

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER
No. 44, SPRING 1970

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(Please keep the Secretary informed of address changes)



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NEXT RRC MEETING--The next RRC, NY Assoc. meeting will be held at Van Cortlandt Park, Bronx, N.Y., following the closed RRC 11 AM 8 Mile Race, May 24. Please attend.

=====V O T E=====

RRC ROSTER additions: Here are additional RRC members including some members accidentally omitted in the Winter Newsletter (apologies)--

72. Keller, Joe RD#2, Box 240, New Paltz, N.Y. 12561--St. ABC

154. Cinque, Frank 1661 Carter Place, Ft. Myers, Florida 33901
155. Hirsch, George 333 E. 34th St., N.Y., N.Y. 10016
156. Gordon, Bill 30 Roger Dr., Port Washington, NY 11050 (516-883-5912)
157. Welch, Bernie 46 Crowther Ave., Bridgeport, Conn. 06605
158. Murphy, John P. 675 E. 233rd St., Bronx, N.Y.
159. Waite, Ralph 245 Manhasset Ave., Manhasset, N.Y. 11030
160. Boitano, Dr. John 40 McLeod Pl., Stratford, Conn. 06497
161. Simpson, Bill ? Douglas Ave., Stratford, Conn. 06497
162. Forbes, Gene ? Albert Ave., Stratford, Conn. 06497
163. Noble, John Jr. 510 E. 89th St., New York, New York 10028
164. Westerholm, Walt L. 4435 Murdock Ave., Bronx, New York 10466
165. Cola, Matt 122-02 149th Ave., Jamaica, New York 11420
166. Likos, Gus 170 E. Choir Lane, Westbury, Long Island, N.Y. 11590
167. Tarnawsky, Patricia 74 Woodcrest Ave., White Plains, N.Y. 10604
168. Adler, Sol 154-21 23rd Ave., Whitestone, New York 11357
169. Allison, Edward 89-25 Parsons Blvd, Jamaica, New York 11432
170. Coviello, Tony 278 Forbell St., Brooklyn, N.Y. 11208
171. Deutscher, Gene 8 Washington Place, Tarrytown, N.Y. 10591
172. Grand, Larry 119-25 225th St., Queens Village, N.Y. 11413
173. Hidden, Steve 134 Corbin Ave., Jersey City, N.J. 07306
174. Johnson, M. Duncan, Main St., Franklin, New York, 13775
175. Kleinerman, Joseph, 2825 Claflin Ave., Bronx, NY 10468 (212 Ki 3-5140)
176. Kotteakos, Gus 350 E. 67th St., New York, N.Y. 10021
177. Kuscik, Dick 7 Flint Court, Huntington, New York 11746
178. Kuscik, Nina 7 Flint Court, Huntington, N.Y. 11746
179. McCarthy, Glenn 2526 E. Indianapolis, Fresno, Calif. 93726
180. Malamert, Murray 150-14 Goethals Ave., Jamaica, N.Y. 11432
181. McConnell, Walt, Berkshire Valley Road, RD#1, Wharton, N.J. 07885
182. Meisner, Herman 8717 126th St., Richmond Hills, New York 11418
183. Miladantri, Anthony 157-30 98th St., Howard Beach, N.Y. 11414
184. O'Donnell, Joe 101-17 Ave. J., Brooklyn, N.Y. 11236
185. Raab, Paul 163-35 130th St., Jamaica, N.Y. 11434
186. Roper, Alvin 86-24 250th St., Bellerose, N.Y. 11426
187. Taylor, Wilbur 114-44 143rd St., Jamaica, N.Y. 11435
188. Trupia, Charles 31-54 32nd St., Astoria, New York 11106
189. Scandurra, Aldo 22 Monett Place, Greenlawn, L.I., N.Y. 11740
(516-271-8963)--MILLROSE AA
190. Skalandunas, Edward 20 Sheephill Road, Riverside, Conn. 06878
191. Velazquez, Jose 271 Vermont St., Brooklyn, N.Y. 11207
192. Chrisman, William, Carrington Drive, Greenwich, Conn. 06830
193. Hopkins, Barry 2 Bogardus Ave., Catskill, N.Y. 12414
194. Plaeger, Russell, Croton Falls Road, Mahopac, N.Y. 10591
195. Price, Henry 14 Butler Place, Brooklyn, N.Y. 11238

-----V O T E-----

STANDARD TIMES CERTIFICATES--Add Tom CAMERON to those earning 2nd class standard times certificates for 1969. If you believe that you've earned a certificate, send the 3 results to the Newsletter Committee. See Newsletter No. 37, Summer 1968 for details of this program. Full details will again appear in the next Newsletter. Run fast!

