

R O A D R U N N E R S C L U B, NEW YORK ASSOCIATION NEWSLETTER  
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CYCLE RUNNING by Bill Newkirk

Do you want to try something new? How about Cycle-Running?  
Ed Granowitz, founder of the Boston Marathon Masters Association is trying to develop this new sport.

R. R. C. You run alongside a bicycle holding it by the seat. You may not grasp the handle bar but you can bump it for balance. There will be a series of races run next August in Laconia, New Hampshire over a 12 mile course. This new idea has already been written up in a few newspapers and AAU sanction is being requested. It's on the level, so if you are interested, contact Ed Granowitz.

MY OPINION--"Hope of the World" by John Flowers

"A vision without a task is a dream

A task without a vision is a drudgery

A vision and a task is the hope of the world."

OLYMPIC MARATHONER CONTEST--For RRC, NY Assoc. members:

To Win: 1) Pick the 3 Americans who will represent the USA in the Olympic Marathon at Munchen, Germany, 1972.

2) Pick the winner of the Olympic Marathon.

The RRC member who picks the 3 Americans who make the Olympic marathon team wins the contest. In case of a tie, the contest 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 prize for the winner is a one year subscription to the "Long Distance Log," or to any other sports magazine of his choice.

Send further entries by Jan. 15, 1972, to: Sid Gendin, 90 Oakwood, Ypsilanti, Michigan 48197. Try your luck, but act now.

SOLO RECORD RUN ACROSS THE COUNTRY--The Oct. 20, 1971 issue of the N.Y. DAILY NEWS told of 31 year old Marvin Swigert completing a trans-continental run from San Francisco to New York in 62 days 17 hours.

If authentic, it bests Bruce Tulloh's 64 days 21 hours 50 minutes record of 1969. Swigert, a former high school teacher in Iowa, had cardiac surgery in 1962. He averaged 52 miles a day. He ran 6 hours, rested 4, and then more running. He ate peanut butter, honey, beef jerky and raisins. It is not known what help he had on the run.

BROTHERS RUN ACROSS THE COUNTRY--The Nov. 1971 RUNNER'S WORLD, described a trans-continental run by brothers Joel (26) and Tony (23) Ahlstrom. These collegians spent 16 months training and then left Long Beach, California May 31, 1971 and ran to Long Beach, N.Y., 2905 miles, arriving Sept. 16. Bruce Tulloh's record was not their goal. They wanted to push awareness of the pollution problem and they spoke to people everyday on their trip across the US. They aimed to run 32 miles a day, but rested on Sundays. They usually started their runs at 6 AM and spent about 4 hours a day running at about 8 miles an hour, in several sessions. They ran from ocean to ocean in 94 days as planned. Their support help en route was ideal.

THE NEW YORK CITY MARATHON by Bill Newkirk

On September 19, 1971 the N.Y. Marathon was run in Central Park once again under the guidance of Fred Lebow. It drew 246 starters compared to 125 last year. Norm Higgins, 34, won it with a blistering 2:22:54.2, breaking the course record. This was Norm's first marathon since 1966 when he ran 2:18.

The big news of the event, however, concerned the ladies. Reportedly, Adrienne Beames of Australia had broken the women's three hour barrier in Australia a few weeks earlier. This let some air out of the girls but Beth Bonner and Nina Kusosik went out and became the first Americans to do it, 2:55:22 and 2:56:04 respectively.

It turned out that Adrienne's run was not official and so Beth and Nina are the first women to break three hours in a marathon and Beth holds the world's record.

The weather was good to everyone as the temperature was in the 60s compared to 80° last year. This was helped to some extent by moving the starting date back a week. Next year's race may come in October with Atlantic City being moved into September.



p.2 "The Millrose Men Take A Third Swig of the 'Agony and the Ecstasy' of the Road from London to Brighton" by Ted Corbitt

September 26, 1971 was the date of the 21st Annual 52.66 mile London to Brighton road running race. The record of 5:25:56 made in 1960 by South Africa's Jackie Mekler was in danger from Dave Levick, 21, of South Africa and from Jeff Julian, 35, of New Zealand. As it turned out, the day belonged to Levick; a great victory; a new record. Only two men in the world not in this race could have given this student an argument that day. They were Dave Bagshaw who salvaged an exhausting, narrow win over Levick in the 57 miles Comrades Marathon in record time, and Phil Hampton of England who had earlier raced to a world track 50 mile record of 5:01:01. Hampton elected to save himself for the upcoming track 100 miler. However, both absentees had expended so much nervous energy in tough outings earlier in the year that it is probable that Levick, on the basis of his performance, would have first run them down just past half way and then "burned" them with his incredible lope thru the hills.

A healthy, fit Jeff Julian would certainly have forced a faster new record, win or lose. On the basis of his credentials: 2:14 marathon speed, a world track record of 2:47:33.0 thirty miler, a tough mind, etc., some experts had figured him to take it all, and leave the others as merely part of the backdrop. Julian had run a 2:15:19 marathon during the summer, but in another marathon a month before the London-Brighton, he picked up a leg injury. It failed to heal. He ran the race anyway, because he had been in London a year waiting to run it. But the dream was gone and the Brighton road was now heartbreak alley for him.

This was the fourth trip (and third full team effort) to London for Millrose and their most successful even tho they left entries Vince Chiappetta and Coleman Mooney home. Chiappetta, a reliable 50 miler and a potential record breaker at the distance, wisely dropped the trip at the last minute because of physical disabilities and other problems.

In London, Big Ben Clock tolled 7 AM to send the racers on their way. Big John Garlepp exercised his impulse to take off and he led the field away in the fastest running trip ever over the road to Brighton. In the 1966 race, Garlepp had also been up front, but memories caused more restraint this time. This time the whole Millrose team ran the entire route without walking, in spite of their suffering. The Millrose men were: Jim McDonagh, Met. AAU 50 Mile Champion, Garlepp, and novice Steve Grotsky. All three ran thru the New York Marathon one week before the London Brighton, with Garlepp doing 2:37, and the others running eased up.

Four Californians were there: Bob Deines, National 50 mile champion; Dr. J. Pagliano, former Jr. Nat'l 50 Mile champion; Mike Allen, a former Olympic cyclist and marathoner in the 1950s, now working in Europe and Rick Spavens. P. Heath, No. Medford, Mass. was also there.

Garlepp pulled the cautious field thru the cool morning past 5 miles in a good 31:26. Thirteen men followed in 32:05 including Deines and McDonagh. Other times: Pagliano and Spavins 33:35; Allen 36:15; Grotsky 38:24. Eventual winner Dave Levick cruised past in 36:07 in a group of ten. It appeared that he had already blown his chances to beat the record.

At 10 miles, A. Burkitt, a greatly improved runner of the Tipton Harriers, hit 62:37. A group of 12 trailed by one second, including Levick and Garlepp. (Record holder Mekler had passed this point in 60:20.) Deines ran 62:45; McDonagh 62:52; Spavins and Pagliano 64:17. The injured Jeff Julian hit 33:21 and 64:23 for these checkpoints. Heath ran 70:43; Allen 71:06; and Grotsky 75:45 reflecting his pickup.

The terrain immediately after 5 miles is very fast and hilly. In Mekler's 1960 record romp, he milked this section dry and zipped past 20 miles in 1:56:21. This year Levick and Burkitt picked up 2 min. 31 sec on the lead pack, passing 20 miles in 2:03:00. J. Brandon, Thames Valley Harriers did 2:04:48. A cluster of 8 including McDonagh and Deines hit 2:05:31. Deines had gotten a strained feeling in a calf muscle early in the race but settled down and found this pace comfortable. Others: Garlepp 2:07:31 (His legs tightened up at about 11 miles and he knew that it was going to be a long day); Pagliano 2:10:19; Spavins 2:11:09; Allen 2:22:52; Heath 2:24:45; Grotsky 2:35:06.

In the next 4½ miles Levick and Burkitt gained 2 min 26 sec on the lead pack, passing 24.49 miles in 2:27:27 (Mekler did 2:25:57 at this point). A cluster of 7 with McDonagh and Deines did 2:32:24. Thus, the Americans were poised in a good position, if they could explode thru the hills. After this checkpoint, the course rolls into the flatlands.



p.3 in the middle of the race. The first real negative thots begin to crease the runner's conscious mind and he knows that he is in a race. Julian was in trouble, passing in 2:39:06, behind Garlepp's 2:37 Spavins did 2:38:22; Pagliano 2:40:22; Allen 2:53:40; Heath 3:00:46; and Grotsky 3:07:38.

At 30.87 miles (Mekler passed in 3:02:11): It is here that in a 50 miler, between 30 and 35 miles that the final surge for victory or time begins. And Levick had now cut the umbilical cord and separated himself by 90 seconds from Burkitt with a 3:00:45, and he was 8:15 up on the lead pack. He had gobbled up another 3 min 18 sec in the 6.38 mile leap thru this flat to rolling area. Note that Levick had now "corrected" his "slow" start and had averaged better than 10 miles an hour for almost 31 miles. Deines and McDonagh were in a group of 6 in 3:09:00 (About 3 miles earlier McDonagh's back had started to hurt--it is an old, recurring problem and it spoiled the remainder of his run). Deines admitted later that he was feeling a bit tired at this point. Others: Spavins 3:19:33; Garlepp 3:20:25 (now being hampered intermittently by stitches); Pagliano 3:22:59; Allen 3:38:52; Grotsky 3:51:37; and Heath, now in trouble 3:58:32.

At the 38.88 miles checkpoint the runner is deep into those long, endless hills, stacked up one after the other as far as the eye can see, and "the devel has got him." What am I doing here, is a common unspoken thot. (Mekler had stormed past this late morning checkpoint in 3:57:42) Levick busted thru here in a brilliant 3:52:21 and he was moving. In this memorable 8.01 miles stretch he picked up 5 min 21sec on Burkitt. Third was T. Parry, Witwatersrand University, in 4:03:48. McDonagh was in 8th place in 4:07:50. Others: Garlepp 4:14:19; Deines 4:23:35 (He was now finished as a contender this day. The calf muscle which had annoyed him in the early coolness, cramped at about 35 miles and both legs were tired. He slowed to a walk which lasted over the next 5 miles after which he felt better and resumed easy running); Spavins 4:26:46; Pagliano 4:26:47; Julian 4:35:50; Grotsky 4:57:15; Heath 5:32:58.

Few men have ever run hard over this course and covered the next 7.12 hilly miles without feeling chopped up. If they've pushed the pace, they usually end this section feeling strange and looking as if they're running on bent stilts. The end of this segment brings the runner out of "the Valley of Shattered Dreams" and onto the unkind Dale Hill to the 46 miles 10 yards checkpoint. (Mekler passed this summit in 4:44:40--whereas the previous record breaker Gerald Walsh, also of South Africa, had walked up Dale Hill on the advice of his knowledgeable handler). Levick topped out at 4:36:08 with and 11 min 10sec bulge on teammate Parry. Eight men beat 5 hours. McDonagh went by in a good 5:01:05. Others: Garlepp 5:22:20--Big John staggered badly or so some frightened onlookers thot, as he topped this brutal hill, and some officials felt that he should be taken out of the race. He weathared this storm and finished in good form. Pagliano ran 5:23:25; Deines 5:35:38 (He resumed jogging and walking at about 40 miles and continued to the end but his legs felt quite dead going up or down hill.) Grotsky 5:54:00; Allen 5:54:47; Spavins 6:05:15 (he caught Deines in this stretch but had to stop and get rid of his breakfast. He had made a bold effort but his body betrayed him in the hills); Heath 7:00:00.

The FINISH at the Aquarium by the sea. The dash to the sea from Dale Hill is downhill, but includes a couple of uphill stretches. The new record holder ran this stretch slower than 3 of his pursuers indicating either fatigue or loss of attention or both. The road from Dale Hill to the finish has changed in distance slightly from time to time. In 1969, 266 yards were added to accommodate traffic flow changes in Brighton. Thus, it is not possible to compare directly the "finishing kicks" of the various record holders, but if we add one minute to the previous recordmen's time for that stretch, we see that 4 out of the 7 former record holders were about as fast or faster than young Levick--but none topped his fabulous run thru the hills. Uncorrected time comparions of runs from Dale Hill to the Aquarium: in 1924 Arthur Newton did 41:38 on the way to a record 5:53:43; in 1931 H. Ballington did 48:41 finishing 5:53:42; in 1952 D. Reynolds did 44:37 finishing 5:52:22; 1953 W. Hayward did 43:27 finishing 5:29:40; in 1955 T. Richards did 41:34 finishing 5:27:24; in 1957 G. Walsh did 42:16 finishing 5:26:20; and 1960 J. Mekler did 41:16 finishing 5:25:56. This year D. Levick ran 43:45 (including the extra 266 yards). Most of the 10 recognized record holders have been from South Africa.



p.4 London-Brighton FINISH(time and last 6.6 miles in parenthesis)

1.D.Levick,Witwatersrand U.,South Africa,5:21:45 (43:45)New Record

2.T.Parry,Witwatersrand University, 5:31:56 (42:46)

3.J. Malpass,Tipton Harriers 5:35:09 (43:44)

4.R.Gardner,Witwatersrand University,5:38:07 (42:39)

5.J.Clare,Blackheath Harriers 5:39:55 (44:45)

6.A.Burkitt,Tipton Harriers 5:44:46 (51:16) (Grotsky 6:44:34

7.W.Carr,Tipton Harriers 5:48:15 (50:02) (50:34) )

8.P.Edwards,Wakefield Harriers 5:51:06 (44:58)

9.J.McDonagh,Millrose AA,USA 5:51:12 (50:07)

10.C.Hunt,Wal. and Bilston 5:53:21 (53:46).

