

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER
No. 45, SUMMER 1970

President: V. Chiappetta, 2 Washington Sq. Village, NY, NY 10012--MILLROSE
Vice-President: B. Geisler Sr. 1134 Findley Ave., Bronx, N.Y. 10455--UNITED
Secretary: Bob Hornik, 1543 Budd St., Elmont, N.Y.--NYU/NYPC
Treasurer: Ben Malkasian, 2709 Heath Ave., Bronx, N.Y. 10463--MILLROSE AA

(Please keep the Secretary informed of address changes)



=====

ELECTION RESULTS--Our RRC officers for 1970-71 are:
President: Vince Chiappetta, Millrose AA (Re-elected)
Vice-President: Barry Geisler Sr. (Re-elected), United AA
Secretary: Bob Hornik, N.Y.P.C. He defeated four candidates.
He is a collegian (NYU) and long distance enthusiast.

Treasurer: Ben Malkasian (Re-elected), Millrose AA

Other voting results: Delegate to the AAU: Joe Kleinerman.

Proposal to Incorporate--Yes 78; No 5

Site for 1971 Cherry Tree marathon: Central Park 54 votes,
Macombs Dam Park 30; and Alley Pond Park, Queens 2.

NEWS--Scores of runners finishing the BAA Marathon decided to eat and tank up before showering and dressing...Ron Daws and the Japanese marathoners were hampered by the rain as they were in the 1967 BAA.. Ron Hill, new BAA record holder, wore the same brief uniform in Boston's rain that he did in Athen's heat last year as he won the European Marathon...BAA officials made some improvements in handling the 1970 marathon. They're interested in any ideas you have for improvements (please write)...The great Dr. Charley Robbins suffered a chip fracture at his right ankle while skiing March 3. He was able to continue with cautious skiing and running as he healed. He was able to run on his toes again after three weeks. The trick is to run just enough not to hurt the good leg...

A World Masters track meet is planned for Germany right after the '72 Olympic Games--for "old boys" 40 years and up...Roger Bannister, M.D. first man to beat 4 minutes for the mile (1954 with 3:59.4) is now a successful Neurologist in London, England. He still runs a bit for health reasons...Professional runner George Perdon of Australia bettered John Tarrant's world amateur track record for 100 miles by running 12:25:09....Ted Suito reports that some 18 year old Californian plans to run to New York in an attempt to break Tulloh's year old trans-continental record...Hawaii conducts the annual Norman K. Tamanaha Hawaiian Marathon (26.22 miles) Championship, named after its first good marathoner Norman Tamanaha whom some of you remember running in Boston and Philadelphia in the 1950's. Next year they'll add the Hawaiian 50 miler to their program (April 23, 1971)...

The Tom Oslers are the parents of new born Eric Thomas Osler (born July 10, 1970, at 7 lbs 12 oz). Poppa is a former national champion at 25 kilometers and 50 miles. He recently earned a Ph D and will leave the Philadelphia area for upstate New York and a new job...Former Met Marathon Champion Jose Dones was in town a few weeks this summer. He is nearly finished with Ph D requirements in linguistics. He teaches at Sacramento State in California, and remains un-married, so far... A 48.4 mile relay was run around the perimeter of Guam Island May 3, 1970. The race started at 3 AM to escape heat and traffic. Runners ran six one-mile legs. The winning team, captained by Scott Hamilton, won in 4:45:40 and the 9th place team ran 5:42:40...Arne Richards viewed the Commonwealth Games this summer and witnessed the fastest running he has ever seen for many events...How about this rumor? A runner was told by an Ethiopian that Abebe Bikila is older than his stated age; that Bikila was age 41 when he won at Tokyo; and that Bikila has run up to 60 miles in training. Do you believe any of it?...Millrose John Kelly enjoyed his brief visit to NY City recently in which he met many of his old running buddies. John won double walking victories in both the Sr. Olympics and in the Masters Meet in California...Eric Segal, screen writer for the currently running movie "The Games," was recently named to the National Advisory Council of the Peace Corps... Tough Dr. Bill Andberg, 58, Anoka, Minnesota, cracked 3 hours for the first time in the May 17, World Veteran's Marathon. He ran 2:51:44 to become the first American finisher, 31st place in a field of almost 300. Sixty one others beat 3 hours. The scene was Skvode, Sweden (from Minn. RRC Publication)...

p:2 RRC "Mirror, Mirror on the Wall, Who is the Fastest of them All?"
by Ted Corbitt, N.Y.P.C.

Two recent issues of the NY TIMES referred to the fastest animals on earth. One was an article on an African safari and one was an advertisement on Belmont Park race track where thoroughbred race horses "do their thing." Subsequent TV Commercials started a lively debate locally on the subject.

Most meat eating mammals are good runners: the coyote can run 43 miles per hour; the red fox, 45 miles per hour. One red fox, scampering away from a pack of hounds, covered 150 miles in a day and a half. Jack rabbits have been clocked at 40 miles per hour. The Mongolian ass is supposed to have run 16 miles at 30 miles per hour. Antelopes have been reliably timed at 60 miles per hour. The camel has travelled 115 miles in 12 hours.

How does man compare with these runners? A man can run 220 yards at 22.3 miles per hour (he can top 24 miles per hour for a brief period) and a mile at 15.1 miles per hour.

The controversy around the ads involves the race horse and the cheetah. It is claimed that for a short burst of speed the cheetah is the fastest of the fast, but for distances beyond 100 yards the thoroughbred horse is faster. (Quarterhorses are also bred for high speed over short distances, about 1/4 mile.)

The horse and the cheetah both have a 23 foot stride. The race horse hits 2 1/2 strides per second and the cheetah at least 3 1/2. (The fastest men, sprinters and milers have about this same range of stride rate according to Dr. W.M. Ruthrauff.)

The cheetah is a quiet, arrogant, graceful cat, found in Africa and Asia. It will not attack a man. In the wilds, the cheetah spends most of the daylight hours hunting. Much of the time is spent in waiting or crouching, watching for a victim, for instance a gazelle. For that reason, the cheetah has been described as the lonely, short distance runner.

If the cheetah is stalking a gazelle it will not attack until within 150 yards. At that point the cheetah may commit itself and start off with a beautiful lope and then turn on its blazing speed. The cheetah sprints at 60 to 70 miles an hour. The cheetah must score in a hurry because not only is the gazelle capable of sprinting over 45 miles per hour, it can move like a shifty halfback, and it has stamina. An all out burst of 600 to 900 feet leaves the cheetah exhausted.

While the cheetah gets pooped after a very short, violent spurt at top speed, a thoroughbred horse can carry a man on its back for a mile or more at nearly 40 miles an hour (say the ads). A horse can run 15 miles per hour for 35 miles. Comparing the cheetah and the horse is like comparing Charley Green the 100 m flash with the sustained 600 yard sprinting of Martin McGrady.

Percy Cerutti, Dr. W.M. Ruthrauff and others with a keen interest in movement, have spent many hours studying animals in motion and trying to learn a few more principles which will help man to move faster and more economically. (See RRC, NY Association Newsletter No. 26, Fall 1965.)

While man is relatively slow compared to many animals, he can give a good account of himself in a long, long run. Race horses must be trained hard to become successful at racing. Men have raced horses with varying degrees of success. Results depend on the distance, the fitness level of the horse and the knowledge of the jockey on the horse--all assuming that the human runner is also fit and tactically wise. Beyond a very short sprint, a man would have no chance against a horse, until the distance stretched out in the neighborhood of 100 miles or probably considerably beyond that distance.

DUES--Gentlemen, it's dues time again (ladies too). Pay \$3.00 to the treasurer Ben Malkasian. Students pay \$1.50. Make checks payable to the Road Runners Club, NY Assoc., and send to: RRC, N.Y. Association, P.O. Box 467, Port Washington, N.Y. We need the money for the program.

BE INFORMED--Subscribe to --The Long Distance Log, \$4.00 per year, 12 monthly issues on results, training, ideas, etc. From U.S.T.F.F., P.O. Box 190, Tucson, Arizona 85702, c/o Carl W. Cooper.

p.3 "The RRC Standards Certificates" by Ted Corbitt

For the benefit of new members we will give a few details of the RRC Standards Certificates program. The RRC No.37, Summer 1968 RRC Newsletter gave full details.

The RRC, USA adopted the RRC of England's Standards Certificates Program in 1964. The RRC, NY Assoc. has had members earning these certificates since 1965 altho delays in implementing the program from the national level prevented awarding the first certificates until the 1967 year.

The Standards Certificates program involves running three separate races in specified times or better within a 12 months period. Originally there were three classes: First Class, Second Class and Veterans Class. The times are such that it is a real achievement to earn a certificate.

In 1967 two additional classes were added to cater to the top performing runners: the "World" and the "Champion" classes. First Class time standards are based on the 2:40 marathon. 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 a 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. All three marks must be in the particular class to qualify. It gives the runner a special achievement to go for, and it is a real challenge. The RRC of England found that about 10% of its membership qualified for certificates.

Another benefit of the Standards Certificates program is that it 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 Certificates program of the RRC of America was originally under the chairmanship of John Sterner, NYPC. Ron Daws took over next. This year the Committee was taken over by Ed Dodd of Bryn Mawr, Pa.