LOCAL MARATHON SCENE--Lean Herb Lorenze, Middle Atlantic area flyer invaded Big Town twice and scored big: His 2:28 win in the Cherry Tree was third fastest on the course. May 3 he soloed a 2:21:34.8 in the Olympic Dev. Regional Marathon, Port Washington, NY.

Other Cherry Tree results: Pat Burke took Jr. Met. crown. Justin Gubbins first teenager. T. Corbitt first Vet. Two women starters; one a Mrs. Kuscik, looked good and appears capable of cracking 3 hours.

Mr.Vincent Chiappetta,President of the RRC,N.Y.Association, called the meeting to order after the presentation of prizes at the Cherry Tree Marathon. A number of subjects were discussed by members present. These are summarized below:

1.A Nominating Committee was elected to submit names of candidates for various offices of the RRC.

The Nominating Committee consists of Joseph Kleinerman,Larry Lesser, Dave Weinstein and Ken Abramson.

The positions for nominating are the president,vice president, secretary, treasurer and representatives to the AAU. The nominating committee is to further review and investigate the possibility of recommending to the AAU,candidates for the various offices which include the principal officers, sports commissioner,sports committee chairman,etc.

2.Since Mr.Kurt Steiner is ineligible as chairman of the long distance committee, it is appropriate for the RRC to select a man for this position. It was felt that this would be in the form of a recommendation by the RRC to the AAU and that it should be done after the RRC Annual Meeting.

3.The question of insurance was discussed. The conferees agreed to wait for the AAU's pending action on this matter.

4.The incorporation of the RRC,N.Y.Association was discussed. The President indicated that it was possible to incorporate for a sum of \$65. The pros and cons are to be submitted to the membership for voting at the annual meeting. The basic reason for incorporation is to reduce liability to the membership.

5.The development of the RRC Runs for Women Cross-Country were discussed. Mr.Geisler indicated that the cross-country schedule for women should not conflict with the RRC Run For Fun events. It was agreed between Mr.Geisler and Mr.Scandurra that they will get together and define the schedule to eliminate conflicts. Mr.Scandurra said that the formation of a number of clubs on Long Island will enhance women's activities and will bring additional revenue in the forms of entry fees and membership.

6.It was indicated by the membership present that the RRC should not become involved into the politics of the AAU and that our basic function is to bring activity in long distance running consistent with the needs of the sport.

This will remain the AIM and the placement of the various representatives in the AAU to assist in the execution of this purpose.

The treasurer,Mr.Malkasian read a report of the financial status of the RRC.Approximately \$430 is available after all expenses have been paid. The president directed him to pay the fee to the National RRC. Mr.Malkasian is working hard to establish paid up members lists. A number of omissions were observed on the Roster which appeared in the Winter Newsletter.Of special note are members who have paid for several years in advance.It was recommended that Mr.Malkasian should be made aware that some of the members had paid for three to five years,and that the records may have been lost. This applies to Mr.Gus Kotteakos, Mr.A.Scandurra, and others.

Although this point was not discussed openly at the meeting, it is the recommendation of the undersigned that members such as Mr.Kotteakos,who have donated much of their time and money to the RRC, be given a permanent membership in our Association as an acknowledgment of their efforts. It is also recommended that this apply to the past presidents and other individuals of note, such as Joseph Kleinerman, Kurt Steiner, etc.

The date for the next RRC meeting is May 24th. The meeting was adjourned by the president. The undersigned agreed to write the minutes of the meeting and send copies to the members of the Nominating Committee and to Mr.Ted Corbitt for distribution.

