

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER
No. 47, WINTER 1971

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(Please keep the Secretary informed of address changes.)



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RRC of America Standard Time Certificates for 1970

RRC, NY Association members listed below earned RRC

Standard Certificates for 1970. To earn a certificate, the runner must be a paid up member of the RRC, in good standing at the time he makes time standards in a particular

class at three separate distances ranging from 10, 15, 20 miles or the metric equivalents, the marathon, or ultramarathon distances. See RRC Newsletter No. 45, Summer 1970 for a list of local certified courses and for a list of time standards for the five time classes: World, Champion, First Class, Second Class, and Veteran Class.

Veteran Class (times based on a 3:25 Marathon)

Bill Coyne, Millrose AA

First Class (based on 2:40 Marathon)

Gary Muhrcke, Millrose AA

Agustine Calle, Brooklyn, N.Y.

Second Class (based on a 3:10 limit marathon)

Ted Corbitt, New York Pioneer Club

Pat Burke, Millrose AA

Pat Bastick, Millrose AA

Vince Chiappetta, Millrose AA

Gene Toomey, Millrose AA

Norb Sander, Millrose AA

Jim McDonagh, Millrose AA

Robert Hornick, New York Pioneer Club

Nat Cirulnick, United AA

Joe Burns, United AA

Eric Walther, St. Anthonys Boys Club

Al Meehan, Stratford Spartans

Al Williams, New York Pioneer Club

Note: Best times at 3
3 separate distances
are used to award
Standards Certifi-
cates. They must be
made on tracks or
certified road
courses. A man must
run at least as far
as 30km to get a 3
race spread.

For example Gary
Muhrcke's 1st Class
Cert. was earned with
20Km 1:06:26
25Km 1:26:27
Marathon 2:28:37

"A Vote of Thanks to Our Harried Officials" by Miss Sue Peters, N.Y.U.

The RRC Age Group Program was held at Macombs Dam Park on Sunday, January third. As most people know, snow fell January first and was still on the ground. The course was around Yankee Stadium.

I think it noteworthy and praiseworthy that Kurt Steiner, Barry Geisler, and Benny Malkasian spent one hour and fifteen minutes shoveling snow from the sidewalk around the Stadium. This work shows the devotion and concern these runners have for the sport of running and its development.

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NOTES FROM Bill Newkirk

*Ralph Garfield, winner of the RRC 10.6 mile handicap race in January 1970, took time out from running to marry the former Bernice Kolman in November. He has resumed training.

*Fred Lebow, co-director of the New York City marathon, just completed a trip around the world. He already is working on plans for the marathon scheduled in Central Park on September 19, 1971 and indicates the race will include the Jr. National AAU Championship.

*If you are interested in taking part in the "Runners World" 24 Hour Relay, send your answer or your comments, suggestions, etc. to William Newkirk 392 Central Park West, Apt. 11 P, N.Y., N.Y. 10025 tel. 5-2140. If there is enough interest, perhaps we can use the Van Cortlandt track and run in April, May or June on a full moon weekend.

CROSS-COUNTRY RUNNING IN MICHIGAN by Dr. Sid Gendin, United AA

The first thing I noticed about distance running in Michigan which is different from New York is the attention that it gets. A few weeks ago the High School State Cross-country Championships were held in Ypsilanti, Michigan. When I arrived I was shocked to see more than 1000 spectators, maybe 2000. There were cheering squads, and one team even had the school band out to spur it on.

Here at Eastern Michigan University, articles about cross-country are as much a regular part of the school newspaper as articles on football. And when EMU won the NCAA college-division cross-country championship that was the page one headline. Around November 1, EMU held an intramural cross-country run which attracted 100 starters

-p.2- and more than 50 spectators. Last year, when I was still at Stony Brook, a similar race drew about 40 runners and maybe 15 spectators.

The three courses I have seen in Michigan are, whether by design or accident, excellent for spectators. At EMU you can stand in one place and see two-thirds of a race. With a little walking you can see 80% of the race, and with just a little bit of jogging every drop of it. This encourages interest and spectators are always present.

It's no wonder, then, that the general level of running is far higher than in New York. At EMU there are thirty runners who can beat thirty minutes for 5 miles. At Manhattan College there may not be thirty people who can run 5 miles.

Unfortunately, the program for AAU runners is not as well developed as in New York. And, if there is an RRC program out here, it can't compare to New York's. But the area is enthusiastic so far as I can tell. All it probably needs are dedicated organizers of the Corbitt-Kleinerman-Scandurra breed. More in the future.

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NEWS---Big John Garlopp, the Millrose tough guy, has cooled it on marathon races for awhile because he suffered from sciatica off and on over the past two years...Former NYAC runner Adolf Gruber, "the grey fox," now back in Austria, ran 2:46.51 in the International Veterans Marathon May 17, 1970 at Skovde, Sweden...NYPCs Joe Yancey, long time RRC member, attended the AAU Convention in San Francisco..Scott Hamilton expects to go on a Nepal Expedition later this year. He reports that Hawaii will join the growing list of areas holding 50 mile races on April 23. The race will be held thru the cool of the night on a flat course beside the ocean. Individual cars will provide light to run by. And get this, the participants are asked, among other things to "indicate here your denominational preference if you wish a chaplain to perform some appropriate rite at the finish or somewhere along the route."...

