

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER
No. 53 SUMMER 1972

President: Fred Lebow, 226 E. 53rd St., New York, N.Y. 10022.
1st Vice-Pres.: Gary Muhrccke, 214 Porterfield Place, Freeport, N.Y.
2nd Vice-Pres.: Paul Fetscher 183 Maxine Ct., West Hempstead, N.Y. 11552
Secretary: Nina Kuscsik, 7 Flint Ct., Huntington Station, N.Y. 11746
Treasurer: Ben Malkasian, 590 W. 187th St., New York, N.Y. 10033
(Please keep the Secretary informed of address changes.)



ELECTION RESULTS--1972-73

Past Presidents:

Ted Corbitt (1958) NYPC (also RRC of America President)
John Conway, NYPC
Aldo Scandurra, MILLROSE (also RRC of America President)
Nat Cirulnick, UNITED AA
Vince Chiappetta, MILLROSE (present RRC America President)
Barry Geisler, UNITED AA (immediate past President)

New Officers: President--Fred Lebow, 39, executive in a textile firm.
Active competitor. Graduate of Western Reserve University.

1st Veep--Gary Muhrccke: Millrose AA. Fireman. Recovering from a serious injury, Gary is putting in some time on the administrative side of the sport. Winner of several metropolitan championships.

2nd Veep--Paul G.W. Fetscher. Started running at 13 (1959). Now 26 and a commercial real estate broker. Was injured in 1966 and returned to running at end of 1970. Was undefeated in 2 mile event as a high school senior. Finished 3rd in 440y hurdles in 1966 Southern Conference meet. Competes for and coaches Long Island AC. He was pleased at his election to the office of Veep.

Secretary: Mrs. Nina Kuscsik. Re-elected for second term.

Treasurer: Ben Malkasian. Re-elected for unprecedented 4th term.

Please support your officers by helping out. Volunteer to serve as an official in one or more races a year in which you do not compete. Or better, recruit someone to serve at one or two races a year. Next to money, people to serve as officials is our most pressing need.

DUES TIME--We need your dues to run our program. Make checks or money orders payable to the Road Runners Club, N.Y. Association, and send to treasurer Ben Malkasian, 590 W. 187th St., N.Y., N.Y. Dues \$4.00. For students \$2.00.

news--It is rumored that RRC Footnotes will be revived and will be edited by Pat Tarnawsky. So once again we will be able to learn what is happening in the RRC movement... Among RRC members visiting Munchen during the Olympics were Pioneers J.J. Yancey and Horace Wall. Arne Richards passed thru but didn't attend the Games... Dr. Tom Osler, former national 50 mile champion, was presented a special trophy in appreciation of his organizational efforts for the Hudson Mohawk RRC as president in its first year. On Sept. 1, Tom joined the great Oscar Moore as a teacher at Glassboro State College, Glassboro, New Jersey... Hawaii's Norman Tamanaha, who ran well in several Boston Marathons in the early 1950s, roomed with Past President of the RRC of America, Scott Hamilton, on the Masters Track Team trip to Europe. While in Finland, they planned to look up Paavo Nurmi, who suffered a disabling stroke a few years ago... The mighty Millrose AA may have a team in the the London-Brighton 52.6 mile race this year...

Arne Richards is now competing unattached, instead of for the Mid-America TC. After he sits out the four month isolation, he hopes to help set up a club in Manhattan, Kansas, with help from Kansas State University where he is a librarian in the Documents Division of the University Library... Congrats to Ben Malkasian and mates who put on a successful Pentathlon this summer. The competitors found the event exciting. Ben would like to express sincere thanks to everyone who helped make this a popular new event for the RRC, NY Association... Millrose John J. Kelly, is still living in Santa Monica, Calif. He enjoyed the US Olympic trials. He did not walk in the Olympics this year and turned down a chance to walk in some international races in Germany and Denmark... Mrs. Nina Kuscsik has had a hamstring injury problem for a year. She suffered this injury in August 1971 in a crouch start for a 100y dash. Currently she is exercising and running and hoping for complete recovery from the injury... On June 14, 1972, at the Tavern-on-the-Green, NY City, a special Olympic Fund Raising Championship campaign was kicked off. Servomation Food Service and Red Barn sponsored and conducted the campaign as a public service. There were 46 Olympians