Respectfully submitted--by A.M.Scandurra,Millrose AA

NOTE--"The only false start in the history of the Olympic Marathon was at Melbourne in 1956,when with 26 miles 385 yards to go some of the more nervous competitors broke in the 80th of heat."
(Athletics Weekly,18:43:31,Oct.24,1964)

OLD THOUGHTS--"Nothing ventured, nothing gained"

"You can tell he isn't afraid of work.Look at the way he fights it."

"The race is not always to the swift,nor the battle to the strong."

President Ed O'Connell presided.

It was decided to have a special committee contact member clubs who are delinquent in dues and encourage them to continue in the mainstream of the RRC movement and to pay dues (minimum \$10, maximum \$50 per year for clubs).

In a brief talk, President O'Connell compared the office of president to a mail-box. He noted that the job means a personal expense for postage, telephones, etc. He felt that the limited liaison between the RRC and Speciality Sports has probably helped us. He has written some material for publication in the Long Distance Log. He concluded by saying that the RRC is suffering growing pains.

RRC member Jock Semple attended the RRC Convention for the first time. He spoke briefly, reminding the conferees that he is not the BAA and that he is not the blame for everything that goes on at the BAA classic. He asked for cooperation of all runners. He stated that the BAA Marathon Committee wants suggestions as to how to control the race. (Write down your ideas and send them to the Boston Athletic Association, 150 Causeway St., Boston, Mass. 02114.)

The 1969 Meeting Minutes will be distributed later.

There was a balance of \$685 in the treasury.

Committee Reports followed. The RRC Standards Certificates scheme will be promoted this year. Ed Dodd succeeds Ron Daws as chairman of the Certificates Committee. Dr. Gabe Mirkin suggested establishing a national Age Group Committee to set up an Age Group program for ages 9-15 in divisions. There would be a national records chairman. A special Age Group Committee was appointed to set up the total scheme. Members are: Gabe Mirkin, D.C.; Bill Gans, New England; Barry Geisler, N.Y. John Rose, Missouri Valley; Wayne Van Dellen, California.

Mr. Will Cloney, Boston Marathon Committeeman arrived at this point and spoke to the group. He favors the organization of runners. He repeated that the BAA is seeking recommendations from the Road Runners Club members. The marathon committee will examine all suggestions. He said that the BAA tries to take care of all legitimate athletes.

The Run For Your Life program is well established in certain areas.

Aldo Scandurra reported on the International events and on the National AAU LDR Committee activities. INTERNATIONAL SECTION--Results in the National AAU 10,000m Cross-Country Championship counts for the trip to Brazil; and to select foreign teams to any event for less than 10 miles. The Needham 20 Kilometers Run will be used to select the team for the Puerto Rico Half-Marathon race. There will be six Regional Marathon Championships. These races are to be run on certified courses between March 1 and June 1 every year. Those with the best times will be eligible for overseas trips and for attending training camps. The 5 & 10 kilometers runners and marathon men will be sent to a single training camp. Only qualified teams will be sent overseas. The AAU LDR Committee--We will try to divorce women's distance running from the track and field committee. Its hoped that a new committee will be formed (of--coaches, competitors and promotional people). RRC President O'Connell praised Mr. Aldo Scandurra for his long time role of intermediary between the AAU and the RRC.

RRC NATIONAL CHAMPIONSHIPS--Pat Lanin will again coordinate the RRC national competitions. The Atlantic City Marathon, Oct. 25 will be the national RRC championship. A women's marathon race will be held in conjunction with the National RRC Marathon in Atlantic City. The RRC, NY Association 9 Mile Cross-Country run will be called the Eastern Regional RRC Cross-Country Championship.

It has been decided that the RRC and the National Joggers Assoc. have no mutual interests.

INCORPORATION--The RRC of America can be incorporated in the Dist. of Columbia for \$12 as a non-profit organization. There would be a \$2 fee annually. This is under study.

A brochure on RRC activities will be printed.

