

The RRC of America held its 15th Annual Convention April 16, 1972, at the Prudential Building, Boston, Mass. President Vince Chiappetta stated that nationwide the RRC has been brought into the public eye via television and newspaper coverage. The RRC is now a major force in long distance running affairs. The RRC has also assisted in the developing women's distance running. Allied membership in the AAU is now in the offering. It was urged that in all correspondence with RRC officers, writers should include a stamped, self-addressed envelope to facilitate replies.

TREASURER'S REPORT--There was \$621.52 on hand as of April 15, 1972. PUBLICITY is being taken care of by Mrs. Pat Tarnawsky.

WOMEN'S COORDINATING COMMITTEE--This group will work with sponsors and others to promote competition for women in distance events. Committee members: Nina Kuscsik, Sara Berman, Kathy Miller, and Pat Tarnawsky. It was reported that the American Civil Liberties Union has been helpful in women's athletics. There is still some resistance to change from within the national AAU women's track and field committee.

INTERNATIONAL REPORT--Aldo Scandurra is one of 10 representatives on the International Amateur Athletics Federation committee which met in London in March to consider cross-country running. The old international cross-country union of 12 nations was dissolved to open the event up to others. In the future a cross-country sub-committee will govern cross-country for men and women. Any IAAF member nation may participate in the international championship. The Western Hemisphere will hold a cross-country championship a week after the US national championship and it will be hosted by Canada.

POSTAL COMPETITION--Report by V. Chiappetta for Chairman P. Lanin. There will be a 10 mile track and 10 mile track 2-man relay championship for male and female RRC members. A committee will set up a national postal championship system. It was suggested that the RRC use certified courses for RRC National Postal Championships at all distances up to 50 miles. The marks may be made in local AAU championships or any other race on a track or certified road course. The races may be run at anytime of the year and results sent in. The runner must be a member of the RRC at the time the marks are made.

STANDARDS COMMITTEE--The road course measurement program has picked up momentum, especially with marathon courses. There are now 49 certified marathon courses in the US and including one on Guam island. Last year there was increased measurement activity in New England, New York, Washington, D.C. and Texas. Many areas have certified only a marathon course or a national championship course. Other areas have no certified courses. The Standards Committee has sold about 90 Veeder-Root revolution counters for use with the highly recommended Calibrated Bicycle Method of measurement. They cost \$14.65 and the book on course measurement cost \$1.40, from T. Corbitt, Apt. 15 C Sect. #4, 5240 Broadway, NY, NY 10463.

It was proposed by Aldo Scandurra that an effort be made to get courses more uniform as to loops, elevation, etc.

THE BAA MARATHON--Jock Semple, RRC member, who sweats out the promotion of the BAA Marathon each year, welcomed women into the special race within the Boston Marathon. He noted that the BAA tries to hold the first 50 competitors numbers for foreigners and the top American finishers from the previous year.

AGE GROUP COMPETITION--The G. Mirkin report was read by President Chiappetta. There were 1300 entrants in the age-group cross-country championships. Age group championships in track and x-country have been scheduled for 1972. There has been some conflict on the administrative level in this dynamic group.

HALL OF FAME COMMITTEE--Consists of Bob Campbell (Mass.), Arno Richards (Kansas), John Brennan (Calif.), and a new addition Jock Semple (Mass.). Formal long distance running has been in existence since 1889. Campbell proposed that the committee select five men instead of 3, as was done last year, for at least 3 years to give some deserving men a chance. This was approved. Selectees: John A. Kelly, Fred Faller, Lou Gregory, and T. Corbitt.

FOOTNOTES--The RRC of America "newsletter", Footnotes, will be re-established. Mrs. Pat Tarnawsky of the RRC, NY Assoc. has agreed to edit RRC Footnotes to promote increased communications. Each RRC Association will contribute.

ALLIED MEMBERSHIP IN THE AAU of the U.S., INC.--Allied members of the AAU function as independent organizations and as members of the AAU. They have a voice in the AAU. It provides a means of informing

p.3 AAU committees of the needs of the runners. Once the allied membership contract is signed, RRC Associations can join their local AAU and can't be refused membership. The RRC is not a competing organization, it is a sponsoring or promoting club. Jack Kelly, President of the AAU of the US, jogs and he is in favor of RRC allied membership. We need a national roster set up. We have 3 delegates to the National AAU Long Distance Running Committee meeting at the annual Nat'l. AAU Convention. At least one other delegate may attend all other committees. Current delegates: A. Richards, V. Chiappetta and Bill Marot.

RRC ASSOCIATION DUES will be kept on a sliding fee of \$10 to \$50.00

ELECTIONS--The following are RRC Officers for 1972-73:

President: Vincent Chiappetta, New York (re-elected)

Secretary: Paul Fischer, California (re-elected)

Treasurer: Norman Brand, Washington, D.C. (re-elected)

Regional Vice-Presidents

East: Neil Weygant, Middle Atlantic (re-elected)

North: Pat Lanin, Minnesota (re-elected)

South: Hal Canfield, Tennessee (re-elected)

Central: Arne Richards, Kansas (re-elected)

West: John Brennand, California

RFYL: Run For Your Life: Hugh Jascourt

Postal Meets: Pat Lanin

Standards: Ed O'Connell

Women's Coordinating Committee: Nina Kuscsik

Council of Past Presidents: H.B. Ross

RRC Nat'l. Registry: Paul Fischer, Coyne, Richards, and Chiappetta

International: Aldo Scandurra

Age Group Competition: Barry Geisler and Gabe Mirkin, M.D.

Hall-of-Fame: Campbell, Semple, Richards, Brennand

RRC Footnotes: Mrs. Pat Tarnawsky (Each RRC Assoc. to appoint someone to feed information to Footnotes editor.)