OTHERS--18.J.Pagliano,USA,Calif. 6:15:21 (51:56), 19.J.Garlepp,  
Millrose AA,USA 6:17:04 (54:44);23.R.Deines,Calif.,USA,6:33:49 (58:11

24.J.Julian,New Zealand 6:34:51 (50:38),27.S.Grotsky,Millrose AA,USA

28.M.Allen,Calif.,USA 6:50:52 (55:45);38.R.Spavins,Calif.,USA

7:11:38 (66:23);50.P.Heath,No.Medford,Mass.,USA 8:00:45.

TEAM A greatly improved Tipton Harriers beat Millrose again. Once unbeatable Epsom and Ewell Harriers,now in some lean years, got third. They all got a break when Witwatersrand University of South Africa was ruled ineligible to compete for team honors. They are under some IAAF restrictions and were allowed to run as individuals but not as a team.

Jim McDonagh took the Veterans (over 40) prize...Of the 6.6 mile drop to the sea,Steve Grotsky said, "I never realized how difficult it could be to run down hill..."(The Millrose men missed the RRC of England's annual dinner for overseas competitors...Californian Darryl Beardall cancelled out of the trip to London for the second straight year because of illness.( Nor.Cal.Running Review;RRC;Millrose-Sources

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WORLD RECORD ATTEMPT AT 100 MILES,OCT.23,1971, Uxbridge,England cinder track.Won by Ron Bentley (Tipton) 12:37:55; 2nd J.Tarrant 12:55; 3rd Gordon Bentley, and 4th,a continental runner. Phil Hampton world record holder at 50 miles,had an off day,and quit at about 53 miles. The first 50 miles were run in 5:52.In the last 10 miles, Tarrant,just back home from South Africa,reduced the lead of 3 laps by Bentley to 1 1/2 laps but cooked himself in the process.-----

NEWS--Millrose star Norb Sander may specialize in internal medicine. He is studying medicine in New York City and training lightly...Nat Cirulnick was bitten by a German shepherd dog and is taking anti-rabies shots...Bob Weir,NYPC got married in August...Robert Hornik,NYPC is back in town from Army service,however, his knee injury has not completely cleared up...T.Suito is living in the New York area again...Olympic marathoner ('68) Ron Daws had an injury marred year but don't count him out of the Olympic hunt for next year...Tom Laris 31,formerly of NY City,a '68 Olympian,has come out of retirement and is running well.He is a graduate student in business at Stanford U... In Newsletter #49 Bill Newkirk listed some running magazines now available.One not listed was:TRACK TIMES,\$3.00/year (6 issues),from Olympic Sport Village,Upson,Wisconsin 54565...The Bernie Laufgas's welcomed a newborn son Sept.21. His name is Henry...Vince Chiappetta is chairman Met.AAU LDR Committee and President of the RRC of America...

Art Coolidge is now a graduate school student in Education at the of Oregon.He has found it a great place to run and proved it with a fast run in the national cross-country championship in San Diego... Art Steiner informs us that Sam Schwed,our faithful timer was discharged from the Kingsbridge Hospital on Sept.10 and is on the mend.. Paul Fisher,National Secretary of the RRC of America was temporarily blinded early last summer from a spray-solvent accident...The Michigan Assoc.AAU will conduct an annual Masters individual and team championship 10,000m Cross-Country event....Gordon McKenzie,former Olympian from the NYPioneer Club,is an official starter for the Nassau County Coaches Assoc.,in high school competition.He still runs about 5 miles a day but has no plans to compete again...Ed O'Connell, immediate Past-President of the RRC of America,was badly injured in an accident in August and will be out of action for some time...Joe Yancey,NYPC coach and director attended the National AAU Convention in Lake Placid,NY...Helen and Jim McDonagh vacationed in Ireland, in good weather,after the London-Brighton race...-----

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