A committee will study a proposal to set up a Hall of Fame for Long Distance Running (nominees need not be runners).

ELECTION OF OFFICERS--Conducted by Joe Kleiner. The new officers for 1970-71 are: President: Ed O'Connell (re-elected); Treasurer: Norman Brand (re-elected); Secretary: Wayne Van Dellen, Woodlake, California. Vice-Presidents: West--Ed Romari, Hawaii; South--Hal Canfield, Knoxville

p.4 (re-elected); North--Pat Lanin, Minnesota; Central--John Leppi, Albuquerque (re-elected); East--Kurt Steiner (re-elected); Women's Representatives--Lyn Carman, California, and Aldo Scandurra; Liaison, Canadian Affairs--Sy Mah, Canada.

CANADA--Sy Mah spoke on the RRC in Canada. There is a need for the RRC in Canada and attempts will be made to expand in Canada. The Track & Field Association and the AAU have been at odds in Canada but the idea of the RRC has been received favorably. Mah is especially interested in the Run For Your Life and in Women's running. An ultra-marathon is also in the works, eventually.

EATING vs EXERCISE

Old time (1920s and earlier) northern Minnesota and Wisconsin lumber-jacks ate nearly 9000 kilocalories a day. They worked hard. Some men who were able to do the work of two men were given double pay and allowed double rations for each day. Here is a menu for a typical day: BREAKFAST--oatmeal and milk, then a pound of cheese and molasses, cookies, followed by pancakes, maple syrup and large slabs of cow butter (the men also stuffed some pancakes and cookies in their pockets for snacks in the forests), then followed several helpings of bacon and eggs, plus bread spread with cow butter and apple butter. Each meal was topped off with a sweet. Breakfast dessert was a bowl full of baked apples, stewed prunes, lemons, and raisins. NOON DINNER: Stew of boiled venison with wild rice, onions and parsley, baked beans with side pork; boiled potatoes in cream gravy; rutabaga; squash; homemade bread and butter; hickory nuts; molasses cake; coffee, canned milk and sugar.

SUPPER--Salmon loaf and creamed peas; fried potatoes; six hard cooked eggs per person; bread, butter and plum jelly; dill and beet pickles; cranberry strudel, blueberries and cream; tea with maple sugar.

They used lemon to avoid vitamin C deficiency.

The 9000 kilocalories breaks down like this:

Protein--250 grams a day, or 1000 kilocalories.

Fat--500 grams or 4500 kilocalories.

Carbohydrates (sugars and starches)--875 grams or 3500 kilocalories.

None of these men got fat. In felling, sawing, barking, and branching the trees, they burned up the 9000 kilocalories they ate each day. Studies indicate that lumbering is the most energy consuming work of all.

(Today many people worry about eating too much. In some cases it is not that too much is eaten but that too little physical work or exercise is done. In that case the result is FAT people.)

(Source: Nutrition Today 5:1:24, Spring 1970)

S T R E S S as expounded by Hans Selye, M.D., Sc.D.

People respond to exacting tasks in a stereotyped fashion. In the course of unaccustomed strenuous tasks--be it swimming in cold water, lifting rocks, or going without food--the development of man's ultimate response grows in three stages: At first, whatever he is doing seems a hardship; then he gets used to it; and finally he finds he has to give up because he can't stand the strain at the task any longer. In other words, first he recognizes hardship, followed by a period of adjustment providing a certain degree of tolerance which is soon replaced by a reduction in the ability to perform, then exhaustion.

Described another way, the first response to stress is the ALARM REACTION. It's a "call to arms" of the body's forces. If strong stress continues, a STAGE OF ADAPTATION or resistance ensues. Certain tolerance builds up. If the stress is prolonged, this acquired adaptation is lost again and the person enters the STAGE OF EXHAUSTION. Stress is the rate of wear and tear in the body.

Faulty diet is a prominent factor in stress conditioning. Many vitamin preparations are said to increase resistance to stress. Similar claims have been made for diet supplements of proteins, carbohydrates, even fats. (Source: Nutrition Today, 5:1:24, Spring 1970)

RRC, New York Association

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Printed Matter

To: