

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER  
No. 49, SUMMER 1971

President: B. Geisler Sr., 1134 Findley Ave., Bronx, N.Y. 10455--UNITED AA  
Vice-President: David J. Weinstein, 780 Bronx River Rd., Yonkers, NY 10708  
Secretary: Nina Kuscsik, 7 Flint Ct., Huntington Station, N.Y. 11746  
Treasurer: Ben Malkasian, 590 W. 187th St., New York, N.Y.--MILLROSE AA  
(Please keep the Secretary informed of address changes.)



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ELECTION RESULTS--Our officers for 1971-72 are:

PRESIDENT: Veep Barry Geisler Sr. moved up to the presidency of the RRC, NY Association. He has devoted much time to training and racing and coaching and promoting long distance running; especially for the Age Group program.

VICE-PRESIDENT: David Weinstein, Yonkers, NY, is a salesman selling printing press supplies to the printing industry. He started running three years ago at age 32 and he runs unattached.

SECRETARY: Mrs. Nina Kuscsik becomes the first woman to hold office in the NY Association. She is one of the fastest long distance runners in the world. See RRC Newsletter No. 48 for Profile on Nina.

TREASURER: Re-Elected: Ben Malkasian. If you have not paid your 1971-72 Dues, he is looking for you (\$4.00). How about it?

PAST PRESIDENTS, RRC NY ASSOCIATION

Ted Corbitt, New York Pioneer Club--1958-1960.

John Conway, New York Pioneer Club--1960-1964.

Aldo Scandurra, Millrose AA--1964-1966.

Nat Cirulnick, United AA--1966-1968.

Vince Chiappetta (Immediate Past President), Millrose AA--1968-71

Corbitt (1960-61), Scandurra and Chiappetta also became Presidents of the RRC of America, with Chiappetta the current national president. Another NY Association officer John Sterner (1961-62) also became national president.

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MY OPINION by Joseph C. Risser, MD "There are three necessary rules to be observed in keeping well: 1) Self-discipline  
2) Proper use of the body  
3) Adequate nourishment for the body."

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RUNNING MAGAZINES by Bill Newkirk

For those interested in running magazines, you can find something to suit your taste; from lists of upcoming races to race results... From training schedules to philosophical essays. Here is a list of those published here in the States:

Long Distance Log

Racing Report

Runner's World

Track & Field News

Track Technique

...And of course there is our own...RRC Newsletter

But what about foreign publications in English? To broaden your horizon and get a different view, try one of the following:

Canadian Coaching Review \$2.50/year

465 Gilmour St.

Ottawa, Canada

Athletics Coach \$1.00/year

26 Park Crescent

London W.1., England

Athletics Arena \$6.00/year

325 Streatham High Road

London S.W.16, England

Modern Athlete and Coach \$4.00/year

70 South Terrace

Adelaide S.A. 5000, Australia

New Zealand Athletic Coach \$4.00/year

P.O. Box 21

Nelson, New Zealand

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NEWS (Send news item to: Bill Newkirk 392 Central Park West,  
New York, N.Y. 10025)

Al Meehan former Jr. Nat'l 50 mile champion, spent the summer working in the Catskills. He rumbled up Mt. Washington for 5th place in June, and he won the Sugarloaf Mountain Run in Maine in July... The number of American distance runners visiting Europe at all time high in '71.



p.2 RRC Race Director Kurt Steiner has commended the Meet Directors and their helpers, of the Summer Speed Program which was conducted in Nassau, Richmond and the Bronx in 1971...The Cross-Country Club of Dallas, Texas invites girls and ladies to run in any open race scheduled by the club. It also schedules mile races for women...Several finishers in the first Annual Met. AAU 50 Mile Championship have developed physical problems and had to interrupt their training...The Cherry Tree Marathon, displaced in time and battleground, is still alive...Bob Campbell, New England AAU Official, and former National AAU LDRC Chairman is still an active member of the RRC, NY Assoc. in spite of his omission from the published roster...

US Air Force Captain Maxine Joyce (Micki) King, 27, the best female diver in the US, broke her arm in the next to last dive in the Mexico Olympic Games. She retired but came back in June 1969 to become the first woman ever to compete against men in the Military Swimming and Diving Championships in the World Military Games in Pescara, Italy. She finished 4th in Springboard and 3rd in platform diving (Aug. 16, 1971 SPORTS ILLUSTRATED).

The Met. AAU Long Distance Running Committee and the RRC are in need of additional help in conducting races. If you can volunteer your services as an official, or if you know of anyone who can serve either regularly or once in awhile, please contact Barry Geisler or Vince Chiappetta.

Pete Strudwick is a 41 year old teacher who has taken up marathon running even tho he was born without hands or feet. He runs on rubber pads. He runs for physical fitness and to accept the challenge of the marathon run and because it gets him out into the community. He has completed several marathons, including the Pikes Peak romp. He has also done a little mountain climbing and has logged about 100 hours of flying time. His goal is to get his marathon time close to four hours. (Courtesy: Rod MacNicholl, Millrose AA).

Al and Hannah Williams both earned the Gold Pin from the German National Sports Club while visiting Germany this summer. The requirements include: putting the shot, broad jumping, sprinting, running 1 km. (women) or 3 km (men), ball throwing, and free-style swimming (300m or 15 minutes sustained swimming). There are distance or time standards for the events. This fitness test was administered in the space of two hours. Al was also able to get in a run in the Olympic Stadium in Berlin, scene of the sensational 1936 Olympic Games.

The Millrose AA is scheduled to return to the famed London-Brighton race this year (Sept. 26) with V. Chiappetta, Jim McDonagh, Big John Garlepp, and newcomer to the ultramarathon wars Steve Grotzky. At least three of the fleet Californians (Dr. Pagliano, Darryl Beardall and Bob Deines, 1970 National 50 mile champion) are also set to go. South Africa's Dave Bagshaw, currently number one at 50 miles, hung on desperately to win the Comrades Marathon this year. He will not go to London. However, a number of South Africans will be there including the 21 year old sensation Dave Levrick who almost ran down Bagshaw in the Comrades which was lengthened to 57 miles. The brilliant but unpredictable John Tarrant is in South Africa and will not return for the London-Brighton 52½ miler, but he'll be back a month later to try and re-capture the world record at 100 miles in a track event put on by the RRC of England. It is also reported that New Zealand's Jeff Julian who has been in London for a year will do his stuff in the London-Brighton race. A record is predicted. Who will win?

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H<sub>2</sub>O ANYONE ?

For something like 20 years a kindly soul out of Lynn, Mass., has given of his time and energy to help thirsty, hot runners survive in hundreds of road races held in New England. He gives out water to drink and to splash on the body, or ice cubes or he might use a portable spray unit to cool down parched runners. This good samaritan is MICHAEL FITZGERALD.

For much of the time Michael's wife and his brother have been out on the roads with him helping out. He used to run and he understands the needs of the long distance runner and the spirit which drives him onwards. However, Michael preferred the fun run for himself over the competitive showdown. His occupation is that of a Latex Compounder, part of the process of making latex products. The RRC, NY Association, many of whose members have benefited from the Fitzgerald's ministrations, salutes this unsung hero of the roads.



AGES OF THE BOSTON MARATHON WINNERS

This is a study of the ages of the winners of the Boston Marathon between 1897 and 1967, seven full decades since there was no race in 1918.

There is a common belief that good marathoners do not mature until their late twenties or early thirties. This survey tends to show that this belief is false. The average age for all seventy winners was 27.3. Thirty-eight of the seventy fell below the mean. The mean would have been lower except for the fact that a few older runners had periods of domination. Most notable, of course, was the reign of Clarence Demar who won six times while in his thirties.

One common misconception is that teenagers cannot do well in first class marathons but the Boston Marathon was won by six teenagers during this period.

Another misconception is that it is only in recent years that younger runners are doing well in marathons. But here is the average age for each of the seven ten-year periods:

1897 - 1906:	23	1907 - 1916:	23	1917 - 1927:	29
1928 - 1937:	30	1938 - 1947:	30	1948 - 1957:	26
1958 - 1967:	29				

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CONVERSIONS

<u>Meters</u>	<u>Kilometers</u>	<u>Miles</u>	<u>Miles-Yards-Inches</u>		
5000	5	3.1069	3	188	2
10000	10	6.2137	6	376	4
15000	15	9.32068	9	564	6
20000	20	12.4274	12	752	8
25000	25	15.5343	15	940	10
30000	30	18.6411	18	1128	12

1 meter = 3.2808 feet

1000 meters = 0.62137 miles

1 mile = 1.6093 kilometers or 1609.3 meters

100 yards = 91.4411 meters

100 meters = 109.36 yards

(Source: Arkansas AAU 1971-72 Schedule Bulletin)

A LANDMARK

Newly elected Secretary of the RRC, NY Association, Nina Kuscsik in commenting on her election, has written that, "As a member of the Road Runners Club for two years, I've benefited from my participation in numerous events of the R.R.C. Running Program. It is evident that through this competition one increases their enjoyment of running and improves their performance.

Now I am enthusiastic about the opportunity given me to serve the Road Runners Club, New York Association as secretary. Because the Club exists to further the interests of road runners of all ages and abilities, I intend, through my position, to assist the club to successfully continue with this endeavor."

ANNOUNCING A CONTEST--For RRC, NY Association Members:

To WIN: 1) Pick the three Americans who will compete in the Olympic Marathon at Munich, Germany in 1972.

2) Pick the winner of the Olympic Marathon.

The member who picks the three Americans who make the Olympic team in the marathon wins the contest. In case of a tie, the winner will be the one who also picks the Olympic marathon winner. If still tied, a toss of a coin will decide the winner.

The winner's prize will be a one year subscription to the "Long Distance Log", or any other sports magazine of his choice.

Entries should be submitted by Jan. 1, 1972. Send choices to:

The RRC, NY Association Newsletter

c/o Ted Corbitt

5240 Broadway

New York, New York 10463

(This contest was suggested by Sid Gendin, United AA, and will be financed by Jim Morris, New York Pioneer Club.)



p.4 The Most Exclusive Club in the Western Hemisphere ?

The CENTURION CLUB--The 5th Annual National 100 Mile Walking Championship will be held on a track at Columbia, Mo. Sept. 18. The sponsors consider it probably the toughest race in America. The object is to walk 100 miles within a 24 hour time period.

All who complete 100 miles within 24 hours will become members of the Centurion Club of America. Here is the record to date since 1878:

1. J.B. Githe New York City--May 10 & 11, 1878 21:00:42 (108 miles in 23:04:00)
2. M.J. Ennis New York City--May 10 & 11, 1878 23:31:56 (103 miles)
3. J. Schmidt New York City--May 10 & 11, 1878 23:46:15
4. Larry O'Neil Kalispell, Montana  
Columbia Sept. 1967 19:24:34 American Record  
Columbia Sept. 26 & 27, 1970 20:42:42  
Los Angeles Oct. 30 & 31, 1970 21:49:32  
Columbia Sept. 1968 20:51:30
5. John Argo Mattawa, Canada Columbia, Mo. Sept. 26-27, 1970 23:22:50

Millrose John Kelly qualified as British Centurion #376 on one of his trips to run in the London-Brighton race. Kelly has related the incredible suffering he went thru to finish the distance. The 100 mile walk is a tough deal. Only two walkers have walked 100 miles in less than 24 hours in the four year history of the Columbia race. Many figure that walking 14 minute miles needed to make it is not so difficult but fatigue and control of one's mind become potent factors in trying to just finish the distance.

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Results Jr. National AAU 50 Mile Championship, Sept. 4, 1971, De Moines, Iowa, Start 6:20 AM Temp. range 75-83° 19 Starters, 9 Finishers.

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|---------------------------------------|--------------------------------|
| 1. Martin Smith, Cedar Rapids 6:12:12 | 6. Robert Trame, Ohio 7:30:28  |
| 2. Karl Larson, Ames 6:52:53          | 7. Bruce Kritzer, Ohio 7:32+   |
| 3. James Comyns, Ohio 7:11:40         | 8. Jack Knoll, Ohio 7:37:23    |
| 4. James Harman, Ohio 7:20:00         | 9. Gary Wilcox, Ankeny 8:39:39 |
| 5. Craig Harms, Ohio 7:28:23          | Rain late in race.             |

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MY OPINION by Carl Stough (Dr. Breath) "Great athletes are compounded of iron will, courage, and a few other uncommon qualities as well as muscle, bone, and nerve. They make themselves."

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ROAD COURSE MEASUREMENT--New England, long noted for its numerous long and short courses, has added 7 measured courses to its list of "reasonably accurate" racing courses. John Booras, assisted by Larry Berman, Graham Parnell and others, is responsible for most of the work.

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

printed matter

TO:

news

Past President of the RRC of America, Scott Hamilton has withdrawn from the Nepal Expedition, apparently because preparations weren't first rate... Tom Osler, winner of several national championships, is Assistant Professor of Mathematics at Rensselaer Polytechnic Institute, Troy, N.Y. He hopes to interest locals in the Troy area to start a new RRC... Tom Gomery, St. ABC planned to spend July-August in Eastern Europe... Geo Waterhouse is the proprietor of Terry's Tropical Fish Shop on Rt. 28, Windham, N.H., sponsor of the 1971 Jr. Nat'l 20km Championship... Don Lindaur, St. ABC is now a licensed pilot... Arne Richards competed for West Kansas Track Club for five years, but now runs for the Mid-America TC. He is librarian at Kansas State U. and a long time member of the RRC, NY Association...