A number of areas in the USA have multiple course measurements including: Metropolitan, N.Y., Philadelphia, Minneapolis, North Carolina, and California. A number of areas have one to three courses certified. Runners should ask race sponsors to get their courses certified so that they'll know what distance they're running and they will have another shot at achieving a standard time. All USA Jr. & Sr. Championships are supposed to be held on certified courses. There are about 30 certified marathon courses in the US now.

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 on the next page, and below. The runner must be an RRC member in good standing (dues paid, etc) at the time the mark is achieved. 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.

Measurement in the Metropolitan area was started in the winter of 1964-65 by John Sterner, Aldo Scandurra and Ted Corbitt. We are still looking for additional help. If you own a bicycle or an automobile and want to assist in the measurement program, contact Ted Corbitt, 5240 Broadway, NY, NY 10063. We also need a volunteer to do the paper work of collecting the names and times of certificate winners.

CERTIFIED COURSES in the Metropolitan New York area:

Marathons: Cherry Tree, Yonkers, Staten Island (Clove Lakes Park), and Port Washington, N.Y. (Olympic Regional Development Course)

Ultra-Marathons: 1) 45 Miles Macombs Dam Park-Van Cort. Park and 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.

Loop Courses: 1) Market-by-the Stadium (Measured by Joe Kleinerman and other RRC men with steel tape) = 1.06 miles or 1 mile 110 yards. 2) Harlem River 4 miles and 5.3 miles. These loops also includes certified 15, 25 and 30 kilometer courses, and 10, 12, 15, 16 and 20 miles. These courses are in the BRONX.

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.

CENTRAL PARK---Small Loop = 1.695 Miles; Big Loop = 5.935 Miles.

VAN CORTLANDT PARK CROSS COUNTRY LOOPS = 3, 4, 5, 6 and 9 miles and 10,000 meters.

p.4 Certified Courses in Metropolitan NY--continued
 VAN CORTLANDT PARK SOUTH--Big Loop= 4.86 Miles; Small Loop=1.041 Mi.
 RANDALL'S ISLAND OUTER PERIMETER= 2.361 Miles
 Other Certified Courses: 1.Yonkers: Marine Corps 3 Miles. 2.Queens
 25 Kilometers(Milk Run course from YMCA). 3.Queens 15 Kilometers
 (Queensboro College).4.Central Park: 25 Kilometers. 5.Tibbets Brook
 Park 1,2,6 miles and 10 kilometers.

TIME STANDARDS					
DISTANCE	WORLD	CHAMPION	1st CLASS	2nd CLASS	VETERAN
9 miles	45:15	47:15	49:00	56:00	62:15
15,000meters	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 set yet		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,1275yds	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,fromR.Daws and Tom O'Brien,Bruce TC.)					

NEW RECORDS

On July 31,1970 at Durban,South Africa,in a 100 mile track run, Dave Box ran a magnificent new world record 12:15:09.Former record holder John Tarrant of England was on hand but wasn't permitted to run because of his "restricted" amateur status.Instead he was a hand-ler for one of the competitors as he watched his record go down.

WORLD & US ALL TIME AGE GROUP BESTS

- 5 Year Old Boys--Brian Cirulnic,Rosedale,NY,880y 5.18.00, 1320y, 8.25.00 7/12/70
- 6 Year Old Boys--Andy Powderly,New Hyde Park,NY, 880y 3.50.00,7/12/70
- 7 Year Old Boys--Gene Mirkin,Rockville,Maryland,1 Mile 6.13.00,6/7/70
Joe Shanahan,NYC,NY,880y 3.21.00,1320y 5.05.00 7/12/70.
- 8 Year Old Boys--Michael Cleary,Bronx,NY,880y 2.53.00,1320y 4.24.00, 7/12/70.
- 9 Year Old Boys--Lee Geisler,Bronx,NY 880y 2.50.00 7/12/70.
1 mile 5.54.00 5/10/70
- 10Year Old Boys--James McCreesh,Selden,NY 880y 2.49.00, 1320y 4.24.00 7/12/70. 1 mile 5.44.00 6/7/70
Lee Cherney,Mount Vernon,NY,2 mile run 12.25 7/5/69; and Cherry Tree Marathon 3.44.45, 3/16/69
- 11 Year Old Boys--Lee Cherney,Mt.Vernon,NY 880y 2.48.00;1320y 4.19.00, 7/12/70; 1 mile 5.36.4 6/7/70
- 12 Year Old Boys--Patrick Daly,Wantagh,NY 880y 2.45.00; 1320y 4.10.00 7/12/70
- 13 Year Old Boys--Eric Geisler,Bronx,NY 880y 2.45.00; 1320y 4.11.00 7/12/70

Pay your DUES Now

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

printed matter

TO: