 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. These runners 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.

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From the book: HOW TO KEEP FIT AND ENJOY IT by Warren R. Guild, M.D.  
New York: Harper & Brothers, 1962

p.35 WHAT IS THE FUNCTION OF SWEAT ?

"Sweating is useful chiefly as a means of losing heat. Because the human organism is only partly efficient, the metabolism of glucose and fatty acids yields work plus heat. If the body were completely efficient, work and no heat would result. Thus exercise produces an increase in body temperature. After one to two hours of sustained activity, rectal temperatures of 101-103°F are to be expected.

"Sweat is important defense against disastrous rises in temperature which may result in heat exhaustion and heat stroke. Believe it or not, the fit subject sweats better! In a recent experiment untrained subjects were exercised in a hot environment daily. At the onset they perspired moderately and lost copious amounts of salt. In a few days their sweat glands became acclimatized. They perspired more to get rid of more heat and cut back on salt losses to avoid the hazards of salt depletion.

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TO KNOW WHAT GOES ON--Read the "Long Distance Log" Magazine. Get 12 monthly issues, \$4.00 from H.B. Ross 306 W.Center St., Woodbury, N.J. Be informed on all long distance racing results, American and foreign, plus training tips and other matters of interest to the runner.

Many studies have proven that the T waves in electro-cardiograms are related to athletic condition. Trained athletes have T waves which rise three or four times higher than the T waves of non-athletes. Physiologists have therefore hypothesized that if the amplitude of T waves could be further increased in trained athletes that their performances would also increase. Certain physiologists claim that taking wheat germ oil is an effective way to improve the T wave. It has been speculated that the T wave is especially related to endurance factors, hence especially important to the long distance runner.

The most famous researcher in this field is Thomas Cureton of Illinois U. Cureton claims to have definitely established that taking wheat germ oil increases the amplitude of the T wave. See his articles in the Research Quarterly, 1954, and Scholastic Coach, 1955 and 1959. There are other investigators who have gotten the same results.

Many studies do not corroborate Cureton's results. Most of these studies do find that there is a tendency among most athletes to show a slight increase in T wave amplitude after being on wheat germ oil for several weeks. But it is only a tendency and the gain is so slight that they have not concluded that the evidence favors the theory. More important, they have not found that athletes whose T waves increase tend to improve their performance. Some athletes even improve who have not been on wheat germ oil and whose T waves have flattened out for one reason or another.

Cureton's results may be due to not running carefully controlled experiments. For example, it has been found that many things may affect a T wave reading: drinking cold water before being examined, eating, fever, changes in serum potassium, and even emotional upset.

Not a single study claiming that wheat germ oil is beneficial to the T wave has attempted to show how the constituents of wheat germ oil produce their allegedly beneficial effects. This means the tests have been of a very crude sort to date, much like those experiments claiming to prove extra-sensory perception by running thousands of card guessing trials, without bothering even to try to explain the mechanics of such perception.

My hunch is that T waves are related to training the way pulse rates are. Everyone knows that trained athletes--especially long distance runners--have lower pulse rates than non-athletes. But less well known is that within the set of trained athletes there is no correlation between pulse rate and ability. It is absurd, for instance, to think that a runner with a 49 rate is even slightly more likely to be a better runner than another runner with a 51 rate. All we are entitled to say is that if the pulse is low chances are that the person is someone in high training--but you won't be able to guess how good he is. This kind of thing is definitely known to be true for brain sizes. Thus, it is a fact that human beings have very large brains, particularly in relation to their body size, when compared to other animals. But within the set of human beings there is absolutely no relationship between brain size and intelligence.

What should the runner do? Wheat germ oil is very expensive but if the runner can afford it then he should continue to take it. The reason is that wheat germ oil is a very nutritious food. It is not something that can do you harm, at least not if taken in normal dosages. I said that it has not been concluded that the wheat germ oil theory is true. But I did not say that it has been concluded to be false. Since it is nutritious, take it if you can afford it--and hope.

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MY OPINION by Aristotle

"That which has become habitual becomes as it were, natural. In fact, habit is something like nature, for the distance between 'often' and 'always' is not great, and nature belongs to the idea of 'always,' habit that of 'often.'"

p.4 PROFILE: Anne McKenzie---880 Runner  
(Athletics Weekly 7/15/67 by Melvyn Watman)

Anne McKenzie, a Johannesburg, South Africa housewife and mother of two, ran her first half-mile at age 37. She began as a sprinter at age 11. She switched to field events until age 30. She started training for running again just before reaching age 35. She ran her first 880 in 1962 and did 2:33. A week later she equalled the national record of 2:24.8.

Anne McKenzie moved from sea level to the 5,751 ft. altitude city of Johannesburg. She says, "I started training there in 1962. I found it a battle at first. I couldn't breathe and I had such terrible pains in my chest. I found at the beginning that I couldn't do much training. The reason for my improvement when racing in Europe is mainly the competition but I also think it has to do with coming down from high altitude. At the end of a race, when it comes to the fighting part of it, I may have that something extra because of my high altitude training. I can hear the other girls struggling with their breathing but it doesn't worry me so much."

Training--"I've never done more than five miles at a time, or even 20 miles in a week. It's more quality work. This past season I've been getting a tremendous lot of help from Jan Barnard, the Marathon runner. I have changed my training slightly in placing more emphasis on stamina than speed, though I still don't neglect my speed work. My training gets harder every year and I can see that the quality has risen steadily." She is 5'5 $\frac{1}{2}$ " and is 132 lbs.

Best Marks: 100y 11.3    220y 25.4    400m 56.0    Mile 5:12.9  
              800m 2:06.5    880y 2:07.4    1500m 4:48.0    DT 106'  
              80mH 11.5    HJ 4'8 $\frac{1}{2}$ "    SP 36'5"    JT 115'  
              Pen. 3690    LJ 15' 11 $\frac{1}{2}$ "    440y 56.6

Half-Mile Progression	Date	Age (years/months)
2:33--2:24.8	Nov. 10, 1962	37.3
2:23.8	Dec. 12, 1962	37.4
2:19.9	Jan. 12, 1963	37.5
2:17.7	Jan. 19, 1963	37.5
2:16.5	April 13, 1963	37.8
2:15.7	Jan. 25, 1964	38.5
2:14.5	Feb. 8, 1964	38.6
2:14.0	Feb. 22, 1964	38.6
2:13.7	Feb. 29, 1964	38.7
2:12.2	Mar. 18, 1964	38.7
2:11.7	Mar. 28, 1964	38.8
2:11.0	May 8, 1965	39.9
2:09.4	July 3, 1965	39.11
2:08.0m	July 17, 1965	39.11
2:09.3	June 30, 1967	41.11
2:06.5m	July 1, 1967	41.11
2:07.4	July 1, 1967	41.11

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THE LAS VEGAS MARATHON--Ron Daws, Olympic marathoner from Minneapolis says that the Las Vegas Marathon course will probably be changed next year. It was felt that this years course was too hilly and made many unnecessary turns. It rained hard and part of the course was washed out. At one spot the runners were forded across a "river" on the backs of pick up trucks. Due to last minute course changes the runners covered 26.42 miles. There was wind also to contend with. Daws adds, "I'm convinced this race will grow into one of the biggest in the USA if not the world. They treat the runners like gods and put on the kind of race you like to come back to. They sent out paid invitations to Ethiopia, Australia, Japan, England, Russia and Turkey. For one reason or another only the Turks came in." The sponsors ran a \$7000.00 Budget.  
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