Research and Sports Medicine: George Sheehan, M.D.

Eastern Secretary: Bill Marot.

Adelle Davis, Nutritionist, on the Dick Cavett TV Show Dec. 1971

According to Miss Davis:

1. Nobody knows how much food supplements one needs.
2. If your diet is good, supplements are not important. Variety alone won't do it. You need good nutritious food, unprocessed. Include raw certified milk, fresh fruits and vegetables, and unprocessed cheese. Eggs can be included in the diet.
3. The problem is that processed foods interfere with the breakdown of large size particles of cholesterol. Cholesterol is a building matter for a number of things in the body, and so a certain amount of it is needed.

TRANS-CONTINENTAL RUNS--Interest in running across the US has picked up noticeably since South Africa's Don Shepherd set a new record. In 1969, England's Bruce Tulloh set a new record of 64 days 21 hours. There was no doubt that he could have run faster. He is now teaching in Kenya.

In Oct. 1971 little Marvin Swigart, 31, recorded 62 days 17 hours, running from San Francisco to New York City.

During April 1972, there were 3 men in the business of running across the USA from Los Angeles to New York City.

Early in March John Ball, 44, of South Africa got the jump on the other would be record breakers. He reportedly came across in 54 days for a new record. He had tested himself in 1969 by running the 400 miles from Johannesburg to Durban, South Africa.

First to pursue John Ball was Thomas Knatt, guitar maker, of West Concord, Mass., who left Los Angeles City Hall at 9:00 AM, March 24. He had done a lot of heel-and-toe walking and had developed the ability to sustain an all day pace of about 5½ miles per hour. He had decided to combine this ability with a couple of hours of running a day and crack the record. He planned to follow up with a serious try to make the US Olympic 50 km walking team for the Munich Olympic Games. By the 20th day out Knatt had a recurrence of a "shin-splints" problem. He had already lost a day because of illness near Congress, Arizona. He had found fatigue and the mental drag of the boredom of running a real problem. Things got worse and Knatt was forced to abandon the run after 29 days and covering 1030 miles at the New Mexico-Texas border.

p.4 At about this time New Zealand ultramarathoner Max Telford was set to leave Los Angeles saturday April 22. He ran 6500 miles last year and was running 160 miles or more a week before coming to the USA. His aim was to run 65 miles a day, covering 8 miles an hour. He was aware of John Ball's attempt and arranged to keep informed of news of the South African. When Telford heard of Ball's 54 day record he adjusted his own schedule to meet the challenge. However, much to his disappointment, he was forced to abandon his run at Scorno near Oklahoma after covering about 800 miles. His trouble was that his ankles had swollen to elephant's size and he was advised by a doctor to quit.

The first transcontinental auto race, in 1905, from New York to Portland, Oregon took six weeks.

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OUR OVER WORKED OFFICIALS--There is always a lot of work being done in the background, by many un-publicised people, to put on the numerous races for distance runners. These officials often serve for many years, as volunteers, and they seldom have enough help to do the job properly. Then they must learn to live with criticism along with the work.

Constructive criticism is needed and proper and it informs the officials of things that they may otherwise be unaware of. This information is welcomed by most officials since it means that they can take corrective action. A few officials who have served a long time have become "brittle" and "on the defensive", a reaction not confined to athletic officials. But fortunately, most officials are able to "roll with the punches," and continue to serve the sport.

While exercising the right to criticise when things go wrong, the athlete should pick his time to do so. And finally, when things go right or when a race or series of races have been well conducted, as ideally they all should be, it will help these same officials if some athletes tell them when they are pleased with the conduct of a race. This may be done person to person or in a brief letter. It helps. It lets the official know that somebody cares, that somebody is observant and has a positive feeling (as opposed to indifference or negative feelings) about his masterpiece: the race.

NEWS--George A. Sheehan, M.D., feels that runners sometimes get into injury problems thru overuse of weak feet. He believes that the athlete's doctor should get the help of a Podiatrist more often and rely more on properly made shoe inserts to treat some leg and knee problems...Ed Norris, 25, a New England schoolteacher, won the National AAU Marathon at Syracuse, NY on a warm day. He is the son of former English Olympian Fred Norris. The Millrose AA reportedly won the team title as Bob Fitts took third in 2:26:23... Beautiful Kathy Miller of Syracuse, is the East Coast's answer to Mrs. Bobbie Conlan Moore (see Long Distance Log, Vol. 16 #184, p. 11, April 1971). Mrs. Miller who gained some unwanted notoriety in a famous incident in the Boston Marathon a few years back, is an improved and improving runner... Norman Tamanaha of Kaneohe, Hawaii who ran marathons in the East in the 1950s is the new President of the Mid-Pacific RRC. He plans to have the road race courses in Hawaii re-measured. He and Scott Hamilton are planning to go on the European Masters Track Team tour... And our own hard working Kurt Steiner, NYPC, is also a member of the US Masters International track team which will compete in meets in London, Helsinki, Stockholm, Oslo, Gothenburg, Copenhagen and Cologne... Al Meehan and V. Chiappetta both became ill with a flu like condition the week before the Met. 50 miler. Both had been training hard for the race. Meehan is a recreation supervisor with the Stamford Board of Recreation... Sam Gratch praised officials and workers who put on the "Cherry Tree" Marathon in Central Park. In less than 2 years of running he has come down from 3:28:59 to 2:54:19 at age 47 plus... Fred Wilt, former NYAC super-star, now editor of Track Technique, and Coach, and Writer, set 5 US records, won 10 US titles and was the 1950 Sullivan Award winner...

RRC, New York Association Newsletter
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