

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER  
No.42, FALL 1969

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(Please keep the Secretary informed of address changes)



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ELECTION RESULTS---Our RRC,N.Y.Association Officers  
for 1969-70 are as follows:  
President:Vince Chiappetta,Millrose AA. Re-elected.He  
is an all around active runner:track through the  
ultramarathon. Now completing work for a Ph D at NYU.  
Vice-President:Barry Geisler Sr.,active runner and  
coach of the Geisler boys.Active in RRC administrat-  
ion.

Secretary:Mort Cherney--also previously active with the RRC.  
Treasurer:Ben Malkasian, veteran road runner and RRC enthusiast.

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NEWS--

Ed Winrow is off to a successful start in his new coaching career at Valparaiso University in Indiana. The school has fine facilities and academic standards. Ed recently ran five miles in 25:33 on 30 miles a week training...Jim McDonagh,Millrose AA won the 1969 National 50 Miles road running championship...Al Meehan, somewhat worried about his form, copped the silver medal in the Sr.50 and won the gold in the Jr.National AAU 50 Miles championship. Al is district manager of the Connecticut "Sunday Herald" in Stamford,Conn. ...

Dr.Sid Gendin, United AA, has been teaching philosophy at Stony Brook University since 1965. He used to live in Manhattan but the long round trip as a commuter was too much so he now lives closer to work. ...RRC member Soren Winge, student at Uppsala University finished 47th in a field of 1412 starters in a real cross-country race Oct.12. The distance was 30 Kilometers and the race was in the suburbs of Stockholm. His time was 1:53:36. This is one of the few races in Sweden in which merchandise prizes are awarded...

Tom Osler has passed his Oral Preliminary Exam for the Ph D and is now typing his Doctoral Thesis. He'll graduate in February. His heavy academic work has taken most of his energy and time recently... Ted Suito, St.ABClub, hopes to crack 3 hours for the marathon next year. He has been jogging and his weight is at 135, down from 148. He is an advisor to a publication on flying and still has an active interest in flying..."Charter" RRC member Horace Wall, NYPC took a trip to Europe this summer and saw the US touring track team in action...Pete McArdle now lives at 391 Thomas St.,Teaneck,New Jersey 07666...Earl Foster,NYPC, again competed in the US Masters T & F Championships, San Diego, California. He finished 9th in the 6 mile run and 2nd in the 880 with times of 42:19 and 2:26 respectively... Paavo Nurmi, the Phantom Finn, had a stroke and is paralyzed...Lou White,NYPC, former national champion road runner, had an operation this summer and is ok again...

Joe Kleinerman,Millrose AA coach, hopes to get some rest from the numerous chores in the coming year and to confine himself to coaching the Millrose AA and doing some publicity work for the RRC... Dr.Charles Robbins,NYPC, former national running champion, is now seriously involved in sailing. He'll turn 50 in 1970 and "escape" those tough old 40+ year old veterans. He still runs, mostly 2-3 mile runs, and is able to race up to 12 miles on such training...Dr.Warren Guild, co-author of a new book: THE SCIENCE OF HEALTH--It deals with such subjects as:the blood, the skin,nutrition and drugs,tobacco, alcohol, the endocrine glands, personality,etc....Coach Joe Yancey, NYPC, first coach to join our RRC (he pays his dues) spent the summer with the USA Track & Field team. He saw service in Hawaii, Los Angeles Angeles, and Europe...

Oscar Moore,NYPC/SOUTHERN ILLINOIS U.,operated on last year, had some eligibility left for his school, so he post-poned graduation to use up this competitive time, and at the same time began graduate work. He will work for a Masters Degree in Community Recreation. He already has had several job offers but he hopes to make another Olympic team and win a gold medal in the marathon. Since his Achilles tendon operation he has run 4:08, 8:53, 13:39, and 28:41--tho not completely fit. He sends regards to the NY City runners...



p.2 MY OPINION by George Sheehan, Central Jersey TC--Commenting on Champion runners dropping out of a race--

"...we find athletes no longer interested in carrying out a mediocre effort. It is generally thought to be un-American to be a quitter. But it is the sign of an artist to destroy an unsatisfactory performance. The painter who discards a half finished canvas; the poet who tears up the first line of a sonnet--these are brothers to the golfer who picks up on the first nine; the fighter who decides not to come out for the next round." Geo. Sheehan, M.D.

#### THE ULTRAMARATHON SCENE 1969

Ultramarathon running continues to flourish on a modest scale. There is now an annual 100 kilometers race in Switzerland and a 42 mile race in Austria. Most of the other regular ultramarathons are held in English speaking countries.

Australian ultramarathon enthusiast Geoff Watt died in a training error. Geoff spent some time in New York City ten years ago while on his round the world trip.

The West Coast of the USA has put up times at 50 miles challenging anything the East has shown to date. Comments follow:

DAVE BOX, 40, ran a track 100 miles in 12:40:48.3 at Durban, South Africa Oct. 11/12, 1968, bettering Wally Hayward's 12:46:34 world record set Nov. 11, 1953. In 1969 Box finished second in the 54 Miles Comrades Marathon in 5:57:57. He finished fifth in the London-Brighton race in 5:54:27. He topped the year off by running second in the RRC track 100 miler at Walton, England, in 13:01:43.

JEFF JULIAN, New Zealand marathon champion ripped thru 30 and 40 miles at world record pace and hung on to win a track 50 miler at Auckland May 3, 1969. Julian set world records of 2:47:33 for 30 miles and 3:53:36 for 40 miles. He was so tired after 40 miles that he didn't think he'd finish. He walked some in the last 5 miles and won the 50 in 5:24:26--leaving him fourth on the all time (track) list.

JIM McDONAGH, 44, New York City, had the fastest time in the annual 37½ miler from Peekskill to Yonkers. On Oct. 26 at Atlantic City he succeeded Ted Corbitt as National AAU 50 Mile Champion with 5:50:34. He was trailed by Al Meehan who won the Jr. National 50 title.

DAVE BAGSHAW, 26, set a Comrades Marathon down course record with 5:45:36. He then wrecked the field in the London-Brighton race in one of the great runs on the Brighton Road with 5:28:53 for 52½ miles.

JOHN TARRANT, 37, ran a 2:29 marathon in South Africa then came back to England for the London-Brighton in which he was defending champion. He dropped out of that race but came back four weeks later to shatter the world track record for 100 miles on the track at Walton, England with 12:31:10.

TED CORBITT, 49, New York City, ran 3:57:03 for the 37½ miles Peekskill to Yonkers run. He ran 5:38:11 for 2nd place in the 1969 London-to-Brighton race. And in his 134th marathon/ultramarathon he ran 13:33:06 in the RRC 100 miles track race at Walton Oct. 25/26.

THE ROCKLIN, CALIFORNIA 50 MILER--This race featured some interesting running. Results: 1. Deines 5:22:55, which would be a new national road course record if the race was held on the certified course in Rocklin. 2. Pagliano 5:38:05. 3. Cortez 5:55:45. 4. Peck 6:14:30. 5. Carman 6:14:55. 6. Reese 6:28:25 (53 years old) 7. Paffenberger 6:39:30 (age 46) 8. Mattei 6:57:00 (age 45) 9. Dern 7:06:10 10. Stack 7:24:10 (age 62). There were 22 starters and 16 finishers. A 14 year old ran 8:23:07 for 14th. A girl ran 10:14:36 for 16th. Carman lead for most of the way until he ran into trouble between 35-45 miles.

THE TRANSCONTINENTAL USA RUN OF BRUCE TULLOH, 33, a biology instructor from Wargrave, England, is a lean, bronzed runner who made the jump from great middle distance runner to ultramarathoner in a matter of months with no intervening marathon career.

Tulloch, a sub-four minute miler, decided to break South African Don Shepherd's transcontinental USA record. Easily the fastest runner ever to attempt such a run, he started training for the effort in July 1968. He watched the 1968 London-Brighton race in late September. By this time he was a professional. Shepherd's record run from Los



p.3 Angeles to New York City was 73 days made in 1964. Tulloh's goal was 66 days.

Tulloh started his run at 10 AM, April 21, 1969 and arrived at City Hall, New York City, at 11 50 AM, June 25, 1969--that is 2876 miles in 64 days 1 hour, 50 minutes.

Tulloh met his first crisis the first day running out of Los Angeles. Salt depletion, fumes, and running too fast (about 9 miles an hour) left him in bad shape after the first day's run. He came out of this but later suffered an injury to his left mid-thigh. He got a secondary injury from this in the form of shin splints on the right leg. Next his Achilles tendon acted up, then the right hip became painful. The hip problem reduced his progress to a painful walk with a cane. He switched to a jog and walk pattern, limping, for a couple of days. He eventually walked and jogged 40 miles in one day. Tulloh figured this injury cost him two days in time. His hardships included muscle cramps in California, blizzards in Arizona, and near 100°F weather in Ohio during his long journey.

Tulloh ran about 9 hours a day, covering 40 to 50 miles. After some experimentation, he usually split the day up into four quarters. He ran 12 miles in each segment in about 1½ hours. He found that he could do this without getting exhausted. At first he tried 20 mile runs but found this and even 15 mile stretches too much. Thus he ran 12 miles and then had breakfast. Then 12 miles and tea and a two hour nap. Then 12 miles and lunch or tea. Then 12 miles and a meal, such as beans and bacon and then sleep. He slept much at the start.

By June 10 Tulloh could run 48 - 50 miles a day without trouble except when the weather was really hot. Also by June 10 he had arranged for arriving at City Hall June 25. Elaborate arrangements had been arranged by his sponsor: Schweppes. He knew over a week before the end that he could beat the record. Actually the arrangements for the post finish ceremonies cramped his style a bit. He was much better in all respects in the last part of his run.

Tulloh made it to Manhattan Island via the Staten Island Ferry. Once off the ferry he was paced to City Hall by a police squad car. He was joined by two newsmen. He decided to run away from them and upped the pace to around five minutes a mile, so he finished quite a bit faster than did Shepherd five years earlier. Tulloh was relatively fresh at the end of the run.

Tulloh was joined at City Hall by his shapely wife--decked out in a white mini-skirt--and his very bright seven year old son. They and another relative had accompanied him across the country in a car and a caravan.

Broadway is now One Way in lower Manhattan, one way going towards the Staten Island Ferry. Thus Tulloh came into City Hall from the East side. Movie and other cameramen had their cameras pointed the wrong way and thus missed recording his arrival as expected.

After the City Hall ceremonies--which involved a number of speeches, greetings, picture taking, and interviews--Tulloh and guests went to Toots Shors for lunch. Schweppes then quartered the Tulloh party two days at the Waldorf Hotel. And so ended Tulloh's biggest adventure in the running game.

Tulloh's weight was 116 pounds at the start of his run and 110 at the end. He does not look the part of a world class runner. He felt that he had it easy compared to Shepherd since he was accompanied by two vehicles and his wife who cooked for him. (Shepherd ran alone, unattended, across the country.)

Tulloh kept a "log" in which his departure times, areas passed through and arrival times were recorded. In some cases signatures of witnesses or those who had observed him en route were recorded. Some listings said: "seen by people at..."

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HAVE YOU PAID YOUR DUES for 1969-70 ?

Dues should be paid to treasurer Ben Malkasian, RRC, N.Y. Association, P.O. Box 467, Port Washington, New York. \$1.50 for students. Others \$3

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SUBSCRIBE to the "Long Distance Log" magazine, 12 monthly issues \$4.00 from H.B. Ross 306 W. Center St., Woodbury, N.J. Race results, etc.



p.4 ABSTRACT: "Training Youthful, Record Breaking Athletes"  
by Thomas K. Cureton, Ph.D., ATHLETIC JOURNAL, Nov. '65

Teenagers in swimming and track have come up with some amazing marks in recent years. Those familiar with interval training possibilities are less surprised at this development.

Training can begin upon entry to high school or earlier if done under intelligent supervision. Medical examinations can detect those youngsters with infections, lung or heart conditions which would limit the exercises done. Physical fitness tests will detect which boys are adapting to the work loads.

Interval training type workouts have made it possible for boys to run longer distances faster. It appears best to adopt a long, slow build-up, avoiding too many timed races.

Japan, England and France provide running exercise opportunities for elementary school boys. However, there is prejudice against endurance work for youth in Holland and many other countries.

Nutrition is of considerable importance in training. American boys eat too much fatty food, soda pop, hot dogs, potato chips, ice cream, and candy. They should eat highly vitaminized and mineralized food, or food fortified with wheat germ and wheat germ oil. Fish, foods high in vitamin B-complex, vitamin C and minerals are important factors in nutrition.

Gradual and adequate preparation by pre-training is the best way to prevent injury or strain.

A growing boy needs a quantity of meat, eggs, wheat germ, and milk in his diet. He also needs fresh vegetables, fruits, and fruit juice.

Rest is a great fortifier. It is not the hard work that hurts boys, but it is more likely the loss of sleep, careless eating, and inadequate preparation for the event.

From the "London Observer," 1969, by Christopher Brasher

HEAT 1. In a hot climate, cut your warm-up down to a minimum.

2. Cut your clothing down to a minimum. Follow Ron Hill's example-- use a cut down string shirt, cut-down shorts and even holes punched into the uppers of the shoes.

3. If you are a marathoner or 50 kilometre walker, train yourself to drink as often as possible AND BEFORE YOU FEEL THE NEED TO DRINK. This will keep up the fluid balance of your body, allow you to sweat and so to keep cool.

Dr. Griffith Pugh, of the Medical Research Council, has shown in some of his recent work that an athlete's temperature can go as high as 106.3°F (Tim Johnston in Mexico, 1967). But the normal temperature for a distance runner after 40 to 50 minutes of hard exercise is about 103°F and the normal level at which his performance starts to deteriorate sharply is 104.5 to 105°F. Drink as often as possible during the race to keep the temperature of the body down.

HOT CROSS-COUNTRY RUNNER--Ron Stonitsch, C.W. Post junior won the Collegiate Track Conference cross-country championship Nov. 8 in 25:12.5 at Van Cortlandt Park. On Nov. 15 at Wheaton, Ill. he won the NCAA College Division 5 mile cross-country championship in 24:53. On Nov. 17 he returned to Van Cortlandt Park to take the College Varsity IC4A championship in 25:03.3.

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