Arne Richards, our man in Kansas, is coming East for the National RRC meeting and the BAA Marathon. He has signed up for the Runner's World Tour to the Munich Olympic Games in '72...If you have news about yourself, or some other runner, please send it to RRC member Bill Newkirk, 292 C.P.W., New York, N.Y. 10025. Bill will help collect news for the Newsletter...Dr. Sid Gendin, 90 Oakwood, Ypsilanti, Michigan invites you to stay at his place if you are moving thru his area. Sid who normally hibernates from December thru March, has been on the LSD diet this winter and expects to be in great shape this spring...

Congratulations to Dr. Jack Boitano, Fairfield University, Fairfield, Conn., who has been appointed Long Distance Running Committee Chairman for Connecticut. He is also Race Walking Chairman and Masters Track & Field Chairman. He would like to be the first to hold an AAU sanctioned Masters T & F State Championship...Aldo Scandurra, Millrose AA, will be one of five candidates for USA Olympic Team Manager for the Munich Games...Al Williams, NYPC, escaped injury after demolishing his car in a crash on the way home following a race at Macombs Dam Park in January. He was thrown clear of the car...Mike Lester former CCNY and BRUCE T.C. is on the staff of the Tulsa Tribune, Tulsa, Oklahoma, and is a member of the Tulsa Running Club...Jim McDonagh zipped past his 47th birthday Feb. 4...

The great Oscar Moore sends regards to all local runners...Wedding Bells tolled for B. Laufgas, July 19, 1970, in Paterson, N.J. The bride is a lovely Israeli girl. Among the running set present were: Al Williams, Jimmy Borden, Jose Velasquez, Joe Kirby, Jack Levy, and Miss Mary Ellen Dyer, and Miss Pacita Orpiano...Then in December Jose Velasquez got hitched...International marathoners from the US in the future must run at least 2:25 to be considered. Regional marathon winners must do 2:25 or better to be sent to this year's combination national championship and Pan-Am Games Marathon trial, in Oregon...The old Harlem River course, scene of some epic road races has gotten so traffic laden that the RRC officers have begun to phase it out as a race course. A new bus line on the road accompanies the new high rise apartments and added vehicular traffic...Our RRC membership has inched upwards again with new faces. Welcome to all new members...The RRC will sponsor any Met. championship not otherwise taken up. Generally we will have an open race at the same time. This self help program by and for the runners depends on every member paying his dues...New RRC men: include M. Leen, Norm Friedman, and W.D. Eastman. ---

READ the Long Distance Log for all race results.

Dave Ellis, 33 year old distance runner from Canada, did not take up running until he was 24. His progress was sensational for one who came to the sport so late. In 1965 he won the National AAU cross-country championship. In addition to this he has won 5 other national championships in the U.S. and 14 Canadian national championships. His list of titles follows:

Canadian 3 miles champion--4 times.
Canadian 6 miles champion--4 times.
Canadian cross-country champion--4 times.
Canadian 10 miles track champion--2 times.

NAIA 3 miles champion--1968, 1969.
NAIA 6 miles champion--1969.
NAIA 2 miles indoor champion--1969, 1970.

Because of the NCAA age rule for foreign athletes, Ellis, who competes for Eastern Michigan University, has never had a chance to compete in NCAA championships but he has consistently outperformed most of the better known college runners when he has met them in open competition. For example, he finished 8th in the 1970 National AAU cross-country championship and was 2nd or 3rd among college entrants.

In addition to the above championships, Ellis' other major races include:

Silver medalist, 10,000 meters in the Pan-American Games, Winnipeg 1967.

2nd place, National AAU 3 miles (indoors), 1968. 13.26

Twice he finished 6th in the Boston Marathon.

3rd place, Brazil Sao Silvestre New Year's Eve Race, 1968 (Winner, Roelants). 5th place in 1969.

4th place, British Commonwealth Marathon, Jamaica, 1966.

5th place, British Commonwealth 6 miles, Jamaica, 1966.

1st place, Canada vs Norway. Oslo.

1st place, Canada vs Sweden. Stockholm.

33rd place, International cross-country championship, Vichy, France 1969.

Road race victories in the Firestone 25,000m and in the "Around the Bay" 19 miles run.

Ellis also competed in the British Commonwealth Games in 1970 and in the Olympic Games at Mexico City in the 10,000 and 5000 meter runs.

A list of his best times follows:

1 mile	4.05	2 miles	8.40.2
3 miles	13.17	5000 meters	13.44.2
6 miles	28.18	10,000 meters	29.16

Marathon 2.19+

Ellis has been persistently hampered by bad knees. The Eastern Michigan team physician doubts that anything can be done about them. It is not a matter of torn ligaments, loose cartilage, etc. His knees have been described as "the knees of a 70 year old man." They have simply gone through the kind of degeneration which inevitably accompanies ageing. Why it should have occurred in one so young is a mystery. There are days when Ellis can hardly walk and he frequently skips dual meets. Because there is no hope for recuperation, Ellis plans to retire after the 1972 season but he is not sure that he can last that long.

Here is how Ellis describes his training in his own words:

"I never run to a schedule but work out merely as I feel.

Consequently a mid-season workout would not vary from an early season workout. I do not attempt to reach a peak at any particular time of the year, but instead try to keep a reasonable standard of fitness throughout the year. This is because I attach just as much importance to road and cross-country races as I do to track races. I run for enjoyment and could never stand the tough interval sessions followed by many athletes."

A typical week's training:

Sunday. 10-15 miles. If run alone, he goes at a 6.30 pace. If he runs with Paul Lightfoot or Gordon Minty they race at a 4.50 pace! (I can't help it. That's what the man says--S.G.)

Monday. A.M. 5 miles at 7.00 pace.

P.M. 7 miles at 6.00 pace.

Tuesday. 8 - 10 miles fartlek (speed play).

Wednesday. A.M. 5 miles at 7.00 pace.

P.M. 5 miles plus 2 miles fast striding.

Thursday. 8 - 10 miles at Monday P.M. pace.

-p.4- Dave Ellis

Friday. A.M. 5 miles at Monday A.M. pace.

P.M. 5 miles. (If he feels like it. Same pace.)

Saturday. If no race then 7 miles fartlek.

Ellis tries to average 70 miles/week with about 80% of it below a 6.30 pace. In the summer he runs almost exclusively on a local golf course and in the winter is forced to take to the roads. I have never seen him work out indoors although he does warm-up and warm-down on the Eastern Michigan indoors 220 track.

MY OPINION--Henry David Thoreau "If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away."

50 MILES IS A LONG TIME COMING--The Met.AAU held its first 50 mile championship in Central Park, NY City Feb.21. The course was beautiful and the weather surprisingly good. A number of local runners began training for a 50 mile race in 1959 but it was impossible to get an AAU sanction for such a distance in those days. A lot of work has gone into the changed scene. California beat us to holding an annual 50 mile AAU Association (district) championship. However, we were first with the National 50 mile championships in 1966 (Staten Island) 1967 and 1968 (Poughkeepsie, NY), thanks to Aldo Scandurra.

Jim McDonagh, Millrose ace, who won the first National 50 mile championship in the heat ridden 1966 race, became the first Met.AAU champ in 1971. It was a race of champions with two former Sr.Champions (McDonagh and Corbitt) and two Jr.Champions (Chiappetta and Meehan). Meehan, McDonagh and Chiappetta waged an intense fight for the title. McDonagh picked up the pieces and came from behind to get his first fast 50 mile time with 5.36. Chiappetta also got a personal best 5.39. Both Millrose men will run in the 1971 London-Brighton 52½ miler. They hope to get a third man to try for team honors. They will meet one or more of the Californians at London and probably New Zealand's Jeff Julian who is in London now, and there is a chance that the mighty South Africans will return this year, IAAF permitting. Looks like Jackie Mekler's record will fall this year.

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RRC of America Annual Youth Development Nat'l Cross-Country Championship---Report courtesy Kurt Steiner

Nov.8, 1970 saw the kick off of the RRCs Annual Youth Development Cross-Country Championships at Van Cortlandt Park. Races were held at 1½ miles for all age groups with separate races for boys and girls. All finishers received an award.

The 6 and 7 year Age Group Boys won by Mike McKinney of Virginia in 10.48, 2nd Tom McCarthy, Yonkers, 3rd Ronald Geisler, Bronx. The Girls section won by Kim Campbell, Washington, DC 11:50.6, 2nd Marian Fowler Washington, DC, 3rd Sheila Pistone, Winchester, Mass.

The 8 and 9 year Group, Boys 1st Frank Assuma, Rialto, Calif. 9.25. Girls section won by Lee Ann Pistone, Winchester, Mass. in 10.09

The 10 and 11 year Group: Boys, 1st Vincent Hogan, Queens 9.33, Girls won by Robin Campbell, Washington, DC in 9.18.6.

The 12 and 13 year Group: Boys, 1st Richard Bucksted, New Jersey 9.04. Girls, 1st Alison Hoskins, Washington, DC 9.41

The 14 and 15 year Group: Boys, 1st Mark Zmuda, Scotch Plains, NJ in 8.22.8. Girls, 1st Judy Kidd, Frederick, Maryland 9.33.

There were 683 boys and girls running that day.

There were two Invitational 2 ½ Miles Cross-Country Races. Women's race won by Beth Bonner, Frederick, Md., 14.22. Men's race, 1st Tony Colon, NY City 12.42. Vets prize: Ben Malkasian, NY City.

The 839 runners ranged from 6 to 55 years of age. The race was directed by B.Geisler Sr., assisted by K.Steiner and Dr.Gabe Mirkin.

RRC, New York Association Newsletter
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