p.2 present including Luigi Becalli, '32 Olympic 1500m champ, from Italy, and Horace Ashenfelter, Gordon McKenzie, Bruce McDonald, and Ted Corbitt, among others. In 1950 Congress passed a law on voluntary contributions. It gave the right to the Olympic Committee to use the word "Olympic" and its derivatives. Jesse Owens was the feature speaker. The Olympic Committee operated on a \$10 million budget for the Pan Am Games, Winter and Summer Olympic Games. By June they were still \$2 million short. Fund raising is a never ending need...

----- pay 1972-73 dues now-----thanks -----
MY OPINION by Chi Cheng

"The public sees women competing and immediately thinks they must be manly--but at night, we're just like other women." (Courtesy: Hang Tuff, Mid Pacific AC Newsletter.)

CENTRAL PARK ROAD RUNNING COURSES

For several years, some of our local races have been held in Manhattan's famed, beautiful Central Park. At specified times the park roadways are closed to vehicular traffic, and the cyclist prevails. We borrow space on our race days. On week-end afternoons, upwards of 5,000 cyclists are in the park. The 50 man New York City Bicycle Patrol helps to keep things orderly.

The patrol is on duty from 10 AM to 6 PM, and consists of volunteers who ride 10-speed racers equipped with radios, first aid kits, and repair tools. The patrol, organized in 1964, promotes safer biking in the park. It has been of assistance in the conduction of our road races.

All of our races in Central Park are to be run in the left lane only (exceptions: to pass in a crowd, or to avoid a cyclist or a dog or a pedestrian). The courses have been measured in the left lane. Runners may run in any part of the left lane. During the last 100yds of a marathon race, where some men get lapped, runners may be directed to finish their race in the second lane, to make life easier for officials recording finish places and times. Officials will describe these conditions before each race. Please listen and remember the instructions. Courses are measured in the left lane in order to cooperate with the Parks Department and to make for safer, more orderly races. The Bicycle Patrol will try to keep cyclists out of the left lane during road running races. Thus, runners should stay in the left lane during races, because: that is the race course path, and to run elsewhere is to cheat on your own time and on your opponents, since the left lane is a longer path than that covered in cutting corners. (Source: NY Sunday News, Sept. 3, 1972)

"Its Embarrassing"

John Lees, 27, British race walker, reportedly walked 2891 miles from the Pacific Ocean at Venice, Calif. to City Hall, New York City in 53 days 12 hours and 15 minutes. A stunning feat. The previous walking record was 66 days, set in 1960 by British Flt. Sgt. P. Maloney and Staff Sgt. M. Evans. In the process, Lees beat Bruce Tulloh's 1969 running record of 64 days 21 hours 50 minutes, and the new 54 day running record of South African John Ball.

Lees started April 11 and finished June 3. He averaged over 53 miles a day, hitting a low mileage of 21 miles and a high of 73 miles on his last day. He got special permission to walk through the Lincoln Tunnel to head towards City Hall in Manhattan.

As warm ups, Lees walked the 918 miles from Land's End to John O'Groats in the British Isles, and walked the London-Brighton course in 9 hours 23 minutes.

Lees had a Volkswagen microbus as a support vehicle manned by teammate Phil Chapmans and the latter's girl friend. As usual, Lees developed assorted leg problems en route. He gained a day (about 54 mi) by taking short cuts en route. Chapman was the navigator and collector of signatures authenticating the trip. Generally, Lees walked from 5:30 AM until 9:30 PM. He found the trip more of a mental strain than a physical one. (Source: Elliott Denman--Courtesy, Tom Knatt.)

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"Down, But Not Out"

Tom Knatt, Concord Mass., race walker, made one of the four separate assaults on the US Transcontinental record early in 1972. He failed. Others included: John Ball, South Africa; Telford, New Zealand; and Lees of England. Knatt later took part in the US Olympic trials in the 50

p.3 kilometers walk. He has considered taking another try at the transcontinental record, figuring that he learned a thing or two in his abortive try. If he goes again he will make these changes: 1) He will walk instead of walking and running since he didn't save much time by running, and the risk of injury is less in walking; 2) He will probably go from East to West instead of the usual direction, so as to toughen up before hitting the harsh weather and the altitude of the deserts and mountains respectively; and 3) He will have a support team. He found it too boring to do it alone, and he found the problems of carrying food and water, even small amounts, and of finding shelter at night to be critical and frustrating.

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THE OLYMPICS

The Olympic Marathon Team Contest, announced in the Spring Newsletter did not turn up a winner. Better luck next time. (Courtesy, Sid Gendin)

TV COVERAGE FOR THE MUNICH OLYMPIC GAMES, by Dr. Sid Gendin

Probably most viewers of the Olympic TV coverage from Munich had some sort of complaint. ABC attempted to appeal to mass audiences, and probably pleased only a few people. On a five day sample, ABC spent just over 50% of the total telecast time in actually covering events. Track fans got relatively poor coverage of their sport. The Canadian Broadcasting Corporation used 2 hours 2 minutes 38 seconds for track out of 5 hours 45 minutes that I monitored for track. Of a corresponding 5 hours 45 minutes on ABC, only 59 minutes 19 seconds were given to track. ABC did better in the 10,000 m coverage with a total of 22 minutes of the run.

"ITS BACK TO THE DRAWING BOARD MEN" by T. Corbitt

The 99 starters in the 1972 US Olympic Marathon team tryouts, at Eugene, Oregon, had all broken 2:30 to get in on the kill. The great tension experienced in this show down, plus the heat, brought on a high drop out rate and many failed to crack 2:30. Several "tigers" dared to try to keep contact with the hot pace laid down by Ken Moore and Frank Shorter, who were to sew up the first two spots with a 2:15 blast: The bold ones paid dearly for their faith in themselves. Some runners did run at a sensible pace with the expectation of coming on like a bomb in the last half of the race. This move requires courage and patience as the runner watches his fleet opponents disappear over the horizon, while he realizes that he must catch them if he is to make the team, or to do well in the race.

The East's Tom Fleming was one who laid somewhat off of the wicked pace. However, he found himself out of the hunt late in the race and became discouraged and dropped out. Another easterner whose hard training went down the drain was Moses Mayfield of Philadelphia who had trained himself to absorb a fast start. He too bit the dust. Thus both tactics, avoiding the too fast start, and staying with the leaders regardless of the pace, led to failure for most of the contenders who had the slim, but real chance to make the Olympic team.

The personnel of the US Olympic Marathon team has changed dramatically since 1956 when the trio was essentially road runners. Bob Campbell, New England coach and AAU Official, was early to point out this coming trend. Of the last four Olympic marathon teams, only one man was essentially a road runner. Of the other 11 men (one a repeater), four were mainly track men, and seven were combination track and road runners, but leaning towards track in five of these cases.

The road runner specialist who wants to nab a spot on future Olympic marathon teams must review his training and racing tactics and come up with something new. The five-minute mile marathon pace is here to stay (unless, as one local thinking runner has suggested, air pollution increases to such an extent that runners slow up due to decreased oxygen supplies). As it is, most of the good 5 and 10 kilo track men now log as many or more miles than most seriously training marathoners and they do it faster. Thus, the track distance runner who avoids blisters by wearing properly fitting shoes, finds covering the full marathon, and fast, no more of a problem than does the trained, experienced marathoner. The challenge is there.

The probability is that most talented marathoners and road runners are without positive guidance which could help them. And marathoning

p.5. Eastern Masters Track		
Mile Run	1. Joseph Korman	5:06:8
40-49	2. Dan Dougherty	5:12:2
	3. John Howes	5:15:5
35-39	1. V. Chiappetta	4:49:4
	2. -----	
	3. Nat Cirulnick	6:13:0
50-59	1. Dr. George Shochan	5:01:7
	2. Robert Renny	5:50:00
	3. Abraham Schwartz	6:31:0
60 & Over	1. Joe McClusky	6:14:0
	2. Lou White	6:23:0
	3. Wm Steiner	6:31:0

PHYSICAL FITNESS DEFINED

Physical fitness, as defined by the President's Council on Physical Fitness and Sports, is "the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies. Thus, physical fitness is the ability to last, to bear up, to withstand stress, and to persevere under difficult circumstances where an unfit person would quit. It is the opposite to becoming fatigued from ordinary efforts, to lacking energy to enter zestfully into life's activities, and to becoming exhausted from unexpected, demanding physical exertion.

"The definition given implies that physical fitness is more than 'not being sick' or merely 'being well.' It is different from immunity to disease. It is a positive quality, extending on a scale from death to abundant life. All living individuals, thus, have some degree of physical fitness, which is minimal in the severely ill and maximal in the highly trained athlete; it varies considerably in different people and in the same person from time to time."

(Courtesy: Secretary Nina Kuscsik, RRC, NY Association)

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History--Past Winners: Individual & Team National AAU Sr. 30 Kilometer Championship. By Joe Kleinerman, Millrose AA

<u>Individual</u>	<u>Team</u>
1971--Mike Kimball, Summit AC, Ohio	Summit AC, Akron, Ohio
1970--Eamon O'Reilly, Washington, DC	North Carolina TC
1969--Pat McMahon, Boston AA	Boston AA
1968--Art Coolidge, Boston AA	New York AC
1967--Tom Osler, South Jersey TC	Millrose AA
1966--Ed Winrow, New York AC	New York AC
1965--Lou Castagnola, American U. TC	Gaelic-American AC, N.Y.
1964--Hal Higdon, U. Chicago TC	New York Pioneer Club
1963--Norman Higgins, Los Angeles TC	Los Angeles TC
1962--Pete McArdle, New York AC	Boston AA
1961--Pete McArdle, New York AC	Culver City AC
1960--Pete McArdle, New York AC	New York AC
1959--Alex Breckenridge, Quantico Marines	Quanticco Marines
1958--Bob Carman, Unattached, Penn.	Boston AA
1957--Ted Corbitt, New York Pioneer Club	No Team
1956--Ted Corbitt, New York Pioneer Club	New York Pioneer Club
1955--Browning Ross, Woodbury, New Jersey	
1954--Browning Ross, Woodbury, New Jersey	

History of Metropolitan AAU 30 Kilometer Championship: 1957-1971 Incl.
by Joe Kleinerman, Millrose AA

<u>Year</u>	<u>Winner</u>	<u>2nd</u>	<u>3rd</u>	<u>Team</u>	<u>Junior Champ.</u>
1957--	Ted Corbitt, NY Pioneers	Joe Kleinerman	A. Scandurra	Millrose AA	***
1958--	Ted Corbitt, NY Pioneers	Vin Korn	Jose Donos	N.Y.P.C.	***
1959--	Ted Corbitt, N.Y.P.C.	Jose Donos	Vin Korn	NY Pioneers	***
1960--	Jim O'Connell, St. ABC	T. Corbitt	Jim Borden	NY Pioneers	***
1961--	Gordon McKenzie, N.Y.P.C.	Ted Corbitt	Jim O'Connell	NY Pioneers	***

p.6	winner met	aa	30km.	2nd	3rd	team	jr.champ.
1962	-Jim O'Connell	St.APS	-Joe Bessel	-Ted Corbitt			***
						St.Anthony	BC
1963	-Coleman Mooney	N.Y.A.C.	-J.O'Connell	-Adolf Gruber		C.Mooney	
						N.Y.A.C.	Jr.Champs
							started in 1963.
1964	-Tom McCarthy	G.A.A.C.	-A.Gruber	-Jim O'Connell		Abo Assa	
						New York	AC
1965	-Tom McCarthy	G.A.A.C.	-Ed Winrow	-Bill Schwab		Tim Blauvelt	
						New York	AC
1966	-Ed Winrow	N.Y.A.C.	-J.Dockstad	-Walter Walls		Don Lindaur	
						New York	AC
1967	-Gary Muhrecke	Millrose AA	-Bill Schwab	-B.Rosales		B.Rosales	
						Millrose	AA
1968	-Gary Muhrecke	Millrose	-Bill Gordon	-Eric Walther		Eric Walther	
						St.Anthony	BC
1969	-Gary Muhrecke	Millrose	-Pat Bastick	-Jose Velezquez		J.Velezquez	
						Millrose	AA
1970	-John Garlepp	Millrose	-Gary Muhrecke	-Pat Bastic		DeW.Thomson	
						Millrose	AA
1971	-John Garlepp	Millrose	-Pat Bastic	-Stoothoff		Stoothoff	
						Millrose	AA

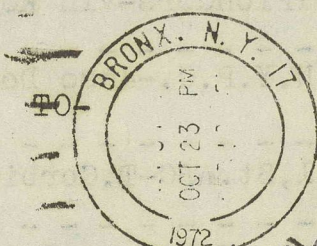
news--The men of Millrose AA did not make it to the London-Brighton because of injuries and other problems...Ron Daws, Mexico Olympic marathoner, had physical problems this year, but is still training. He runs to and from work, a 19 mile round trip, and is looking forward to running cross-country...Al Meehan generally sets goals for various segments of the year. Then he sets about preparing himself to hit those targets. Here is how he is spending the Fall: Monday: AM Training or Free Time for personal business. At 3 PM he works as a playground supervisor. At 5 Study. At 6 PM Boxing Club Manager. Tuesday, Wednesday and Thursday: 5:30 AM Run 8 1/2 miles. At 8 AM Work. At 12:15 One hour training--intervals, hills and sand training. Friday: 8 AM Work. At 11:30 Two hours training. At 3 playground supervisor. At 5 study. At 6 Boxing Club Manager. Saturday AM: 32 mile run. Sunday: Either competition or work. (Work is of various types)...

Nat Cirulnick, United AA's high volume marathoner, roared over the Central Park loops in the NY Marathon in 2:57:22, cracking 3 hours in a marathon for the first time in 5 years. Asked how he pulled off this caper, he replied: By three means--1) He lost weight (one of rules of Dr. Van Aaken of Germany); 2) He shortened the recovery distance in his interval running, which is an important part of his current training profile; and 3) Emphasis on running form ala Dr. Wm Ruthrauff (covered in a Newsletter several years ago. Frank Shorter runs with the shoulder hip coordination advocated by Dr. Ruthrauff altho he probably never heard of Ruthrauff. Study still shots of him. Some runners have this coordination naturally, but anyone can learn it)...Scott Hamilton, Past-President RRC of America, reports that the International Masters trip was a great success and that Canada, Australia and the USA travelled together thru Scandinavia. Scott unloaded a fine 2:48:15 at Köln without difficulty or soreness...

RRC, New York Association Newsletter
Committee: J. Chodes, Bill Newkirk, Bill Wiklund, Dr. Sid Gendin, Dr. Norb Sander, Ted & Gary Corbitt.

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printed matter



CIRULNICK

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